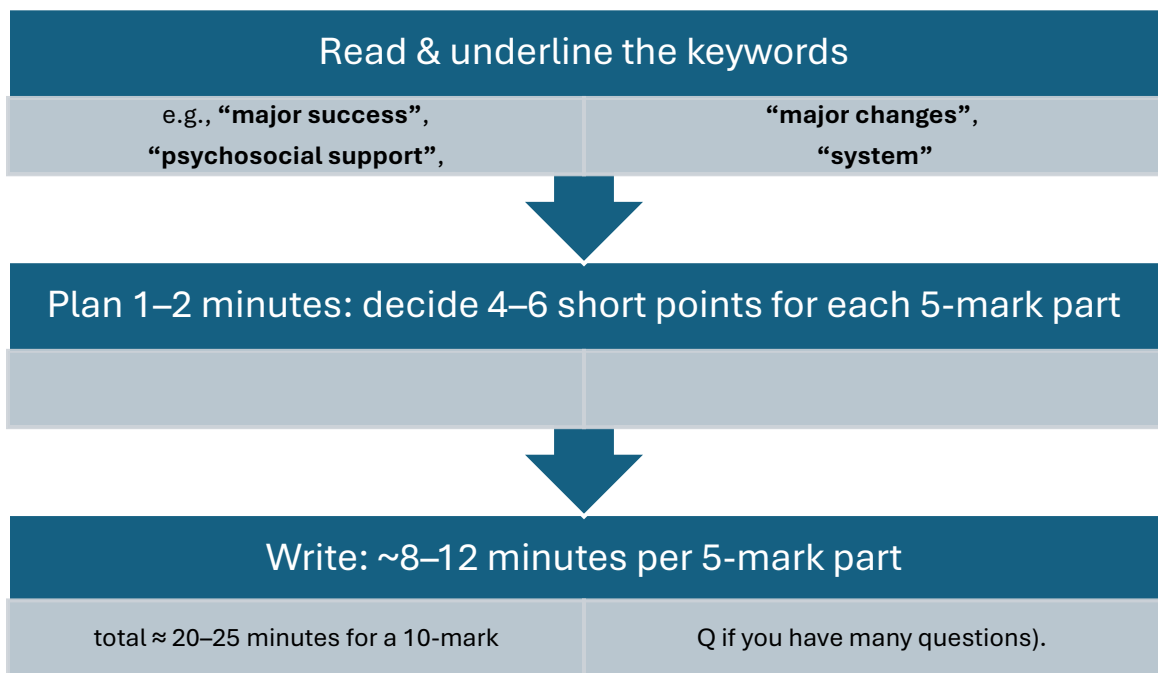


HOW TO WRITE ANSWER FOR 2ND PAPER

General exam strategy (for a 10-mark question split 5+5)

- ✓ 1. Read & underline the keywords (e.g., “major success”, “major changes”, “psychosocial support”, “system”).
2. Plan 1–2 minutes: decide 4–6 short points for each 5-mark part.
3. Write: ~8–12 minutes per 5-mark part (total ≈ 20–25 minutes for a 10-mark Q if you have many questions).
4. Structure each 5-mark piece: 1 line intro (definition/aim), 3–5 bullet/mini-paragraph points (each 1–2 lines), 1 line conclusion/implication.
5. Use headings or short numbered points so examiners can mark quickly.



Q4 — “Why FCHV program has been a major success in Nepal? Discuss the major changes made in FCHV program over the last few years.” (5 + 5)

How to break the answer down (5 + 5)



Part A — Why a major success (5 marks)

Plan 4 strong points (each ~1 mark): community trust/acceptance; accessibility & door-to-door reach; volunteer's role in MCH/nutrition/immunization/OR T; cost-effectiveness & community ownership; continuity & linkage with health posts.

Part B — Major changes in recent years (5 marks)

Plan 4–5 points (each ~1 mark): role expansion (NCDs/mental health/nutrition), updated training modules, stronger supervision & link with local government (Palika), incentive/support mechanisms, use of digital tools / reporting, integration into federalized health system.

Suggested short intro lines

- “Female Community Health Volunteers (FCHVs) are community-selected women who act as the first contact between communities and the health system. The program's success rests on community ownership, accessibility and linkage to primary health care.”

Key points to write (each with one exam-ready line)

1. **Community trust & selection** — “FCHVs are selected by their communities which gives them high credibility and acceptance for health education and behaviour change.”
2. **Accessibility & continuity** — “They live in the community and provide door-step services, ensuring continuity in maternal and child health interventions.”
3. **Preventive & promotive impact** — “FCHVs deliver health education, distribute ORS, promote immunization and nutrition, contributing to improved coverage and health outcomes.”
4. **Cost-effective & sustainable** — “Volunteer model kept costs low and allowed wide geographic coverage.”
5. **Linkage to health services** — “FCHVs link families to health posts, help with referrals and follow-up, improving service uptake.”

