

निजामती कर्मचारी अस्पताल  
प्राविधिक सेवा, फ्यामिली मेडिसिन एण्ड इमर्जेन्सी समूह, मेडिसिन एण्ड इमर्जेन्सी उपसमूह रजिष्ट्रार पद, आठौं  
(द) तहको लिखित परीक्षाको पाठ्यक्रम (करार तर्फ)

पुर्णाङ्क: १००

समय: ४५ मिनेट

उत्तीर्णाङ्क: ४०

बस्तुगत प्रश्नपत्र अंकभार २५०

1. **Applied Basic Sciences**
  - 1.1 Applied anatomy
  - 1.2 Applied Physiology
  - 1.3 Applied Pathology
  - 1.4 Applied Pharmacology
  - 1.5 Applied immunology
  - 1.6 Applied biostatistics Applied research methods
  - 1.7 Applied Molecular biology and genetics
2. **Knowledge of outpatient department**
  - 2.1 Initial assessment with logical approach to undifferentiated illness.
  - 2.2 Impact of illness in the context of the family and community
  - 2.3 Sensitive to psychosocial issues related to presentation
  - 2.4 Follow- up management plans especially in chronic disease (e.g. diabetes, hypertension, asthma, COPD, APD ,anxiety/depression, growth and development)
  - 2.5 STD, antenatal and postnatal care, well women and men assessments
  - 2.6 Care of previously treated problems
  - 2.7 Coordination of care
3. **Medicine**
  - 3.1 Chest pain (acute and chronic)
  - 3.2 Palpitations
  - 3.3 Shortness of breath (acute, intermittent and chronic)
  - 3.4 Wheezing/Stridor
  - 3.5 Haemoptysis
  - 3.6 Cough
  - 3.7 Cyanosis
  - 3.8 Swelling of body parts
  - 3.9 Dyspepsia
  - 3.10 Reflux
  - 3.11 Haematemesis and malaena
  - 3.12 Upper and lower abdominal pain (acute and chronic)
  - 3.13 Diarrhoea
  - 3.14 Vomiting
  - 3.15 Abdominal distension
  - 3.16 Constipation
  - 3.17 jaundice
  - 3.18 Dysuria
  - 3.19 Haematuria
  - 3.20 Impotence
  - 3.21 Confusion
  - 3.22 Coma
  - 3.23 Headache
  - 3.24 Convulsions

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- 3.25 Syncope/paralysis
  - 3.26 paraesthesia
  - 3.27 Weakness
  - 3.28 Fever
  - 3.29 Anorexia
  - 3.30 Fatigue
  - 3.31 Myalgia
  - 3.32 Itch
  - 3.33 Rash
  - 3.34 Abnormal bleeding
  - 3.35 Swollen glands
  - 3.36 Joint swelling
  - 3.37 Joint pain
  - 3.38 Thyroid disease
  - 3.39 Diabetes
  - 3.40 Tuberculosis
  - 3.41 Drug related problem -iatrogenic, poisoning, or abuse including alcohol/smoking
  - 3.42 Anaemia
  - 3.43 Depression
  - 3.44 Hypertension
  - 3.45 Spinal dysfunction
  - 3.46 Urinary tract infection
  - 3.47 Holistic management of patients with HIV/AIDS
  - 3.48 palliative care
4. **Paediatrics**
- 4.1 Neonatal Knowledge-Normal Newborn Care
    - 4.1.1 Prematurity/Postmaturity
    - 4.1.2 Birth trauma/Asphyxia
    - 4.1.3 Respiratory distress
    - 4.1.4 Jaundice
    - 4.1.5 Sepsis
    - 4.1.6 Congenital problems (cardiac, hip, cleftpalate, tracheo-oesophageal fistula, imperforate anus, diaphragmatic hernia)
  - 4.2 Acute Life Threatening Problems
    - 4.2.1 Stridor /Airway compromise (Croup/epiglottitis)
    - 4.2.2 Respiratory distress and potential respiratory failure (severe ARI, Asthma)
    - 4.2.3 Circulatory failure/shock including Sepsis and dehydration
    - 4.2.4 Altered Sensorium including Meningitis/ encephalitis / encephalopathies (hepatic, uraemic, hypertensive)
    - 4.2.5 Seizures and status epilepticus
    - 4.2.6 Congestive heart failure
    - 4.2.7 Supraventricular tachycardia
    - 4.2.8 Acute renal failure
    - 4.2.9 Tetanus
    - 4.2.10 Poisoning
    - 4.2.11 Drowning/near drowning
    - 4.2.12 Bleeding disorders
    - 4.2.13 Diabetic Ketoacidosis
    - 4.2.14 Acute Abdominal Pain (distinguish medical and surgical causes)

