

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा अन्तर्गत प्रदेश स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, एघारौं (११) तहको अन्तरतह
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	3.00 hrs.
		Part II: General Health Issues	50			
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 हुनेछ ।
- प्रदेश निजामती सेवा अन्तर्गतका प्रदेश स्वास्थ्य सेवाका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र प्राविधिक विषय (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 परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नबाट हुनेछ ।
- प्रथम पत्र 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 हुनेछन ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियमहरू विज्ञापन हुँदा कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनुपर्नेछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरण अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम स्वीकृत मिति:- २०८२/१०/२०

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Paper I: General Subject **100 Marks**
(Management and General Health Issues)

Paper I: Management **50 Marks**

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Primary health care service management
4. Public and private sector health institution supervision its regulation and management
5. Health institution development and management
6. National health training system management
7. Participative management: concept, advantages and disadvantages, techniques of participation
8. Time management: concept, advantages, and disadvantages
9. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
10. Stress management: concept, causes and sources of stress, techniques of stress management
11. Change management: concept, sources of organizational changes, resistance to change, management of resistance to change
12. Appreciative inquiry: concept, basic principles and management
13. Diversity management
14. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to financial management
15. Human resource management: concept, functions, different aspects, recruitment selection & development of health sector manpower
16. Project management: concept, process, techniques and approaches
17. Planning: concept, principles, nature, types, instrument and steps; MOH/ DoHS planning system; Health planning at National, Provincial and Local level
18. Motivation: concept, theories of motivation, reason for low productivity, techniques of employee motivation
19. Leadership: concept, functions, leadership styles, leadership and management effectiveness
20. Coordination: concept, need, types, techniques, and approaches of effective coordination
21. Communication: concept, communication process and barrier to effective communication, techniques for improving communication
22. Decision-making: importance, types, rational process of decision-making
23. Research: Concept and Planning
24. Epidemiology and statistics
25. Security: health institution and health worker and its prevention

Part II: General Health and Governancce Issues

1. Present Constitution of Nepal (Health and welfare issues/ Rights/ Role of Government & Private sector)
2. National Health Policy, 2076
3. **Second long-term health plan (1997-2017)**
4. Health sector reform strategy
5. Health sector in National and Provincial current periodical plan
6. Health services act 2053, Health service regulation, 2055
7. Province Health Policy, 2077
8. Public Procurement Act,2063
9. Public Procurement Regulation,2064
10. Province Civil Service Act,2080
11. Province Civil Service Regulation,2080
12. Economic Procedure and Financial Accountability Act,2076
13. Economic Procedure and Financial Accountability Regulation, 2077
14. Challenges of corruption and corruption control strategies
15. Organizational structure of health care system in federal system
16. Health and human rights and duties including women's right, children's right, professional's right, client right and informed consent •
17. Gender issues and its address in overall health planning
18. Health sector governance in federal system
19. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationship with NGO's/INGO' and development partners
20. International health and different declarations
21. Professional council and related regulations
22. Medical ethics in general and its application
23. Continuous medical education /continuous professional development
24. Indigenou and traditional faith healing and health practices / Alternative medicine
25. Supervision, Monitoring and evaluation system in health sector
26. Health management information system (HMIS)
27. Health insurance and financing in health care.
28. Environment and health effects
29. Importance of water, sanitation and hygiene in public health

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30. Effects of Disaster in public health: deforestation, land slide, flood, earthquake, fire, war and strikes
31. Effects of Industrial hazards in health and it's prevention
32. Health Volunteers involvement in health service delivery
33. Community involvement in health service delivery: Concepts and effectiveness
34. Social inclusion in health planning, human resource and services
35. Counseling: - concept, type, importance and its application in health service delivery
36. Public- Private Partnership in health sector development
37. Sustainable Development Goals/ International commitment/ Agreements/ Conventions in Health sector development
38. Welfare and security for workers
39. Nepal's public accountability system

