

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, अधिकृत आठौं तह वा सो सरह पदको आन्तरिक, अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा : यस पाठ्यक्रमलाई निम्नअनुसार दुई चरणमा विभाजन गरिएको छ।

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

द्वितीय चरण : सामूहिक परीक्षण र अन्तरवार्ता (Group Test & Interview)

पूर्णांक : ३५

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

पत्र	विषय	पूर्णांक	उत्तीर्णांक	परीक्षा प्रणाली	प्रश्न संख्या × अंक	समय
प्रथम	डेन्टिष्ट्री सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१०० प्रश्न × १ अंक	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० प्रश्न × १० अंक	३ घण्टा

२. द्वितीय चरण : सामूहिक परीक्षण र अन्तरवार्ता (Group Test & Interview)

पूर्णांक : ३५

विषय	पूर्णांक	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तरवार्ता (Interview)	२५	मौखिक (Oral)	-

द्रष्टव्य

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
- लिखित परीक्षाको प्रथम र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ।
- प्रथम तथा द्वितीय पत्रहरूका एकाईहरूबाट सोधिने प्रश्नसंख्या निम्न अनुसार हुनेछन।

प्रथम पत्रका एकाई	१	२	३	४	५	६	७	८	९	१०	११
प्रश्न संख्या	९	९	९	९	९	९	९	९	१०	९	९
द्वितीय पत्रका खण्ड	A			B			C			D	
द्वितीय पत्रका एकाई	१	२	३	४	५	६	७	८	९	१०	११
प्रश्न संख्या	१	१	१	१	१	१	१	१	१	१	१

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बाफत २० प्रतिशत अंक कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बाफत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन।
- विषयगत प्रश्नका लागि तोकिएका १० अंकका प्रश्नहरूको हकमा १० अंकको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Shorts notes) सोध्न सकिने छ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नु पर्नेछ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि संसोधन भएका वा संसोधन भई हटाईएका वा थप गरी संसोधन भई कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- प्रथम चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको सामूहिक परीक्षण र अन्तरवार्तामा सम्मिलित गराईने छ।
- यो पाठ्यक्रम मिति २०८१।०६।१५ गते देखि लागु हुनेछ।

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आन्तरिक, अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
प्रथम र द्वितीय पत्र

**Section (A) – 20 Marks**

**1. General Medicine & General Surgery**

**(10 Marks)**

Sign, Symptoms, Diagnosis, Management and its Dental Implication

**1.1 General Medicine**

- 1.1.1 Acid Peptic Disease
- 1.1.2 Cirrhosis of liver
- 1.1.3 Hepatitis
- 1.1.4 Worm Infestation
- 1.1.5 Crohn's Diseases
- 1.1.6 Anemia, Leukemia
- 1.1.7 Purpuras
- 1.1.8 Hemophilia
- 1.1.9 Bleeding and clotting disorder and it's management
- 1.1.10 Cerebro-vascular accident
- 1.1.11 Meningitis
- 1.1.12 Encephalitis
- 1.1.13 Epilepsy
- 1.1.14 Diabetes Mellitus
- 1.1.15 Thyrotoxicosis
- 1.1.16 Myxoedema
- 1.1.17 Cushing's syndrome
- 1.1.18 Addison's disease
- 1.1.19 Hyperparathyroidism
- 1.1.20 Tetany
- 1.1.21 Rheumatoid arthritis
- 1.1.22 Systemic lupus erythematosus
- 1.1.23 Osteoarthritis
- 1.1.24 Nephrotic syndrome
- 1.1.25 Enteric fever
- 1.1.26 Valvular and Ischaemic Heart Diseases
- 1.1.27 Infective endocarditis

**1.2 General Surgery**

- 1.2.1 Enteric fever
- 1.2.2 Mumps
- 1.2.3 Sinus
- 1.2.4 Fistulas
- 1.2.5 Ulcer
- 1.2.6 Tumor

