

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, विविध समूह, पाँचौ तह, डाइटिसियन सुपरभाइजर पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

द्वितीय चरण :- अन्तर्वार्ता

प्रथम चरण - लिखित परीक्षा योजना (Examination Scheme)

| विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | प्रश्न संख्या | समय |
|---------------|-----------|--------------|------------------------------------|---------------------|----------|
| सेवा सम्बन्धी | १०० | ४० | वस्तुगत बहुउत्तर (Multiple Choice) | $५० \times २ = १००$ | ४५ मिनेट |

द्वितीय चरण

| विषय | पूर्णाङ्क | परीक्षा प्रणाली |
|------------------------|-----------|-----------------|
| व्यक्तिगत अन्तर्वार्ता | २० | मौखिक |

National Trauma Center

Kathmandu, Nepal

Subject: Curriculum for Dietitian Supervisor Post

Objectives of the course:

- Explain the classification of foods, objectives of nutrition, dietary sources and functions of nutrients,
- Describe the importance of balanced diet, basic five food groups, meal planning, my food pyramid and plate method,
- Understand the recent nutritional health issues in Nepal,
- Explain about nutritional screening, nutritional assessment, nutritional care process, nutritional intervention and roles of dietitian and
- Achieve knowledge about clinical therapeutic nutrition, modification of diet, tube feeding, diet in pre- and post operational period

I Part- Food and Nutrition:

- 1) Food classified according to functions and nutrients.
- 2) Nutrition and its objectives.
- 3) Nutrients – Micro and macro nutrients, their functions and dietary sources.
- 4) Minerals – Major and trace minerals, their functions and dietary sources.
- 5) Fibers and water and its nutritional benefits.

II Part- Balanced Diet:

- 1) Definition and purposes of balanced diet.
- 2) Categories of foods- Five food groups and nutritive values of the food groups.
- 3) Basic knowledge about the nutritional requirements at different stages.
- 4) Meal planning and its objectives.
- 5) My food pyramid and plate method.



III Part- Resent Nutritional Health Issues in Nepal:

- 1) Infant and young child feeding (IYCF) practices.
- 2) Malnutrition – Under-nutrition and over-nutrition.

2.1. Roles and importance of nutrition in health

- 3) Nutritional deficiency disease – Protein energy malnutrition, vitamin A, Iron and Iodine.
- 4) Lifestyles related nutritional health problems – Obesity, Cardiovascular diseases, diabetes, and kidney diseases.
- 5) Food security

IV Part- Nutritional Care Process:

- 1) Nutritional screening and its importance.
- 2) Nutritional assessment and its objectives.
- 3) Nutritional care process and its implications.
- 4) Nutritional counseling and its steps.
- 5) Nutritional intervention and roles of dietitian.

V Part- Clinical Therapeutic Nutrition:

- 1) Therapeutic diet and its types.
- 2) Basic modifications of diet -- Modification in consistency and modification in nutrients.
- 3) Medical nutritional therapeutic of outpatients and inpatients.
- 4) Special feeding methods and their objectives – Tube feeding and parental feeding.
- 5) Pre-operative and post-operative diet -- Points should be considered while planning diet.

