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#### NOTIFICATION

**No.A.12018/17/2013-P&AR)GSW), the 28<sup>th</sup> August, 2014.** In exercise of the powers conferred by the proviso to Article 309 of the Constitution of India and all other powers enabling him in this behalf, the Governor of Mizoram is pleased to make the Syllabus for Limited Departmental Examination (LDE) for promotion to Community Health Officers and Health Supervisor under Health and Family Welfare Department as per Schedule I & II appended herewith respectively.

This notification shall come into force from the date of Publication in the Mizoram Gazette.

By orders, etc.

**Lalsangpui,**  
Additional Secretary to the Govt. of Mizoram,  
DP&AR (GSW).

**SCHEDULE I**  
**SYLLABUS FOR COMMUNITY HEALTH OFFICERS FOR LIMITED**  
**DEPARTMENTAL EXAMINATION:**

**PAPER I : Full Marks: 150 Marks Time: 3 Hours**  
**SUBJECT : COMMUNITY HEALTH NURSING**

*Form of question will be multiple choice questions (MCQs)*

**A. MATERNAL HEALTH: (60 marks)**

1. Safe Motherhood:
  - a) Ante-Natal Care
  - b) Intra-natal Care
  - c) Post-natal Care
  - d) Referral during pregnancy and childbirth
  - e) Iron deficiency anaemia in women
2. Safe Abortion:
  - a) Identification of women who needs safe abortion services.
  - b) Dangers of unsafe abortion
  - c) Indications for MTP and MTP Act.
  - d) Complications of abortion.
  - e) Health education and counseling
3. Contraception:
  - a) Estimation of eligible couples
  - b) Different methods of contraception.
  - c) Health education and counseling.
4. Prevention and Management of Reproductive Tract Infections / Sexually Transmitted Infections:
  - a) Identification of cases
  - b) Partner identification
  - c) Prevention, Counseling and Referral.
5. Infection Prevention:
  - a) Definitions
  - b) Diseases transmission cycle
  - c) Fundamental principles of infection prevention
  - d) Universal (Standard) Precautions
  - e) Use of anti-septic and disinfectants
  - f) Infection prevention (IP) measures and their importance

**B. ADOLESCENT HEALTH: (30 marks)**

1. Physical and Physiological changes during adolescence.
2. Psychological and behavioral changes.
3. Nutrition and health needs in adolescence.
4. Personal hygiene
5. Health problems in adolescence,
6. Role of family and community in adolescent health.
7. Health education and counselling.

**SCHEDULE - I**

**C. CHILD HEALTH: (60 marks)**

1. Newborn Care:
  - a) Care at birth
  - b) Resuscitation of newborn
  - c) Initiation and support of breastfeeding
  - d) Care of Low Birth Weight babies
  - e) Prevention of Infection
  - f) Advice to mother
  
2. Immunization:
  - a) Common diseases prevented by vaccinations
  - b) National Immunization Schedule
  - c) Methods of administration of vaccines.
  - d) Maintenance of the cold chain
  - e) Injection safety
  - f) Planning and conducting immunization sessions
  - g) Monitoring coverage and identification of drop-outs
  - h) Adverse reactions and their management.
  
- 3) Nutrition:
  - a) Breastfeeding and its advantages
  - b) Exclusive breastfeeding and complementary feedings.
  - c) Problems with breastfeeding
  - d) Advise on feeding
  - e) Nutritional deficiencies
  
- 4) Acute Respiratory Infections:
  - a) Assessment of a child with cough and difficult breathing
  - b) Management of ARI
  - c) Prevention of Pneumonia.
  
- 5) Diarrhoea:
  - a) Types of diarrhoea.
  - b) Effects of diarrhoea on health of a child.
  - c) Assessment and classification of diarrhoea.
  - d) Preparation of ORS solution.
  - e) Principles of treatment of diarrhoea.
  - f) Home care during diarrhoea.
  - g) Prevention of diarrhoea.
  
- 6) Fever (Malaria):
  - a) Modes of transmission.
  - b) Signs and symptoms.
  - c) Management of a case of malaria.
  - d) Control of Malaria.

