Pokhara University Service Commission

Curriculum for Assistant (Health) Level Examination

Full marks: 100
Pass mark: 50
Time:3hr.

1. Anatomy and Physiology 10
   A. Structure and functions of special sense organs
   B. Structure and functions of various system: digestive, respiratory, cardiovascular, skeletal, urinary and reproductive
2. Environmental Health 10
   A. Solid waste management
   B. Air pollution & its effects on human health
   C. Health care waste management
   D. Water pollution
3. Communicable & Non-communicable diseases 10x2=20
   A. Causes, clinical features, complication, treatment and prevention of following communicable diseases: Dysentry, Cholera, TB, Malaria, Parasitic infestations, STI, HIV/AIDS, Measles, Rabies, Viral Hepatitis & Poliomylitis
   B. Risk factors for NCDs and prevention and control of the following non-communicable diseases: Hypertension, Diabetes Mellitus, Cardio-vascular disease & Cancer
4. Health Education & Communication 10
   A. Importance of health education
   B. Methods & media of health education
   C. Elements, barriers & techniques of communication
5. Surgery & First Aid 10x2=20
   A. Definition, clinical features & management of the following: Piles, ulcer, burn & scald, fracture, dislocation, sprain, shock, epistaxis, acute appendicitis, head & spinal injury
   B. First aid to dog bite, snake bite, poisoning, foreign body in eye, ear & nose
6. Nutrition & Child Health 10
   A. Classification of foods, balanced diet, breast feeding & supplementary feeding
   B. Prevention & control of common nutritional problems
   C. Nutritional education & rehabilitation
   D. Immunization & child health problems
7. Family Planning & Safe Motherhood 10
   A. Family planning counseling, methods of family planning, population pyramid, consequences of population growth
   B. Antenatal, Intranatal & Post natal care
   C. Health services under safe motherhood programs
8. Health Management 10
   A. Health system, health planning, monitoring, evaluation
   B. Health care system in Nepal
   C. Job description of ANM and AHW
   D. Primary Health Care (PHC): Definition, principles and elements