

Health Assistant
(Syllabus)
FM: 100, PM:40

1. Introduction, National Policy, Planning , Strategies and implementation status of Public Health Programmes in Nepal

- 1.1 Family Planning, Safe Motherhood
- 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
- 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filariasis
- 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
- 1.5 Tuberculosis and Leprosy Control
- 1.6 Health Education, Information and communication

2. Planning and Management

- 2.1 Community Health Diagnosis & Health Profile
- 2.2 Micro Planning of Health Programme
- 2.3 Supervision, Monitoring and Evaluation of Health Programmes
- 2.4 Health Management Information System (HMIS)
- 2.5 Planning and Management of Camps
- 2.6 Cold Chain Management
- 2.7 Health Training Management in different settings
- 2.8 Logistic Management

3. Organizational Structure and Functions

- 3.1 Ministry of Health and Population (MoHP), Department of Health Service (DoHS), Regional Health Directorate (RHD)
- 3.2 District Health Office (DHO), District Public Health Office (DPHO)
- 3.4 Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP)

4. Community Mobilization & Local Governance

- 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
- 4.2 Primary Health Care Outreach Clinic
- 4.3 Community Drug Programme (CDP)
- 4.4 Mobilization of Local Health Leaders and Committees

4.6 Decentralized Management of Health Services

5. Epidemiology and Disease Control

5.1 Definition, Scope, Causes of Disease and Infection

5.2 Types and Management of Disasters

5.3 Management of Epidemics

5.4 Causes, Signs, Symptoms, Management, Prevention and Control of 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

6. Environmental Sanitation

6.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects

7. Child Health Problems and Interventions

7.1 Common Neo-natal Problems

7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition

7.3 Nutritional Interventions, Immunizations Services

8. General Medicine

8.1 General History Taking, Simple Physical Examination, Systemic Examination

8.2 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

9. First Aid and Emergency Management

9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites

10. Skin Diseases

10.2 Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions and Acute drug reaction

11. Elementary Surgery

11.1 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, Local Anesthesia, Sterilization of Surgical Instruments

12. Eye, Ear, Nose and Throat Diseases

12.1 General Examination procedures of Eye, Ear, Nose and Throat

12.2 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

12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems

12.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis

12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

13. Oral Health and Mental Health

13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene

13.2 Psychosis, Neurosis and Mental Retardation

14. Reproductive Health Problems and Interventions

14.1 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

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

14.3 Safe Abortions, Permanent and Temporary Contraceptives

15. Acts and Regulations

15.1 Health Service Act and Regulation

15.3 Health Professional Council Act and Regulation

Written Exam Questions [Full Marks: 100, 3Hrs]

Chapters	1,2,3,4	5,6	7,8,9	10,11,12	13,14	15	Total Marks
MCQ	3	4	4	4	2	3	20
Short [5 marks each]	1	2	1	2	1	1	40
Long [10 marks each]	1		1	1	1		40