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तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

100 Marks

Part 1

50 Marks

1. Surgery:

- 1.1. Abscess, Carbuncle
- 1.2. Ac and Ch. Pancreatitis
- 1.3. Ac. Appendicitis
- 1.4. Bed sore
- 1.5. Bowel Obstruction
- 1.6. Burns
- 1.7. Cuts and injury
- 1.8. Diabetic and leprosy ulcer
- 1.9. Dry and wet gangrene
- 1.10. Fissure and hemorrhoids
- 1.11. Hemothorax and pneumothorax
- 1.12. Hernias
- 1.13. Hollow Viscus perforation
- 1.14. Liver abscess
- 1.15. Phymosis/Paraphymosis
- 1.16. Pneumothorax
- 1.17. Retention of urine and Prostatomegaly
- 1.18. Traumatic brain injury
- 1.19. Vasectomy

2. Obstetrics and Gynecology

- 2.1. Abortion
- 2.2. Anemia in pregnancy
- 2.3. Breast abscess
- 2.4. Breech delivery
- 2.5. Describe Normal Pregnancy
- 2.6. Disorders of Menstruation
- 2.7. Ectopic Pregnancy
- 2.8. Family Planning
- 2.9. Fibroid uterus
- 2.10. Heart disease and pregnancy
- 2.11. Hyperemesis gravidarum
- 2.12. Infertility
- 2.13. Management of third stage of labour
- 2.14. Menarche and Menopause

- 2.15. Molar pregnancy
 - 2.16. Normal labor and Purperium
 - 2.17. Pelvic inflammatory disease
 - 2.18. Pregnancy induced hypertension – pre-eclampsia and Eclampsia
 - 2.19. Retained Placenta
 - 2.20. Shoulder dystocia
3. E.N.T.
- 3.1. Ac. Pharyngitis and Laryngitis
 - 3.2. Barotrauma
 - 3.3. Epistaxis
 - 3.4. Foreign body ear
 - 3.5. Hearing loss
 - 3.6. Ludwig's angina
 - 3.7. Maniere's disease
 - 3.8. Nasal polyp and allergic rhinitis
 - 3.9. Otitis extarna/chronic suppurative otitis media
 - 3.10. Peritonsillar abscess
 - 3.11. Sinusitis
 - 3.12. Tinnitus and vertigo
4. Procedure
- 4.1. Abdominal Paracentesis
 - 4.2. Bladder Catheterization
 - 4.3. C.P.R. including intubation
 - 4.4. Cervical smear
 - 4.5. Chest tube insertion and maintenance
 - 4.6. Hernia and hydrocele surgery
 - 4.7. I/G packing
 - 4.8. Id (Incision and Drainage)
 - 4.9. IUD insertion
 - 4.10. Lumber Puncture
 - 4.11. MVA and PAC
 - 4.12. Plaster
 - 4.13. Removal of foreign body of nose and ear
 - 4.14. Repair of split ear lobes
 - 4.15. Suprapubic cystectomy
 - 4.16. Surgical contraception