**SCHEDULE I**

**PAPER II: Full marks: 150 Marks Time: 3 Hours**  
**SUBJECT: PRIMARY HEALTH CARE AND HEALTH CENTRE MANAGEMENT**

*Form of question will be multiple choice questions (MCQs)*

- A. MANAGEMENT: (40 marks)**
- a) Community Need Assessment and Sub-Centre Planning.
  - b) Preparation of Sub-Centre Action Plan.
  - c) Management of Drugs, Vaccines and other supplies.
  - d) Teamwork and Leadership.
  - e) Maintenance of Records and Reports.
  - f) Supervision and On-the-Job Training.
  - g) Referral system
- B. COMMUNICATION SKILLS: (20 marks)**
- a) Working with communities and Village Opinion Leaders
  - b) Supervision of Communication Activities
  - c) Concept of Supervision
  - d) Purposes of supervision
  - e) Methods of effective supervision
  - f) Skills for effective supervision
  - g) Methods for conducting supervision
  - h) Skills for developing good partnership.
- C. HEALTH STATISTICS: (20 marks)**
- a) Sources of Health and Vital Statistics
  - b) Registration of births and deaths
  - c) Uses of vital and health statistics
  - d) Important vital statistical rates and indices.
- D. NATIONAL HEALTH PROGRAMMES AND PLANS: (50 marks)**
- a) National Rural Health Mission (NRHM): Plan of Actions and Goals.
  - b) Role of Multi-purpose Workers' in the following Health Programmes:
    - i. National Vector Borne Diseases Control Programme (NVBDCP): only Malaria and Dengue fever.
    - ii. Revised National Tuberculosis Control Programme (RNTCP)
    - iii. National Leprosy Eradication Programme (NLEP)
    - iv. National Iodine Deficiency Disorder Control Programme (NIDDCP)
    - v. National AIDS Control Programme (NACO)
    - vi. National Programme on Prevention of Blindness (NPCB)
    - vii. Universal Immunization Programme (UIP)
    - viii. National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS)
    - ix. Reproductive and Child Health (RCH)
  - c) Integrated Disease Surveillance Project (IDSP)

- E. **ENVIRONMENTAL HEALTH:** (20 marks)
- a) Environmental Sanitation
  - b) Water
  - c) Air
  - d) Noise
  - e) Waste Management: Domestic waste and Bio-medical wastes.

### SCHEDULE I

#### Suggested Readings for Community Health Officer For Limited Departmental Examination:

- 1) RCH Module for Health Assistant Female (LHV), published by National Institute of Health and Family Welfare, New Delhi (June 2000)
- 2) RCH Module for Health Assistant Male (LHV), published by National Institute of Health and Family Welfare, New Delhi (June 2000)
- 3) Essentials of Community Health Nursing (6<sup>th</sup> Edition), K.Park.
- 4) Training Module for Health Workers on 'Integrated Management of Neonatal and Childhood Illness', UNICEF, published by Health & Family Welfare Department, Govt. of Mizoram
- 5) Guidelines for Health Care Workers for Waste Management and Infection Control in Sub-Centres, by Health & Family Welfare Department, Govt. of Mizoram.
- 6) RNTCP Manual for MPW, by Health & Family Welfare Department, Govt. of Mizoram.
- 7) Training Module for Multi-purpose Workers, by National Vector Borne Diseases Control Programme, Directorate General of Health Services, Ministry of Health and Family Welfare.

### SCHEDULE II SYLLABUS FOR HEALTH SUPERVISOR FOR LIMITED DEPARTMENTAL EXAMINATION

PAPER I : Full Marks: 100 Marks Time: 3 Hours

#### SUBJECT: COMMUNITY HEALTH NURSING-I

- a) **Maternal Health:** (30 marks)
  - i) **Safe Motherhood:** Ante-natal care, Intra-natal care, Post-natal care, Referral during pregnancy and child birth.
  - ii) **Safe Abortion:** Indications for MTP, Safe and unsafe abortion, Complications of abortion, Health Education and Counseling.
  - iii) **Contraception:** Different methods of contraception-advantages, disadvantages, contraindications, complications and follow-up, Health education and Counseling.
  - iv) **Reproductive Tract Infections/Sexually Transmitted Infections:** Different types, Signs and symptoms of RTIs/STIs, Referral of cases, Prevention, Health Education and Counseling.
  - v) **Iron Deficiency Anaemia**
  - vi) **Infection Prevention**
- b) **Child Health:** (30 marks)
  - i) **Newborn Care:** Prevention of infection, Care at birth, Newborn Resuscitation, Prevention of Hypothermia, Initiation of Breastfeeding, Newborn needing referral.
  - ii) **Care of low birth weight babies.**
  - iii) **Exclusive Breastfeeding and Complementary Feeding.**
  - iv) **Care of a sick child according to IMNCI protocol.**
  - v) **Iron Deficiency Anaemia, Iodine Deficiency, Vitamin A Deficiency.**

