

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

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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

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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

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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

100 Marks

Section – A

50 marks

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
 - 1.8. Snake bite poisoning
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
 - 2.5. Management of tropical diseases
3. Diabetes and nutritional and metabolic disease and other endocrine disease
 - 3.1. Diabetes mellitus: Classification, epidemiology, aetiology, pathophysiology, clinicalfeature, 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

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- 5.3. Obstructive pulmonary diseases
- 5.4. Infections of the respiratory system
- 5.5. Tumors of the bronchus and lung
- 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

Section – B

50 marks

6. GI and hepatobiliary 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
 - 7.15. Hemodialysis and peritoneal dialysis
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. Sickle cell anemia, Thalassemia

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- 8.8. Lymphoproliferative and myeloproliferative disorders
- 8.9. Bleeding disorders
- 8.10. Venous thrombosis
- 8.11. Blood transfusion
- 8.12. Functional anatomy, physiology and investigation of the diseases of the connective tissues, joints and bones.
- 8.13. 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 basic 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

पाठ्यक्रम स्वीकृत मिति: २०८१/०५/२६