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4.17. Suturing

4.18. Vacuum extraction

5. Orthopedics

5.1. Fracture and dislocations – Colle's / SC humerus fracture/ neck of femur

5.2. Frozen shoulder

5.3. Gout

5.4. Osteoarthritis

5.5. Osteomyelitis

5.6. Shoulder dislocation

5.7. TB bone

6. Anesthesia

6.1. Analgesia

6.2. Local anesthesia and regional blocks- lignocaine, bupivacaine

6.3. Oxygen therapy

6.4. Pharmacology of – ketamine, midazolam, succinyl choline, vecuronium

6.5. Pre and post anesthesia evaluation

6.6. Use of ventilator

7. Ophthalmology

7.1. Acute congestive glaucoma

7.2. Cataract and loss of vision

7.3. Conjunctivitis

7.4. Corneal ulcer

7.5. Foreign body

7.6. Pterygium

7.7. Refractive disorder

7.8. Retinal detachment

Part B

50 Marks

8. Internal Medicine

8.1. A.P. disease (APD)

8.2. B. Asthma and COPD

8.3. CCF

8.4. Coma

8.5. Diabetes

8.6. Epilepsy

- 8.7. Food poisoning
 - 8.8. G.I. bleeding
 - 8.9. Hematuria
 - 8.10. Hemoptysis
 - 8.11. Hepatitis
 - 8.12. Hypertension
 - 8.13. Malignant
 - 8.14. Meningitis and encephalitis
 - 8.15. Myocardial Infarction
 - 8.16. Pneumonia
 - 8.17. Rabies
 - 8.18. Renal failure
 - 8.19. Rheumatic fever
 - 8.20. Sepsis
 - 8.21. Snake and spider bite /animal bite
 - 8.22. Stroke
 - 8.23. Thyroid disorders
9. Infectious and Tropical Diseases
 - 9.1. Amoebiasis and Giardiasis
 - 9.2. Dengue
 - 9.3. Kalaazar
 - 9.4. Leprosy
 - 9.5. Malaria
 - 9.6. S.T.D. and HIV
 - 9.7. Tuberculosis and pleural effusion
 - 9.8. Typhoid fever
 - 9.9. Worms and hydatid diseases
10. Emergency Medicine
 - 10.1. Abdominal Pain
 - 10.2. Acute psychosis
 - 10.3. AF, SVT, VT and FB
 - 10.4. Anaphylaxis
 - 10.5. Burns
 - 10.6. Diabetic ketoacidosis
 - 10.7. Emergency assessment
 - 10.8. Hepatic Encephalopathy

10.9. Hospital Disaster Management

10.10. Poisoning

10.10.1. Organo phosphorus poisoning

10.10.2. Paracetamol poisoning

10.10.3. Celphus poisoning

10.10.4. Rodenticide poisoning

10.10.5. Mushroom poisoning

10.11. Pulmonary embolism

10.12. Renal/Ureteric colic

10.13. Seizure

10.14. Shock

10.15. Snake Bite

10.16. Suicide

10.17. Tension pneumothorax

10.18. Traumatic brain injury

10.19. Triage

11. Pediatric

11.1. Autism

11.2. Birth trauma

11.3. Diarrheal diseases

11.4. Fever and Febrile convulsions

11.5. Growth monitoring

11.6. Immunization

11.7. Neonatal jaundice

11.8. Nephritis

11.9. Pneumonia and asthma

11.10. Prematurity

11.11. Protein calorie malnutrition

11.12. Tongue tie

11.13. Undescended testis

12. Dermatology

12.1. Alopecia

12.2. Basal cell carcinoma

12.3. Chancroid

12.4. Eczema

12.5. Fungal infection

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- 12.6. Gonorrhoea/syphilis/HIV
- 12.7. Herpes zoster
- 12.8. Leprosy
- 12.9. Psoriasis
- 12.10. Tinea versicolor
13. Forensic medicine
 - 13.1. Attending court
 - 13.2. Hanging
 - 13.3. Medical ethics and law of Nepal
 - 13.4. Poisoning
 - 13.5. Suicide/homicide/asphyxia – death
 - 13.6. Time since death
14. Vital statistics
 - 14.1. Census and sampling
 - 14.2. Mean, mode, median, chi square test, probability, specificity and sensitivity
 - 14.3. Research methods

द्रष्टव्य: १. प्रश्न योजना

खण्ड	प्रश्न र पूर्णाङ्क	जम्मा अङ्क	पूर्णाङ्क
Part B	२ प्रश्न x १५ अङ्क १ प्रश्न x २० अङ्क	५०	१००
Part B	२ प्रश्न x १५ अङ्क १ प्रश्न x २० अङ्क	५०	

द्वितीय पत्रको पाठ्यक्रम स्वीकृति मिति: २०८२/१०/२०