

सशस्त्र प्रहरी बल
प्राविधिक सशस्त्र प्रहरी नायव निरीक्षक (हेल्थ असिष्टेण्ट) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको
पाठ्यक्रम
एवं परीक्षा योजना

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- २०

१. प्रथम चरण : - लिखित परीक्षा						पूर्णाङ्क :- १००	
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	सेवा सम्बन्धी र सामान्य ज्ञान	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न X १ अङ्क	२ घण्टा ३० मिनेट
				विषयगत	छोटो उत्तर लामो उत्तर	८ प्रश्न X ५ अङ्क १ प्रश्न X १० अङ्क	
२. द्वितीय चरण : - अन्तर्वार्ता							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
अन्तर्वार्ता	२०	-	मौखिक				

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरू सोधिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- 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 हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७२/१०/२२ गते ।

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पाठ्यक्रम

पत्र/विषय :- सेवा सम्बन्धी र सामान्य ज्ञान

खण्ड (A) : 80 Marks

- 1. Introduction, National Policy, Planning, Strategies and Implementation Status of Public Health Programme in Nepal**
 - 1.1 Family Planning, Safe Motherhood
 - 1.2 Control of Diarrhoeal Diseases, Acute Respiratory Diseases, Nutrition, National Programme on Immunization and Integrated Management of Childhood Illness
 - 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
 - 1.4 Human Immuno Deficiency Virus /Acquired Immuno Deficiency Syndrome and Sexually Transmitted Diseases Control
 - 1.5 Tuberculosis and Leprosy Control
 - 1.6 Health Education, Information and Communication
- 2. Planning, Leadership and Management**
 - 2.1 Principles of leadership and management
 - 2.2 Community Health Diagnosis and Health Profile
 - 2.3 Micro Planning of Health Programme
 - 2.4 Supervision, Monitoring and Evaluation of Health Programmes
 - 2.5 Health Management Information System (HMIS)
 - 2.6 Planning and Management of Camps
 - 2.7 Cold Chain Management
 - 2.8 Health Training Management in different settings
 - 2.9 Logistic Management
 - 2.10 Change process
- 3. Epidemiology and Disease Control**
 - 3.1 Definition, Scope, Causes of Disease and Infection
 - 3.2 Types and Management of Disasters
 - 3.3 Management of Epidemics
 - 3.4 Causes, Signs, Symptoms, Management, Prevention and Control of the following :
Gastroenteritis, Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria
- 4. Environmental Sanitation**
 - 4.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines,
 - 4.2 Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects
- 5. Child Health Problems and Interventions**
 - 5.1 Common Neo-natal Problems; Common Child Health Problems - CDD, ARI, Malaria and Malnutrition; Nutritional Interventions, Immunizations Services
- 6. General Medicine**

सशास्त्र प्रहरी बल

प्राविधिक सशास्त्र प्रहरी नायव निरीक्षक (हेल्थ असिष्टेण्ट) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 6.1 General History Taking, Simple Physical Examination, Systemic Examination.
- 6.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features
7. **First Aid and Emergency Management**
 - 7.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation
 - 7.2 Frost Bite, Insect bite, Animal bite, Snake bite, Drowning, Abscess and Cellulites
8. **Skin Diseases**
 - 8.1 Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema
 - 8.2 Allergic Conditions and Acute drug reaction
9. **Elementary Surgery**
 - 9.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis
 - 9.2 Local Anesthesia, Sterilization of Surgical Instruments
10. **Eye, Ear, Nose and Throat Diseases**
 - 10.1 General Examination procedures of Eye, Ear, Nose and Throat
 - 10.2 Sign and Symptoms and General Managements of Eye Lid complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in the eyes
 - 10.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
 - 10.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
 - 10.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis
11. **Oral Health and Mental Health**
 - 11.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess
 - 11.2 Importance and Maintenance of Oral Hygiene
 - 11.3 Management of clients with mental disorders
 - 11.4 Characteristics of mentally ill patient
 - 11.5 Classification of mental disorders
12. **Reproductive Health Problems and Interventions**
 - 12.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Entopic pregnancy, Management of Engorgement of Mastitis. and Breast Abscess

सशस्त्र प्रहरी बल

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पाठ्यक्रम

12.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium

12.3 Safe Abortions, Permanent and Temporary Contraceptives

13. Community Mobilization and Local Governance

13.1 Female Community Health volunteers and Mother's Groups

13.2 Primary Health Care Outreach Clinic

13.3 Community Drug Programme

13.4 Mobilization of Local Health Leaders and Committees

13.5 Decentralized Management of Health Services

14. Basic Research

14.1 Purpose and significance of research in health

14.2 Research process

14.3 Principles, purposes and components of research proposal

14.4 Principles and components of a research report

14.5 Basic statistics in research: graphic presentation of data, frequency distribution, measures of central tendency and measures of variability

खण्ड (B): 20 Marks

15. सामान्य ज्ञान तथा ऐन, नियमहरु

15.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक अवस्था सम्बन्धी जानकारी

15.2 राष्ट्रिय र अन्तराष्ट्रिय महत्वका समसामयिक घटनाहरु : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद

15.3 विद्यमान नेपालको संविधानको सामान्य जानकारी

15.4 सशस्त्र प्रहरी बल सम्बन्धी सामान्य जानकारी

15.5 सशस्त्र प्रहरी ऐन, २०५८ र सशस्त्र प्रहरी नियमावली, २०७२

यस पत्र/विषयको पाठ्यक्रमबाट यथासम्भव निम्नानुसार प्रश्नहरु सोधिनेछ ।

खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगत
A	८०	३० प्रश्न X १ अङ्क = ३०	८ प्रश्न X ५ अङ्क = ४० १ प्रश्न X १० अङ्क = १०
B	२०	२० प्रश्न X १ अङ्क = २०	