

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, मेडिसिन समूह, जनरल मेडिसिन उपसमूह, 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
4. disadvantages, techniques of participation
5. Time management : concept, advantages, and disadvantages
6. Conflict management : concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management, Negotiation skills
7. Stress management : concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry : concept, basic principles and management
9. Human resource management : concept, functions and different aspects, HRM strategy
10. Planning : concept, principles, nature, types, instrument and steps, logical framework
11. Financial management : concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management, procurement, supply chain management, e-LMIS
12. Leadership : concept, functions, leadership styles, leadership and management effectiveness
13. Coordination : concept, need, types, techniques, and approaches of effective coordination
14. Communication : concept, communication process and barrier to effective Communication, techniques for improving communication
15. Health manpower recruitment and development
16. Organizational structure of Federal, provincial health related ministry
17. Governance : Good governance system in Health Sector
18. Health system, WHO Six Building blocks
19. Sudurpashchim Province Civil Service Act and Regulation
20. Procurement Act, 2063 & Sudurpashchim Pradesh Procurement Regulation, 2078
21. 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**

**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

**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

**3. Diabetes and nutritional and metabolic disease and other endocrine disease**

- 3.1. Diabetes mellitus: Classification, epidemiology, etiology, pathophysiology, clinical feature, 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

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**5. Respiratory system and diseases as required for General Physicians**

- 5.1. Functional anatomy, physiology and investigations
- 5.2. Major manifestations of lung disease
- 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

**6. GI and liver 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

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

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- 10.12. Major manifestations and investigations of skin disease
- 10.13. Skin diseases
- 10.14. The skin and systemic disease
11. Basic principle, procedure and reporting: Intubation and setting ventilator, IV Cannulation. Itrajugular Cauterization, Femoral Catheterization, Hemodialysis, Peritoneal Dialysis, Lumbar Puncture, Thoracentesis, Paracentesis, Fast Ultrasonography (USG) Scan, Basic Echocardiography, Holter Electrocardiogram (ECG), Ambulatory Blood Pressure (ABP), Treadmill Test (TMT), Arterial Blood Gas (ABG), Basic X-ray, Pulmonary Function Test (PFT), CT Scan And MRI reporting, Fundoscopy, Continuous Positive Airway Pressure (CPAP), Bi-level Positive Airway Pressure (BIPAP).
12. Cardinal manifestation: Approach to chest discomfort, abdominal pain, abdominal swelling, headache, fever, syncope, dizziness and vertigo, neurological weakness, confusion and delirium, coma, dementia, cognitive disorder, sleep disorder, dyspnoea, cough, hemoptysis, edema, cyanosis, palpitation and heart murmur, dysphagia, vomiting, weight loss, Gastrointestinal bleeding. Jaundice, anuria, pallor, bleeding and thrombosis, enlarged lymph node.
13. Present National and provincial manuals, Guidelines or protocols: Snake bite, Kala-azar, Filariasis, Malaria, TB and MDR, Leprosy, Rational use of antibiotic, Sickle cell disease and thalassemia, Rabies, Dengue, HIV, Hepatitis B and C. COVID-19, Standard Treatment Protocol (STP).

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