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- 1.2.7 Shock
- 1.2.8 Peptic ulcer
- 1.2.9 Liver abscess
- 1.2.10 Pain Abdomen
- 1.2.11 Bronchial carcinoma
- 1.2.12 Head injuries
- 1.2.13 Goiter
- 1.2.14 Cellulites
- 1.2.15 Candidiasis
- 1.2.16 Urticaria
- 1.2.17 Herpes zoster
- 1.2.18 Lichen planus
- 1.2.19 Pemphigus
- 1.2.20 Drug eruption
- 1.2.21 HIV/AIDS
- 1.2.22 Diplopia
- 1.2.23 Sinusitis
- 1.2.24 Tonsillitis
- 1.2.25 Peritonsillar abscess
- 1.2.26 Ludwig's angina
- 1.2.27 Indication of tracheostomy
- 1.2.28 Maxillo-facial Fracture
- 1.2.29 TMJ Dislocation
- 1.2.30 Crush injury
- 1.2.31 Osteomyelitis
- 1.2.32 Tetanus
- 1.2.33 Infection control
- 1.2.34 Fluid and electrolyte therapy
- 1.2.35 Blood transfusion

**2. General and Oral Pathology**

**(10 Marks)**

- 2.1 Interpretations of laboratory results
- 2.2 Normal values of biochemical tests, Hematological tests
- 2.3 Developmental disorders of teeth
- 2.4 Dental caries
- 2.5 Pulpitis
- 2.6 Apical periodontitis
- 2.7 Hypercementosis
- 2.8 Gingivitis & Periodontitis
- 2.9 Cysts of the jaw : Non odontogenic and odontogenic cysts
- 2.10 Odontogenic tumors

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- 2.11 Infective Stomatitis
- 2.12 Oral Premalignant Lesion
- 2.13 Oral Cancer
- 2.14 Common benign mucosal swelling
- 2.15 Cervical lymphadenopathy
- 2.16 Pain, anxiety and Neurological disorders of face and oral cavity
- 2.17 Diseases of temporomandibular joint
- 2.18 Signs and symptoms of anaemia and leukamia related to oral cavity
- 2.19 Haemorrhagic diseases related to oral cavity
- 2.20 Development disorders of the oral and maxillofacial region
- 2.21 Clinical features and pathogenesis of all major salivary glands

**Section (B) – 30 Marks**

**3. Oral and Maxillo-facial Surgery and Anaesthesia**

**(10 Marks)**

**3.1 Oral and Maxillo-facial Surgery**

- 3.1.1 Diagnosis of different oral conditions with its surgical management
- 3.1.2 Management of extraction –simple and complicated teeth
- 3.1.3 Management of oro facial infections by proper incision, drainage and antibiotic therapy
- 3.1.4 Carry out biopsies of oral issues
- 3.1.5 Diagnosis and management of the odontogenic cysts & different types of oral tissue biopsies
- 3.1.6 Apicoectomy
- 3.1.7 Closure of oro-antral fistula
- 3.1.8 Diagnosis and treatment of TMJ dislocation
- 3.1.9 The principles of pain control in maxillofacial surgery
- 3.1.10 Principles of radiotherapy, chemotherapy and other adjuvant therapy in the management of malignant tumors
- 3.1.11 Basic principles in the management of Facial Trauma Cases in relationwith :
  - 3.1.11.1 Nutritional consideration
  - 3.1.11.2 Systemic evaluation of the traumatized patient
  - 3.1.11.3 Airway management
  - 3.1.11.4 Shock, fluid resuscitation and management
  - 3.1.11.5 Control of bleeding due to facial trauma
  - 3.1.11.6 Antibiotic and analgesic
  - 3.1.11.7 Plan and Management of fixation of jaw fracture with close reduction using arch bar and IMF
  - 3.1.11.8 Proper splinting of dento-alveolar injury
  - 3.1.11.9 Diagnosis and classification of different types of maxillary & mandibular fractures
  - 3.1.11.10 Diagnosis of benign lesions and malignant lesions of oralcavity

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3.1.11.11 Post-operative complications of jaw fractures

