

Health Assistant (H.A.) Quick Review Notes

Bagamati province syllabus based

Introduction, National Policy, Planning, Strategies, and Implementation Status of Public Health Programmes in Nepal

1.1 Family Planning and Safe Motherhood

Family Planning:

- **Definition:** A practice that helps individuals and couples plan and achieve their desired number of children and the spacing and timing of their births.
- **Methods:** Contraceptives (pills, IUDs, condoms, sterilization).
- **Objectives:** Improve maternal and child health, reduce unwanted pregnancies, and manage population growth.

Family Planning Methods	Description	Example
Oral Contraceptive Pills	Hormonal pills to prevent ovulation	Combined oral contraceptive
IUDs	T-shaped devices placed in the uterus	Copper IUD
Condoms	Barrier method to prevent sperm entry	Male condoms
Sterilization	Permanent method for contraception	Tubal ligation, Vasectomy

Safe Motherhood:

- **Definition:** An initiative aimed at ensuring women receive the care they need to be safe and healthy throughout pregnancy and childbirth.
- **Components:** Antenatal care, skilled birth attendance, postnatal care, emergency obstetric care.

Safe Motherhood Components	Description	Example
Antenatal Care	Regular checkups during pregnancy	Monitoring fetal growth
Skilled Birth Attendance	Presence of trained personnel during delivery	Midwife-assisted delivery
Postnatal Care	Care for mother and baby after birth	Health checkups, breastfeeding support

Emergency Obstetric Care

Services for pregnancy-related emergencies

Caesarean section

1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Illness (ARI), Malnutrition, National Nutritional Programme, National Programme on Immunization

Control of Diarrhoeal Diseases (CDD):

- **Definition:** Measures to prevent and treat diarrheal diseases.
- **Strategies:** Oral rehydration therapy (ORT), promotion of breastfeeding, vaccination, sanitation and hygiene education.

CDD Strategies	Description	Example
Oral Rehydration Therapy	Use of ORS to prevent dehydration	ORS packets distribution
Promotion of Breastfeeding	Encouraging exclusive breastfeeding for the first 6 months	Community awareness programs
Vaccination	Immunizing against rotavirus and cholera	Rotavirus vaccination campaigns
Sanitation & Hygiene	Educating on handwashing and safe drinking water	School hygiene programs

Acute Respiratory Illness (ARI):

- **Definition:** Infections that interfere with normal breathing, including conditions like pneumonia and bronchitis.
- **Prevention:** Vaccination, good nutrition, clean air.

Malnutrition:

- **Definition:** A condition resulting from a diet lacking in nutrients or from an inability to absorb nutrients.
- **Types:** Undernutrition (wasting, stunting, underweight), overnutrition (obesity).

Types of Malnutrition	Description	Example
Undernutrition	Insufficient intake of calories and nutrients	Wasting, stunting
Overnutrition	Excessive intake of calories leading to obesity	Obesity

National Nutritional Programme:

- **Objective:** To improve the nutritional status of the population, particularly children and women.

Programme Activities	Description	Example
Food Fortification	Adding micronutrients to common foods	Fortified rice distribution

School Feeding Programs	Providing nutritious meals to school children	Midday meal schemes
Nutrition Education	Educating communities on balanced diets	Community workshops

National Programme on Immunization:

- **Purpose:** To protect individuals from vaccine-preventable diseases.

Vaccine	Target Disease	Schedule
BCG	Tuberculosis	At birth
Polio	Poliomyelitis	At birth, 6, 10, 14 weeks
DPT	Diphtheria, Pertussis, Tetanus	6, 10, 14 weeks
Measles	Measles	9 months

1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria

Malaria:

- **Definition:** A mosquito-borne infectious disease caused by Plasmodium parasites.
- **Control:** Insecticide-treated nets, indoor residual spraying, antimalarial drugs.

Kala-azar (Visceral Leishmaniasis):

- **Definition:** A disease caused by protozoan parasites transmitted by sandflies.
- **Control:** Vector control, case detection and treatment.

Japanese Encephalitis:

- **Definition:** A viral brain infection transmitted by mosquitoes.
- **Prevention:** Vaccination, mosquito control.

Filaria (Lymphatic Filariasis):

- **Definition:** A parasitic disease caused by thread-like worms, transmitted by mosquitoes.
- **Control:** Mass drug administration (MDA), vector control.

Disease	Cause	Control Measures
Malaria	Plasmodium parasites	Bed nets, spraying, antimalarial drugs
Kala-azar	Protozoan parasites	Vector control, treatment
Japanese Encephalitis	Virus	Vaccination, mosquito control
Filaria	Thread-like worms	MDA, vector control

1.5 Tuberculosis and Leprosy Control

Tuberculosis (TB):

- **Definition:** A contagious bacterial infection primarily affecting the lungs.
- **Control:** DOTS (Directly Observed Treatment, Short-course), vaccination (BCG).

TB Control Measures	Description	Example
DOTS	Directly observed treatment with short-course chemotherapy	Free treatment at DOTS centers
BCG Vaccination	Vaccine for prevention of TB in children	Administered at birth

Leprosy:

- **Definition:** A chronic infectious disease caused by *Mycobacterium leprae*.
- **Control:** Multi-drug therapy (MDT), early diagnosis.

Leprosy Control Measures	Description	Example
MDT	Combination of drugs to treat leprosy	Free MDT provided by health centers
Early Diagnosis	Screening and early detection programs	Community health worker training

1.6 Health Education, Information, and Communication

Health Education:

- **Definition:** Providing information and learning experiences to improve health literacy.
- **Strategies:** Community meetings, school programs, mass media campaigns.

Health Education Strategies	Description	Example
Community Meetings	Engaging communities in health discussions	Town hall meetings
School Programs	Educating students on health topics	School health clubs
Mass Media Campaigns	Using radio, TV, and print to disseminate health information	Radio programs on disease prevention

Information and Communication:

- **Purpose:** To disseminate health information effectively to the public.

Communication Methods	Description	Example
Radio	Broadcasting health messages to a wide audience	Radio health shows
TV	Visual and audio information on health	TV public service announcements

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Print Media	Health articles in newspapers and magazines	Health columns
Social Media	Online platforms for health information sharing	Health campaigns on Facebook

2. Planning and Management

2.1 Community Health Diagnosis & Health Profile

Community Health Diagnosis:

- **Definition:** A process of assessing the health needs and resources of a community.
- **Steps:** Data collection, analysis, community engagement.

Steps in Community Health Diagnosis	Description	Example
Data Collection	Gathering health data from various sources	Surveys, health records
Analysis	Interpreting the collected data	Statistical analysis
Community Engagement	Involving community members in identifying health issues	Community meetings

Health Profile:

- **Definition:** A comprehensive summary of the health status of a community.

Components of Health Profile	Description	Example
Morbidity Data	Information on prevalent diseases	Prevalence of diabetes
Mortality Data	Data on death rates and causes	Infant mortality rate
Health Services	Availability and utilization of health services	Number of health facilities
Socio-Economic Data	Social and economic factors affecting health	Literacy rate, income levels

2.2 Micro Planning of Health Programme

Micro Planning:

- **Definition:** Detailed planning at the local level to ensure effective implementation of health programs.

