

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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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

1. Growth and development
 - 1.1. Physical and psychosocial growth and development of normal child
 - 1.2. Disorders of growth
 - 1.3. Delay and deviations of development
 - 1.4. Assessment of growth and development
 - 1.5. Disorders of psychological development
 - 1.6. Common behavioral problems of preschool children
 - 1.7. Common speech disorders
2. Nutrition:
 - 2.1. Normal nutrition in infancy and childhood, Breast feeding
 - 2.2. Common nutritional disorders, vitamin disorders in childhood, Severe acute malnutrition, childhood obesity
 - 2.3. Nutrition supplementation programs
3. Preventive pediatrics
 - 3.1. Immunizations
 - 3.2. Prevention and management of poisonings, bites and accidents
4. Social pediatrics:
 - 4.1. School health services
 - 4.2. National health programmes related to maternal and child health
 - 4.3. Community health services for the maternal and childhood
 - 4.4. Organizing health care delivery and referral systems for children
5. Genetics:
 - 5.1. Genetic and chromosomal disorders, Genetic Transmission, down syndrome, Turner syndrome
 - 5.2. Inborn errors of metabolism, Newborn Screening, Defects in metabolism of amino acid, lipids, carbohydrates, Purine
 - 5.3. Genetic counseling including antenatal diagnosis
 - 5.4.
6. Neonatology:
 - 6.1. Management of normal, high risk and sick neonates
 - 6.2. Monitoring and ventilatory support of the sick neonates Perinatal asphyxia HIE, respiratory distress, invasive and noninvasive respiratory support
 - 6.3. Foetal disorders
 - 6.4. Perinatology
 - 6.5. Preventive neonatology
 - 6.6. Organization of neonatal care service in health institution with secondary level of care
7. Fluid and electrolyte: normal fluid requirement, bolus maintenance, sodium potassium abnormalities
8. Infectious diseases: Diagnosis of common infectious diseases in the pediatric age group

प्रदेश निजामती सेवा अन्तर्गत स्वास्थ्य सेवा, पेडियाट्रिक्स समूह, पेडियाट्रिक मेडिसिन उपसमूह, अधिकृत स्तर नवौं तह कन्सल्टेण्ट पेडियाट्रिसियन पदको खुला तथा अन्तरतह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

9. Adolescent Medicine: Adolescent health problem, violent behavior, substance abuse
10. Immunity, allergy and related disorders, evaluation of suspected immune deficiency, stem cell transplantation, bronchial asthma, anaphylaxis
11. Rheumatic disease: JRA, HSP, SLE, Kawasaki disease
12. System based pediatrics:
Diagnosis and management of common disorders affecting digestive, hepatobiliary, cardiovascular, respiratory, endocrine system, blood and lymphoreticular system including malignancies, genitourinary, nervous, musculoskeletal system and skin.
13. Eye, ear, nose and throat:
Diagnosis and management of common disorders of eye, ear, nose and throat in the pediatric age group
14. Pediatric surgery:
Diagnosis and supportive management of common surgical disorders of neonates, infants and children and appropriate referral
15. Pediatric emergencies:
Diagnosis and management of common pediatric emergencies such as coma, convulsions, shock, asthmatic attacks, cyanotic spells, poisonings, accidents etc. Pediatric advance life support skills, pediatric anesthesia, ventilatory support, cardiovascular support and stabilization, drowning, burn
16. Pediatric dermatology:
Structure and function of skin, examination of skin, Infective dermatosis (bacterial, fungal, viral, parasitic), Non-infective dermatoses (congenital, eczema, immunological, nutritional and miscellaneous), Sexually transmitted diseases, AIDS.
17. Neoplastic disorders and tumors:
Epidemiology, principles of diagnosis and treatment, leukaemias, lymphomas, neuroblastoma, renal neoplasms, soft tissue sarcoma, retinoblastoma, benign tumors:
18. Child psychiatry:
 - 18.1. Assessment and interview
 - 18.2. Epidemiology and etiology of psychiatric disorders in children
 - 18.3. Behavioural and emotional disorders
 - 18.4. Neurotic, stress related and somatoform disorders
 - 18.5. Mood disorders
 - 18.6. Suicide and attempted suicide
 - 18.7. Psychosis in childhood
 - 18.8. Gender identify disorders in childhood
 - 18.9. Psychiatric aspects of mental retardation
 - 18.10. Treatment of psychiatric problems in children

19. Radiodiagnosis:
 - 19.1. Interpretation of
 - 19.1.1. Basic chest and abdominal and abdominal radiography in different views
 - 19.1.2. Contrast radiography of different organs like IVP, MCU, Ba-series and myelogram
 - 19.1.3. Radiology of bones and joints
 - 19.1.4. Ultrasonography of brain, abdomen and other organs
 - 19.1.5. Echocardiography
 - 19.2. Recent advances in radiology like CT, MRI, USG, radioisotope scanning and PET
20. Research methodology:
 - 20.1. Bio-statistics
 - 20.2. Basic in research methodology including search and critical review of medical literature, selection of appropriate study design, analysis of findings etc.
 - 20.3. Problem oriented medical record
 - 20.4. Management of information system
21. Medical education:
 - 21.1. Curricular components, teaching learning strategies, lesson plan methods of evaluation
 - 21.2. Identification of learning resources to meet the learning objectives
 - 21.3. Use of overhead projectors, slides, models etc in the teaching learning objectives.
22. Medical ethics:
 - 22.1. Introduction to ethical theories
 - 22.2. Medical ethics
 - 22.3. Professional ethics
 - 22.4. Ethics in research
 - 22.5. Ethics in health policy
23. Recent advance in pediatric physiology, molecular biology and genetics as well in the different diagnostic and therapeutic approaches in child health.
24. Laboratory medicine: Pediatric lab values

पाठ्यक्रम स्वीकृत मिति- २०८१/०५/२६