

नेपाल सरकार
गृह मन्त्रालय
प्रहरी प्रधान कार्यालय
(मानवश्रोत एवं प्रशासन विभाग, भर्ना तथा छनौट महाशाखा)
नक्साल, काठमाण्डौ ।

प्राविधिक प्रहरी सहायक निरीक्षक (फिजीयोथेरापी असिष्टेन्ट) समूहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिईने छ :-

प्रथम चरण:- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १५०

द्वितीय चरण:- अन्तरवार्ता (Interview)

पूर्णाङ्क :- २५

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्कभार	समय
प्रथम	सम्बन्धित विषय सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multi Choice)	५०x२=१००	४५ मिनेट
द्वितीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	वस्तुगत बहुउत्तर	१०x१ = १०	१ घण्टा १० मिनेट
				बिषयगत	लामो उत्तर १x१० = १० छोटो उत्तर ६x५ = ३०	

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तरवार्ता	२५	मौखिक

१. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।

२. प्रथम चरणमा प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

एकाइ	१	२	३	४	५	६	७	८	९
प्रश्न संख्या	५	५	४	६	६	६	६	६	६

३. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा अङ्क प्रदान गरिनेछ भने 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 ।
४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
५. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्ता परीक्षामा सम्मिलित गराइनेछ ।
६. अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा ब्यबस्था भए बमोजिम हुनेछ ।
७. पाठ्यक्रम लागू मिति:- २०७५/१०/२३ गते ।

प्राबिधिक प्रहरी सहायक निरीक्षक (फिजीयोथेरापी असिष्टेन्ट) समूहको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम।

प्रथम पत्र- विषय सम्बन्धी पाठ्यक्रम

1. Anatomical structure and function of the different organs of the body system,

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

2. Health education

- Health Education, importance and method
- Communication & barrier of communication
- Learning process
- Leadership.

3. Community Health

(A) Epidemiology

- Definition and Scope of Epidemiology
- Vital statistic
- Epidemiological traid
- **Disease** prevention
- Basic principle of disease transmission
- Immunity.

(B) Environmental sanitation

- Environmental sanitation
- Scope of environmental sanitation iii. Water (Source, Water purification)
- Excreta disposal and faecal born disease
- Solid waste method of termination
- Disposal of waste water
- Health & Disease spectrum
- viii. Food sanitation
- ix. Insects and rodents and their importance in public health
- x. Milk hygiene & Milk born disease.

4. Basic Medical Procedures and First Aid Treatment

(A) First Aid of:

- 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

(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):

- History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- Rationale and Tools and techniques for the Prevention and control of VBDs.
- Clinical features, Diagnosis and Case Management of VBDs
- 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.

6. Maternal and Child Health, Family Planning and Nutrition

(A) Maternal and Child Health

- Antenatal care
- Physiological Change during pregnancy
- Danger signs
- High risk group (mother)
- Population education
- Population pyramids
- Consequences of population growth
- Measures to solve population problem.
- Family planning methods
- Temporary method
- Permanent method

(B) Nutrition

- Source of nutrients
- Nutritional status measurements
- Breast feeding, Weaning and supplementary foods
- PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment

7. Communicable Disease and Microbiology

A. Microbiology

- Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

B. Communicable Diseases

Causes, clinical features, treatment, complication and prevention of:

- Amoebic, bacillary, dysentery, giardiasis
- Cholera, Tuberculosis, Malaria
- Parasitic Diseases
- Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
- Bacterial Disease
- Leprosy, pertussis, tetanus, gastro-enteritis
- Enteric fever, diphtheria, syphilis, gonorrhoea.

8. Medicine & Surgery:

A. Medicine:

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

a. Digestive System

- Gastritis, peptic ulcer, cholecystitis
- Appendicitis
- Dysentery
- Gastroenteritis
- b. Respiratory system
- Common cold
- Tonsillitis
- Pharyngitis
- Rhinitis
- Sinusitis

c. Cardiovascular System

- Hyper Tension
- d. Genito Urinary System
- Nephritis
- Renal Colic
- Urinary Tract Infection (UTI)

e. Endocrine System

B Surgery:

1. Definition Clinical Features and appropriate treatment of:

- Boils
- Carbuncles
- Ulcer
- Piles
- Wound
- Burn and scales
- Fracture
- Dislocation and sprain
- Head and spinal cord injuries
- Bleeding
- Foreign body in eye, ear, nose and throat
- Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- Common problem of teeth and mouth
- Acute abdominal problem

9. Pharmacy and Pharmacology

A. Pharmacy

- Terminology used in pharmacy
- Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- Inventory management
- Dispensing v. Narcotic drugs management
- Banded drugs

B. Pharmacology

- Terms used in pharmacology
- Meaning and types of Antibiotic
- Action, use, dose, general side effects and contradiction of the drugs used in different systems and condition:

1. Digestive systems
2. Respiratory system and Conditions
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

-समाप्त-

स्वास्थ्य प्रहरी