

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, सर्जरी समूह, जनरल सर्जरी 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।११ 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

Required to have a fair knowledge of basic sciences (Anatomy, Physiology, Biochemistry, Microbiology, Pathology, and Pharmacology) as applied to the specialty. Further, should have in-depth knowledge of the subject, including recent advances, the latest diagnostics and therapeutics available and be familiar with the bedside procedures (diagnostic and therapeutic).

1. General topics:

1.1. **Applied Surgical Anatomy**

Structure and function of all system of the body, Knowledge of histology to understand the function to tissue and organs as well as growth, degeneration and repair, Embryological basic of those common congenital anomalies of GI System, Nervous system, Respiratory system, Cardiovascular system, Endocrine system, and Musculoskeletal system

1.2. Bio-medical waste management

1.3. Surgical audit, evidence-based surgical practice, quality assurance\

1.4. Concept of essential drugs and rational use of drugs and Problem of resistance

1.5. Research Methodology

1.6. Sepsis – SIRS, Nosocomial infection causes and prevention including MRSA

1.7. Mass casualties, Triage, Rhabdomyolysis and prevention of renal failure

1.8. Response to trauma

1.9. Wound healing including recent advances

1.10. Postoperative complication and management

1.11. Fluid and electrolyte balance

1.12. Nutritional support to surgical patients

1.13. Blood transfusion Blood and blood components

1.14. Asepsis, antisepsis, sterilization and universal precaution

1.15. Tetanus, gas gangrene treatment & prevention

1.16. Shock, etiology, pathophysiology and management

1.17. Common preoperative preparation (detailed preoperative workup, risk assessment according to the disease and general condition of the patient as per ASA grade) and detailed postoperative complications following major and minor surgical procedures

1.18. O.T. design, technologies, equipment, Surgery department set-up

2. Systemic Surgery

2.1. Common skin and subcutaneous condition

2.2. **Arterial disorders:** Acute arterial occlusion, diagnosis and initiate management, gangrene, Burger's disease and atherosclerosis, amputation, vascular injuries: basic principles and management

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- 2.3. **Venous disorders:** Varicose veins-Diagnosis, principles of therapy, DVT: basic principles and management
- 2.4. **Lymphatic:** Diagnosis and principles of management of lymphangitis and lymphedema, Surgical management of Filariasis
- 2.5. **Neurosurgery:** head injury- diagnosis and monitoring, GCS, EDH, SDH, raised ICP
- 2.6. **Plastic surgery:** Cleft lip and palate, Burns: causes, prevention and management, Grafts and flaps
- 2.7. **Oral cavity:** Leukoplakia, retention cysts, ulcers of tongue, Oral malignancies, Salivary gland neoplasms
- 2.8. **Head and Neck:** Branchial cyst, cystic hygroma, cervical lymphadenitis nonspecific and tuberculous, metastatic lymph nodes and lymphomas.
- 2.9. **Thyroid and parathyroid:** Diagnosis and principles of management of goiter, Thyroglossal cyst and fistula, Thyrotoxicosis, Thyroid and parathyroid neoplasms, Management of solitary thyroid nodule
- 2.10. **Breast:** Management of nipple discharge, breast lump, breast cancer-diagnosis, staging, and multimodality management
- 2.11. **CTVS:** pneumothorax, haemothorax, Empyema thoracic, Pulmonary embolism: Index of suspicion, prevention/recognition and treatment, Flail chest
- 2.12. Recognition of esophageal atresia and principles of management
- 2.13. Neoplasms of the lung
- 2.14. **Oesophagus:** Cancer oesophagus, Achalasia cardia, Gastro-esophageal reflux disease (GERD)
- 2.15. Approach and management of GI bleeding
- 2.16. **Stomach:** Congenital hypertrophic pyloric stenosis, Aetiopathogenesis, diagnosis and management of peptic ulcer disease, Gastric outlet obstruction, Cancer stomach, GIST
- 2.17. **Hepatobiliary system:** Hydatid cyst, Portal hypertension, Obstructive jaundice -algorithm of investigation, diagnosis and surgical treatment options, Neoplasms of liver, Rupture spleen, cholelithiasis and cholecystitis , Management of bile duct stones, Carcinoma gall bladder, Choledochal cyst, Acute pancreatitis, Chronic pancreatitis, Carcinoma pancreas
- 2.18. **Peritonitis:** causes, recognition, diagnosis, complications and principles of management with knowledge of typhoid perforation, tuberculous peritonitis, postoperative peritonitis
- 2.19. Approach to acute abdomen, Abdominal tuberculosis, Intestinal obstruction
- 2.20. **Appendix and Colon:** Appendicitis, Appendicular lump and abscess, Congenital megacolon, Inflammatory bowel diseases, Premalignant
- 2.21. conditions of large bowel, Carcinoma colon, Principles of management of types of colostomy
- 2.22. **Rectum and Anal Canal:** Congenital disorders, Anorectal anomalies, Prolapse of rectum, Carcinoma rectum, Anal Canal: surgical anatomy, features and management of fissures, fistula - in -Ano, Perianal and ischiorectal abscess and Haemorrhoids , Anal carcinoma

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2.23. **Hernia**

2.24. **Urology:** Urinary symptoms and investigations of urinary tract and hematuria, Diagnosis and principles of management of urolithiasis, Lower Urinary tract symptoms, Benign prostatic hyperplasia; diagnosis and management, Genital tuberculosis, Carcinoma penis, Diagnosis and principles of treatment of undescended testis, Torsion testis, Hydrocele, haematocele, pyocele, and Varicocele, Acute and chronic epididymo-orchitis, Testicular tumours

2.25. Principles of management of Blunt Trauma Abdomen

2.26. Management of soft tissue sarcoma

3. Recent advances

3.1. Research-inside country

3.2. Recent advance – international

3.3. Not published research work

3.4. Future national vision

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