3.1.11.12 Management of soft tissue wound of orb facial structure

3.1.12 Ameloblastoma

3.1.13 Oro-facial defects : Cleft lip and palate

3.1.14 Osteomyelitis of jaw bones.

**3.2 Anesthesia**

3.2.1 Principles of administering safe General anesthesia, Local anesthesia

3.2.2 Pre – anesthetic drugs

3.2.3 Block and local anesthesia of oral cavity

3.2.4 Infiltration anesthesia of oral cavity

3.2.5 Post-operative complication of general anesthesia

3.2.6 Management of complication of intra oral local anesthesia

**4. Oral Medicine and Dental Radiology**

**(10 Marks)**

**4.1 Oral Medicine**

4.1.1 Introduction and scope of oral medicine

4.1.2 Case history discussion and patient examination

4.1.3 Diagnostic investigations

4.1.4 White lesions of oral cavity

4.1.5 Red lesions of oral cavity

4.1.6 Pigmented lesions of oral cavity

4.1.7 Diseases of the tongue

4.1.8 Infections of oral cavity

4.1.9 Systems review – Systemic disease and their oral manifestations and dental management

4.1.9.1 Cardiovascular disease

4.1.9.2 Respiratory disease

4.1.9.3 Gastro intestinal disease

4.1.9.4 Urinary disease

4.1.9.5 Blood dyscrasias – with special reference to anaemic patients, leukaemia patients and patients on anticoagulant therapy

4.1.9.6 Endocrine disorders

4.1.10 Oral premalignant lesions and oral cancer and other malignant lesion

4.1.11 Ulcerative and vesiculobullous lesions

4.1.12 Salivary gland disorders

4.1.13 Oro facial pain- different diagnosis and management

4.1.14 TMJ disorders

4.4.15 Immunodeficiency diseases with special reference to AIDS

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4.2 **Dental Radiology:**

- 4.2.1 X-Ray equipments, developing and processing
- 4.2.2 Radiation hazards and protection
- 4.2.3 Use of Periapical radiography, Bitewing radiography, Occlusal radiography, Oblique lateral radiography, O.P.G. view of mandible, Cephalometric radiography, Tomography, O. M. view of maxilla, P.A. view of mandible
- 4.2.4 Radiological interpretation of different radiological images of different bony and soft tissue, lesions of Oro-facial structure including all types of Oro-facial trauma

**5. Periodontology**

**(10 Marks)**

- 5.1 Definition, scope, aim and objectives of periodontology
- 5.2 Normal periodontium: Gingiva, Periodontal ligament, Cementum, Alveolar bone
- 5.3 Aging and periodontium
- 5.4 Defense mechanisms of gingiva
- 5.5 Classification of diseases of Periodontium
- 5.6 Epidemiology of periodontal diseases
- 5.7 Etiology of periodontal diseases:
  - 5.7.1 Dental plaque/periodontal microbiology
  - 5.7.2 Material alba, food debris and stains
  - 5.7.3 Dental calculus
  - 5.7.4 Food impaction
  - 5.7.5 Host response
  - 5.7.6 Dental occlusion/ Trauma from occlusion (TFO)/bruxism and other parafunctional habits
  - 5.7.7 influence of systemic diseases on periodontium- diabetes, sexhormones, nutrition, AIDS, haemorrhagic diseases
- 5.8 Etiology, pathogenesis, clinical signs and symptoms and management of: Plaque associated gingivitis, Systematically aggravated gingivitis, Acute gingival infection-ANUG, acute herpetic gingivostomatitis, pericoronitis, Desquamative gingivitis, Allergic gingivitis,
- 5.9 Gingival enlargement, Gingival abscess
- 5.10 Periodontal pocket
- 5.11 Periodontitis: Adult periodontitis, Rapidly progressive periodontitis, Early onset periodontitis, Juvenile periodontitis associated with systemic diseases, Periodontal abscess
- 5.12 Clinical diagnosis and Diagnostic aids
- 5.13 Prognosis
- 5.14 Treatment plan and rationale for periodontal treatment
- 5.15 Periodontal treatment of medically compromised patients
- 5.16 General principles of periodontal therapy
- 5.17 Definition- Periodontal regeneration, repair, new attachment, Re attachment
- 5.18 Plaque control : mechanical and chemical
- 5.19 the periodontal instruments, Principles of periodontal instrumentation
- 5.20 Anti-microbial and other chemotherapeutic agents in periodontal therapy