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- 4.3 Feeding Problems: Understanding of Breastfeeding and Nutrition
  - 4.4 Growth Disorders: Protein Calorie Malnutrition, failure to thrive, short stature
  - 4.5 Common Febrile Illness
    - 4.5.1 ARI ( including Pertussis)
    - 4.5.2 Diarrheal diseases (viral, bacterial, Parasitic)
    - 4.5.3 Urinary Tract Infection
    - 4.5.4 Septicemia/Bacteremia
    - 4.5.5 Enteric fever
    - 4.5.6 Malaria
    - 4.5.7 Viral exanthema (measles ,mumps, etc)
    - 4.5.8 Acute tonsillitis
    - 4.5.9 Rheumatic fever/endocarditis
    - 4.5.10 Tuberculosis (TB)
    - 4.5.11 Infective hepatitis
    - 4.5.12 Kala azar
    - 4.5.13 PUO
  - 4.6 Cough - including Asthma/Bronchitis/Bronchiolitis
  - 4.7 Oedema-including renal (nephritic syndrome, nephritis), Kwashiorkor, cardiac
  - 4.8 Chronic abdominal pain
  - 4.9 Jaundice
  - 4.10 Seizure disorders
  - 4.11 Anemia and blood dyscrasias including Leukemias(recognize and refer)
  - 4.12 Arthritis (septic arthritis, osteomyelitis, Juvenile Rheumatoid arthritis)
  - 4.13 Skin disease/rashes(eg; scabies)
  - 4.14 Common eye problems (eg, conjunctivitis)
  - 4.15 Common ear problems(eg, otitis media)
  - 4.16 Developmental delay/cerebral palsy/mental retardation
  - 4.17 Visual/hearing/speech disorders(recognize and refer)
  - 4.18 Dehydration
  - 4.19 Certain diseases can present in different ways, so specific attention should be paid to
    - 4.19.1 Diabetes mellitus
    - 4.19.2 Hypothyroidism
    - 4.19.3 TB
    - 4.19.4 HIV/AIDS
5. **Dermatology**
- The general practice doctor will be able to manage the following common skin conditions:
- 5.1 Bacterial : Superficial bacterial infections, Skin TB ,Leprosy
  - 5.2 Viral: Herpes simplex, Herpes Zoster, Wart, Molluscum contagiosum
  - 5.3 Fungal: Dermatophyte, Candida, Tinea versicolor, Deep Fungal infection
  - 5.4 Parasites: Scabies, Pediculosis, Leishmaniasis
  - 5.5 Approach : Systemic Causes
    - 5.5.1 Skin Causes – Infective (e.g. Scabies), Urticaria, Dermatitis Herpetiform, Lichen Planus
  - 5.6 Common Skin Problems: Eczema/Dermatitis, Acne, Psoriasis, Drug eruption, Erythema multiforme, Erythema , Nodosum, Purpura, Bullous diseases
  - 5.7 Skin Ulcers: Hair and Nail Disorders:
    - 5.7.1 Alopecia, Onycholysis, Paronychia
    - 5.7.2 Pigmented Skin Lesion including Melanoma.

