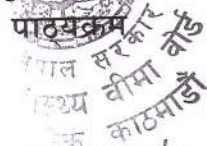


नेपाल सरकार
स्वास्थ्य बीमा बोर्ड
स्वास्थ्य सेवा, तह ७, हेल्थ एजुकेशन समूहबाट तहको खुल्ला प्रतियोगितात्मक परीक्षाको



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

प्रथम चरण :- अन्तर्वार्ता

पूर्णाङ्क :- ४०

परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता	४०	मौखिक	-

पाठ्यक्रमका विषयवस्तु:

Unit 1: HEALTH AND DISEASE

1.1 Spectrum of health and diseases

1.2 Health

1.2.1 Concept, definition, and dimensions of Health

1.2.2 Concept of Wellbeing

1.2.3 Determinants of Health

1.2.3.1. Biological

1.2.3.2. Behavioral

1.2.3.3 Socio-cultural

1.2.3.4. Environmental

1.2.3.5. Socio-economic

1.2.3.6. Healthcare services

1.2.3.7. Politics, gender, age, physical facilities, war, disaster, education

1.2.4 Healthcare System and level of health care service

1.2.5 Model of health care service

1.2.6 Level of Prevention

1.3 DISEASES

1.3.1 Concept, Definition, Process, and diseases pathogenesis

1.3.2 Theory of Disease

Unit 2: EPIDEMIOLOGY AND BIO-STATISTICS

2.1 Epidemiology

- 2.1.1 Concept, History, Definition and Aim of Epidemiology
- 2.1.2 Basic Measurement in Epidemiology – tools, indicators and methods
- 2.1.3 Use of Epidemiology
- 2.1.4. Dynamics of Disease Transmission
 - 2.1.4.1. Source and Reservoir
 - 2.1.4.2 Modes of Transmission
 - 2.1.4.3 Interruption of mode of transmission
 - 2.1.4.4 Susceptible host and host defense
- 2.1.5 Epidemiological triads triangulation
- 2.1.6 Disease Prevention and Control – measures and disinfections
- 2.1.7 Investigation of epidemics – steps
- 2.1.8. Management of epidemic such as Diarrhoea, Cholera, Encephalitis, Measles etc.
- 2.1.9 Immunization
- 2.1.10 Wastes, sewage, excreta & its disposal.
- 2.1.11 Control of street dogs, animal & slaughter house
- 2.1.12 Protection of food from contamination
- 2.1.13 Health Education Measures to control epidemics/campaign & Participation

2.2 BIOSTATISTICS AND HEALTH EDUCATION RESEARCH

2.2.1 Screening of disease and health indicators

2.2.2 Health Statistics: source of health information, data collection techniques and , tools, coding, tabulation and presentation of data and simple statistical methods- mean, median, mode, decile and percentile, sampling methods and sampling size

2.2.3 Demography: National Population Policy; Population Process; Trends;

Measures- fertility, mortality, migration; Population size, growth,

composition, marital status, spatial

2.2.4 Health Education Research:

- 2.2.4.1 Concept and Definition Research
- 2.2.4.2 Types of Research
- 2.2.4.3 Steps of Research
- 2.2.4.4 Process and Design of Research
- 2.2.4.5 Hypothesis
- 2.2.4.6 Application of Research
- 2.2.4.7 Research Theory and Its Implication

2.2.5 Community Diagnosis

- 2.2.5.1 Process, methods, techniques, tools, analysis and presentation
- 2.2.5.2 Community Mobilization/Social Mobilization
- 2.2.5.3 Community Engagement

2.2.6 Social Problems in Nepal - Population explosion and migration, Poverty, Unemployment, Substance abuse, Prostitution, Violence, Child abuse /exploitation, Gender bias, Female trafficking, Ignorance, Urbanization, Waste Management, Alcoholism and Tobacco Consumption, etc.

2.2.7 International Health Engage in Health Education and Research

WHO, UNFPA, UNICEF, USAID, UNDP, WORLD BANK, JICA, CARE, SCF, GTZ, UKAID, AUSAID, Global Fund, IUHPE, RED CROSS.etc.

