यस पाठ्यक्रमलाई दुई भागमा विभाजन गरिएको छ।

| भाग | परीक्षा | विषय | पूर्णाङ्क | प्रश्नसंख्या | समय | परीक्षा प्रणाली | वस्तुगत बहुमत | उत्तराङ्क
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<td>लिखित</td>
<td>सेवा सम्बन्धी</td>
<td>100</td>
<td>10</td>
<td>45 मिनेट</td>
<td>बहुलेखकी प्रश्न</td>
<td>वस्तुगत बहुलेखकी</td>
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<td>अन्तर्वांती</td>
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**दशक्ष्य:-**

1. लिखित परीक्षा मा यथासम्भव पाठ्यक्रमको सबै एकाइहरूलाई प्रश्नहरू सोधिने छ।
2. वस्तुगत बहुमत (Multiple Choice) प्रश्नहरूलाई उत्तर सही दिएमा प्रत्येक सही उत्तर वापात २ (दुई) अंक प्रदान गरिएको छ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापात २० प्रतिशत अर्थात् ०.४ अंक कट्टा गरिएको छ। तर उत्तर नदिएमा त्यस साथै अंक प्रदान र अंक कट्टा पनि गरिने छैन।
3. यस पाठ्यक्रममा जेलुको लेखिएको भएता पनि पाठ्यक्रममा परेको ऐन, नियमहरू परीक्षाको मिति भन्न ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भए हटाइएका वा भए गरी संशोधन भए) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्भनु पद्धछ।
4. लिखित परीक्षाभाट छौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वांतीमा सम्मीलित गराउने गरिएको छ।
Anatomy and physiology

1. Anatomical structure and function of the different organs of the body system,
   A. Digestive system
   B. Respiratory system
   C. Cardiovascular system
   D. Reproductive system
   E. Endocrine system
   F. Nervous system
   G. Skeletal system
   H. Sense organ system

2. Health education and community Diagnosis
   (A) Health Education
      - Health Education, importance and method
      - Communication & barrier of communication
      - Learning process
      - Leadership.
   (B) School Health
      - Purpose of School Health Program
      - Activities of School Health Program.
   (C) Community Diagnosis
      - Importance and methods of community diagnosis
   (D) Community Development
      - Objective
      - Methods of community development

3. Community Health
   (A) Epidemiology
      i. Definition of Epidemiology
      ii. Scope of Epidemiology
      iii. Vitalstatistic
      iv. Epidemiological investigation
      v. Epidemiological trends
      vi. Disease prevention
      vii. Basic principle of disease transmission
      viii. Immunity.
   (B) Environmental sanitation
      i. Environmental sanitation
      ii. Scope of environmental sanitation
      iii. Water (Source, Water purification)
      iv. Excreta disposal and faecal born disease
      v. Solid waste method of termination
      vi. Disposal of waste water
      vii. Health & Disease spectrum
      viii. Food sanitation
      ix. Insects and rodents and their importance in public health
4. **Basic Medical Procedures and First Aid Treatment**

- First aid:- Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

**Basic Medical Procedures**

- Vital signs
- Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- Bandage (Importance, types & application)
- Technique of giving injection
- Sterilization process, importance, type and methods.

5. **Vector Borne Disease (VBDs):**

i. History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.

ii. Rationale and Tools and techniques for the Prevention and control of VBDs.

iii. Clinical features, Diagnosis and Case Management of VBDs

iv. Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs.

v. Planning for VBDs Prevention and Control at the district and periphery level:
   1. Analysis of the district VBDs situation.
   2. Development of District VBDs Profile with the risk areas and population mapped.
   3. Preparation of Annual Work Plan
   4. Epidemic/Outbreak preparedness and Response
   5. Surveillance
   6. Behaviour Change Communication (IEC)
   7. Recording and Reporting of VBDs
   8. Referral and follow-up
   9. Supervision, monitoring and evaluation of VBDs control programs.
   10. Roles and responsibilities of different level health facilities.
   11. Techniques of community mobilization for VBDs.