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- 5.21 Coronoplasty in periodontal therapy
- 5.22 General principles of periodontal surgery, root planning
- 5.23 Gingival curettage
- 5.24 Gingivectomy
- 5.25 Flap surgery
- 5.26 Resective osseous surgery : Osseous defects and osseous surgery including bone grafts
- 5.27 Reconstructive osseous surgery: Root conditioning /guided tissue regeneration (GTR)
- 5.28 Furcation involvement and management
- 5.29 Endo-perio therapy
- 5.30 Mucogingival surgery
- 5.31 Periodontal splints, Periodontal pack
- 5.32 Dentinal hypersensitivity
- 5.33 Dental implant
- 5.34 Prosthetic and restorative procedures in management of periodontal disease
- 5.35 Maintenance phase of periodontal therapy or supportive periodontal treatment

**Section (C) – 30 Marks**

**6. Orthodontics**

**(10 Marks)**

- 6.1 Definition, scope and objectives of orthodontia
- 6.2 Indication for orthodontics treatment
- 6.3 Limitation of orthodontic treatment
- 6.4 Growth and development: Jaws, Teeth, Face, Skull
- 6.5 Occlusion
- 6.6 Normal development of oral functions: Mastication, Swallowing, Speech, Occlusal function
- 6.7 Normal occlusion: It's development, Characteristics and variation
- 6.8 Genetics-applied to orthodontics
- 6.9 Malocclusion: Classification, Etiology
- 6.10 Orthodontic records
- 6.11 History and examination
- 6.12 Study models
- 6.13 Radiography
- 6.14 Preventive and interceptive orthodontics
- 6.15 Extractions in orthodontics
- 6.16 Orthodontic appliances: Removable, Functional and Fixed
- 6.17 Tissue response to orthodontic tooth movement
- 6.18 Stability and retention
- 6.19 Oral surgery for orthodontic patients
- 6.20 Materials related to orthodontics

**7. Dental Material**

**(10 Marks)**

- 7.1 Aim and scope
- 7.2 Structure and behavior of matters, Biological consideration,
- 7.3 Physical and mechanical properties of dental materials
- 7.4 Gypsum products

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- 7.5 Impression materials:
  - 7.5.1 Impression compound
  - 7.5.2 ZnO-Eugenol
  - 7.5.3 Agar-agar
  - 7.5.4 Alginate
  - 7.5.5 Rubber base impression materials
- 7.6 Synthetic resins:
  - 7.6.1 Properties
  - 7.6.2 As denture base material
  - 7.6.3 Repair and reline material
  - 7.6.4 Soft liner
  - 7.6.5 Tissue conditioners
- 7.7 Resins as restorative materials:
  - 7.7.1 Unfilled and filled resins
  - 7.7.2 Light cure
  - 7.7.3 Dentin bonding agent
  - 7.7.4 Acid etch
- 7.8 Metal alloys:
  - 7.8.1 Dental amalgam alloys
  - 7.8.2 Dental casting gold alloys
  - 7.8.3 Stainless steel
  - 7.8.4 Chrome cobalt alloy
  - 7.8.5 Nickle titanium alloy
  - 7.8.6 Titanium alloy
  - 7.8.7 Vitallium
- 7.9 Waxes: different types of dental waxes used in dentistry
- 7.10 Welding and Soldering
- 7.11 Dental cement:
  - 7.11.1 Zinc Oxide Eugenol
  - 7.11.2 Zinc phosphate
  - 7.11.3 Zink Polycarboxylate
  - 7.11.4 Glass Ionomers
  - 7.11.5 Cavity liners
  - 7.11.6 Cavity varnishes
  - 7.11.7 Calcium hydroxide
- 7.12 Dental porcelain: Porcelain fused to metal, porcelain furnace and fusing
- 7.13 Abrasive and polishing agents.