UNIT 3 : PRIMARY HEALTH CARE (PHC) AND ESSENTIAL HEALTH CARE SERVICES (EHCS)

3.1 Primary Health Care

- 3.1.1 Concept
- 3.1.2 Elements
- 3.1.3 Principles
- 3.1.4 Analytical view of PHC approaches in present context

3.2 ESSENTIAL HEALTH CARE SERVICES (EHCS)

- 3.2.1 Concept and origin
- 3.2.2 Elements/components
- 3.2.3 Principles
- 3.2.4 Analytical view of EHCS approaches in present context
- 3.2.5 Responsibilities of government, communities, families and individual in EHCS
- 3.2.6 Differentiation and importance of PHC and EHCS

3.3 Health Professional Councils and Associations (roles, act, rules and regulations)

- 3.3.1 Nepal Health Professional Council
- 3.3.2 Nepal Health Research Council
- 3.3.3 Health Promotion and Education Association Nepal
- 3.3.4 Nepal Public Health Association

UNIT 4. COMMUNICABLE DISEASE AND NON COMMUNICABLE DISEASE

4.1 Communicable Disease

- 4.1.1 Leprosy, Malaria, Japanese Encephalitis, Dangué, Kala-azar, HIV/AIDS, STD, Diarrhoea, ARI, Filariasis, Rabies
- 4.1.2 Vaccine-preventable Diseases –Tuberculosis, Measles, Diphtheria, Pertussis, Tetanus, Poliomyelitis, Hepatitis B
- 4.1.3 Meningitis, Typhoid, Influenza, Food Poisoning, Amoebiasis, Cholera, Trachoma and intestinal parasites induced diseases

4.2 Non-Communicable Disease

- 4.2.1 Diabetes
- 4.2.2 Cancers
- 4.2.3 Heart Diseases – Hypertension, Stroke, RH and Coronary HD
- 4.2.4 Arthritis
- 4.2.5 Asthma and COPD

- 4.2.6 Malnutrition and Obesity
- 4.2.7 Blindness
- 4.2.8 Road Traffic Accident and injury
- 4.2.9 Mental Health Problems

UNIT 5: Environmental and Occupational Health and Institutional Hygiene and sanitation

5.1 Environmental Health

- 5.1.1 Concept & Definitions
- 5.1.2 Major Environmental Issues and its contribution in morbidity, mortality and Environmental degradation
- 5.1.3 Sources of water, water quality assurance and household purification
- 5.1.4 Solid waste and its management at community and household level.
- 5.1.5 Excreta disposal management
- 5.1.6 Control of Fly, rodent and street dogs
- 5.1.7 Animal Health and Management of Slaughter House
- 5.1.8 Air pollution, its assessment and mitigation measures
- 5.1.9 Hospital waste management
- 5.1.10 Environmental Sanitation Campaign

5.2 Occupational Health

- 5.2.1 Definition
- 5.2.2 Occupational health hazards and diseases
- 5.2.3 Measures of health protection of workers
- 5.2.4 Preventive measures of occupational diseases
- 5.2.5 Social abuses like tobacco, drug abuse and Alcoholism: effects, Prevention, and control

5.3 Setting-based hygiene and sanitation

- 5.3.1 Personal hygiene – Hand washing, Bathing, menstrual and genital hygiene etc
- 5.3.2 Domestic hygiene and sanitation – Food, water, and environment

