

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौँ तह (प्रदेश/स्थानीय तह) को खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

कार्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइनेछ।

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ४०

प्रथम चरण - लिखित परीक्षा योजना (Examination Scheme)

| पत्र | विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | प्रश्न सङ्ख्या × अङ्कभार | समय |
|---------|---------------------|-----------|--------------|----------------------------|--------------------------|------------------|
| प्रथम | जनरल हेल्थ सर्भिसेज | १०० | ४० | वस्तुगत बहुवैकल्पिक (MCQs) | १०० × १ = १०० | १ घण्टा १५ मिनेट |
| द्वितीय | | १०० | ४० | विषयगत (Subjective) | १० × १० = १०० | ३ घण्टा |

द्वितीय चरण

| विषय | पूर्णाङ्क | परीक्षा प्रणाली | समय |
|------------------------------|-----------|---------------------------------|----------|
| सामूहिक परीक्षण (Group Test) | १० | सामूहिक छलफल (Group Discussion) | ३० मिनेट |
| व्यक्तिगत अन्तर्वार्ता | ३० | मौखिक | |

- लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ।
- पाठ्यक्रमको प्रथम तथा द्वितीय पत्रको विषयवस्तु एउटै हुनेछ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ।
- प्रथम तथा द्वितीय पत्रहरूका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

| | | | | | | | | | | | | | | | | | |
|---------------------|----|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| प्रथम पत्रका एकाइ | 1 | 7 | 8 | 14 | 15 | 2 | 9 | 10 | 16 | 11 | 12 | 13 | 3 | 4 | 5 | 6 | 17 |
| प्रश्न संख्या | 10 | 5 | 5 | 5 | 5 | 10 | 10 | | | 10 | | | 10 | 10 | 10 | 10 | |
| द्वितीय पत्रका खण्ड | A | | | | | B | | | | | C | | | D | | | |
| द्वितीय पत्रका एकाइ | 1 | 7 | 8 | 14 | 15 | 2 | 9 | 10 | 16 | 11 | 12 | 13 | 3 | 4 | 5 | 6 | 17 |
| प्रश्न संख्या | 1 | 1 | 1 | 1 | 1 | 1 | | | 1 | | | 1 | 1 | 1 | 1 | | |

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको 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 (Short notes) सोध्न सकिनेछ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
- पाठ्यक्रम लागू मिति:-

All the questions will be based on sign and symptoms, basic pathophysiology, laboratory diagnosis, treatment/management and prevention of the following diseases/topics:

Actiology, symptoms, signs, investigations and curative and Preventive management of the following health related problems:

Section A - 30 Marks

1. General Medicine: 10%

1.1 Respiratory

Diseases: Acute Bronchitis, Chronic Obstructive Airway Disease, Bronchial Asthma, Pneumonias, Tuberculosis, Bronchogenic Carcinoma, Bronchiectasis, Occupational Lung Diseases, Respiratory Failure, SARS, Pleural effusion, Pneumothorax, Bird Flu-COVID-19, Acute mountain sickness

1.2 Cardiovascular Diseases:

Rheumatic Fever, Rheumatic Heart Disease (MS MR, AS, AR), Congestive Cardiac Failure, Acute LVF, Ischemic Heart Disease, Myocardial Infarction, Hypertension, Infective/Endocarditis, Congenital Heart Diseases, Cardiomyopathies, Cor pulmonale, Cardiac arrhythmias, Cardiogenic Shock Dyslipidemia and atherosclerosis

1.3 Gastrointestinal Disease:

Acid Peptic Diseases, Cirrhosis of Liver and ascites, Hepatitis, Hepatic Coma, Abdominal Tuberculosis, Pancreatitis, Parasitic Infestation, Ulcerative/Colitis, Carcinoma of Gastro Intestinal Tract, Gastroenteritis, H pylori, Gastro-esophageal reflux disease, Cholecystitis, cholangiocarcinoma

1.4 Blood and Lymphoreticular Diseases:

Pancytopenia, Purpura, Agranulocytosis, Polycythemia, Reticulosis, Lymphomas, Myeloma, Hemoglobinopathies

1.5 Neurological Diseases:

Cerebro-Vascular Accident, Meningitis, Encephalitis, Parkinson's Disease, Paraplegia, Multiple Sclerosis, Myasthenia Gravis, Epilepsy, Neurocysticercosis, Bell's palsy, GBS, Neurosyphilis, Coma, Headache, Spina bifida, Neurogenic Shock, Cerebral Malaria, Alzheimer's, ALS, Organophosphate poisoning

1.6 Endocrine and Metabolic Diseases:

Diabetes Mellitus and related complications, Disorders of Thyroid/parathyroid/pituitary/ adrenal glands and gonads, metabolic syndrome, obesity

