

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, अबस्ट्रेटिक्स एण्ड गाइनोकोलोजी समूह, अधिकृत नवौं तह वा सो सरह पदको खुला, अन्तर तह र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई निम्न अनुसार दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण (First Phase) : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

द्वितीय चरण (Second Phase) : अन्तरवार्ता (Interview)

पूर्णांक : २५

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

पत्र	विषय	खण्ड	पूर्णांक	उतीर्णांक	परीक्षा प्रणाली	प्रश्न संख्या × अंक	समय	
प्रथम	General Subjects	(क) Management	50	40	Subjective	Short Answer Long Answer	6 x 5 2 x 10	3.00 hrs.
		(ख) General Health Issues	50		Subjective	Short Answer Long Answer	4 x 5 3 x 10	
द्वितीय	Technical Subject		100	40	Subjective	Critical Analysis	4 x 15	3.00 hrs.
		Subjective			Problem Solving	2 x 20		

द्वितीय चरण : अन्तरवार्ता (Interview)

पूर्णांक : २५

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तरगतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्र को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्र को लिखित परीक्षा समूह/उपसमूहहरूका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । तर द्वितीय पत्र को परीक्षा समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको खण्ड (क) र खण्ड (ख) को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछन । (खण्ड - क को लागि एउटा र खण्ड - ख को लागि एउटा) भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि संसोधन भएका वा संशोधित भई कायम रहेका वा थप गरी संशोधित भई कायम रहेका लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ ।
- पाठ्यक्रम लागु मिति : २०८१।०९।०७ गते देखि ।

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प्रथम पत्र : General Subject

(Management and General Health issues)

खण्ड – (क) : 50 Marks

(Management)

1. Management : concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Participative management : concept, advantages and disadvantages, techniques of participation
4. Time management : concept, advantages, and disadvantages
5. Conflict management : concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management, Negotiation skills
6. Stress management : concept, causes and sources of stress, techniques of stress management
7. Appreciative inquiry : concept, basic principles and management
8. Human resource management : concept, functions and different aspects, HRM strategy
9. Planning : concept, principles, nature, types, instrument and steps, logical framework
10. Financial management : concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management, procurement, supply chain management, e-LMIS
11. Leadership : concept, functions, leadership styles, leadership and management effectiveness
12. Coordination : concept, need, types, techniques, and approaches of effective coordination
13. Communication : concept, communication process and barrier to effective Communication, techniques for improving communication
14. Health manpower recruitment and development
15. Organizational structure of Federal, provincial health related ministry
16. Governance : Good governance system in Health Sector
17. Health system, WHO Six Building blocks
18. Sudurpashchim Province Civil Service Act and Regulation
19. Procurement Act, 2063 & Sudurpashchim Pradesh Procurement Regulation, 2078
20. Sudurpashchim Pradesh Good Governance Act, 2075

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खण्ड – (ख) : 50 Marks

(General Health Issues)

1. The Constitution of Nepal (health and welfare issues)
2. National and Provincial Health Policy and Public Health Act
3. Health Sector in current 5 year Sudurpashchim provincial plan
4. Health Services Act 2053, Health Service Regulation, 2055
5. International Health Agencies: multilateral, bilateral, NGOs/INGOs working in Sudurpashchim province
6. Health related Professional Council and related regulations
7. Medical ethics in general and its application
8. Indigenous and traditional faith healing and health mal-practices in context of Sudurpashchim Province
9. Supervision, types and its usage in health sector
10. Monitoring and evaluation system in health sector
11. Health Management Information System
12. Social Health insurance, health care financing and concept of co-payment
13. Importance of water, sanitation and hygiene in public health
14. Disaster and emergency management in health sector, HOPE
15. Effect of environment in public health: air pollution, water pollution, soil and noise pollution
16. FCHVs involvement in health service delivery
17. Community involvement in health service delivery
18. Counseling: - concept, type, importance and its application in health service delivery
19. Cross cutting issues: - GESI, Climate change, health in all policy

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द्वितीय पत्र (Second Paper)

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. PMTCT (Prevention of Mother-to-Child Transmission).
6. **Epidemiology and statistics:** Collect data & apply methods of statistical analysis. Knowledge of setting up of 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 skull and abdominal radiography in different views. Contrast radiography of different organs like IVP, Hysterosalpingography. Radiology of bones and joints. Laser, diagnostic ultrasound, radio activity.

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 fetal genetics and embryology. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.

9. **Normal pregnancy:** Gametogenesis, fertilization, implantation and early development of embryo. Development of placenta, amniotic fluid, anatomy of fetus, fetal growth and development, fetal physiology and circulation. Changes in 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 and of the normal puerperium. Importance of Nutrition during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.

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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.
11. Recent advances: Genetic counseling and pre-natal testing, screening and prevention of pre-eclampsia. Fetal therapy and surgery. Newer respiratory viral infections including COVID, Substance abuse in pregnancy. Fetal monitoring during labor.

B. Gynaecology

1. **Prepubertal gynaecology:** Endocrinology related to reproduction, diagnosis and surgical management of clinical conditions related to congenital malformations of genital tract. Knowledge of normal and abnormal sexual development, paediatric pathology and its management, normal puberty and its disorders and their management.
2. **Adolescent gynaecology:** Inter sex, ambiguous sex and chromosomal abnormalities. Disorder of behaviour and sexual function & counseling for safe living.
3. **Menstruation:** Physiology of normal menstruation, ovulation and fertilization. Pathophysiology of menstrual disorders their investigation and management. Menopause and its management.
4. **Infertility:** Endocrinology related to reproduction. Causes of infertility, investigation and management of the infertile couple, techniques involved in assisted reproduction.
5. **Infection:** Normal and abnormal microbiology of genital tract responsible for maternal, fetal and gynaecological disorder, Sexually transmitted diseases including AIDS.
6. **Abortion:** Cause of abortion, its management, complication of therapeutic abortion and its legal aspects in Nepal.
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 of 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. Colposcopy, VIA, VILI, Vaginal and cervical cytology.
11. **Breast:** Problems of lactation and its management, Breast Lump and its management.
12. **Obstetrical and Gynaecological surgery:** Principles 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.

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14. Community obstetrics and gynaecology:

- 14.1 Knowledge about basic community disease profile
- 14.2 Definitions and causes of maternal morbidity and mortality and perinatal mortality, neonatal mortality and infant mortality rate.
- 14.3 Effect of socio cultural behavior in Reproductive health.
- 14.4. 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.
- 14.5. Future vision to reduce maternal morbidity and mortality and perinatal mortality.

15. Recent advances and subspeciality:

- 15.1 Uro-gynaecology
- 15.2 Infertility
- 15.3 Gynaecological oncology
- 15.4 Immunotherapy for ovarian cancer
- 15.5 Selective Progesterone Receptor Modulators (SPRM_s) in gynaecology
- 15.6 The future of cervical cancer screening
- 15.7 Medical Management of Endometriosis
- 15.8 The role of Laparoscopy in gynaecological conditions
- 15.9 Enhanced recovery in Obstetrics and gynaecological surgeries
- 15.10 HPV Vaccine and CIN recurrence
- 15.11 Preventing ovarian cancer in high risk woman
- 15.12 Newer contraceptive methods

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