Steps in Micro Planning	Description	Example
Identify Target Populations	Determining the specific groups to be served	Children under 5 for immunization

Set Objectives	Defining clear and measurable goals	90% vaccination coverage
Resource Allocation	Distributing resources effectively	Budgeting for vaccines

2.3 Supervision, Monitoring, and Evaluation of Health Programmes

Supervision:

- **Purpose:** To ensure that health programs are being implemented as planned.

Supervision Methods	Description	Example
Regular Visits	Periodic site visits to monitor progress	Monthly visits to health posts
Checklists	Standardized tools for assessing program activities	Supervision checklists
Feedback	Providing constructive feedback to health workers	Performance reviews

Monitoring:

- **Definition:** Ongoing assessment of program activities.

Monitoring Tools	Description	Example
Indicators	Specific measures used to assess program performance	Immunization coverage rates
Data Collection Forms	Standardized forms for recording data	Monthly reporting forms

Evaluation:

- **Definition:** Systematic assessment of the design, implementation, and outcomes of a program.

Types of Evaluation	Description	Example
Formative Evaluation	Conducted during program development to improve design	Pilot testing a health intervention
Summative Evaluation	Conducted after program implementation to assess impact	Final evaluation of a nutrition program

2.4 Health Management Information System (HMIS)

HMIS:

- **Definition:** A system for collecting, processing, and using health information to improve decision-making.

Components of HMIS	Description	Example
Data Collection	Gathering health-related data	Patient records
Data Storage	Safely storing collected data	Electronic health databases
Data Analysis	Interpreting the data to generate insights	Statistical software
Reporting	Sharing analyzed data with stakeholders	Health reports to policymakers

2.5 Planning and Management of Camps

Health Camps:

- **Purpose:** To provide medical services in underserved areas.

Steps in Planning Health Camps	Description	Example
Site Selection	Choosing locations based on need	Remote villages
Logistics	Arranging necessary supplies and equipment	Medical supplies
Staff Allocation	Assigning healthcare providers to the camp	Doctors, nurses, volunteers

2.6 Cold Chain Management

Cold Chain:

- **Definition:** A temperature-controlled supply chain to maintain the efficacy of vaccines.

Components of Cold Chain	Description	Example
Refrigeration Equipment	Devices to keep vaccines at required temperatures	Vaccine refrigerators
Transportation	Ensuring safe transport of vaccines	Insulated vaccine carriers
Monitoring	Keeping track of temperature conditions	Temperature loggers

2.7 Health Training Management in Different Settings

Health Training:

- **Purpose:** To improve the skills and knowledge of health workers.

Training Settings	Description	Example
Hospitals	In-service training programs	Emergency care training

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Health Centers	Skill enhancement sessions for primary care providers	Maternal health training
Community Settings	Training community health workers	Community health worker training

2.8 Logistic Management

Logistics:

- **Definition:** The planning, implementation, and control of the movement and storage of goods and services.

Components of Logistic Management	Description	Example
Procurement	Acquiring necessary supplies	Purchasing medical equipment
Inventory Management	Keeping track of supplies	Inventory control systems
Distribution	Ensuring timely delivery of supplies	Distribution of medicines

3. Organizational Structure and Functions

3.1 Ministry of Health and Population (MoHP), Ministry of Social Development, Bagamati Province

MoHP:

- **Role:** Formulate health policies, plan and implement health programs, regulate health services.

Structure of MoHP	Description	Example
Departments	Divisions focused on specific health areas	Department of Health Services
Divisions	Specialized units within departments	Family Health Division

Ministry of Social Development, Bagamati Province:

- **Role:** Oversee social development initiatives, including health, in the province.

Structure of Ministry	Description	Example
Provincial Directorates	Regional offices implementing health policies	Provincial Health Directorate
District Offices	Local offices managing health services	District Health Office

3.2 Provincial Directorate of Health, Bagamati Province, District Health Office (DHO)

Provincial Directorate of Health:

- **Role:** Implement health policies and programs at the provincial level.

Functions of Provincial Directorate	Description	Example
Monitoring	Overseeing health program implementation	Provincial immunization monitoring
Coordination	Coordinating health activities across districts	Coordination meetings
Resource Allocation	Distributing resources to districts	Budget allocation for health programs

District Health Office (DHO):

- **Role:** Manage health services at the district level.

Functions of DHO	Description	Example
Supervision	Supervising health facilities in the district	Health post visits
Monitoring	Tracking health program performance	Monthly health reports
Health Promotion	Educating the public on health issues	Community health campaigns

3.3 Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP)

Primary Health Care Center (PHCC):

- **Role:** Provide comprehensive primary health care services.

Services Provided by PHCC	Description	Example
Outpatient Care	Medical consultations for various illnesses	General OPD services
Maternal and Child Health	Services for pregnant women and children	Antenatal checkups
Immunization	Vaccination services for preventable diseases	Routine immunization programs
Minor Surgeries	Basic surgical procedures	Suturing wounds

Health Post (HP):

- **Role:** Deliver basic health services at the community level.

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Services Provided by HP	Description	Example
Immunization	Vaccination services	Childhood vaccinations
Family Planning	Contraceptive services	Distribution of contraceptives
Health Education	Educating the community on health issues	Health awareness sessions

Cold Chain Management Diagram:

4. Community Mobilization & Local Governance

4.1 Female Community Health Volunteers (FCHV) and Mother's Groups

FCHV:

- **Role:** Key players in community health, providing basic health services and education.

Functions of FCHV	Description	Example
Health Education	Educating the community on health issues	Nutrition and hygiene sessions
Maternal and Child Health Services	Assisting in antenatal and postnatal care	Home visits for pregnant women
Immunization Support	Assisting in vaccination campaigns	Mobilizing community for vaccination days

Mother's Groups:

- **Role:** Support groups focusing on maternal and child health.

Functions of Mother's Groups	Description	Example
Health Education	Conducting sessions on maternal and child health	Breastfeeding workshops
Support Networks	Providing a support system for mothers	Peer support groups
Community Mobilization	Mobilizing community resources for health initiatives	Organizing health fairs

4.2 Primary Health Care Outreach Clinic

PHC Outreach Clinic:

- **Purpose:** Extend health services to remote and underserved areas.

Services Provided	Description	Example
Immunization	Vaccination services in remote areas	Immunization campaigns
Maternal and Child Health	Health check-ups and education for mothers and children	Antenatal care services
Health Education	Providing health education to the community	Hygiene and sanitation workshops

4.3 Community Drug Programme (CDP)

CDP:

- **Purpose:** Ensure the availability of essential drugs at the community level.

Components of CDP	Description	Example
Drug Supply	Ensuring a consistent supply of essential drugs	Distribution of antibiotics
Training	Educating community health workers on drug management	Training on safe drug administration
Monitoring	Tracking the use and availability of drugs	Regular stock checks

4.4 Mobilization of Local Health Leaders and Committees

Local Health Leaders:

- **Role:** Advocate for and lead community health initiatives.