1.7 Joint, Musculoskeletal and connective tissue Diseases:

Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus, Osteoarthritis, Osteomalacia and Osteoporosis, Ankylosing Spondylitis, Ehler Danlos, Duchene Muscular Dystrophy, Osteogenesis imperfecta

1.8 Tropical Diseases:

Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Tuberculosis, Food Poisoning, Tetanus, Scorpion Bite, Hornet Bite, Dengue, scrub typhus, Leptospirosis, Chikungunya

1.9 Opportunistic Infections and Diseases:

Mucormycosis, Kaposi's Sarcoma, cryptococcal pneumonia, Aspergillosis, Mycobacterium avium complex, pseudomonas,

7. Psychiatry:

(Units 7 & 8 = 10%)

Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders. Substance abuse (Alcohol/drugs/ others), Eating disorders, Mass Conversion Disorder, Cognitive Behavioral Therapy

8. Dermatology and STD:

Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption (ii) STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution, Acne vulgaris, Molluscum contagiosum, skin malignancies, seborrheic dermatitis

14. Pharmacology:

(Units 14 & 15 = 10%)

Poison and Toxicology- Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom poisoning, Drugs in pregnancy and lactation, Prescribing in children and elderly, Dosage, Preparation, Mode of action and side effects of drugs acting on different systems of body

15. Emergency Medicine:

Management of Acute poisoning, Coma, Acute pain abdominal & chest, Status Epilepticus, Acute severe asthma, Breathlessness, Epistaxis, Vaginal bleeding, Shock including anaphylaxis, Multiple trauma including blunt abdominal injury, Hemoptysis, hematemesis and melena, RTA, Trauma, drowning, Poisoning, Insect bite, Snake bite, Catheterization, NG Tube Insertion, Burn, bullet injury,

Section B - 30 Marks

2. General Surgery:

10%

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumor, Hernia, Hydrocoele, Burn, Peptic Ulcer, Pyloric Stenosis, Hematemesis and Malena, esophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute Abdomen, Acute Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Hemorrhoids,

Gall Stones and biliary Obstruction, Liver Abscess, Hydatid Cyst, cholecystitis, Pancreatitis, Pneumothorax, Pleural Effusion, Hemothorax, Chylothorax, Bronchiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Carcinoma Penis, Hydronephrosis, Urinary Stones, Retention of Urine, Enlarge Prostate, Incontinence of Urine, Vasectomy, Goiter, Tumors of Testis, Lymphomas, rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Oliguria, Suprapubic Cystostomy, Wounds, Abscess

9. Ophthalmology: (Units 9, 10 & 16 = 10%)

Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error (Myopia, Hypermetropia, Astigmatism, Presbyopia), Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Sty, Chalazion, Blepharitis, Cellulitis, Vitamin A deficiencies Corneal Ulcer, Scleritis and Episcleritis, Choroiditis, Erythrocyclitis, Cataract and cataract surgery, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Diplopia, Squint, Proptosis Ephemera, Dacryocystitis, Dacryoadentis, Ocular Hazards in Agriculture and Industry, Uveitis (SHAPU), Pterygium

10. Ear, Nose and Throat:

Foreign Bodies in Ear, Nose and Throat, Otitis Media, Otitis Externa, Mastoiditis, Mastoid abscess, Rupture of Tympanic Membrane, Meniere's Disease, Hearing Loss, Rhinitis, Nasal Allergy, Polyp, Epistaxis, Sinusitis, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwig's Angina, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Diphtheria, Tracheostomy, Carcinoma of Larynx, Impacted ear wax, Hematoma Auris, Furunculosis, Septal abscess, Rhinophorids Otomycosis, Epiglottitis, vertigo, Tonsillectomy, tympanoplasty, myringoplasty, angiofibroma

16. Dental:

Caries, Extraction of teeth, Caries teeth, Gingivitis, Pulpitis, Root abscess, Leukoplakia oral carcinoma, Pericoronitis, Dentigerous cyst

11. Orthopedics Disease: (Units 11, 12 & 13 = 10%)

Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Syndactyly, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy, Osteoporosis, Tendonitis, Sciatica, Low Back pain

12. Anesthesiology & Emergency:

Principles of administering safe general anesthesia, Local Anesthesia, Pre-anesthetic history, Pre-anesthetic drugs, Anesthetics, Post-anesthetic complications, Basic Life Support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation, Pain Management

13. Laboratory and Diagnostic Medicine (Pathology, hematology, biochemistry, microbiology, immunology, radiology)

Interpretations of laboratory results, Normal values of biochemical, Etiology, Pathogenesis, Microscopic and Macroscopic features of different disease entities listed under different subjects and mentioned under heading 1 to 5 and 8 to 11, FNAC, Biopsy, Histopathology, blood grouping and RH typing, hematological tests.

