

Note:

- 1) Questions will be asked from all the units of the course as much as possible.
- 2) No matter what is written in this syllabus, the acts, and rules in the syllabus should be considered as existing in this syllabus 3 (three) months before the date of examination (amended or deleted or amended).

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. Vital statistic
- iv. Epidemiological investigation
- v. Epidemiological trends
- vi. Disease prevention
- vii. Basic principle of disease transmission
- viii. Immunity.

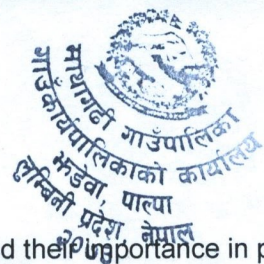
(B) Environmental sanitation

- i. Environmental sanitation
- ii. Scope of environmental sanitation
- iii. Water (Source, Water purification)
- iv. Excreta disposal and faecal borne disease
- v. Solid waste method of termination
- vi. Disposal of waste water
- vii. Health & Disease spectrum
- viii. Food sanitation

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ix. Insects and rodents and their importance in public health

x. Milk hygiene & Milk borne disease.

4. (A) 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 & Frostbite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

(B) 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.
Trends of transmission, geographical distribution, epidemiological situation.
- v. Planning for VBDs Prevention and Control at the district and periphery level:
 - Analysis of the district VBDs situation.
 - Development of District VBDs Profile with the risk areas and population mapped.
 - Preparation of Annual Work Plan
 - Epidemic/Outbreak preparedness and Response
 - Surveillance
 - Behaviour Change Communication (IEC)
 - Recording and Reporting of VBDs
 - Referral and follow-up
 - Supervision, monitoring and evaluation of VBDs control programs.
 - Roles and responsibilities of different level health facilities.
 - 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. Newborn Care
- x. Complication of pregnancy
- xi. Abortion
- xii. Ectopic pregnancy
- xiii. Toxemia
- xiv. Mal Presentations

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- xv. Antepartum haemorrhage
- xvi. Postpartum haemorrhage
- xvii. Post partum haemorrhage, 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, Tetanus, Polio, Pertussis, 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, compilation and prevention of:

- i. Amoebic, bacillary, dysentery, giardiasis
- ii. Cholera, Tuberculosis, Malaria
- iii. Parasitic Diseases
- iv. Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma)
- v. Bacterial Disease
- vii. Leprosy, pertussis, tetanus, gastro-enteritis
- vii. Enteric fever, diphtheria, syphilis, gonorrhea.

8. Medicine & Surgery:

A. Medicine:

History taking/physical examination

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

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v. Hepatosplenomegaly

c. Respiratory system

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

d. Cardiovascular System

- i. Hypertension
- 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 (Cerebrovascular Accident)
- ii. Convulsion
- iii. Meningitis
- iv. Epilepsy
- v. Unconsciousness

h. Skin Problem

- i. Scabies
- ii. Ringworm
- iii. Impetigo
- iv. Eczema
- v. Allergies

B. Surgery:

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. Intestinal obstruction
- xviii. Hydrocele

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xix. Hernia

xx. Tumor

9. **Pharmacy and Pharmacology**

A. Pharmacy

i. Terminology used in 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:

– Digestive systems

– Respiratory system

iv. Condition

– Pain

– Fever

– Inflammation

– Locally used preparations

– Antihypertensive drugs

– Nutritional Supplementary Drugs

– Vaccines

– Hormones

– Oral rehydration therapy

– 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