Functions	Description	Example
Advocacy	Promoting health programs and policies	Campaigns for clean drinking water
Coordination	Coordinating health activities with local authorities	Health committee meetings
Resource Mobilization	Securing resources for health initiatives	Fundraising for health camps

4.5 Decentralized Management of Health Services

Decentralization:

- **Purpose:** Improve health service delivery by transferring decision-making authority to local levels.

Benefits	Description	Example
Improved Responsiveness	Faster response to local health needs	Localized health campaigns

Community Involvement	Greater community participation in health decisions	Community health planning meetings
Resource Efficiency	More efficient use of local resources	Local budgeting for health programs

5. Epidemiology and Disease Control

5.1 Definition, Scope, Causes of Disease and Infection

Epidemiology:

- **Definition:** The study of the distribution and determinants of health-related states or events in specified populations.

Component	Description	Example
Disease Distribution	The frequency and pattern of health events	Incidence of malaria
Determinants	Factors influencing health status	Risk factors for diabetes
Population	Groups of individuals studied	Urban vs. rural populations

5.2 Disaster, Types, and Management

Disaster:

- **Definition:** A serious disruption causing widespread human, material, economic, or environmental losses.

Types of Disasters	Description	Example
Natural Disasters	Disasters caused by natural phenomena	Earthquakes, floods
Man-Made Disasters	Disasters resulting from human actions	Industrial accidents, terrorism

Disaster Management:

- **Phases:** Preparedness, response, recovery, and mitigation.

Phase	Description	Example
Preparedness	Planning and preparing for potential disasters	Emergency drills
Response	Immediate actions taken during and after a disaster	Search and rescue operations
Recovery	Long-term efforts to restore normalcy	Reconstruction of infrastructure

Mitigation	Efforts to reduce the impact of future disasters	Building codes, early warning systems
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5.3 Management of Epidemics Outbreak

Epidemic:

- **Definition:** A widespread occurrence of an infectious disease in a community at a particular time.

Steps in Managing Epidemics	Description	Example
Surveillance	Monitoring and detecting cases	Reporting systems
Containment	Limiting the spread of the disease	Quarantine measures
Treatment	Providing medical care to affected individuals	Antiviral drugs
Prevention	Implementing measures to prevent future outbreaks	Vaccination campaigns

5.4 Causes, Signs, Symptoms, Management, Prevention, and Control of Various Diseases

Disease	Causes	Signs and Symptoms	Management	Prevention and Control
Gastroenteritis	Bacterial, viral, or parasitic infections	Diarrhea, vomiting, abdominal pain	Rehydration, antibiotics (if bacterial)	Safe drinking water, hygiene practices
Dysentery	Bacterial or amoebic infection	Bloody diarrhea, fever, abdominal pain	Antibiotics, rehydration	Improved sanitation, safe water supply
Cholera	Vibrio cholerae bacteria	Severe diarrhea, dehydration	Oral rehydration therapy, antibiotics	Cholera vaccination, safe water practices
Typhoid Fever	Salmonella typhi bacteria	High fever, headache, abdominal pain	Antibiotics, supportive care	Vaccination, safe food and water
Giardiasis	Giardia lamblia parasite	Diarrhea, abdominal cramps, bloating	Antiparasitic medications	Safe water, proper sanitation

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Malaria	Plasmodium parasites, mosquito bites	Fever, chills, headache, sweating	Antimalarial drugs	Mosquito control, bed nets
Filariasis	Wuchereria bancrofti worms, mosquito bites	Lymphedema , elephantiasis	Antifilarial drugs	Mosquito control, mass drug administration
Japanese Encephalitis	Japanese encephalitis virus, mosquito bites	Fever, headache, vomiting, confusion	Supportive care, no specific antiviral	Vaccination, mosquito control
Kala-azar (Leishmaniasis)	Leishmania parasites, sandfly bites	Fever, weight loss, spleen enlargement	Antileishmanial drugs	Sandfly control, early diagnosis
Parasitic Infestation	Various parasites (e.g., worms)	Varied depending on parasite	Antiparasitic medications	Hygiene practices, proper sanitation
Scabies	Sarcoptes scabiei mite	Intense itching, skin rash	Scabicide medications	Personal hygiene, avoiding contact
Chicken Pox	Varicella-zoster virus	Rash, fever, itching	Antiviral drugs, symptomatic treatment	Vaccination
Influenza	Influenza viruses	Fever, cough, sore throat, body aches	Antiviral drugs, rest, fluids	Annual flu vaccination
Mumps	Mumps virus	Swelling of salivary glands, fever	Supportive care	Mumps vaccination
Rabies	Rabies virus, animal bites	Fever, headache, muscle weakness, hydrophobia	Rabies immunoglobulin , vaccination	Rabies vaccination for animals and humans
Hepatitis	Hepatitis viruses (A, B, C, etc.)	Jaundice, fatigue, abdominal pain	Antiviral drugs, supportive care	Vaccination, safe practices (e.g., needles, sex)
Ring Worm	Fungal infection	Circular rash, itching	Antifungal medications	Personal hygiene, avoiding contact

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Leprosy	Mycobacterium leprae bacteria	Skin lesions, nerve damage	Multidrug therapy	Early diagnosis and treatment
Tuberculosis	Mycobacterium tuberculosis bacteria	Cough, weight loss, night sweats	Antitubercular drugs	Vaccination (BCG), early diagnosis
Helminthiasis	Worm infections	Varied depending on worm	Anthelmintic drugs	Hygiene practices, deworming programs
Pertussis (Whooping Cough)	Bordetella pertussis bacteria	Severe coughing fits	Antibiotics, supportive care	Vaccination (DTP)
Measles	Measles virus	Rash, fever, cough, runny nose	Supportive care, vitamin A	Measles vaccination
Diphtheria	Corynebacterium diphtheriae bacteria	Sore throat, fever, swollen glands	Antitoxin, antibiotics	Vaccination (DTP)

6. Environmental Sanitation

6.1 Water Purification and Food Hygiene

Water Purification:

- **Methods:** Boiling, chlorination, filtration, solar disinfection, and ultraviolet treatment.

Method	Description	Example
Boiling	Heating water to kill pathogens	Boiling water for 1-3 minutes
Chlorination	Adding chlorine to water to disinfect	Using chlorine tablets
Filtration	Removing impurities using a filter	Ceramic or sand filters
Solar Disinfection	Using sunlight to disinfect water	Exposing water in plastic bottles
Ultraviolet Treatment	Using UV light to kill microorganisms	UV water purifiers

Food Hygiene:

- **Practices:** Ensuring food is safe to eat by preventing contamination.

Practice	Description	Example
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Hand Washing	Washing hands before handling food	Using soap and water
Proper Cooking	Cooking food to safe temperatures	Cooking meat thoroughly
Safe Storage	Storing food at appropriate temperatures	Refrigeration of perishable items
Avoiding Cross-Contamination	Preventing the spread of bacteria between foods	Using separate cutting boards

6.2 Waste Management, Sanitation of Public Places, Health Hazards, Sanitary Latrines

Waste Management:

- **Types:** Solid waste, liquid waste, and hazardous waste.

