

Pokhara University Teaching Hospital
Curriculum for Health Assistant (Head Assistant) Level Examination

For Written Examination
Full Marks: 65

There shall be 3 hrs. written examination based on the following syllabus

Group A: Written Examination

65 Marks

1. Human Anatomy and Physiology (5)

Skeletal system, respiratory system, cardiovascular system, gastrointestinal system, endocrine system, circulatory system, urinary system, reproductive system, and nervous system.

2. General Medicine (10)

Etiology, clinical features, diagnosis, complications, treatment, and management of Pneumonia/ARI, Diarrhoea and Dysentery, Tuberculosis, Asthma, COPD, CVA, CCF, Hypertension, Diabetes, Hepatitis, Arthritis, Rheumatic Fever, Anemia, Xerophthalmia, and worm infestations.

3. First Aid and Basic Surgery (10)

Sign and symptoms, diagnosis and management of Fracture & dislocation, shock, poisoning, wound/injuries, hemorrhage, snake and animal bite.

Sign and symptoms, diagnosis and management of Abscess, Wound, Acute Abdomen, Appendicitis, Cholecystitis, Cholelithiasis, Acute Retention of Urine, Urinary Tract Infections, Hydrocele, Hernia, Phymosis & Paraphymosis, Head Injury, Chest Injury, Spinal Injury, and Cancer.

4. Skin, ENT, Dentistry, and Ophthalmology (10)

Boil, Abscess, Impetigo, Tinea Infection, Herpes Zoster, Scabies, Foreign Body in ENT/Eye, Dental Carries, Conjunctivitis, Cataract, Glaucoma, Trachoma, Otitis Media, Sinusitis, Epistaxis, Acute Tonsillitis, Pharyngitis, and Laryngitis.

5. Pharmacy and Pharmacology (5)

General Concept, Route of Drug Administration, NSAIDs, Antibiotics, Anti-Tubercular Drugs, Antimalarial Drugs, Anthelmintic drugs, Antihypertensive Drugs, Narcotics, Steroids/Lifesaving Drugs, IV fluids, List of Essential Medicines, rational Use of Drugs, Drug Acts and Regulations.

6. Pediatrics, Child health, Obstetrics and Gynecology (10)

Management of common neonatal health problems: low birth weight, birth injury, birth defects, neonatal infections, jaundice; Management of common child health problems: ARI, CDD, PEM; nutrition intervention, CB-IMNCI, and immunization.

Management of vaginal bleeding/discharge, PIDs, uterine prolapse, breast abscess, ectopic pregnancy, pregnancy, labor, and postpartum.

7. Epidemiology and Disease Control (7.5)

Concept of epidemiology, epidemiological study designs. Epidemiology of Diarrhoea, Cholera, ARI, Malaria, Tuberculosis, Leprosy, HIV/AIDS, Filariasis, Kala-Azar and Dengue.

8. General Knowledge on Health Management (7.5)

Health Planning and Management, Organization of Health System at Federal, Provincial and Local level, Job description of Health Assistant in different Health Care setting Health Care Waste Management, National Health Policy, 2076, Public Health Service Act (2075) and Regulation (2077), Basic Health Service Package, 2075, Standard Treatment Protocol for Emergency Health Care Service Package, 2078.

**Pokhara University Teaching Hospital
Curriculum for Health Assistant (Head Assistant) Level Examination**

For Practical Examination
Full Marks: 35

Practical examination based on the following syllabus

Group B: Practical Examination

35 Marks

- 1. Assessment of vital signs**
- 2. History taking**
- 3. Physical examination,**
- 4. Systemic examination,**
- 5. Incision & drainage of abscess**
- 6. Suturing of wound**
- 7. Catheterization**
- 8. IV insertion**
- 9. NG tube insertion**
- 10. Artificial Respiration**
- 11. Cardio-Pulmonary Resuscitation**
- 12. First aid management and Triage system**