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- 5.7.3 Common Lumps and Bumps including Skin Cancers:
- 5.7.4 Warts, Keratoacanthoma, Basal Cell, Squamous Cell, Carcinoma
- 5.8 Sexually transmitted disease
  - 5.8.1 Non-specific urethritis/cervicitis, punctate balanoposthitis, candidiasis, trichomoniasis, condyloma accuminata, syphilis, gonorrhea and chancroid
  - 5.8.2 Sexual contact history, past history of STI, medications
  - 5.8.3 Clinical examination and investigation to find other STDs
  - 5.8.4 Contact tracing and treatment of contacts
  - 5.8.5 Regular follow -up of STD cases
6. **Psychiatry**
  - 6.1 Anxiety including Panic and phobic disorders
  - 6.2 Depression
  - 6.3 Conversion/Dissociative disorder
  - 6.4 Psychosis
  - 6.5 Bipolar mood disorder
  - 6.6 Somatic presentations- including pseudo-seizures and multi- symptomatic patients
  - 6.7 Substance Related Disorder
  - 6.8 Childhood Mental Health Conditions
  - 6.9 Concept of diagnostic classification: eg, DSM IV, WHO guidelines
  - 6.10 Concept and simple practice of non -pharmacological approaches to mental health problems
  - 6.11 Drug therapy
  - 6.12 Legal and ethical issues regarding mental competence and detention and relationship with police (recognizing at present there are no laws in Nepal but there is a proposed National Mental Health Act)
  - 6.13 Long term therapy, strategies for optimizing regime and getting compliance
  - 6.14 Liaison with other health workers for management of long term cases
  - 6.15 Practical approach to stabilizing cases before referral
  - 6.16 Common conditions of Primary Care
    - 6.16.1 Anxiety
    - 6.16.2 Depression
    - 6.16.3 Somatic Presentation of mental distress
    - 6.16.4 Culture specific presentation of mental distress
    - 6.16.5 Culture Specific presentation- dhatu, night fall, demon possession, new brides, perceptions about disease
    - 6.16.6 Alcohol and substance misuse
    - 6.16.7 Chronic Tiredness
    - 6.16.8 Sleep disturbances
  - 6.17 Health Promotion and support in chronic mental illness
    - 6.17.1 Monitoring and follow- up in patient with chronic mental illness
    - 6.17.2 Social support for patient and their family
    - 6.17.3 Referral to appropriate specialist care
    - 6.17.4 Work effectively with other workers for the management of people with mental health problems
  - 6.18 Stage of life issues
    - 6.18.1 Behavioral disorders in children
    - 6.18.2 Intellectual disability
    - 6.18.3 Childhood and family problems

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- 6.18.4 Adolescent depression and somatization disorders
- 6.18.5 Perinatal mental illness
- 6.18.6 At risk -drinking other dangerous behavior in young men and women
- 6.18.7 Mid-life crises, menopause,sexual problems
- 6.18.8 Adjustment disorders and chronic physical illness, disability
- 6.18.9 Dementia
- 6.18.10 Dying and bereavement

## 7. **Emergency Medicine**

- 7.1 Triage serious & non-serious problem.
- 7.2 Manage Major and minor Trauma
- 7.3 Manage life threatening medical, surgical, paediatric, gynaecological /obstetric emergencies
- 7.4 Describe concept of Disaster Plan & management
- 7.5 Manage Medico Legal Cases
- 7.6 Develops systematic approach to undifferentiable presentation (unconscious patients, chest pain; abdominal pain, dyspnea, etc.)
- 7.7 Organize and manage emergency services
- 7.8 Use emergency equipment and supplies available in Nepal
- 7.9 Develop knowledge about the Emergency Drugs particularly analgesia

## 8. **Anaesthesia**

- 8.1 Cardiopulmonary resuscitation(basic and advanced cardiac life support)
- 8.2 Pre-operative assessment,including assessing ASA Physical status to know whether a GP anaesthetic is appropriate
- 8.3 Pre-anesthetic prescribing
- 8.4 General anesthetic prescribing
- 8.5 Local anesthesia and regional blocks
- 8.6 Post-operative recovery and monitoring
- 8.7 Pain management Intravenous fluid management(Pre and post surgery)
- 8.8 Airway management using facemask, oral airway and intubation
- 8.9 Regional anesthetic blocks, spinal, epidural and peripheral
- 8.10 Ketamine anesthetics(total intravenous anesthesia)
- 8.11 General anesthesia using draw- over technique
- 8.12 Ether anesthesia (EMO)

