

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी अन्तर्गत स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं तह वा सो सरहका पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- 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 X 5 = 30 (Short answer) 2 x 10 = 20 (Long answer)	3:00 hrs.
		Part II: General Health Issues and Legal Aspects	50			4 X 5 = 20 (Short answer) 3 X 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 X 15 = 60 (Critical Analysis) 2 X 20 = 40 (Problem Solving)	3:00 hrs.

द्वितीय चरण : (Second Phase)

Paper	Subject	Full Marks	Time Allowed
	Interview	30	

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्रको लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिकाहरू हुनेछन् भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, नीति, ऐन, नियमहरू यो पाठ्यक्रम स्वीकृत हुँदा कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनुपर्नेछ ।
- पाठ्यक्रम स्वीकृत मिति :- २०८१/०५/०६

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश
प्रदेश निजामती सेवा तथा स्थानीय सरकारी अन्तर्गत स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं तह वा सो
सरहका पदहरुको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I: General Subject

Part I: Management

(50Marks)

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management system and administration
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 management, levels of conflict, causes of conflict and strategies for conflict management
7. Stress/burnout management: concept, causes and sources of stress, techniques of stress/burnout management
8. Disaster management: concept, importance and its implication in service delivery
9. Change management: concept, importance and its implication in service delivery
10. Diversity management: concept, importance and its implication in service delivery
11. Appreciative inquiry: concept, basic principles and management
12. Financial management: concept, approaches, budget formulation and Implementation, auditing, fiscal management and financial accountability
13. Human resource management: concept, functions and different aspects
14. Planning: concept, principles, nature, types, instrument and steps
15. Leadership: concept, functions, leadership styles, leadership and management effectiveness
16. Coordination: concept, need, types, techniques, and approaches of effective coordination
17. Communication: concept, communication process and barrier to effective communication, techniques for improving communication
18. Good governance: Concept and characteristics

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश
प्रदेश निजामती सेवा तथा स्थानीय सरकारी अन्तर्गत स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं तह वा सो
सरहका पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Part II: General Health Issues and Legal Aspects

(50 Marks)

1. Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Health services act 2053, health service regulation, 2055
4. Public Health Service Act,2075
5. Public Health Service Regulation,2077
6. Province Civil Service Act,2080
7. Province Civil Service Regulation,2080
8. Province Good Governance Act, 2076
9. Province Good Governance Regulation, 2077
10. Public Procurement Act,2063
11. Public Procurement Regulation,2064
12. Economic Procedure and Financial Accountability Act,2076
13. Economic Procedure and Financial Accountability Regulation,2077
14. Security of Health Workers and Organization Act,2066
15. Local Government Operation Act,2074 (Health sector)
16. Current Periodic Plan of Nepal and Lumbini Province
17. Second long term health plan (1997-2017)
18. Sustainable Development Goal(SDG)
19. Health sector organizational structures : Federal, Provincial and Local level
20. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
21. Professional councils and related regulations
22. Medical and health professional ethics : In general and its application
23. Indigenous and traditional faith healing and health practices
24. Supervision, types and its usage in health sector
25. Monitoring and evaluation system in health
26. Health Management information system (HMIS)
27. Health insurance and financing in health care
28. Effects of environment in public health: air pollution, domestic pollution, noise pollution

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी अन्तर्गत स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं तह वा सो सरहका पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

29. Health care waste management
30. Climate change and its impact on public health
31. Importance of water, sanitation and hygiene in public health
32. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
33. Health volunteers' involvement in health service delivery
34. Community involvement in health service delivery
35. Counseling: - concept, type, importance and its application in health service delivery