Type of Waste	Description	Example
Solid Waste	Household, industrial, and agricultural waste	Garbage collection and disposal
Liquid Waste	Sewage and wastewater	Sewage treatment plants
Hazardous Waste	Toxic, chemical, and medical waste	Safe disposal of medical waste

Sanitation of Public Places:

- **Practices:** Maintaining cleanliness and hygiene in public areas.

Practice	Description	Example
Regular Cleaning	Routine cleaning of public spaces	Sweeping streets
Provision of Facilities	Ensuring availability of sanitation facilities	Public toilets, handwashing stations

Health Hazards:

- **Types:** Biological, chemical, physical, and ergonomic hazards.

Type	Description	Example
Biological Hazards	Harm caused by biological agents	Pathogens in food or water
Chemical Hazards	Harm caused by chemical substances	Pesticides, industrial chemicals
Physical Hazards	Harm caused by physical factors	Noise, radiation
Ergonomic Hazards	Harm caused by poor ergonomic practices	Repetitive strain injuries

Sanitary Latrines:

- **Types:** Pit latrines, ventilated improved pit latrines, and flush toilets.

Type	Description	Example
Pit Latrines	Simple, cost-effective toilets	Basic hole in the ground
Ventilated Improved Pit Latrines	Pit latrines with ventilation to reduce odor	VIP latrines
Flush Toilets	Toilets that flush waste with water	Conventional flush toilets

6.3 Medical Importance and Measures of Controlling Common Vectors, Insects, and Rodents

Vectors and Insects:

- **Importance:** Vectors and insects can transmit diseases.

Vector/Insect	Disease Transmitted	Control Measures
Mosquitoes	Malaria, dengue, Zika	Insecticide-treated nets, repellents
Sandflies	Leishmaniasis	Insecticide spraying
Ticks	Lyme disease, tick-borne encephalitis	Tick repellents, avoiding tick habitats
Flies	Trachoma, typhoid fever	Fly control measures, sanitation

Rodents:

- **Importance:** Rodents can spread diseases and cause damage.

Rodent	Disease Transmitted	Control Measures
Rats	Leptospirosis, plague	Traps, rodenticides, sanitation
Mice	Hantavirus, salmonellosis	Pest control, proper storage of food

7. Child Health Problems and Interventions

7.1 Common Neo-natal Problems

Neo-natal Problems:

- **Examples:** Neonatal jaundice, infections, respiratory distress syndrome.

Problem	Causes	Signs and Symptoms	Management	Prevention
Neonatal Jaundice	Bilirubin buildup	Yellowing of skin and eyes	Phototherapy, exchange transfusion	Early breastfeeding, monitoring bilirubin levels

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Infections	Bacterial, viral, or fungal	Fever, lethargy, poor feeding	Antibiotics, antiviral drugs	Hygiene practices, infection control
Respiratory Distress Syndrome	Premature birth, lack of surfactant	Rapid breathing, grunting, nasal flaring	Oxygen therapy, surfactant replacement	Prenatal care, steroid treatment for premature labor

7.2 Common Child Health Problems like Diarrhoeal Disease, ARI, Malnutrition, and Malaria

Diarrhoeal Disease:

- **Causes:** Viral, bacterial, or parasitic infections.
- **Management:** Rehydration therapy, zinc supplementation, antibiotics (if bacterial).

Acute Respiratory Infection (ARI):

- **Causes:** Viral or bacterial infections.
- **Management:** Antibiotics (if bacterial), supportive care, oxygen therapy.

Malnutrition:

- **Causes:** Inadequate diet, infections, poor feeding practices.
- **Management:** Nutritional rehabilitation, dietary supplements, therapeutic feeding programs.

Malaria:

- **Causes:** Plasmodium parasites, mosquito bites.
- **Management:** Antimalarial drugs, supportive care, insecticide-treated nets.

7.3 Common Vaccine Preventable Diseases in Children, Immunization

Vaccine Preventable Diseases:

- **Examples:** Measles, mumps, rubella, polio, hepatitis B, diphtheria, pertussis, tetanus.

Disease	Vaccine	Schedule
Measles	MMR (Measles, Mumps, Rubella)	12-15 months, 4-6 years
Polio	IPV (Inactivated Polio Vaccine)	2 months, 4 months, 6-18 months, 4-6 years
Hepatitis B	Hepatitis B Vaccine	Birth, 1-2 months, 6-18 months
Diphtheria, Pertussis, Tetanus	DTaP Vaccine	2 months, 4 months, 6 months, 15-18 months, 4-6 years

7.4 Nutritional Interventions

Nutritional Interventions:

- **Purpose:** Improve the nutritional status of children.

Intervention	Description	Example
Supplementation	Providing essential vitamins and minerals	Vitamin A supplementation
Therapeutic Feeding	Special feeding programs for malnourished children	Ready-to-use therapeutic foods
Breastfeeding Promotion	Encouraging exclusive breastfeeding for the first 6 months	Breastfeeding counseling

8. Concept of Primary Health Care

Primary Health Care (PHC):

- **Definition:** Essential health care based on practical, scientifically sound, and socially acceptable methods.
- **Principles:** Universal accessibility, community participation, health promotion, intersectoral coordination.

Principle	Description	Example
Universal Accessibility	Ensuring health services are available to all	Free primary health care services
Community Participation	Involving the community in health decision-making	Community health committees
Health Promotion	Promoting healthy lifestyles and preventive measures	Health education campaigns
Intersectoral Coordination	Collaboration between different sectors to improve health	Partnerships with education and agriculture sectors

Diagrams and Infographics

Diagrams:

1. **Health System Structure Diagram**
 - Illustrates the hierarchical structure from national to local health services.
2. **Disease Transmission Cycle Diagram**
 - Shows the transmission cycle of vector-borne diseases.

Infographics:

1. **Vaccination Schedule Infographic**
 - Provides a visual representation of the immunization schedule for children.

2. Handwashing Steps Infographic

- Visual guide to proper handwashing techniques.

3. Waste Management Process Infographic

- Shows the steps involved in effective waste management.

9. First Aid and Emergency Management

9.1 Breathing Difficulties, Chest Pain, and Loss of Consciousness

Breathing Difficulties:

- **Causes:** Asthma, choking, allergic reactions, infections.
- **Management:** Assess airway, provide oxygen, use bronchodilators for asthma, Heimlich maneuver for choking.

Condition	Causes	Signs and Symptoms	Management
Asthma	Allergens, exercise, cold air	Wheezing, shortness of breath	Inhalers, bronchodilators
Choking	Foreign object in airway	Difficulty breathing, cyanosis	Heimlich maneuver, CPR if necessary
Allergic Reaction	Allergens (food, insect stings)	Swelling, difficulty breathing, hives	Epinephrine injection, antihistamines

Chest Pain:

- **Causes:** Heart attack, angina, pulmonary embolism, gastroesophageal reflux.
- **Management:** Assess severity, provide aspirin for suspected heart attack, position comfortably, seek immediate medical help.