5.3.3 Health Facilities hygiene and sanitation

5.3.4 Community hygiene and sanitation – Market and Animal rearing

5.3.5 Human excreta disposal methods

UNIT 6: HEALTH PROMOTING SCHOOL

6.1. Definition and objectives

6.2. Areas of School Health Program

6.2.1 School Health Services

6.2.2 Health Instructions

6.2.3 Healthy School environment

6.2.4 School community cooperation

6.3 School nurses' concept and roles

UNIT 7: HEALTH PROMOTION

7.1 Concept of old and new public health and historical development of health promotion

7.2 Scope (multi-level) and major focus areas (Nutrition, NCD, WASH, Mental health, etc) of Health Promotion

7.3 Important of Health Promotion in line with PHC

7.4 Action areas of health promotion

7.5 Strategies of health promotion

7.6 Health promotion theories and models

7.7 Best practices health promotion, its challenges and gaps, and way forwards in Nepal

7.8 Lifestyle approach and behavior change process

UNIT 8: FUNDAMENTAL FACTORS OF HEALTH EDUCATION

8.1 Communication

8.1.1 Definition and Communication process

8.1.2 Elements, Models, and Types of communication

8.1.3 Principles of Communication

8.1.4 Different Techniques / Methods of communication

8.1.5 Barriers to communication

8.1.6 Effective Communication

8.1.7 Health Communication Planning Steps

8.1.8 Rumour : concept and tracking and addressing the rumour,

8.1.9 Social and Behaviour change communication.

8.2 Perception

8.2.1 Concept and meaning

8.2.2 Types of perception and its example

8.2.3 Role of perception in health education

8.3 Motivation

8.3.1 Concept and definition

8.3.2 Theories, tools and techniques

8.3.3 Role of motivation in health education

8.3.4. Motivation skills

8.4 Learning process

8.4.1. Concept and definition of learning process

8.4.2. Ways/Techniques of learning

8.4.3. Learning principles and process

8.4.4. Theories of learning

8.4.5. Factors affecting learning

8.4.6. Adult learning

8.5 Leader / leadership

8.5.1 Concept and definition of leader/leadership

8.5.2 Role and function of leader/leadership

8.5.3 Identification of leader types

8.5.4 Role of leader / leadership in H.Ed.

8.6 People's Participation

8.6.1 Concept and definition of people's participation

8.6.2 Role / Needs of people's participation

8.6.2 Techniques of community participation

8.6.3 Community involvement in health education activities

8.7 Group Dynamics

8.7.1 Concept of group process and dynamics

8.7.2 Characteristics of group

- 8.7.3 Communication in group setting
- 8.7.4 Group roles and individual roles
- 8.7.5 Mobilization of groups in health education

8.8 Change process

- 8.8.1 Concept and definition of change process
- 8.8.2 Planned and unplanned change
- 8.8.3 Ways / method / techniques of change
 - 8.8.3.1 Compliance
 - 8.8.3.2 Identification
 - 8.8.3.3 Internalization
 - 8.8.3.4 Diffusion process
- 8.8.4 Different models (Kurt Lewin, Mashlow, Rosestock, Festinger)
including Behaviour Change Communication (BCC) model

8.9 Applied Sociology and Social Psychology

- 8.9.1 Definition
- 8.9.2 Role of sociology and social psychology in health behaviour
- 8.9.3 Social sciences and its role in health education
- 8.9.4 Components of Cultures – values, norms, mores, customs, tradition, religion, belief, folkways, totem/taboo, habit, magic, ideology and its relation to health and health education.

8.10 Community Development and Community Organization

- 8.10.1 Concept and definition
- 8.10.2 Characteristics
- 8.10.3 Approaches/techniques
- 8.10.4 Factors Resistant to Community Development/Organization
- 8.10.5 Importance of Community Development/Organization in Health Education

9. HEALTH EDUCATION METHODS, MEDIA AND TRAINING

9.1 Methods - concept, meaning, types and process

- 9.1.1 Individual methods - Interview, Counseling, Home Visit, Conversation
Telephone Call, Personal Letter
- 9.1.2 Group methods - Group Discussion, Mini Lecture, Demonstration, Role
Play, Panel Discussion, Small Group Meeting, Workshop, Seminar,
Case study, Educational Field Trip
- 9.1.3 Mass Method - Lecture/Speech, Films/documentary, Radio / TV / FM
Programs, Rally, Miking, Exhibition, Internet, Email

9.1.4. Folk Methods - Traditional Folk Drama, Debates, Colloquy, Poems,
Folk Dances, Folk Songs, Puppet Show

9.2 Media - concept, meaning, types, importance and process

9.2.1 Audio Aids - Radio, Cassettes, FM, Telephone/mobile, Gramophone

9.2.2 Visual Aids - Projected and Non-projected

9.2.2.1 Projected Aids - OHP, LCD, Slides, Film Strips, Photography

9.2.2.2 Non-Projected Aids - Display Boards (Black Board, Flannel

Board, Hoarding Board, Notice Board, Wall Painting, Banners

etc., Graphic (Poster, Pamphlet, Flipchart, Flash Card, Flannel

Graph, Journal, Brochure, Booklet, Manual, Newspaper,

Cartoon, Comic and other printed materials) and three

dimensional aids (Models, Specimens, Mockups, Diarroma)

9.2.3 Audio Visual Aids - Tele-Film, Celluloid Films, Videos, Documentary,
Computer

9.3 Health Education Materials Development Process

9.3.1 Need assessment

9.3.2 Target segmentation

9.3.3 Develop and test message concepts

9.3.4 Develop draft or dummy materials

9.3.5 Pre-test of materials, reason, process and methods

9.3.6 Review and revise materials

9.3.7 Finalize and produce materials

9.3.8 Distribute and disseminate

9.3.9 Evaluate effects

9.3.10 Ensure continuity



9.4 Training and Curriculum Development

9.4.1 Definition, Concept and Objectives, Types of Training

✓ Training Process

- Need Assessment - definition, level, analysis steps, methods, tools
- Training Planning - analysis, objective, strategies, action plan, monitoring and evaluation
- Curriculum Development and Lesson Plan - definition, importance, process and elements of curriculum and lesson plan and its adaptation
- Training Implementation and Methods, Aids, Materials, Monitoring, Follow-up and Report
- Training Evaluation
- ✓ Trainers' Training Techniques
- ✓ Role of NHTC in basic, orientation, and refresher training of various categories of health workers and volunteers