**8. Prosthodontics and Crown and Bridge**

**(10 Marks)**

**8.1 Prosthodontics**

- 8.1.1 Examination, diagnosis, treatment planning and prognosis



प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, अधिकृत आठौं तह वा सो सरह पदको आन्तरिक, अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 8.1.2 Retention and stability
- 8.1.3 Impression making
- 8.1.4 Preparation of casts, trays and temporary denture bases
- 8.1.5 Methods of jaw registration
- 8.1.6 Identification of artificial teeth : Selection, arrangement and aesthetics
- 8.1.7 Complete denture :
  - 8.1.7.1 Principles of occlusion and articulation in complete dentures
  - 8.1.7.2 Trial in complete dentures
  - 8.1.7.3 Steps of processing and finishing denture
  - 8.1.7.4 Correction of occlusal discrepancies
  - 8.1.7.5 Steps in delivery and adjustments of complete dentures
  - 8.1.7.6 Sequelae of ill-fitting dentures
  - 8.1.7.7 Rebasement and relining of dentures
- 8.1.8 Immediate dentures
- 8.1.9 Implant dentures
- 8.1.10 Obturators
- 8.1.11 Partial Dentures
  - 8.1.11.1 Scope of removable partial dentures
  - 8.1.11.2 Classification of removable partial dentures
  - 8.1.11.3 Components removable partial dentures
  - 8.1.11.4 Mouth preparation for removable partial dentures
  - 8.1.11.5 Impression making
  - 8.1.11.6 Designs of removable partial dentures and associated problems
  - 8.1.11.7 Principles on fabrication of cast metal framework
  - 8.1.11.8 Jaw relation records, Selection and arrangement of teeth
  - 8.1.11.9 Trial of partial dentures
  - 8.1.11.10 Steps of processing, finishing, delivery and maintenance of partial dentures
  - 8.1.11.11 Uses of immediate partial dentures.
- 8.2 **Crown and Bridge**
  - 8.2.1 Indication and Contra-indication
  - 8.2.2 Examination, diagnosis and treatment planning
  - 8.2.3 Principles of selection and choice of abutment teeth
  - 8.2.4 Principles of tooth reduction
  - 8.2.5 Preparation of abutment teeth
  - 8.2.6 Temporary protections of prepared tooth
  - 8.2.7 Gingival retractions and impression procedures
  - 8.2.8 Construction of dies and working methods, direct and indirect techniques.

प्रदेश लोक सेवा आयोग  
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आन्तरिक, अन्तरसेवा र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

**Section (D) – 20 Marks**

**9. Conservative and Endodontics**

**(9 & 10 =10 Marks)**

**9.1 Conservative**

- 9.1.1 Scope of conservative Dentistry and Endodontics
- 9.1.2 Patient examination, diagnosis and treatment planning in Conservative and Endodontics including various diagnostic aids
- 9.1.3 Instruments and Equipment used in Conservative and Endodontics
  - 9.1.3.1 Hand instruments
  - 9.1.3.2 Rotary instruments
- 9.1.4 Sterilization in Conservative dentistry and Endodontics
- 9.1.5 Clinical significance of dental anatomy, histology, physiology and occlusion
- 9.1.6 Dental caries
- 9.1.7 Fundamentals in tooth preparation :
  - 9.1.7.1 Nomenclature of teeth
  - 9.1.7.2 Caries terminology
  - 9.1.7.3 Tooth preparation terminology
  - 9.1.7.4 Principles of tooth preparation
- 9.1.8 Principles of isolation and moisture control
- 9.1.9 Pain control in Conservative and Endodontics
- 9.1.10 Cavity preparation for various types of restorative material
  - 9.1.10.1 Amalgam
  - 9.1.10.2 Composite
  - 9.1.10.3 Glass Ionomer Cement
  - 9.1.10.4 Cast restoration

**9.2 Endodontics**

- 9.2.1 Pulp development, structure and function
- 9.2.2 Periapical pathology
- 9.2.3 Tooth morphology and access opening
- 9.2.4 Working length determination
- 9.2.5 Cleaning and shaping the root canal system
- 9.2.6 Obturation of the root canal system
- 9.2.7 Traumatic injuries : Diagnosis and management
- 9.2.8 Root resorption
- 9.2.9 Surgical endodontics
- 9.2.10 Pulp capping and pulpotomy
- 9.2.11 Bleaching of teeth
- 9.2.12 Restoration of endodontically treated teeth
- 9.2.13 Endo – Perio lesions