Condition	Causes	Signs and Symptoms	Management
Heart Attack	Blocked coronary artery	Severe chest pain, sweating, nausea	Aspirin, call emergency services
Angina	Reduced blood flow to heart	Chest pain, shortness of breath	Rest, nitroglycerin
Pulmonary Embolism	Blood clot in lungs	Sudden chest pain, shortness of breath	Anticoagulants, immediate medical attention

Loss of Consciousness:

- **Causes:** Fainting, seizures, head injury, hypoglycemia.
- **Management:** Assess responsiveness, ensure open airway, place in recovery position, monitor vital signs.

Condition	Causes	Signs and Symptoms	Management
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Fainting (Syncope)	Low blood pressure, dehydration	Brief loss of consciousness, dizziness	Lie down, elevate legs
Seizures	Epilepsy, head injury	Convulsions, loss of consciousness	Protect from injury, do not restrain, call for help
Hypoglycemia	Low blood sugar	Sweating, confusion, unconsciousness	Glucose administration, monitor blood sugar

9.2 Trauma: Injuries, Bleeding, Fracture, Dislocation, Burn, Frostbite, Drowning

Injuries:

- **Types:** Abrasions, lacerations, contusions.
- **Management:** Clean wounds, apply dressings, seek medical help for severe injuries.

Type of Injury	Description	Management
Abrasions	Scrapes on the skin	Clean with antiseptic, apply dressing
Lacerations	Deep cuts	Control bleeding, clean wound, sutures if needed
Contusions	Bruises	Apply ice, rest, monitor for complications

Bleeding:

- **Types:** External, internal.
- **Management:** Apply direct pressure, elevate injured part, use pressure points for severe bleeding, seek medical help.

Type	Description	Management
External Bleeding	Bleeding from a wound	Direct pressure, bandage, elevate limb
Internal Bleeding	Bleeding within the body	Monitor vital signs, seek immediate medical help

Fractures:

- **Types:** Open (compound), closed (simple).
- **Management:** Immobilize the area, use splints, seek medical help.

Type	Description	Management
Open Fracture	Bone pierces the skin	Control bleeding, immobilize, cover wound
Closed Fracture	Bone does not pierce the skin	Immobilize, use splints, seek medical help

Dislocation:

- **Description:** Joint forced out of position.

- **Management:** Immobilize, do not attempt to reposition, seek medical help.

Condition	Description	Management
Dislocation	Joint out of position	Immobilize, support, seek medical help

Burn:

- **Types:** First-degree, second-degree, third-degree.
- **Management:** Cool burn, cover with sterile dressing, seek medical help for severe burns.

Type	Description	Management
First-Degree Burn	Redness, minor pain	Cool water, aloe vera, pain relief
Second-Degree Burn	Blisters, severe pain	Cool water, cover with sterile dressing, seek medical help
Third-Degree Burn	Charred or white skin, numbness	Do not remove clothing, cover with sterile dressing, seek immediate medical help

Frostbite:

- **Description:** Damage to skin and tissues due to extreme cold.
- **Management:** Gradually warm affected area, avoid rubbing, seek medical help.

Condition	Description	Management
Frostbite	Skin and tissue damage from cold	Warm area gradually, avoid rubbing, seek medical help

Drowning:

- **Description:** Breathing impairment from submersion in water.
- **Management:** Remove from water, provide rescue breaths and CPR if needed, seek medical help.

Condition	Description	Management
Drowning	Impaired breathing from submersion	Rescue breaths, CPR, seek immediate medical help

9.3 Shock: Types and Management

Types of Shock:

- **Examples:** Hypovolemic, cardiogenic, anaphylactic, septic.

Type of Shock	Causes	Signs and Symptoms	Management
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Mero Healthline			
Hypovolemic	Severe blood loss, dehydration	Rapid pulse, low blood pressure, pale skin	Control bleeding, IV fluids
Cardiogenic	Heart problems	Chest pain, shortness of breath, weak pulse	Oxygen, medications to support heart function
Anaphylactic	Severe allergic reaction	Swelling, difficulty breathing, hives	Epinephrine injection, antihistamines, oxygen
Septic	Severe infection	Fever, rapid pulse, confusion	Antibiotics, IV fluids, supportive care

9.4 Animal, Insect, and Snake Bites

Animal Bites:

- **Types:** Dog, cat, wild animals.
- **Management:** Clean wound, apply dressing, seek medical help, consider rabies vaccination.

Type of Bite	Description	Management
Dog Bite	Bite from a dog	Clean wound, apply dressing, rabies vaccination if necessary
Cat Bite	Bite from a cat	Clean wound, apply dressing, tetanus shot if necessary

Insect Bites:

- **Types:** Bee, wasp, mosquito.
- **Management:** Remove stinger if present, apply cold compress, antihistamines for itching.

Type of Bite	Description	Management
Bee/Wasp Sting	Sting from bee or wasp	Remove stinger, apply cold compress, antihistamines

Snake Bites:

- **Types:** Venomous, non-venomous.
- **Management:** Immobilize affected area, keep patient calm, seek immediate medical help, do not apply tourniquet or ice.

Type of Bite	Description	Management
Venomous Snake Bite	Bite from a venomous snake	Immobilize, keep calm, seek immediate medical help
Non-Venomous Snake Bite	Bite from a non-venomous snake	Clean wound, apply dressing, seek medical help if necessary

9.5 Common Poisoning and Emergency Management

Common Poisonings:

- **Types:** Chemical, medication, food.
- **Management:** Identify poison, provide supportive care, seek medical help, use activated charcoal if recommended.

Type of Poisoning	Causes	Signs and Symptoms	Management
Chemical Poisoning	Household cleaners, pesticides	Nausea, vomiting, abdominal pain	Do not induce vomiting, call poison control, seek medical help
Medication Overdose	Excessive medication intake	Confusion, drowsiness, respiratory distress	Identify medication, supportive care, seek medical help
Food Poisoning	Contaminated food	Nausea, vomiting, diarrhea	Hydration, rest, seek medical help if severe

9.6 Abscess and Cellulitis**Abscess:**

- **Description:** Localized collection of pus.
- **Management:** Warm compresses, incision and drainage if needed, antibiotics.

Condition	Description	Management
Abscess	Localized pus collection	Warm compresses, incision and drainage, antibiotics

Cellulitis:

- **Description:** Bacterial skin infection.
- **Management:** Antibiotics, rest, elevation of affected area.

Condition	Description	Management
Cellulitis	Bacterial infection of skin	Antibiotics, rest, elevation

10. Skin Diseases**10.1 Impetigo, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions, and Acute Drug Reaction****Impetigo:**

- **Description:** Bacterial skin infection, common in children.
- **Management:** Topical or oral antibiotics, hygiene practices.

Condition	Description	Management
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Impetigo	Bacterial skin infection	Topical or oral antibiotics, hygiene
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Boils:

- **Description:** Deep folliculitis, infection of hair follicle.
- **Management:** Warm compresses, incision and drainage if needed, antibiotics.

Condition	Description	Management
Boils	Infection of hair follicle	Warm compresses, incision and drainage, antibiotics

Tinea Infection (Ringworm):

- **Description:** Fungal skin infection.
- **Management:** Antifungal creams or oral antifungals.

Condition	Description	Management
Tinea Infection	Fungal skin infection	Antifungal creams, oral antifungals

Herpes Zoster (Shingles):

- **Description:** Viral infection causing painful rash.
- **Management:** Antiviral medications, pain relief.