Changes (short bullets):

- **Role expansion:** “Expanded tasks (nutrition, TB, NCD awareness, psychosocial screening) to meet changing needs.”
- **Training updates:** “Regular refresher trainings and standardized curricula for new responsibilities.”
- **Supervision & incentives:** “Stronger supervision, non-monetary incentives and some local stipends from Palikas.”
- **Integration with local government:** “Greater coordination with municipality health plans after federalization.”

- **Digital reporting / tools:** “Pilot use of mobile reporting and better record-keeping in some areas.”

Quick conclusion line

- “Because FCHVs combine community trust with practical training and strong links to primary care, and because the program has adapted (expanded roles, better supervision), it remains a major success in Nepal.”

Memory trick (mnemonic)

Use **TRUST**: **T**rust (community), **R**each (accessibility), **U**tility (services), **S**ustainability (volunteer model), **T**ies (linkage with health system).

Q5 — “What are the common mental health issues in Nepal? Explain, how Psychosocial support can prevent distress and suffering from turning into more severe mental problem. What **system will help in providing mental health services?”**

How to structure (recommended)

1. **Intro sentence** (1 line) define briefly.
2. **List common mental health issues** (short bullets; 2–3 lines).
3. **Explain psychosocial support** — mechanisms + examples (core part).
4. **Describe the system needed** — practical components (primary care integration, task-sharing, referral).
5. **One-line conclusion.**

Allocate marks/time: if whole Q =10, **spend 2 min intro** + 3 min list + 8–10 min psychosocial mechanisms + 5 min system + 1 min conclusion.

Intro (1 line)

- “Mental health problems are **common** and range from depression and anxiety to substance use **and severe mental illnesses**; **psychosocial support aims to reduce distress and prevent progression.**”

Common mental health issues (write as short bullets)

- **Depression & anxiety disorders** — emphasize impaired functioning.
- **Stress reactions / PTSD** — especially after disasters and conflict.
- **Substance use disorders** — alcohol is common in many communities.
- **Suicidal behaviour** — important public health issue.
- **Severe mental illness** (psychosis, bipolar) — less common but high disability.

(One sentence each or group them into 3–5 bullets.)

How psychosocial support prevents progression — make it mechanism-driven

Write 4–6 short, exam-ready points (each 1–2 lines):

1. **Early identification & support** — “Psychosocial interventions allow early recognition of distress and timely referral, preventing chronicity.”
2. **Strengthening coping & resilience** — “Psychoeducation, problem-solving therapy and stress management improve coping, reducing risk of symptom escalation.”
3. **Reducing isolation & stigma** — “Group support and community engagement restore social ties and reduce harmful coping (e.g., substance use).”
4. **Promoting adherence & follow-up** — “Caregivers and community workers help patients continue treatments and attend referrals.”
5. **Addressing social determinants** — “Linkage to livelihood, shelter or family mediation reduces ongoing stressors that maintain mental illness.”

Provide short example: “e.g., Psychological First Aid and group problem-solving after floods reduces PTSD and depression turning chronic.”

What system will help provide mental health services (practical bullets)

Give a clear, organized list — treat this like a mini-plan:

1. **Integration into primary health care (PHC)** — “Train PHC workers and ANMs to assess common problems and provide basic psychosocial support.”
2. **Task-sharing with community workers** — “Use FCHVs or community counselors for screening, psychoeducation and follow-up (supervised by specialists).”
3. **Use of WHO mhGAP tools** — “Standardized protocols (mhGAP) for diagnosis and management at PHC level.”
4. **Referral network & specialist support** — “Clear referral pathways to district hospitals/telepsychiatry for severe cases.”
5. **Training, supervision & mentorship** — “Regular training and remote supervision from psychiatrists/psychologists.”

6. **Community-based rehabilitation & peer support** — “Support groups, day centres and livelihood programs.”
7. **Information systems & financing** — “Routine mental health indicators in HMIS and earmarked funding.”
8. **Anti-stigma and awareness campaigns** — “School/community campaigns to increase help-seeking.”

Short concluding sentence

- “A combined system of PHC integration, task-sharing, clear referral and community psychosocial interventions will prevent mild distress becoming severe and will expand mental health coverage in Nepal.”

Quick exam-writing tips & tricks (use these every time)

- **Answer the asked parts:** mark allocation hints how many points to give. For 5 marks give 4–5 crisp points.
- **Use headings / numbered points** so markers can tick points fast.
- **Start each bullet with a key phrase** (e.g., “Community trust – ...”) to show you’re answering directly.
- **Use local examples briefly** (e.g., “after floods/earthquake, PFA reduced distress”) — shows context knowledge.
- **Don’t write long textbook paragraphs** for short marks — compact, precise lines are better.
- **End with one line implication/recommendation** — good impression.
- **Avoid vague statements** (“It’s important”) — always add what/why/how.

Common pitfalls to avoid

- Writing long general definitions instead of direct points.
- Missing part of a multipart question (e.g., listing issues but not describing psychosocial prevention).
- No local/contextual link (if asked about Nepal, mention community/FCHVs/Palika briefly).
- Repeating the same idea in different words — be concise.

Crisp points
 1-2 (2e & a) sent word 