

निजामती कर्मचारी अस्पताल
प्राविधिक सेवा, पेडीयाट्रिक्स समूह, नियोनेटोलोजी उपसमूह, सिनीयर रजिष्ट्रार (स्पेसलिष्ट) पद, नवौं तहको खुला तथा
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

१. प्रथम चरण (First Phase): परीक्षा योजना (Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time
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			6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	
II	Technical Subject			100	40	6 × 10 = 60 (Long answer) 2 × 20 = 40 (Critical Analysis)	3.00 hrs

२. द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination System
Interview	30	Oral

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- अस्पतालको प्राविधिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । परीक्षामा सोधिने **प्रश्नसंख्या र अङ्कभार** यथासम्भव सम्बन्धित पत्र, विषयमा दिईए अनुसार हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :

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Paper I: General Subject
Part I: Management
(6 × 5) + (2 × 10) = 50 Marks

1. Management

- 1.1. Health care management system in Nepal and other parts of the world
- 1.2. Fundamental principles of healthcare institution and hospital management.
- 1.3. Effective hospital management principles
- 1.4. Purpose of medical and non-medical data and records
- 1.5. Ethics and responsibility of management
- 1.6. Concept of management and its application in health care including hospital
 - 1.7.1 Management: Concept, principles, functions, scope and role, level and skills of manager
 - 1.7.2 Planning: Concept, principles, nature, types, instruments and steps
 - 1.7.3 Leadership: Concept, function, leadership styles, leadership and management
 - 1.7.4 Coordination: Concept, types, techniques of effective coordination
 - 1.7.5 Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
 - 1.7.6 Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
 - 1.7.7 Participative management: Concept, advantage and disadvantage, techniques of participation
 - 1.7.8 Time management: Concept, essential factors and strategies for effective time management
 - 1.7.9 Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
 - 1.7.10 Stress management: Concept, causes and sources of stress, techniques of stress management
 - 1.7.11 Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
 - 1.7.12 Appreciative inquiry: Concept, basic principle and management
 - 1.7.13 Human resource management: Concept, functions and different aspects
 - 1.7.14 Health manpower recruitment and development
 - 1.7.15 Financial management: Concept, approaches, budget formulation and implementation, Auditing and topics related to fiscal administration

Part II: General Health Issues
(6 × 5) + (2 × 10) = 50 Marks

2. General Health Issues

- 2.1. Present constitution of federal republic of Nepal (including health and welfare issues)
- 2.2. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.3. Professional council and related regulations
- 2.4. National Health Policy
- 2.5. Health Service Act and Regulation
- 2.6. Second Long term health plan
- 2.7. Health Management Information System, forms, indicators, annual reports
- 2.8. Human Development Indices, Sustainable Development Goals
- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness

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- 2.10. Local governance and community participation in health service delivery
- 2.11. Health Insurance and financing in health care
- 2.12. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.13. Indigenous and traditional faith health and health practices
- 2.14. International Health Agencies: Roles and responsibilities of WHO, UNICEF, UNFPA, Inter-agency relationships, Government-agency coordination: Joint Annual Review meeting
- 2.15. Supervision, types and its usage in health sector
- 2.16. Monitoring and evaluation system in health sector
- 2.17. National Health Training Centre
- 2.18. National and International Disaster Plan, Coordination
- 2.19. General introduction of Civil Service Hospital and its Bylaws

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Paper II : Technical Subject

Section (A) – 50 Marks

1. Basic Sciences

- 1.1 Basic genetics
- 1.2 Fetal and neonatal immunology
- 1.3 Applied anatomy and embryology
- 1.4 Feto-placental physiology
- 1.5 Neonatal adaptation
- 1.6 Development and maturation of lungs, respiratory control, lung functions, ventilation, gas exchange, ventilation perfusion.
- 1.7 Physiology and development of cardiovascular system, developmental defects, physiology and hemodynamics of congenital heart disease.
- 1.8 Fetal and intrauterine growth.
- 1.9 Development and maturation of nervous system, cerebral blood flow, bloodbrain barrier.
- 1.10 Fetal and neonatal endocrine physiology
- 1.11 Developmental pharmacology
- 1.12 Developmental hematology, bilirubin metabolism
- 1.13 Renal physiology
- 1.14 Physiology of gastrointestinal tract, digestion, absorption.
- 1.15 Electrolyte balance
- 1.16 Metabolic pathways pertaining to glucose, calcium and magnesium
- 1.17 Biochemical basis of inborn errors of metabolism