Condition	Description	Management
Herpes Zoster	Viral infection, causes rash	Antiviral medications, pain relief

Scabies:

- **Description:** Parasitic infestation causing intense itching.
- **Management:** Scabicial creams, hygiene measures.

Condition	Description	Management
Scabies	Parasitic skin infestation	Scabicial creams, hygiene measures

Eczema:

- **Description:** Chronic inflammatory skin condition.
- **Management:** Moisturizers, topical steroids, avoiding triggers.

Condition	Description	Management
Eczema	Chronic skin inflammation	Moisturizers, topical steroids, avoiding triggers

Allergic Conditions:

- **Description:** Skin reactions to allergens.
- **Management:** Antihistamines, avoiding allergens, topical steroids.

Condition	Description	Management
Allergic Conditions	Skin reaction to allergens	Antihistamines, avoiding allergens, topical steroids

Acute Drug Reaction:

- **Description:** Adverse skin reaction to medication.
- **Management:** Discontinue offending drug, supportive care, antihistamines.

Condition	Description	Management
Acute Drug Reaction	Adverse reaction to medication	Discontinue drug, supportive care, antihistamines

11. Elementary Surgery**11.1 Hemorrhage, Management of Inflammation, Septicemia, Toxemia, Sinus, Fistula, Gangrene, and Infected Wound****Hemorrhage:**

- **Description:** Excessive bleeding.
- **Management:** Direct pressure, surgical intervention, blood transfusion.

Condition	Description	Management
Hemorrhage	Excessive bleeding	Direct pressure, surgical intervention, blood transfusion

Management of Inflammation:

- **Description:** Redness, swelling, heat, and pain.
- **Management:** Anti-inflammatory medications, rest, ice.

Condition	Description	Management
Inflammation	Redness, swelling, heat, pain	Anti-inflammatory medications, rest, ice

Septicemia:

- **Description:** Blood infection.
- **Management:** Antibiotics, supportive care.

Condition	Description	Management
Septicemia	Blood infection	Antibiotics, supportive care

Toxemia:

- **Description:** Toxins in the blood.

- **Management:** Identify source, supportive care, antibiotics if bacterial.

Condition	Description	Management
Toxemia	Toxins in blood	Identify source, supportive care, antibiotics

Sinus and Fistula:

- **Description:** Abnormal channels from abscess to body surface.
- **Management:** Surgical intervention, antibiotics.

Condition	Description	Management
Sinus	Abnormal channel	Surgical intervention, antibiotics
Fistula	Abnormal connection	Surgical intervention, antibiotics

Gangrene:

- **Description:** Death of tissue due to lack of blood supply.
- **Management:** Surgical removal, antibiotics, supportive care.

Condition	Description	Management
Gangrene	Death of tissue	Surgical removal, antibiotics, supportive care

Infected Wound:

- **Description:** Wound infected by bacteria.
- **Management:** Clean wound, antibiotics, surgical debridement if necessary.

Condition	Description	Management
Infected Wound	Wound infected by bacteria	Clean wound, antibiotics, surgical debridement if necessary

11.2 Head Injury, Spinal Injury, Chest and Abdominal Injury

Head Injury:

- **Types:** Concussion, contusion, skull fracture.
- **Management:** Monitor for signs of increased intracranial pressure, seek medical help.

Type	Description	Management
Concussion	Brain injury causing temporary dysfunction	Rest, monitor symptoms
Contusion	Bruising of the brain	Monitor for symptoms, seek medical help
Skull Fracture	Break in the skull bone	Stabilize, seek immediate medical help

Spinal Injury:

- **Description:** Damage to spinal cord.
- **Management:** Immobilize spine, seek immediate medical help.

Condition	Description	Management
Spinal Injury	Damage to spinal cord	Immobilize, seek immediate medical help

Chest Injury:

- **Types:** Rib fractures, pneumothorax, hemothorax.
- **Management:** Stabilize injury, provide oxygen, seek medical help.

Type	Description	Management
Rib Fractures	Breaks in rib bones	Pain relief, monitor for complications
Pneumothorax	Air in chest cavity	Needle decompression, chest tube
Hemothorax	Blood in chest cavity	Chest tube, supportive care

Abdominal Injury:

- **Types:** Blunt trauma, penetrating trauma.
- **Management:** Stabilize injury, monitor for signs of internal bleeding, seek medical help.

Type	Description	Management
Blunt Trauma	Injury without skin break	Monitor for internal bleeding, seek medical help
Penetrating Trauma	Injury with skin break	Control bleeding, seek immediate medical help

11.3 Clinical Features and Management of Osteomyelitis**Osteomyelitis:**

- **Description:** Infection of bone.
- **Management:** Antibiotics, surgical debridement if necessary.

Condition	Description	Management
Osteomyelitis	Infection of bone	Antibiotics, surgical debridement if necessary

11.4 Clinical Features and Management of Cold Abscess and Suppurative Arthritis**Cold Abscess:**

- **Description:** Abscess with little inflammation.
- **Management:** Drainage, antibiotics.

Condition	Description	Management
Cold Abscess	Abscess with little inflammation	Drainage, antibiotics

Suppurative Arthritis:

- **Description:** Infection of joint.
- **Management:** Drainage, antibiotics, supportive care.

Condition	Description	Management
Suppurative Arthritis	Infection of joint	Drainage, antibiotics, supportive care

12. Eye, Ear, Nose, and Throat Diseases**12.1 General Examination Procedures of Eye, Ear, Nose, and Throat****Eye Examination:**

- **Procedure:** Visual acuity, external examination, fundoscopy.
- **Signs and Symptoms:** Blurred vision, redness, discharge.
- **Management:** Corrective lenses, medications, referral if needed.

Condition	Procedure	Signs and Symptoms	Management
Eye Examination	Visual acuity, fundoscopy	Blurred vision, redness, discharge	Corrective lenses, medications, referral if needed

Ear Examination:

- **Procedure:** Otoscopy, audiometry.
- **Signs and Symptoms:** Hearing loss, ear pain, discharge.
- **Management:** Ear drops, antibiotics, ear cleaning.

Condition	Procedure	Signs and Symptoms	Management
Ear Examination	Otoscopy, audiometry	Hearing loss, ear pain, discharge	Ear drops, antibiotics, ear cleaning

Nose Examination:

- **Procedure:** Rhinoscopy, inspection of nasal passages.
- **Signs and Symptoms:** Nasal congestion, epistaxis (nosebleed), sinus pain.
- **Management:** Decongestants, nasal sprays, antibiotics if bacterial.

Condition	Procedure	Signs and Symptoms	Management
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Nose Examination	Rhinoscopy, inspection	Nasal congestion, epistaxis, sinus pain	Decongestants, nasal sprays, antibiotics if bacterial
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Throat Examination:

- **Procedure:** Throat inspection, palpation of neck.
- **Signs and Symptoms:** Sore throat, hoarseness, difficulty swallowing.
- **Management:** Analgesics, throat lozenges, antibiotics if bacterial.