- c) **Adolescent Health: (10 marks)**
- i) Physical and physiological changes during adolescence.
  - ii) Psychological and behavioral changes.
  - iii) Nutritional and health needs in adolescence.
  - iv) Personal hygiene.
  - v) Health problems in adolescence.
  - vi) Crucial role of family and community in adolescent health.
- d) **Immunization: (30 marks)**
- i) Common diseases prevented by vaccinations.
  - ii) National Immunization schedule.
  - iii) Methods of administration of vaccines.
  - iv) Maintenance of the Cold Chain.
  - v) Injection safety.
  - vi) Adverse Reaction and their management.
  - vii) Planning and conducting Immunization session.
  - viii) Monitoring coverage and identification of drop-outs.

## SCHEDULE II

**PAPER II: Full Marks: 100 Marks Time: 3 Hours**  
**SUBJECT: COMMUNITY HEALTH NURSING-II:**

- a) **Communicable Diseases: (30 marks)**  
 Tuberculosis, Malaria, Leprosy, HIV/AIDS, Viral Hepatitis A, B & C, Diarrhoeal diseases, Measles, Typhoid, Diphtheria, Whooping Cough, Tetanus, Acute Respiratory Infections, Poliomyelitis, Scabies, Worm Infestation- hook worm and round worm, Dengue fever, Rabies, Reproductive Tract Infections and Sexually Transmitted Infection (RTIs and STIs).
- b) **Non- Communicable Diseases: ( 10 marks)**
- i) Hypertension, Diabetes Mellitus, Blindness, Cancer- risk factors and screening.
- c) **National Health Programmes: (15 marks)**
- i) National Health Programmes implemented in the state.
  - ii) Role of Multi-purpose workers in different National Health Programmes.
- d) **Health Centre Management: (20 marks)**
- i) Community Need Assessment (CNA) and Sub-Centre Planning.
  - ii) Preparation of Sub-Centre Action Plan.
  - iii) Records to be maintained at the Sub-Centre.
  - iv) Different reports to be maintained at the Sub-Centre: Weekly reports, Monthly reports.
  - v) Management of Drugs, Vaccines and other supplies
  - vi) Teamwork and leadership.
- e) **Environmental Sanitation: (20 marks)**
- i) Village Health Sanitation Committee- Functions
  - ii) Sources and prevention of water pollution,

- iii) Sources and prevention of air pollution,
- iv) Safe drinking water- water purification,
- v) Safe disposal of domestic waste
- vi) Bio-medical Waste Management (BWM) at Sub-Centre: segregation and disposal

**f) Health Statistics: (5 marks)**

- i) Registration of births and deaths.
- ii) Sources of Health and Vital Statistics.
- iii) Death Rate.
- iv) Birth Rate.
- v) Infant Mortality Rate.
- vi) Maternal Mortality Rate.

**SCHEDULE II**

**Suggested Readings for Health Supervisor For Limited Departmental Examination:**

1. RCH Module for Health Worker Female (ANM), published by National Institute of Health and Family Welfare, New Delhi (June 2000)
2. Essentials of Community Health Nursing (6<sup>th</sup> Edition), K.Park.
3. Training Module for Health Workers on 'Integrated Management of Neonatal and Childhood Illness', UNICEF, published by Health & Family Welfare Department, Govt. of Mizoram
4. Guidelines for Health Care Workers for Waste Management and Infection Control in Sub-Centres, by Health & Family Welfare Department, Govt. of Mizoram.
5. RNTCP Manual for MPW, by Health & Family Welfare Department, Govt. of Mizoram.
6. Training Module for Multi-purpose Workers, by National Vector Borne Diseases Control Programme, Directorate General of Health Services, Ministry of Health and Family Welfare.
7. Different Manuals/Modules for MPW, Prepared by Directorate of Health Services, Central and State.