

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

प्राबिधिक प्रहरी नायव निरीक्षक (अडियोमेट्रिसियन) समूहको खुला प्रतियोगितात्मक लिखित 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 र अङ्कभार	समय
प्रथम	सम्बन्धित विषय सम्बन्धी	१००	४०	बस्तुगत बहुउत्तर (Multiple Choice)	५०×२ = १००	४५ मिनेट
द्वितीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	बस्तुगत बहुउत्तर	१०×१ = १०	१ घण्टा १० मिनेट
				विषयगत	लामो उत्तर १×१० = १० छोटो उत्तर ६×५ = 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 पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

एकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५
प्रश्न संख्या	२	३	३	२	३	४	२	२	४	२	२	३	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 अन्तर्वार्तामा सम्मिलित गराइनेछ ।
६. पाठ्यक्रम लागू मिति:- २०७५/१०/२३ गते ।

नृपबाल प्रहरी

## प्रथम पत्र- विषय सम्बन्धी पाठ्यक्रम

### **1. Introduction, National Policy and Planning 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, Filaria
- 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. Epidemiology and Disease Control**

- 2.1 Definition, Scope, Causes of Disease and Infection
- 2.2 Types and Management of Disasters
- 2.3 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

### **3. Environmental Sanitation**

- 3.1 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

### **4. Child Health Problems and Interventions**

- 4.1 Common Neo-natal Problems
- 4.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition.
- 4.3 Nutritional Interventions, Immunizations Services

### **5. General Medicine**

- 5.1 General History Taking, Simple Physical Examination, Systemic Examination.
- 5.2 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

### **6. First Aid and Emergency Management**

- 6.1 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

### **7. Skin Diseases**

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

### **8. Elementary Surgery**

- 8.1 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

## **9. Ear, Nose and Throat Diseases**

- 9.1 General Examination procedures of Ear, Nose and Throat
- 9.2 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
- 9.3 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
- 9.4 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

## **10. Oral Health and Mental Health**

- 10.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene
- 10.2 Psychosis, Neurosis and Mental Retardation

## **11. Reproductive Health Problems and Interventions**

- 11.1 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
- 11.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium
- 11.3 Safe Abortions, Permanent and Temporary Contraceptives

## **12. Anatomy and Physiology of Hearing and Elementary of Physics of Sound and causing of Hearing loss**

- 12.1 Anatomy and Physiology of the external, middle and inner ear-explanation of the threshold of hearing based on the anatomy of the ear, auditory pathway and central hearing mechanism
- 12.2 db concepts, frequency and intensity
- 12.3 Causes of aural deficiency, hereditary deafness, congenital deafness, acquired hearing loss in children and adults and causes of central auditory disorders

## **13. Tuning Fork Test, Parts of an Audiometer and Pure Tone Audiometry**

- 13.1 Rinne, Weber, Schwabach tests. Interpretation and cautions to be observed.
- 13.2 Different parts of an audiometer and how to use them. Noise level permissible in audiometry rooms
- 13.3 Methods of obtaining pure tone threshold through air conduction (AOC), factors that affect AC threshold, Bone Conduction (BC)-mechanism of BC transmitted sound, different types of BC vibrators, factors affecting BC threshold including vibrator placement, size of vibrators, occlusion effect, problems in bone conduction testing

## **14. Masking and Calibration**

- 14.1 Definition, Clinical use of masking for AC and BC. Different types of noise employed as maskers, procedure for masking, factors to be considered in adequate masking
- 14.2 Purpose, methods on subjective calibration, objective calibration and frequency of calibration

## **15. Speech Audiometry and Impedance Audiometry**

- 15.1 Different types of stimuli, use of speech audiometry, factors affecting scores in speech audiometry, live voice versus recorded voice, masking in speech audiometry and procedure for obtaining SRT, SDS, MCL, UCL, DR
- 15.2 Introduction, different types of instruments available, static compliance, impedance tympanometry and relaxometry.

-समाप्त-

स्वातंत्र्य