Condition	Procedure	Signs and Symptoms	Management
Throat Examination	Throat inspection, neck palpation	Sore throat, hoarseness, difficulty swallowing	Analgesics, throat lozenges, antibiotics if bacterial

12.2 Signs and Symptoms and General Management of Red Eye, Foreign Body in the Eye, Eyelid Problems, Trachoma, Corneal Ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, and Glaucoma

Red Eye:

- **Description:** Conjunctival inflammation.
- **Management:** Eye drops, cold compresses, antibiotics if bacterial.

Condition	Description	Management
Red Eye	Conjunctival inflammation	Eye drops, cold compresses, antibiotics if bacterial

Foreign Body in the Eye:

- **Description:** Object trapped in the eye.
- **Management:** Irrigation, removal with sterile tools.

Condition	Description	Management
Foreign Body in the Eye	Object trapped in the eye	Irrigation, removal with sterile tools

Eyelid Problems:

- **Description:** Infections, inflammations of eyelids.
- **Management:** Warm compresses, antibiotics, surgical intervention if needed.

Condition	Description	Management
Eyelid Problems	Infections, inflammations	Warm compresses, antibiotics, surgical intervention if needed

Trachoma:

- **Description:** Chronic bacterial infection of the eye.
- **Management:** Antibiotics, hygiene measures.

Condition	Description	Management
Trachoma	Chronic bacterial infection	Antibiotics, hygiene measures

Corneal Ulcer:

- **Description:** Ulceration of the cornea.
- **Management:** Antibiotics, eye protection.

Condition	Description	Management
Corneal Ulcer	Ulceration of cornea	Antibiotics, eye protection

Night Blindness:

- **Description:** Difficulty seeing in low light.
- **Management:** Vitamin A supplements, dietary improvements.

Condition	Description	Management
Night Blindness	Difficulty seeing in low light	Vitamin A supplements, dietary improvements

Cataract:

- **Description:** Clouding of the eye lens.
- **Management:** Surgery, corrective lenses.

Condition	Description	Management
Cataract	Clouding of eye lens	Surgery, corrective lenses

Pterygium:

- **Description:** Growth on the eye's surface.
- **Management:** Surgical removal if affecting vision.

Condition	Description	Management
Pterygium	Growth on eye's surface	Surgical removal if affecting vision

Iridocyclitis:

- **Description:** Inflammation of iris and ciliary body.
- **Management:** Steroid eye drops, anti-inflammatory medications.

Condition	Description	Management
Iridocyclitis	Inflammation of iris and ciliary body	Steroid eye drops, anti-inflammatory medications

Glaucoma:

- **Description:** Increased intraocular pressure damaging optic nerve.
- **Management:** Eye drops, surgery, medications to lower pressure.

Condition	Description	Management
Glaucoma	Increased intraocular pressure	Eye drops, surgery, medications to lower pressure

12.3 Removal of Impacted Wax and Foreign Bodies in Ear, Signs and Symptoms and Management of Otitis Externa, Otitis Media, and Referral Conditions of Hearing Problems

Removal of Impacted Wax:

- **Description:** Build-up of earwax blocking ear canal.
- **Management:** Irrigation, ear drops.

Condition	Description	Management
Impacted Wax	Build-up blocking ear canal	Irrigation, ear drops

Foreign Bodies in Ear:

- **Description:** Objects stuck in ear canal.
- **Management:** Removal with tools, irrigation.

Condition	Description	Management
Foreign Bodies in Ear	Objects stuck in ear canal	Removal with tools, irrigation

Otitis Externa (Swimmer's Ear):

- **Description:** Infection of outer ear canal.
- **Management:** Antibiotic ear drops, keeping ear dry.

Condition	Description	Management
Otitis Externa	Infection of outer ear canal	Antibiotic ear drops, keeping ear dry

Otitis Media:

- **Description:** Infection of middle ear.
- **Management:** Antibiotics, pain relief.

Condition	Description	Management
Otitis Media	Infection of middle ear	Antibiotics, pain relief

Referral Conditions of Hearing Problems:

- **Description:** Conditions requiring specialist evaluation.
- **Management:** Referral to otolaryngologist, hearing aids if needed.

Condition	Description	Management
Hearing Problems	Conditions requiring evaluation	Referral to specialist, hearing aids if needed

12.4 Deviated Nasal Septum, Nasal Polyps, Epistaxis, and Sinusitis

Deviated Nasal Septum:

- **Description:** Shift in nasal septum.
- **Management:** Surgery if causing breathing problems.

Condition	Description	Management
Deviated Nasal Septum	Shift in nasal septum	Surgery if causing breathing problems

Nasal Polyps:

- **Description:** Non-cancerous growths in nasal passages.
- **Management:** Steroid nasal sprays, surgery if large.

Condition	Description	Management
Nasal Polyps	Non-cancerous growths	Steroid nasal sprays, surgery if large

Epistaxis (Nosebleed):

- **Description:** Bleeding from nasal cavity.
- **Management:** Pressure, nasal packing.

Condition	Description	Management
Epistaxis	Bleeding from nasal cavity	Pressure, nasal packing

Sinusitis:

- **Description:** Inflammation of sinuses.
- **Management:** Antibiotics, decongestants, nasal irrigation.

Condition	Description	Management
Sinusitis	Inflammation of sinuses	Antibiotics, decongestants, nasal irrigation

13. Oral Health and Mental Health

13.1 Dental Plaques and Calculus, Dental Caries, Periodontitis, Periodontal Pockets and Abscess, Importance and Maintenance of Oral Hygiene

Dental Plaques and Calculus:

- **Description:** Build-up of bacteria on teeth (plaque) hardened with minerals (calculus).
- **Management:** Regular brushing, dental scaling, oral hygiene education.

Condition	Description	Management
Dental Plaques and Calculus	Build-up of bacteria on teeth	Regular brushing, dental scaling, oral hygiene education

Dental Caries:

- **Description:** Tooth decay.
- **Management:** Fillings, fluoride treatment, oral hygiene.

Condition	Description	Management
Dental Caries	Tooth decay	Fillings, fluoride treatment, oral hygiene

Periodontitis:

- **Description:** Inflammation and infection of gums.
- **Management:** Scaling and root planing, antibiotics, oral hygiene.

Condition	Description	Management
Periodontitis	Inflammation of gums	Scaling and root planing, antibiotics, oral hygiene

Periodontal Pockets and Abscess:

- **Description:** Deepened spaces around teeth due to periodontitis, abscess formation.
- **Management:** Drainage, antibiotics, periodontal treatment.

Condition	Description	Management
Periodontal Pockets and Abscess	Deepened spaces around teeth	Drainage, antibiotics, periodontal treatment

Importance and Maintenance of Oral Hygiene:

- **Description:** Importance of maintaining clean teeth and gums.
- **Management:** Brushing twice daily, flossing, regular dental check-ups.

Topic	Description	Management
Oral Hygiene	Importance of clean teeth and gums	Brushing twice daily, flossing, regular dental check-ups

13.2 Psychosis, Neurosis, and Mental Retardation

Psychosis:

- **Description:** Severe mental disorder affecting thoughts and emotions.
- **Management:** Antipsychotic medications, psychotherapy.

