

प्रदेश लोक सेवा आयोग, बागमती प्रदेश
स्वास्थ्य सेवा, नवौं तह, हेल्थ इन्स्पेक्सन समूह, जनस्वास्थ्य प्रशासक पदको खुला र आन्तरिक
प्रतियोगात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ३०

प्रथम चरण:- लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. of Questions & Weightage	Time	Remarks
I	General Subject	Part I A: Management	50	100	40	6X5=30 (Short answer) 2X10=20 (Long answer)	3 hrs	Note: One long Question and four short questions must be asked from group A. One long Question and two short questions must be asked from group B.
		Part II General Health Issues						
II	Technical subject			100	40	4X15=60 (Critical analysis) 2X20=40 (Problem solving)	3 hrs	

द्वितीय चरण:-

Subject	Full marks	Exam type	Time allowed
Interview	30	Oral	

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रदेश स्वास्थ्य सेवा अन्तर्गतका सबै समूह/उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्रको पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्रको लिखित परीक्षा समूह/उपसमूहहरूको लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।

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४. प्रथम पत्रको Part I मा **group A & group B** का लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ र Part II को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक पत्रको लागि प्रत्येक पत्रका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछ ।
५. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून ऐन नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
६. पाठ्यक्रम लागू मिति:-

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Paper I: General Subject

A. Management

1. Management: - concept, principles, functions, level, and role of managers in context to Hospital Management.
2. Planning: concept, principles, quarterly / annual action plan
3. Leadership: concept, leadership styles, Qualities of leadership
4. Human resource management
5. Conflict / Stress/ Burnout: concept, causes, levels of conflict and strategies for conflict, stress and burnout syndrome prevention and management.
6. Supervision, monitoring and evaluation
7. Performance appraisal
8. Motivation
9. Quality assurance on health care services
10. Clinical Audit
11. Clinical protocols on relevant health services and procedures
12. Coordination, cooperation and communication
13. Health Management Information System (HMIS)
14. Budget formulation and implementation,
15. Accounting, auditing and inventory management
16. Research: Evidenced based practice on health care services, Design, methodology of research. ethical issues
17. Good Governance: concept and characteristics

B. Relevant Legislations and Cross Cutting Issues

1. Provisions of Province Civil Service Act and Regulation of Bagamati Province
2. The Constitution of Nepal.
3. Current periodical plan of Bagamati Province
4. The Public Procurement Act, 2063
5. The Public Procurement Rules, 2064
6. The Prevention of Corruption Act, 2059
7. Money Laundering Prevention Act, 2064
8. Right to Information Act, 2064

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9. Sustainable Development Goals.
10. Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
11. Social Inclusion, Reservation and Positive Discrimination
12. Public Health Service Act, 2075

Part II: General Health Issues

5. National Health Policy, 2076
6. Second long-term health plan (1997-2017)
7. Health services act 2053, health service regulation, 2055
8. Introduction of Ministry of Social Development of Bagamati Province
9. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
10. Concerned Professional Council and related Act, 2052
11. Health professional Code of Ethics and Code of Conduct.
12. Indigenous and traditional faith healing and health practices
13. Health insurance and financing in health care
14. Public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Disaster preparedness plan and policy in the hospital and Province level
17. Health volunteers' involvement in health service delivery
18. Community involvement in health service delivery
19. Programme and activities of Government and NGOs of Bagamati province for the guardianless and shelterless destitute persons staying in a very difficult situation
20. Impact of the COVID-19 pandemic
21. Health in all policies
22. One health concept
23. Health Issues of 15th Five Year Development Plan

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Paper II: Technical Subject

A. Introduction to public health medicine

1. **Epidemiology:** Propose of epidemiology, epidemiological methods, measurements of health and disease, source of information, sample and sampling techniques, clinical and field trail techniques, investigation of epidemic- communicable and non-communicable, diseases surveillance, analysis of findings, evaluation of health services.
2. **Public Health:** Introduction to public health, importance and primary health care system in Nepal.
3. **Immunization:** Types of immunity, types of vaccines, national immunization strategies in Nepal, vaccines against diphtheria, polio, tetanus, tuberculosis, measles and hepatitis B. Other vaccines such as typhoid, smallpox, rubella, meningococcal meningitis, mumps, yellow fever, cholera and hepatitis A.
4. **Epidemiology, prevention and management of communicable diseases:** Cholera, brucellosis, enteric fever, sexually transmitted diseases including HIV/AIDS, Meningococcal meningitis, viral hepatitis, tuberculosis, leprosy, malaria, Dengue, shigellosis, trachoma, Japanese B encephalitis, food poisoning and scabies. COVID-19 and Influenza and Neglected Tropical Diseases (NTDS), Early Warning and Reporting System (EWARS), Water quality and research activities (WQR), outbreak management, control of Endemic, epidemic and pandemic diseases.
5. **Epidemiology of non-communicable disease:** Childhood and adult cancer, hypertension, congenital heart diseases, rheumatic heart diseases, ischaemic heart diseases, cerebrovascular accidents, chronic obstructive airways diseases, cirrhosis of liver, diabetes mellitus, gall stone, renal stone, peptic ulcer, dental caries, suicide, homicide, mental retardation, substance abuse, cataract, snake bite, trauma and disability, Depression, Anxiety and suicide, poisoning including mushroom poisoning, dropsy, lathyrism, high mountain sickness, animals and insect bites, physical and sexual abuse.
6. **Family planning:** Concept update and Family Planning. Temporary and permanent methods, side effects and complications. Effectiveness, Balanced counseling Plus and FP Integration.
7. **Women health:** Reproductive health and life cycle approach, adolescent pregnancy, importance of antenatal examination, postnatal examination, prevention of maternal mortality, menopause, and infertility, Quality of Reproductive Health Care Services.
8. **Neonatal and pediatric health:** Major neonatal problems and their management, breastfeeding and supplementary feeding, child health in community, well baby clinic, child abuse.
9. **Adolescent health:** Adolescent friendly services and accessibility to health care, prevention of substance abuse.
10. **Health of the elderly:** Major problems in elderly, accessibility to health care, Social security, Geriatric and Gender Based Violence.(GBV)
11. National and Global policy and plan on Nutrition, Global Nutrition Movement Federalism and Nutrition, Governance, Nutrition system Strengthening in Health sector, Community Nutrition, Gender Equity and social inclusion, Emergency nutrition,.
12. **School health:** Scope of school health, school health service components.
13. **Environmental health**

