

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा,सवै समूह,सवै उपसमूह नवौं (९)

तहको खुला, अन्तर तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

**परीक्षा योजना**

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

**प्रथम चरण :-** लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

**द्वितीय चरण :-** अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

**प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)**

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

**द्वितीय चरण (Second Phase)**

Paper	Subject		Full Marks			Time Allowed
	Interview		30		Oral	

**द्रष्टव्य :**

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सवै समूह/सवै उपसमूहहरूको लागि **प्रथम पत्र**को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर **द्वितीय पत्र** Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र** को लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रुपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी **द्वितीय पत्र**को परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ, भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- उल्लेखित पद, सेवा, समूह र तहका पाठ्यक्रम अद्यावधिक भई प्रकाशन नहुदासम्म लागू हुनेछ ।

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तहको खुला, अन्तर तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

**Paper I: General Subject**  
**(Management and General Health Issues)**

**Part I: Management**

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
12. Leadership: concept, functions, leadership styles, leadership and management effectiveness
13. Coordination: concept, need, types, techniques, and approaches of effective coordination
14. Communication: concept, communication process and barrier to effective communication, techniques for improving communication

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## **Part II: General Health Issues**

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Regional and District and Below
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices
10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery

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**Paper II: Technical Subject**

1. Pharmacology, poisoning and critical care medicine
  - 1.1. Principles of pharmacology therapy
  - 1.2. Pharmacology of different medicines
  - 1.3. Acute and chronic poisoning and their management
  - 1.4. Principles of critical care medicine
  - 1.5. Oxygen delivery
  - 1.6. Major manifestations, monitoring and management of critical illness
  - 1.7. Nutrition
2. Infection
  - 2.1. Basic of infection
  - 2.2. Major manifestations of infections
  - 2.3. Principles of management of infection, including different antimicrobial agent and prevention of infection.
  - 2.4. Diseases due to different organism like virus, bacteria, protozoa, helminthes
3. Diabetes and nutritional and metabolic disease and other endocrine disease
  - 3.1. Diabetes mellitus: Classification, epidemiology, aetiology, pathophysiology, clinical feature, diagnosis, management, acute and long-term complications of diabetes, special problems in management, prospects in diabetes.
  - 3.2. Obesity
  - 3.3. Nutritional factors in health and disease
  - 3.4. Other metabolic disorders
  - 3.5. Thyroid disease: functional anatomy, physiology, investigation and major manifestations, management and prevention
  - 3.6. Other endocrine disease, including functional anatomy, physiology, investigations, major manifestations, management and prevention.
4. Cardiovascular system and disease as required for General Physicians
  - 4.1. Functional anatomy, physiology and investigations
  - 4.2. Major manifestation and heart disease
  - 4.3. Disorders of heart rate, rhythm and conduction
  - 4.4. Ischemic heart disease
  - 4.5. Vascular disease
  - 4.6. Diseases of heart valves
  - 4.7. Congenital heart disease
  - 4.8. Diseases of the myocardium
  - 4.9. Diseases of the pericardium
5. Respiratory system and diseases as required for General Physicians
  - 5.1. Functional anatomy, physiology and investigations
  - 5.2. Major manifestations of lung disease
  - 5.3. Obstructive pulmonary diseases
  - 5.4. Infections of the respiratory system
  - 5.5. Tumors of the bronchus and lung

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- 5.6. Interstitial and infiltrative pulmonary disease, including occupational lung disease
- 5.7. Pulmonary vascular disease
- 5.8. Diseases of the nasopharynx, larynx and trachea
- 5.9. Disease of the pleura, diaphragm and chest wall
6. GI and liver system & diseases as required for General Physicians
  - 6.1. Functional anatomy, physiology and investigations
  - 6.2. Major manifestation of gastrointestinal and liver disease
  - 6.3. Diseases of the mouth and salivary glands
  - 6.4. Diseases of the esophagus
  - 6.5. Diseases of the stomach and duodenum
  - 6.6. Diseases of the small intestine, colon, rectum and anal canal
  - 6.7. Diseases of the pancreas
  - 6.8. Diseases of the liver
  - 6.9. Gall bladder and other biliary diseases
  - 6.10. Disease of the peritoneal cavity
7. Water, electrolyte and acid-base balance and nephrology system and disorders as required for General Physicians
  - 7.1. Physiology and electrolytes, water and acid-base
  - 7.2. Major electrolyte and acid-base disorders
  - 7.3. Functional anatomy, physiology and investigations of the kidneys and urinary system
  - 7.4. Major manifestations of renal disease
  - 7.5. Renal vascular disease
  - 7.6. Glomerular disease
  - 7.7. Tubulo-interstitial disease
  - 7.8. Congenital abnormalities of the kidneys
  - 7.9. Renal involvement in systemic diseases
  - 7.10. Infections of the kidney and urinary tract
  - 7.11. Obstruction of the urinary tract
  - 7.12. Urinary tract calculi and nephrocalcinosis
  - 7.13. Drugs and the kidney
  - 7.14. Tumors of the kidney and genitourinary tract
8. Hematology, immunology and joint, bone and connective tissue system and disease
  - 8.1. Inflammation
  - 8.2. Organization and function of the immune system
  - 8.3. Hematopoiesis, physiology of the blood and clotting
  - 8.4. Investigations of diseases of the blood
  - 8.5. Major manifestations of blood diseases
  - 8.6. Anemias
  - 8.7. Lymphoproliferative and myeloproliferative disorders
  - 8.8. Bleeding disorders
  - 8.9. Venous thrombosis
  - 8.10. Blood transfusion

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- 8.11. Functional anatomy, physiology and investigation of the diseases of the connective tissues, joints and bones.
- 8.12. Diseases of the connective tissues, joints and bones
9. Nervous system and Psychiatric disorders as required for General Physicians
  - 9.1. Functional anatomy, physiology and investigations of neurology
  - 9.2. Major manifestations of nervous system and psychiatric disease
  - 9.3. Diseases of the nervous system
  - 9.4. Diseases of the spine and spinal cord
  - 9.5. Diseases of the nerves and muscles
  - 9.6. Classification and etiology of psychiatric disorders
  - 9.7. The clinical interview
  - 9.8. The psychiatry disorders and syndromes and their management
10. Genetics, Oncology & Palliative care, Geriatrics and Skin system and disorders as required for General Physicians
  - 10.1. Genetics and disease, particularly molecular features of infective disease
  - 10.2. Investigation of the molecular basis of disease
  - 10.3. Modern molecular methods in human disease
  - 10.4. Types of genetic disease
  - 10.5. Genetic factors in common diseases
  - 10.6. Epidemiology, etiology, clinical presentations, investigations and management of the oncology diseases.
  - 10.7. Palliative anticancer medicine
  - 10.8. Normal ageing
  - 10.9. Major manifestations of disease in frail older people
  - 10.10. Rehabilitation
  - 10.11. Functional anatomy and physiology of the skin
  - 10.12. Major manifestations and investigations of skin disease
  - 10.13. Skin diseases
  - 10.14. The skin and systemic disease