

प्रदेश लोक सेवा आयोग, बागमती प्रदेश

प्रदेश निजामती सेवा र स्थानीय सेवाका स्वास्थ्य. एकीकृत चिकित्सा समूह, नवौं तह (प्राविधिक) तर्फ
आन्तरिक अन्तर सेवा, अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

द्वितीय चरण (Second Phase)

Paper	Subject		Full Marks			Time Allowed
	Interview		30		Oral	

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूकोलागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र को 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 प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन्।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागू मिति: २०८०/०९/१६

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Paper I: General Subject
(Management and General Health Issues)

Part I: Management

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
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, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
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

Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2071
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Regional and District and Below
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices 10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery

Paper II: Technical Subject

1. Introduction of public health medicine (35 Marks)

1.1 Epidemiology:

1.1.1 propose of epidemiology

1.1.2 epidemiological methods

1.1.3 measurements of health and disease

1.1.4 source of infection,

1.1.5 investigation of epidemics of communicable and non-communicable diseases and disease surveillance

1.2 Public Health:

1.2.1 introduction of public health and its importance

1.2.2 primary health care system in Nepal

1.3 Immunization:

1.3.1 type of immunity

1.3.2 type of vaccines

1.3.3 national immunization program in Nepal

1.3.4 polio eradication and measles elimination

1.4 Epidemiology, prevention and management of communicable diseases: cholera, enteric fever, STD and HIV/AIDS, viral hepatitis, tuberculosis, leprosy, malaria, kalaazar, Japanese encephalitis and scabies

1.5 Epidemiology of non-communicable diseases: cancer, hypertension, cardiovascular diseases, diabetes mellitus, COPD, epilepsy, snake bite and rheumatic heart diseases

1.6 Family Planning: temporary and permanent methods, complications and side effects

1.7 Women's Health:

1.7.1 reproductive health

1.7.2 antenatal and postnatal care

1.7.3 causes of maternal mortality and its preventions

1.7.4 menopause, infertility and adolescent health

1.8 Neonatal and pediatric health:

1.8.1 major neonatal health problems and their management

1.8.2 breast-feeding and complimentary feeding

1.8.3 IMCI and IMNCI

1.9 Nutrition:

1.9.1 nutritional disorders, prevalence, prevention and management

1.9.2 obesity

1.9.3 school health

1.10 Environmental health:

1.10.1 safe drinking water, sanitation and food hygiene

1.10.2 vector and rodent control

1.11 Disaster management: concept, types, prevention and management

1.12 Family Health:

1.12.1 safe motherhood

1.12.2 FCHV, PHC, ORC

1.12.3 gender violence

1.13 Health Management Information System

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1.14 Logistic Management System

1.15 National Population Policy

1.16 National Demographic Health Survey

1.17 Essential health care services(EHCS)

1.17.1 EHCS at the district level and below

1.17.2 EHCS in sub-urban and urban area

1.17.3 role of local government

2. Clinical Subjects (30 Marks)

2.1 Common medical and surgical diseases

2.1.1 Clinical evaluation, disease diagnosis, and primary management of common medical and surgical problems at district hospital level

2.1.2 Common diseases of respiratory system: ARI, pneumonia, COAD, bronchial asthma, pleural effusion, pneumothorax

2.1.3 Common diseases of GI system: oesophagitis, gastritis, peptic ulcer disease, GI bleeding, pancreatitis, jaundice, viral hepatitis

2.1.4 Common problems of cardio-vascular system: shock, hypertension, rheumatic fever, ischemic heart diseases

2.1.5 Common diseases of urinary system: UTI, haematuria

2.1.6 General infections, malaria, dengue, HIV/ AIDS, food poisoning

2.1.7 Common surgical emergencies as Acute appendicitis, acute cholecystitis, intestinal obstruction

2.2 Child health

2.2.1 New born resuscitation, Neonatal sepsis, Breast feeding

2.2.2 Convulsion disorder, Meningitis, Encephalitis, Mental retardation

2.3 Obstetric and gynaecological problems:

2.3.1 Early diagnosis of pregnancy, bleeding in early pregnancy, bleeding in late pregnancy, post-partum haemorrhage, pre-eclampsia and eclampsia

2.3.2 Induction and augmentation of labour, partograph, prolong and obstructed labour

2.3.3 Pelvic organ prolapsed

2.3.4 Basics of cervical cancer

3. Ayurveda (35 Marks)

3.1 Non-communicable diseases, Ayurvedic lifestyle (Pathya-Apathyaahara, Vihara, Dinacharya, Ritucharya, Yoga, Meditation, etc) with their impact in health

3.2 Urges (शारीरिक वेगहरु) : type, definition and importance in health

3.3 Four tires of treatment (चिकित्साका ४ पादहरु) and their qualities as described in Ayurveda

3.4 Definition of health in Ayurveda by different authors

3.5 Panchakarma : principles, indications and contra-indications

3.6 Rasayana and Vajeekarana

3.7 Janapadod hwansa and Epidemic diseases

3.8 AstabidhaShalya karma, kshar karma, kshar sutra

3.9 Treatment of chronic diseases (Amlapitta shwasa, kasa, vataj vikar vatarakta kamala, madhumeha) according to Ayurvedic principles with scientific analysis