Paper II: Technical Subject

A. Obstetrics

- 1) **Anatomy:** Knowledge of anatomy of abdomen and pelvis applied to surgical procedures undertaken by the obstetrician and gynaecologist.
- 2) **Pathology:** Infection, inflammation therapeutic intervention (especially by the use of irradiation, cytotoxic drugs and hormones), disturbances in blood flow, loss of body fluids and neoplasia. Knowledge about changes in haemostasis in health and disease of a pregnant woman.
- 3) **Pharmacology:** Knowledge of those drugs used in obstetrics and gynaecology. Hormonal contraceptives in pregnancy and gonadotrophins and drugs contraindicated in pregnancy.
- 4) **Immunology:** Immunological changes in pregnancy; fetal development of the immune system, with particular knowledge of rhesus and isoimmunisations.
- 5) **Infectious diseases:** Knowledge of infectious diseases affecting pregnant and non-pregnant woman and fetus in utero. Knowledge of epidemiology, diagnostic techniques, prophylaxis, immunization and the use of antibiotics and antiviral agents.
- 6) **Epidemiology and statistics:** Collect data apply methods of statistical analysis. Knowledge of setting up clinical trials and the ability to interpret data through commonly used terms and techniques, interpretation of results of research, investigations, clinical trials design and medical audit.
- 7) **Diagnostic imaging:** Understand the application of ultrasound, computerized tomographic scanning and magnetic resonance imaging.
- 8) **Radiodiagnosis:** Basic abdominal radiography in different views. Contrast radiography of different organs like IVP, Ba-series, Hysterosalpingography.
Recent advances in radiology like CT, MRI and radioisotope scanning Genetics and embryology. Detailed knowledge of normal and abnormal karyotypes of the inheritance of genetic disorders and of the genetic causes of early abortion to diagnosis fetal abnormality, intrauterine treatment of the fetus genetics and embryology. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.
- 9) **Normal pregnancy:** Changes maternal and fetal physiology during normal pregnancy, antepartum care its, aim and methods changes of implementation, i.e. organization of intrapartum care, including obstetrical analgesia and anaesthesia of the normal puerperium. Importance of Nutrition during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.
- 10) **Abnormal pregnancy:** Knowledge of all aspects of abnormality during pregnancy, labor and puerperium and their management. Understand effects of pre-existing disease (obstetrical, gynaecological medical or surgical) on pregnancy and demonstrate the ability to provide informative counseling before, during and after pregnancy. Knowledge of neonatal resuscitation and of the principles of neonatal management, Respiratory distress syndrome (RDS), prematurity and congenital abnormality.

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवाअन्तर्गत स्वास्थ्य सेवा, अब्स्ट्रेटिक्स तथा गाइनोकोलोजी समूह, अधिकृत स्तर नवौं तह कन्सल्टेण्ट अब्स्ट्रेटिक्स तथा गाइनोकोलोजिष्ट पदको खुला तथा अन्तरतह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

B. Gynaecology

- 1) **Prepubertal gynaecology:** Knowledge of normal and abnormal sexual development paediatric pathology and its management, normal puberty, and its disorders and their management.
- 2) **Adolescent gynaecology:** Disorder of behaviour and sexual function counseling for safe living.
- 3) **Menstruation:** Physiology of normal menstruation, pathophysiology of menstrual disorders their investigation and management. Menopause and its management.
- 4) **Infertility:** Causes of infertility, investigation and management of the infertile couple, techniques involved in assisted reproduction.
- 5) **Infection:** Sexually transmitted diseases including AIDS.
- 6) **Abortion:** Cause of abortion, its management, complication of therapeutic abortion and its legal aspects.
- 7) **Contraception:** Various methods of permanent and temporary contraceptives, their uses and side effect.
- 8) **Psychosexual medicine:** Management of psychosexual problems including puerperal psychosis and the psycho social impact of violence against women
- 9) **Urogynaecology:** Surgical and non- surgical management urogynaecological problems.
- 10) **Gynaecological oncology:** Epidemiology and aetiology and the principles of carcinogenesis, tumour immunology and pathology. Diagnostic techniques and staging of gynaecological tumors. Treatment including surgery, radiotherapy, chemotherapy and terminal care of patients dying due to gynaecological malignancy.
- 11) **Breast:** Problems of lactation and its management, Breast Lump and its management.
- 12) **Obstetrical and Gynaecological surgery:** Principle of obstetric and gynaecological (surgery) procedures preoperative assessment and post operative care.
- 13) **Ethics and the law:** Basic ethical and legal issues involved in contemporary obstetrical and gynecological practice, Introduction to ethical theories, medical ethics, Professional ethics, Ethics in research, Ethics in health policy.
- 14) **Recent advances and subspeciality:** Uro-gynaecology, Infertility, Gynaecology oncology.
- 15) **Community obstetrics and gynaecology:**
 - 15.1 Knowledge about basics community disease profile
 - 15.2 Definitions and causes of maternal morbidity and mortality and perinatal mortality, neonatal mortality and infant mortality rate.
 - 15.3 Effect of socio cultural behavior in Reproductive health.
 - 15.4 National Health Programmes related to Maternal and child health, continuing health services for maternal care and child health, organizing health care delivery and referral system.
 - 15.5 Future vision to reduce maternal morbidity and mortality and perinatal mortality.

पाठ्यक्रम स्वीकृत मिति : २०८१/०५/२६