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- 13.1. **Safe drinking water:** Water supply, Water pollution and water related diseases, purification of water, water quality criteria standards as per WHO. Water sample collection technique
- 13.2. **Sanitation:** Waste disposal including Health care waste management, Swimming pool sanitation
- 13.3. **Food hygiene:** Food, milk, meat , Egg, Vegetables hygiene, Sanitation of eating places, food handlers, Food borne diseases, Food additive and food fortification, Food modification.
- 13.4. Epidemiological classification of vector borne diseases.
14. **Occupational health:** Occupational hazards, screening and monitoring, occupational medical service, Occupational Diseases, prevention of occupational diseases.
15. **Disaster management:** Concept, type's prevention and management. And Epidemiologic surveillance and disease control in disaster situation. Personal protection in different types of emergencies.
16. **Aviation and health:** Effects of aviation on health
17. **Bio terrorism:** Potential agents and diseases produced and post exposure prophylaxis.
18. COVID- 19 and its impact.

B. Health Program Management and population science

1. Family Health

- 1.1. Family planning
- 1.2. Safe Motherhood
- 1.3. Volunteer Mobilization (FCHV), And Community Participation (H- Mother's Group)
- 1.4. PHC outreach clinic and satellite clinic

2. Child Health

- 2.1. Expanded program in Immunization and cold chain maintenance
- 2.2. Integrated Management of childhood illnesses, Integrated Management of newborn and childhood illnesses: CB –IMNCI, Facility Based IMNCI, and Comprehensive new born care Free Newborn Health care services In Nepal
- 2.3. Polio Eradication
- 2.4. Neonatal Tetanus Elimination
- 2.5. Nutritional Programs

3. Epidemiology and disease control

- 3.1. Outbreak response and reporting system
- 3.2. Vector Borne Diseases
 - 3.2.1. Malaria
 - 3.2.2. Kalazar
 - 3.2.3. Japanese Encephalitis and DF/DHF
- 3.3. Dog Bite – Rabies
- 3.4. Snake bite
- 3.5. Arsenic Poisoning
- 3.6. Disaster Management
- 3.7. Non-communicable diseases
- 3.8. Mental Health
- 3.9. Drug Addiction
- 3.10. Prevention of Blindness and Trachoma Prevention Program
- 3.11. Food Safety

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- 3.12. Research and priority research
- 3.13. HMIS and LMIS
- 3.14. Hospital Management
- 3.15. Trachoma Eradication
- 3.16. Water supply and sanitation
- 3.17. Community based rehabilitation
- 4. Tuberculosis, Leprosy, HIV/AIDS**
 - 4.1. National Tuberculosis, control program and management of tuberculosis cases
 - 4.2. National Leprosy elimination program and management of leprosy cases
 - 4.3. HIV/AIDS program and management of STD and HIV/AIDS.
- 5. Logistic supply program**
 - 5.1. Logistic planning
 - 5.2. Commodity supply
 - 5.3. Procurement and distribution plan.
- 6. Health Care Management**
 - 6.1. Quality of Health care
 - 6.2. Referral system
 - 6.3. INGO activities in Health in Nepal
 - 6.4. HFOMC and Health planning at district
- 7. Population Study:**
 - 7.1. Introduction among vital Statistics, Demography and Population study, Scope of Population Study, Population Theory: a. Malthusian theory of population, b. Optimum theory of population, c. Theory of Demographic transition
 - 7.2. National population policy of Nepal and population prospective plan (PPP) of Nepal
 - 7.3. Measures of fertility, Mortality and Migration in population study, Measure of population replacement: a. Gross Replacement Rate (GRR), b. Net Replacement Rate (NRR), Population Projection and Life expectancy at Birth and life Tables