Condition	Description	Management
Psychosis	Severe mental disorder	Antipsychotic medications, psychotherapy

Neurosis:

- **Description:** Mild to moderate mental disorders causing distress.
- **Management:** Counseling, cognitive behavioral therapy (CBT), medications if necessary.

Condition	Description	Management
Neurosis	Mild to moderate mental disorder	Counseling, CBT, medications if necessary

Mental Retardation (Intellectual Disability):

- **Description:** Developmental disorder with intellectual deficits.
- **Management:** Supportive care, special education programs.

Condition	Description	Management
Mental Retardation	Intellectual deficits	Supportive care, special education programs

14. Reproductive Health Problems and Interventions**14.1 Male and Female Reproductive System, Mechanism of Menstruation, Conception, Evolution****Male Reproductive System:**

- **Description:** Organs and functions involved in male reproduction.
- **Management:** Education on reproductive health, contraception.

Topic	Description	Management
Male Reproductive System	Organs and functions	Education on reproductive health, contraception

Female Reproductive System:

- **Description:** Organs and functions involved in female reproduction.
- **Management:** Education on menstrual hygiene, contraception.

Topic	Description	Management
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Female Reproductive System	Organs and functions	Education on menstrual hygiene, contraception
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Mechanism of Menstruation:

- **Description:** Monthly shedding of uterine lining.
- **Management:** Education on menstrual cycle, hygiene practices.

Topic	Description	Management
Mechanism of Menstruation	Uterine lining shedding	Education on menstrual cycle, hygiene practices

Conception and Evolution:

- **Description:** Fertilization and embryonic development.
- **Management:** Education on fertility, prenatal care.

Topic	Description	Management
Conception and Evolution	Fertilization and development	Education on fertility, prenatal care

14.2 Vaginal Discharge, Pelvic Inflammatory Diseases; Causes, Signs, Symptoms, Management of Vaginal Bleeding, Post-Menopausal Bleeding, Uterine Prolapse, Complications of Ectopic Pregnancy, Management of Engorgement of Breast, Breast Abscess

Vaginal Discharge:

- **Description:** Abnormal discharge indicating infection or other issues.
- **Management:** Identification of cause, antibiotics if bacterial, antifungals if fungal.

Condition	Description	Management
Vaginal Discharge	Abnormal discharge	Identification of cause, antibiotics, antifungals

Pelvic Inflammatory Disease (PID):

- **Description:** Infection of female reproductive organs.
- **Management:** Antibiotics, rest, follow-up care.

Condition	Description	Management
Pelvic Inflammatory Disease	Infection of reproductive organs	Antibiotics, rest, follow-up care

Vaginal Bleeding:

- **Description:** Bleeding from the vagina.
- **Management:** Identification of cause, treatment based on underlying condition.

Condition	Description	Management
Vaginal Bleeding	Bleeding from the vagina	Identification of cause, specific treatment

Post-Menopausal Bleeding:

- **Description:** Bleeding occurring after menopause.
- **Management:** Evaluation for underlying causes, treatment based on findings.

Condition	Description	Management
Post-Menopausal Bleeding	Bleeding after menopause	Evaluation, treatment based on findings

Uterine Prolapse:

- **Description:** Descent of uterus into vaginal canal.
- **Management:** Pelvic exercises, pessary, surgery if severe.

Condition	Description	Management
Uterine Prolapse	Descent of uterus	Pelvic exercises, pessary, surgery if severe

Complications of Ectopic Pregnancy:

- **Description:** Pregnancy outside the uterus.
- **Management:** Surgery, medication, monitoring.

Condition	Description	Management
Ectopic Pregnancy	Pregnancy outside uterus	Surgery, medication, monitoring

Management of Engorgement of Breast:

- **Description:** Swelling and discomfort due to milk production.
- **Management:** Breastfeeding techniques, warm compresses, pain relief.

Condition	Description	Management
Engorgement of Breast	Swelling due to milk production	Breastfeeding techniques, warm compresses, pain relief

Breast Abscess:

- **Description:** Collection of pus within breast tissue.
- **Management:** Antibiotics, drainage if necessary, breastfeeding support.

Condition	Description	Management
Breast Abscess	Pus collection in breast tissue	Antibiotics, drainage if necessary, breastfeeding support

14. Reproductive Health Problems and Interventions

14.3 Management of Normal Labor and Early Diagnosis and Referral of Complicated Pregnancy, Labor, Puerperium

Management of Normal Labor:

- **Description:** Progression of labor without complications.
- **Interventions:** Supportive care, monitoring fetal and maternal well-being.

Topic	Description	Interventions
Normal Labor	Uncomplicated labor progression	Supportive care, fetal and maternal monitoring

Early Diagnosis and Referral of Complicated Pregnancy, Labor, Puerperium:

- **Description:** Identification of complications in pregnancy, labor, postpartum.
- **Interventions:** Prompt referral, emergency care.

Topic	Description	Interventions
Complicated Pregnancy	Pregnancy complications	Prompt referral, emergency care

14.4 Safe Abortions, Permanent and Temporary Contraceptives

Safe Abortions:

- **Description:** Termination of pregnancy under medical supervision.
- **Management:** Legal guidelines, counseling, medical procedures.

Topic	Description	Management
Safe Abortions	Termination of pregnancy	Legal guidelines, counseling, medical procedures

Permanent Contraceptives:

- **Description:** Methods for permanent sterilization.
- **Management:** Counseling, surgical procedures (vasectomy, tubal ligation).

Topic	Description	Management
Permanent Contraceptives	Permanent sterilization methods	Counseling, surgical procedures (vasectomy, tubal ligation)

Temporary Contraceptives:

- **Description:** Methods for temporary prevention of pregnancy.

- **Management:** Education, provision of contraceptives (pills, condoms, injections).

Topic	Description	Management
Temporary Contraceptives	Temporary pregnancy prevention	Education, provision of contraceptives

15. Acts and Regulations

15.1 Health Service Act, 2053 and Regulation, 2055

Health Service Act, 2053:

- **Description:** Legislation governing health services in Nepal.
- **Regulations, 2055:** Detailed guidelines for implementation.

Legislation	Description	Regulations
Health Service Act, 2053	Governs health services	Detailed guidelines for implementation

15.2 Health Professional Council Act, 2053 and Regulation, 2056

Health Professional Council Act, 2053:

- **Description:** Establishes regulatory body for health professionals.
- **Regulation, 2056:** Operational rules and standards.

Legislation	Description	Regulations
Health Professional Council Act, 2053	Regulatory body for health professionals	Operational rules and standards

16. English Language Knowledge

16.1 Knowledge on Writing Correct English Sentences, Letters, and Reports According to English Grammar

Syntactic Functions:

- **Parts of Speech:**
 - Noun, Pronoun, Adjective, Determiner, Verb, Adverb, Preposition, Conjunction, Interjection.

Example:

- **Noun:** The cat chased the mouse.
- **Pronoun:** She is reading a book.
- **Adjective:** He bought a red car.
- **Verb:** They are running in the park.

- **Adverb:** She speaks softly.
- **Preposition:** The book is on the table.
- **Conjunction:** He likes both coffee and tea.
- **Interjection:** Wow! That's amazing!

BEST OF LUCK