

- 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)
 - 3.3 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
 - 4.5 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**
 - 10.1 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

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- Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Ectopic 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, 2053 and Regulation, 2055
- 15.2 Health Professional Council Act, 2053 and Regulation, 2056