10. Planning, Implementation and Evaluation of Health Promotion and Education Program

10.1 Planning Process

- 10.1.1 Needs Assessment / Identification of Health Problems
- 10.1.2 Educational Diagnosis
- 10.1.3 Assessment of Resources
- 10.1.4 Establishment of Priorities
- 10.1.5 Determination of objectives (general / specific / behavioral)
- 10.1.6 Plan of Action for Health Education
 - 10.1.6.1 Deciding Target Audiences
 - 10.1.6.2 Deciding the Contents/Messages
 - 10.1.6.3 Determination of Methods and Media

10.1.6.4 Preparation and Pretesting of Health Education Materials

10.1.6.5. Preparation of Evaluation Plan

10.1.7 Preparation of implementation schedule

10.1.8 Evaluation of Health Education Programs

10.2 Implementation of Health Education Program

10.2.1 Concept, definition and processes

10.2.2 Implementation strategies

10.2.2.1 Building commitment

10.2.2.2 Capacity building of human resource for health education

10.2.2.3 Mobilization and utilization of resources

10.2.2.4 Formation and organization of community groups

10.2.2.5 Effective communication, selection and use of appropriate methods and media

10.2.2.6 Monitoring, supervision and follow-up of health education program

10.2.2.7 Recording and reporting of health education events and outcome

10.3 Evaluation of Health Education Programs

10.3.1 Concept and definition and types of evaluation

10.3.2 Levels of evaluation

10.3.3 Criteria of evaluation

10.3.4 Method / techniques of evaluation

10.3.5 Steps of evaluation

10.3.6 Development and testing of evaluation tools

10.3.7 Indicators of health promotion and education

UNIT 11: HEALTH POLICY, STRATEGIES AND PROGRAMS

11.1 Health Policy and Strategies

Health Policy 2019, Current 5 Year Plan, Second Long-Term Health Plan, Health Sector Strategy and Nepal Health Sector Program: Implementation Plan, Nepal public health service act 2075 and Public health-related laws: need and scope. Drug act 2035 BS, Prevention of food adulteration Act, Consumer Protection Act 2075 BS, Child marriage & provision on National criminal process code 2074, International health – Port health organization and quarantine, The role of community participation in effective enforcement of these Laws.

11.1.1 Health System and its Structure

11.1.2 National Communication/IEC Strategies

11.1.3 National Health Program Policies and Strategies of different national health programs

11.1.4 Health Promotion, Education and Communication Activities- central, regional, district and community level

11.1.5 The Millennium Development Goals – concept, goals/areas and indicators

11.2 National Health Programs

National Malaria Elimination programme, National Lymphatic Filariasis control programme, National Tuberculosis Control Programme, Diarrhoeal disease control programme, Iodine deficiency control Program, Dengue control program, National programme for Eye Care, EWARS, National Tobacco Control Program, National water supply and sanitation programme, National immunization programme, National STD / AIDS control programme, National Safe Motherhood program, National Adolescent Sexual and Reproductive Health program, Kala-azar program, Bipanna Nagarik Aushadhi Upachar, FCHV program, Family planning and reproductive health program, Noncommunicable disease control program, Health Promotion and national health education and information program, Logistic Management, e-HMIS, Disaster Management, Essential Care Services at a different level, Mental Health programs, Health Financing and Health Insurance program.

UNIT 12: HEALTH CARE PLANNING AND MANAGEMENT

12.1 Health Planning – Definition and Planning Steps/Cycle

12.2 Role of Health Professionals and Volunteers

- 12.2.1 Director General of DoHS
- 12.2.2 Directors of Center and Divisions
- 12.2.3 Director of provincial Health Directorate
- 12.2.4 Health Education Professionals (H.E.O. HEA)
- 12.2.5 Public Health professionals (PHO, PHI, etc)
- 12.2.6 Medical Doctors
- 12.2.7 Public Health Nurse
- 12.2.8 Health Assistant and AHW
- 12.2.9 Staff Nurses and ANM
- 12.2.10 FCHV

UNIT 13: Health Promotion and Education related further issues

- 13.1 Health education and its insight
- 13.2 Education/Knowledge vs Behaviour change
- 13.3 Changing concept of beyond health and Health in all policies
- 13.4 Healthy cities/communities/settings approaches in HE
- 13.5 Old vs new public health concept in HE
- 13.6 Health Education methods and media
- 13.7 Concept of digital health message
- 13.8 Risk communication and journalism
- 13.9 Quality health education and Key principles and philosophy
- 13.10 Multi-level model in health education