

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, हेल्थ एजुकेशन समूह, नवीं तह वा सो सरह पदको खुला, अन्तर तह र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई निम्न अनुसार दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण (First Phase) : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

द्वितीय चरण (Second Phase) : अन्तरवार्ता (Interview)

पूर्णांक : २५

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

पत्र	विषय	खण्ड	पूर्णांक	उत्तीर्णांक	परीक्षा प्रणाली		प्रश्न संख्या × अंक	समय
प्रथम	General Subjects	(क) Management	५०	४०	Subjective	Short Answer Long Answer	6 x 5 2 x 10	3.00 hrs.
		(ख) General Health Issues	५०		Subjective	Short Answer Long Answer	4 x 5 3 x 10	
द्वितीय	Technical Subject		१००	४०	Subjective	Critical Analysis	4 x 15	3.00 hrs.
					Subjective	Problem Solving	2 x 20	

द्वितीय चरण : अन्तरवार्ता (Interview)

पूर्णांक : २५

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तरगतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्र को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्र को लिखित परीक्षा समूह/उपसमूहहरूका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । तर द्वितीय पत्र को परीक्षा समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको खण्ड (क) र खण्ड (ख) को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछन । (खण्ड - क को लागि एउटा र खण्ड - ख को लागि एउटा) भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि संशोधन भएका वा संशोधित भई कायम रहेका वा थप गरी संशोधित भई कायम रहेका लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तरवार्तामा सम्मिलित गराईने छ ।
- पाठ्यक्रम लागु मिति : २०८१।०५।१२ गते देखि ।

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खुला, अन्तर तह र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र : General Subject
(Management and General Health issues)

खण्ड – (क) : 50 Marks
(Management)

1. Management : concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Participative management : concept, advantages and disadvantages, techniques of participation
4. Time management : concept, advantages, and disadvantages
5. Conflict management : concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management, Negotiation skills
6. Stress management : concept, causes and sources of stress, techniques of stress management
7. Appreciative inquiry : concept, basic principles and management
8. Human resource management : concept, functions and different aspects, HRM strategy
9. Planning : concept, principles, nature, types, instrument and steps, logical framework
10. Financial management : concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management, procurement, supply chain management, e-LMIS
11. Leadership : concept, functions, leadership styles, leadership and management effectiveness
12. Coordination : concept, need, types, techniques, and approaches of effective coordination
13. Communication : concept, communication process and barrier to effective Communication, techniques for improving communication
14. Health manpower recruitment and development
15. Organizational structure of Federal, provincial health related ministry
16. Governance : Good governance system in Health Sector
17. Health system, WHO Six Building blocks
18. Sudurpashchim Province Civil Service Act and Regulation
19. Procurement Act, 2063 & Sudurpashchim Pradesh Procurement Regulation, 2078
20. Sudurpashchim Pradesh Good Governance Act, 2075

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खण्ड – (ख) : 50 Marks
(General Health Issues)

1. The Constitution of Nepal (health and welfare issues)
2. National and Provincial Health Policy and Public Health Act
3. Health Sector in current 5 year Sudurpashchim provincial plan
4. Health Services Act 2053, Health Service Regulation, 2055
5. International Health Agencies: multilateral, bilateral, NGOs/INGOs working in Sudurpashchim province
6. Health related Professional Council and related regulations
7. Medical ethics in general and its application
8. Indigenous and traditional faith healing and health mal-practices in context of Sudurpashchim Province
9. Supervision, types and its usage in health sector
10. Monitoring and evaluation system in health sector
11. Health Management Information System
12. Social Health insurance, health care financing and concept of co-payment
13. Importance of water, sanitation and hygiene in public health
14. Disaster and emergency management in health sector, HOPE
15. Effect of environment in public health: air pollution, water pollution, soil and noise pollution
16. FCHVs involvement in health service delivery
17. Community involvement in health service delivery
18. Counseling: - concept, type, importance and its application in health service delivery
19. Cross cutting issues: - GESI, Climate change, health in all policy

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द्वितीय पत्र : Technical Subject

A. Introduction of Health Education and Health Promotion

1. Health Education
 - 1.1 Meaning, philosophy, aim and principles of health education
 - 1.2 Scope of health education- Individual, family, Community School, health care facilities, occupational setting
 - 1.3 Role of health education in public health programs and primary health care services
2. Health Promotion
 - 2.1 Meaning and definition of health promotion; issues and challenges for health Development
 - 2.2 Ottawa charter, Jakarta declaration and subsequent international conferences on health promotion
 - 2.3 Setting Approach in Health Promotion
 - 2.3.1. Health Promoting School- Meaning, concept and strategies (School Health Services, Healthful School Environment, Health Instruction and School Community Joint Actions)
 - 2.3.1.1. Adolescent health and sex education
 - 2.3.1.2. Life skill education (10 core skills)
 - 2.3.2. Health Promoting Hospital
 - 2.3.3. Health Promoting Workplace
 - 2.3.4. Health Promoting Community
 - 2.4 International and national commitment for health education and health promotion events - world health day, world no tobacco day and world AIDS day etc.
 - 2.5 International treaties on health education and health promotion - Framework Convention on Tobacco (FCTC) etc.
 - 2.6 Risk approach to health education and health promotion