## प्रदेश लोक सेवा आयोग

### सुदूरपश्चिम प्रदेश

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- 9.2.14 Endodontic failures and retreatment
- 9.2.15 Endodontic emergencies
- 9.2.16 Drugs used in Conservative and Endodontics
- 9.2.17 Irrigants and medicaments

## 10. Paedodontics and Community Dentistry

### 10.1 Paedodontics

- 10.1.1 Definition, Scope and importance of Paedodontics
- 10.1.2 Morphology of dentitions and its application
- 10.1.3 Applied morphology and histology of deciduous and permanent teeth
- 10.1.4 Importance of 1st permanent molar
- 10.1.5 Anomalies of developing dentition:
  - 10.1.5.1 tooth eruption
  - 10.1.5.2 tooth exfoliation
  - 10.1.5.3 tooth number
  - 10.1.5.4 tooth structure
  - 10.1.5.5 tooth color
- 10.1.6 Orofacial growth and its modification
- 10.1.7 Management of common dental and oral diseases in children
- 10.1.8 Diagnosis and management of orodental trauma in child patient
- 10.1.9 Oral manifestation of systemic disease in children
- 10.1.10 Paedodontic treatment plan
- 10.1.11 Psychological development and behavioural attitude in paediatric group
- 10.1.12 Common oral surgical procedures undertaken in children
- 10.1.13 Sedation and anesthesia used in children for dental procedures
- 10.1.14 Pulp therapy in primary and young permanent tooth
- 10.1.15 Space maintainer : Indication, Classification and techniques of fabrication
- 10.1.16 Management of pain, anxiety and stress in child patient
- 10.1.17 Orthodontic treatment in primary dentition

### 10.2 Community Dentistry

- 10.2.1 Concept of health and attitude towards illness
- 10.2.2 Community survey and family case study
- 10.2.3 Doctor, patient relationship
- 10.2.4 Epidemiology of oral diseases in Nepal
- 10.2.5 Fluorides
  - 10.2.5.1 fluoride mechanisms
  - 10.2.5.2 fluorosis
  - 10.2.5.3 systemic fluorides
  - 10.2.5.4 topical fluorides
- 10.2.6 Food which prevent dental decay
- 10.2.7 Concept of health education
- 10.2.8 Motivation and incentives
- 10.2.9 Methods and media of oral health education

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

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- 10.2.10 Nutrition and health
- 10.2.11 Growth and development
- 10.2.12 Breast feeding
- 10.2.13 Motivation to community people and school teachers
- 10.2.14 National Oral Health Policy

11. **Service related Policy, Acts and Regulation** (10 Marks)

- 11.1 राष्ट्रिय स्वास्थ्य नीति, २०७६
- 11.2 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली, २०२४
- 11.3 सुदूरपश्चिम प्रदेश स्वास्थ्य नीति, २०७८
- 11.4 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र नियमावली, २०५५
- 11.5 सुदूरपश्चिम प्रदेश जनस्वास्थ्य सेवा ऐन, २०७६
- 11.6 सुदूरपश्चिम प्रदेश निजामती सेवा ऐन, २०७९
- 11.7 सार्वजनिक खरिद ऐन, २०६३ र सुदूरपश्चिम प्रदेश सार्वजनिक खरिद नियमावली, २०७८

ΩΩΩ

**द्वितीय चरण (Second Phase) : सामूहिक परीक्षण र अन्तरवार्ता (Group Text & Interview)**

**सामूहिक परीक्षण (Group Test)**

(१० अंक)

**सामूहिक छलफल (Group Discussion)**

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ, जुन नेता विहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ | दिइएको प्रश्न वा Topic का बिषयमा पालैपालोसंग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ |

**सामूहिक छलफलमा दिइने नमुना प्रश्न वा Topic**

उदारणको लागि – स्वास्थ्य बीमा, गरीबी निवारण, जलवायु परिवर्तन, खाद्य सुरक्षा, प्रतिभा पलायन, विपद् व्यवस्थापन जस्ता समसामयिक विषयवस्तुहरुबाट कुनै एक Topic दिइनेछ |

**अन्तरवार्ता (Interview)**

(२५ अंक)

बोर्ड अन्तरवार्ता (Board Interview)

ΩΩTHE ENDΩΩ