2. Perinatology

- 2.1 Perinatal and neonatal mortality, morbidity, epidemiology.
- 2.2 High risk pregnancy: detection, monitoring and management.
- 2.3 Fetal monitoring, clinical, electronic; invasive, and non-invasive
- 2.4 Intrapartum monitoring and procedures
- 2.5 Assessment of fetal risk, and decision for termination of pregnancy
- 2.6 Diagnosis and management of fetal diseases
- 2.7 Medical diseases affecting pregnancy and fetus, psychological and ethical considerations
- 2.8 Fetal interventions.
- 2.9 Fetal origin of adult disease

3. Neonatal Resuscitation

4. Neonatal Ventilation

5. Blood Gas and Acid Base Disorders

6. Neonatal Assessment and Follow Up

- 6.1 Assessment of gestation, neonatal behavior, neonatal reflexes
- 6.2 Developmental assessment, and follow up detection of neuromotor delay, stimulation techniques

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Section (B) – 50 Marks

7. Body Systems

7.1 Respiratory System

7.1.1 Neonatal airways: physiology, pathology; management

7.1.2 Pulmonary diseases: Hyaline membrane disease, transient tachypnea, aspiration pneumonia, pulmonary air leak syndromes, pulmonary hemorrhage, developmental defects

7.1.3 Oxygen therapy and its monitoring

7.1.4 Pulmonary infections

7.1.5 Miscellaneous pulmonary disorders

7.2 Cardiovascular system

7.2.1 Fetal circulation, transition from fetal to neonatal physiology

7.2.2 Examination and interpretation of cardiovascular signs and symptoms

7.2.3 Special tests and procedures (Echocardiography, angiography)

7.2.4 Diagnosis and management of congenital heart diseases

7.2.5 Rhythm disturbances

7.2.6 Hypertension in neonates

7.2.7 Shock: pathophysiology, monitoring, management.

7.3 Gastrointestinal system

7.3.1 Disorders of liver and biliary system.

7.3.2 Bilirubin metabolism

7.3.3 Neonatal jaundice: diagnosis, monitoring, management, phototherapy, exchange transfusion.

7.3.4 Prolonged hyperbilirubinemia

7.3.5 Kernicterus

7.3.6 Congenital malformations

7.3.7 Necrotising enterocolitis

7.4 Renal system

7.4.1 Developmental disorders

7.4.2 Renal functions

7.4.3 Fluid and electrolyte management

7.4.4 Acute renal failure (diagnosis, monitoring, management).

7.5 Endocrine and metabolism

7.5.1 Glucose metabolism, hypoglycemia, hyperglycemia

7.5.2 Calcium disorders

7.5.3 Magnesium disorders

7.5.4 Thyroid disorders

7.5.5 Adrenal disorders

7.5.6 Ambiguous genitalia

7.5.7 Inborn errors of metabolism

7.6 Hematology

7.6.1 Physiology

7.6.2 Anemia

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- 7.6.3 Polycythemia
- 7.6.4 Bleeding and coagulation disorders
- 7.6.5 Rh hemolytic disease
- 7.7 Neurology
 - 7.7.1 Clinical neurological assessment
 - 7.7.2 EEG, ultrasonography, CT scan
 - 7.7.3 Neonatal seizures
 - 7.7.4 Intracranial hemorrhage
 - 7.7.5 Brain imaging
 - 7.7.6 Hypoxic ischemic encephalopathy
 - 7.7.7 Neuro-muscular disorders
 - 7.7.8 Degenerative diseases
 - 7.7.9 CNS malformation
- 7.8 Nutrition
 - 7.8.1 Fetal nutrition
 - 7.8.2 Physiology of lactation
 - 7.8.3 Breast feeding and kangaroo mother care
 - 7.8.4 Lactation management, breast milk banking, maternal medications and nursing
 - 7.8.5 Parenteral nutrition
 - 7.8.6 Vitamins and micronutrients in newborn health
- 7.9 Neonatal infections
 - 7.9.1 Intrauterine infections
 - 7.9.2 Superficial infections
 - 7.9.3 Diarrhea
 - 7.9.4 Septicemia
 - 7.9.5 Meningitis
 - 7.9.6 Osteomyelitis and arthritis
 - 7.9.7 Pneumonias
 - 7.9.8 Perinatal HIV
- 7.10 Neonatal ophthalmology
 - 7.10.1 Developmental aspects
 - 7.10.2 Retinopathy of prematurity
 - 7.10.3 Sequelae of perinatal infections
- 7.11 Neonatal dermatology
- 8. **Surgery and orthopedics**
 - 8.1 Neonatal surgical conditions
 - 8.2 Pre and post operative care
 - 8.3 Neonatal anesthesia
 - 8.4 Metabolic changes during anesthesia and surgery
 - 8.5 Orthopedic problems
- 9. **Neonatal Imaging:** X-rays, ultrasound, MRI, CT Scan, etc.
- 10. **Transport of neonates**