## 9. **Surgery**

### 9.1 **Skin and subcutaneous tissue**

- 9.1.1 Diagnosis and management of inflammatory condition of skin like cellulites, boils, carbuncle, etc.
- 9.1.2 Diagnosis and excision of sebaceous cysts, lipomas, etc
- 9.1.3 Diagnosis and management of squamous cell carcinoma, basal cell carcinoma and malignant melanoma

### 9.2 **Burns**

- 9.2.1 Initial resuscitation
- 9.2.2 management of fluid
- 9.2.3 Surgical Management -debridement and grafting

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- 9.3 **Lymph Nodes**
  - 9.3.1 Describe the differential diagnosis of lymph node enlargement
- 9.4 **Arterial disorders**
  - 9.4.1 Describe the feature of chronic limb ischaemia including Buerger's disease
  - 9.4.2 Diagnose acute limb ischaemia
  - 9.4.3 Diagnose and manage dry gangrene
  - 9.4.4 Diagnose and manage DVT
- 9.5 **Salivary gland**
  - 9.5.1 Diagnosis and management of parotid and submandibular abscess
  - 9.5.2 Differential diagnosis of parotid and submandibular lump (biopsy is inappropriate)
- 9.6 **Thyroid**
  - 9.6.1 Differential diagnosis of solitary thyroid nodule
  - 9.6.2 Features of nodular goiter, its complications and indications for surgery
  - 9.6.3 Features of thyrotoxicosis, its complications and indications for surgery
  - 9.6.4 Management of hypothyroidism
- 9.7 **Breast**
  - 9.7.1 Method of Breast self examination
  - 9.7.2 Differential diagnosis of breast lump
  - 9.7.3 Triple investigation
  - 9.7.4 Principles of management of breast carcinoma
  - 9.7.5 Differential diagnosis of nipple discharge and indication for surgery
  - 9.7.6 Breast pain
- 9.8 **Upper GI Tract**
  - 9.8.1 Dysphagia : differential diagnosis, Investigations required
  - 9.8.2 Principle of management of oesophageal carcinoma,
  - 9.8.3 Gastro-oesophageal reflux disease: medical management
  - 9.8.4 Peptic ulcer disease: symptomatology, indications for endoscopy, medical management, complications and indications for surgery.
  - 9.8.5 Management of Ulcer GI Bleeding
  - 9.8.6 Management of Gastric carcinoma (Operative details not required)
- 9.9 **Hepatobiliary**
  - 9.9.1 Jaundice : Pathophysiology, differential diagnosis
  - 9.9.2 Liver abscess
  - 9.9.3 Tumors of liver : differential diagnosis
  - 9.9.4 Gallstone disease and its complications
- 9.10 **Pancreas**
  - 9.10.1 Acute pancreatitis: aetiology, definitions of mild and severe pancreatitis, management, complications and indications for surgery
  - 9.10.2 Chronic pancreatitis
- 9.11 **Small Intestine**
  - 9.11.1 Features of small bowel obstruction, its differential diagnosis and management
  - 9.11.2 Enteric fever and its complication
  - 9.11.3 Appendicitis, appendicular mass and appendicular diagnosis abscess
- 9.12 **Large bowel/Rectum and Anal Canal**
  - 9.12.1 Features of large bowel obstruction and its differential diagnosis
  - 9.12.2 Ulcerative colitis
  - 9.12.3 Bleeding per rectum, differential diagnosis
  - 9.12.4 Hemorrhoids including complications
  - 9.12.5 Perianal abscess