B. Fundamentals for Health Education and Health Promotion

1. Communication in Health Education and Promotion
 - 1.1. Meaning, principles, elements of communication
 - 1.2. Theories and principles of mass communication
 - 1.3. Factors for effective communication
 - 1.4. Barriers and facilitators of communication
 - 1.5. Message and its characteristics
 - 1.6. Communication methods
 - 1.6.1. Individual - interview, counseling
 - 1.6.2. Group-group discussion, demonstration, role play, seminar, workshop, symposium, panel discussion, drama (street performances)
 - 1.6.3. Mass - Radio, TV, Newspaper, Movie, Exhibition
 - 1.6.4. Folk - Folk song, folk dance, puppet show etc.
2. Sociology and Social Psychology in Health Education and Health Promotion
 - 2.1. Meaning and relation between sociology, social psychology and anthropology in health education and health promotion
 - 2.2. Perception, knowledge, attitude and behavior
 - 2.3. Culture and its component

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2.4. Community development and community organization - process and approaches

2.5. Change process and change agent

2.6. Group Dynamics and Group Process

3. Learning Theories - classical and modern theories of learning (Pavlov, Thorndike, Skinner, Kurt Lewin, Kelman and Gestalts) and its application in health education and health promotion
4. Motivation and Health Belief Model - Maslow, Rosenstock, Kurt Lewin, Rogers, Festingers etc. for behavior change model
5. Social behavior change communication

C. Media for Health Education and Health Promotion

1. Classification and nature of health education and health promotion Media
2. Mass media - Electronic and Print media (Radio, FM, Television, Newspaper, Posters, Pamphlets, Leaflet, Booklets, Magazines, Email, Internet, Web hosting .etc.)
3. Group and individual - projected, non-projected and 3 dimensional (Flip chart, Flannel graph, Flash card, Film strip, Slide, Video Film, Models, specimen, & real objects)
4. Media development format and process: Need assessment, setting target audience, developing and testing message concepts, developing draft or dummy materials, pre-testing of materials with respect to reason, process and methods; review and revision of materials, finalization, production and distribution of materials; dissemination of information, evaluation of its effect and continuity
5. Consideration for choosing media
6. Use of computers for Graphic designing and Photoshop for the production audio visual aids
7. Digital media (Social media) and Internet addiction management

D. Curriculum Development and Training

1. Curriculum development models, methods and processes
2. Teaching learning process and lesson plan
3. Teaching learning methods and media – preparation of teaching learning material such as, Meta cards, news print, Power Point presentation etc. and use of LCD Projector, Slide and movie Projectors)
4. Formal, Non- formal education and Adult learning

E. Health Education and Health Promotion Program Planning, Implementation and Evaluation

1. Rationale and importance of a planned health education and health promotion programs at different levels
2. Overview of the national health education program and activities in Nepal at Federal, Provincial and local levels.
3. Role of NHEICC in health education and health promotion modern
4. Health promotion and education theories, models and framework in program planning, implementation and evaluation
 - 4.1 Health belief model
 - 4.2 Transtheoretical model
 - 4.3 Theory of reasoned action
 - 4.4 Theory of planned behavior
 - 4.5 Diffusion of innovation theory
 - 4.6 Rogers adoption stages
 - 4.7 PRECEDE/PROCEED model

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5. Health Education and Promotion Strategy Development

5.1. Situation Analysis

5.2. Approaches of Strategy Development

5.2.1. Advocacy

5.2.2. Social Mobilization/Social marketing/ Peer Education /Non-formal education

5.2.3. Behavior Change Communication

5.3. Segmenting Target Audience

5.4. Objective Setting

5.5. Deciding Message, Methods and Channel

5.6. Development of Action Plan with respect to activities, resources, place, time frame, responsibility and allies.

5.7. Monitoring and Evaluation

5.7.1. Monitoring of activities and events

5.7.2. Impact, effect and process evaluation

F. Health Education and Health Promotion Aspect of Major Public Health Programs

1. PHC Priority Essential Health Care Services – Reproductive Health, Child Health (Integrated Management of Childhood Illness, Immunization, Vitamin A and other Nutrition Programs), Communicable disease control - TB, HIV/AIDS, Vector born disease, Hepatitis B, Leprosy etc. and rational use of drugs.
2. Non-communicable disease control program - risk assessment and control strategies and patient education
3. Environmental Health program
 - 3.1. Major Environmental Issues and its contribution in morbidity, mortality and environmental degradation
 - 3.2. Air pollution, its assessment and mitigation measures
 - 3.3. Sources of water, water quality assurance and household purification
 - 3.4. Solid waste and its management at community and household level
 - 3.5. Human excreta disposal management
 - 3.6. Fly and rodent control
4. Personal, domestic and community hygiene
5. Tobacco, drug abuse and Alcohol: effects, prevention and control

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