6. **Maternal and Child Health, Family Planning and Nutrition**

A. **Maternal and Child Health**

i. Antenatal care
ii. Physiological Change during pregnancy
iii. Danger signs
iv. High risk group (mother)
v. Delivery care
vi. Stages of labor
vii. Difference between false and true labour
viii. Postnatal care
ix. New born Care
x. Complication of pregnancy
xi. Abortion
xii. Ectopic pregnancy
xiii. Toxemia
xiv. Mal Presentations
xv. Ante Partum haemorrihage
xvi. Poat partum haemorrihage
xvii. Post partum haemorrihage, retained placenta
xviii. Definition, signs and symptoms; and management of pelvic infection
xix. Uterine prolapsed
xx. Leucorrhoea, Trichomonosis
xxi. Growth and development of baby
xxii. Milestone development
xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
xxiv. Six killer disease (Tuberculosis, Teatunus, Polio, Purtusis, Diphtherial Measles

(B) Family Planning
i. Population education
ii. Population pyramids
iii. Consequences of population growth
iv. Measures to solve population problem.
v. Family planning methods
vi. Temporary method
vii. Permanent method

(C) Nutrition
i. Source of nutrients
ii. Nutritional status measurements
iii. Breast feeding, Weaning and supplementary foods
iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

7. Communicable Disease and Microbiology
A. Microbiology
i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

B. Communicable Diseases
Communicable disease and non communicable disease, causes, clinical features, treatment, complication and prevention of:
i. Amoebic, bacillary, dysentery, giardiasis
ii. Cholera, Tuberculosis, Malaria
iii. Parasitic Siseases
iv. Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
v. Bacterial Disease
vi. Leprosy, pertusis, tetanus, gastro-enteritis
vii. Enteric fever, diphtheria, syphilis, gonorrhea.

8. **Medicine & Surgery:**

   **A. Medicine:**

   1. History taking/physical examination
   2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of

   a. Deficiency disease
      i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.

   b. Digestive System
      i. Gastritis, peptic ulcer, cholecystitis
      ii. Appendicitis
      iii. Dysentery
      iv. Gastroenteritis
      v. Hepato-splenomegaly

   c. Respiratory system
      i. Common cold
      ii. Tonsillitis
      iii. Pharyngitis
      iv. Rhinitis
      v. Sinusitis
      vi. Bronchitis
      vii. Pneumothorax

   d. Cardiovascular System
      i. Hyper Tension
      ii. Congestive Cardiac Failure (CCF)
      iii. Rheumatic fever

   e. Genito Urinary System
      i. Nephritis
      ii. Renal Colic
      iii. Urinary Tract Infection (UTI)

   f. Endocrine System
      i. Diabetes
      ii. Hypothyroidism
      iii. Hyperthyroidism

   g. Nervous System
      i. CVA (Cerebro Vascular Accident
      ii. Convulsion
      iii. Meningitis
      iv. Epilepsy
      v. Unconsciousness

   h. Skin Problem
      i. Scabies
      ii. Ringworm
      iii. Impetigo
      iv. Eczema
      v. Allergies
B Surgery:

1. Definition Clinical Features and appropriate treatment of:
   i. Boils
   ii. Carbuncles
   iii. Ulcer
   iv. Piles
   v. Wound
   vi. Burn and scales
   vii. Fracture
   viii. Dislocation and sprain
   ix. Head and spinal cord injuries
   x. Bleeding
   xi. Foreign body in eye, ear, nose and throat
   xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
   xiii. Common problem of teeth and mouth
   xiv. Acute abdominal problem
   xv. Acute appendicitis
   xvi. Acute cholecystitis
   xvii. Instinal obstnecktion
   xviii. Hydrocele
   xix. Hernia
   xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy
   i. Terminology used inn pharmacy
   ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
   iii. Inventory management
   iv. Dispensing
   v. Narcotic drugs management
   vi. Banded drugs

B. Pharmacology
   i. Terms used in pharmacology
   ii. Meaning and types of Antibiotic
   iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
      1. Digestive systems
      2. Respiratory system
   iv. Condition
      1. Pain
      2. Fever
      3. Inflammation
      4. Locally used preparations
      5. Antihypertensive drugs
      6. Nutritional Supplementary Drugs
      7. Vaccines
      8. Hormones
9. Oral rehydration therapy
10. Parental solution

10. Health Culture and Communication:
   i. Changes, process and barrier of changes in community
   ii. Traditional belief and health related taboos
   iii. Traditional medicine practice in Nepal
   iv. Concept of family health
   v. Health and disease spectrum
   vi. Health reporting and recording

Health Management:
   i. Health care system in Nepal
   ii. Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
   iii. Primary Health Care (PHC): definition and components
   iv. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.

Management of:
   i. Health posts
   ii. Clinics
   iii. Health Camps
   iv. In service Training
   v. Inventory
   vi. Chart and Diagram
   vii. Meeting
   viii. Problem solving
   ix. Leaves
   x. Recording and reporting
   xi. Supervision and monitoring

11. स्थानीय निकायको प्रशासन
   १. स्थानीय स्वायत्त शासन ऐन, २०५५
   २. स्थानीय स्वायत्त शासन नियमावली, २०५६