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- 9.13 **Hernia**
  - 9.13.1 Inguinal and Femoral
  - 9.13.2 Incisional hernia
- 9.14 **Urology**
  - 9.14.1 Haematuria:differential diagnosis and investigation
  - 9.14.2 Phimosis,paraphimosis
  - 9.14.3 Stones in renal tract:indications for surgery
  - 9.14.4 BHP
  - 9.14.5 Acute urinary retention
  - 9.14.6 Kidney Infection
  - 9.14.7 Vasectomy
  - 9.14.8 Scrotal swelling: differential diagnosis and investigation Undescendedtestis ,Diagnosis and Management of Testicular Torsion
  - 9.14.9 Urethral Strictures
- 10. **Orthopaedics**
  - 10.1 Traumatic condition: Recognition of what need to be done acutely and when referral may be more appropriate where possible
    - 10.1.1 Injuries of the upper limb: (Manage/ Consider Referral if Possible)
    - 10.1.2 Injuries of the lower limb and pelvis: (Manage/Refer)
  - 10.2 Non- Traumatic condition:
    - 10.2.1 Infective condition : Most important, Acute infection: Acute osteomyelitis; Acute septic arthritis; Chronic osteomyelitis; Tubercular infections including spine
    - 10.2.2 Degenerative condition and office orthopaedics
  - 10.3 Approach to diagnosis and conservative management where possible, with referral if possible and benefit from orthopedic consultation.
    - 10.3.1 Osteoarthritis
    - 10.3.2 Gout/Pseudogout
    - 10.3.3 Acute and Chronic low back and cervical pain
    - 10.3.4 Regional Musculo-skeletal condition Shoulder, Elbow, Wrist, Hip, Knee,Ankle
  - 10.4 Other Rarer Condition
    - 10.4.1 Congenital Deformities
    - 10.4.2 Neoplastic condition
    - 10.4.3 Metabolic and other condition
    - 10.4.4 Auto-immune diseases
- 11. **Obstetrics & Gynaecology**
  - 11.1 Antenatal period(normal and abnormal pregnancy)
    - 11.1.1 Normal/ low risk pregnancy and High risk pregnancy
  - 11.2 Labour and delivery
  - 11.3 Postpartum(Normal puerperium/Abnormal puerperium)
  - 11.4 Gynaecology(Local management/Referral)
  - 11.5 Medical condition during Pregnancy
    - 11.5.1 DM: Hypertension
    - 11.5.2 Heart disease
    - 11.5.3 Jaundice
- 12. **Family Planning**
  - 12.1 Male and female reproductive anatomy physiology

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- 12.2 The current status of family planning and voluntary surgical contraception in Nepal, including legal status, cultural barriers, myths and prejudices
  - 12.3 The rationale for vasectomy and tubal ligation, their benefits and disadvantages.
  - 12.4 Recognize eligible candidates for voluntary surgical contraception and provide information and counseling services to ensure informed client consent.
  - 12.5 Follow the principles of infection prevention and control and preoperative management for vasectomy and/or the minilap
  - 12.6 Demonstrate the use of aseptic technique, appropriate anaesthesia and analgesia
  - 12.7 Demonstrate the basic surgical skills required for vasectomy and /or minilap.
  - 12.8 Manage post-operative patients, including any complication related to anaesthesia, surgery and early and late complications.
  - 12.9 Techniques for reversal of vasectomy of tubal ligation
  - 12.10 Utilize the common methods of contraception including Depo-Provera, Norplant, Intra-uterine devices, Oral contraceptives
  - 12.11 Follow up patient who accept various methods of contraception
13. **Ultrasound**
- 13.1 The different components of Ultrasound equipment and their function
  - 13.2 Take proper care of the Ultrasound equipment including sterilization of transducers
  - 13.3 Identify artifacts and their usefulness and those that degrade the ultrasounds image
  - 13.4 The ultrasound orientation of the image, scanning techniques and preparation of the patients
  - 13.5 Identify key obstetrics, medical and surgical condition on ultrasound
14. **Dentistry**
- 14.1 Prevent common dental diseases
  - 14.2 Recognize and manage common dental problems
  - 14.3 Manage dental emergencies
  - 14.4 Recognize and manage acute dental and periodontal conditions.
  - 14.5 Perform minor procedures.
  - 14.6 Recognize conditions that need to be referred for further therapeutic measures.
  - 14.7 Temporo- mandibular joint dislocation
  - 14.8 Post dental extraction bleeding
  - 14.9 Gingivitis
  - 14.10 Syncope
  - 14.11 Periodontitis
  - 14.12 Dental caries
  - 14.13 Precancerous condition