Biochemistry:- (Laboratory testing process, types of analytical errors, general and specialized biochemical tests and their reference intervals and interpretation of the results).

Microbiology and Immunology:- (Routine and specialized microbiological tests, bacteriology, virology, parasitology and immunology).

Molecular diagnostic tests: (PCR and other emerging tests {CRISPR, LAMP, RFLP, blotting techniques etc})

Radiology:- (Imaging techniques on Ultrasound, X-ray, CT scan MRI and PET scans)

Section C - 20 Marks

3. Obstetrics and Gynecology: 10%

Obstetrics:- Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in Pregnancy, Hyper emesis Gravidarum, Stages of labor, Retained Placenta, Ruptured Uterus, Fetal Distress, Maternal Distress, Prolonged Labor, Obstructed Labor Leucorrhoea, Ante partum and Postpartum Hemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Fetal Malformation, prenatal screening (Chorionic villi sampling, amniocentesis),

Gynecology:- Endometriosis, Malignancies of reproductive system, Ovarian cyst, Fibroid, Genital prolapse, Family Planning, Pre and post abortion care, Infertility and menstrual disorders, Fistula, Ectopic Pregnancy, PCOS

4. Childhood Diseases: 10%

ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrheal Diseases, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rheumatic Fever, Parasitic Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin A Deficiency, Mental Retardation, Childhood obesity, Inborn error of metabolism

Section D - 20 Marks

5. Community Medicine: 10%

Demography, Sociology and social determinants of health, Socio-cultural patterns, Social Problems and Social Changes, Health Economics, Gender and Environmental issues, Effective doctor patient relationship, Sociological research

methods, Epidemiology, Epidemic Investigation, Problem Solving Exercise on the Epidemic of Infectious Diseases

Infectious Diseases (Bacterial, Viral, Fungal, Protozoal, Metazoans, Cestode, Nematodes)

Epidemiology of Non- infectious and Chronic Diseases, Bio- statistics, Safe Water and Sanitation, Food Sanitation, Insects and Rodent Control, Housing, Concept of Health Education, Principles of Behavior Change Communication, Group Dynamics, Methods and Media and Health Education, Nutrition and Health, Breast Feeding, Complementary Feeding, Food Hygiene, Adulteration and Food Processing, Nutritional Education and Surveys, RH and Safe Motherhood. EPI, CBIMCNI, Growth monitoring, School Health, Occupational health, Health Care Delivery System in Nepal, Problem of the Health Care Delivery system, Health care delivery system in Federal context, Management and Administrative Requirement of the Job Descriptions as drawn up by the Ministry for Medical Offices Emerging and reemerging diseases

6. Forensic Medicine and Jurisprudence:

(Units 6& 17 = 10%)

Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Saponification, Wounds, Rape, Gender Based Violence, Infanticide, Abortion, Homicide, Suicide, Procedure for Identifying living person and dead body

17. Acts related to Health and Medical Profession:

Nepal Health Services Act, Nepal Health Service Regulation, National Health Policy, Second Long Term Health Plan, Nepal Medical Council Act, Mother's Milk Substitute Act, Legalization of abortion, Organ Transplant Act, other health related acts.

(Sample Questions)

1. A 12- year-old girl comes to you with severe pain in right ear since last night She is suffering form Ac. coryza for last 5 days, for which she had some treatment. On Otoscopy right eardrum is red and bulging. In which quadrant of eardrum will yoy do myringotomy ?

- A) Anteriosuperior
- B) Anterioinferior
- C) Posteriosuperior
- D) Posterioinferior

Correct Answer:- (D)

2. In acute bdomen the frist imaging of importance is:

- A) Plain X-ray Abdomen
- B) Barium Meal X-ray
- C) CT scan of Abdomen
- D) MRI of abdomen

Correct Answer:- (A)

3. All are true about pressure sores except

- A) Occur over bony Prominence
- B) Are common in Paraplegics
- C) Are caused by injury
- D) Are also called decubitus ulcers

Correct Answer:- (C)

4. Ringer lactate contains all except

- A) Sodium B) Potassium
- C) Bicarbonate
- D) Chloride

Correct Answer:- (C)

5. Live Vaccines are usually used for active immunization against

- A) Pertussis
- B) Typhoid fever
- C) Mumps, Measles and rublla
- D) Heparitis B

Correct Answer:- (C)

6. In HIV infection

- A) 80% of vertically transmitted infections are transplacental
- B) A child born to an infected mother has a 90% chance of cquiring HIV
- C) Transmission can occur vie breast miok
- D) Risk of fetal trnsmission is inaffected by pre-partum antiviral agents

Correct Answer:- (C)

(Sample questions)

1. Describe full form of HIV and AIDS. What are the routes of transmission?
2. How will you manage a case of epistaxis in primary health care center?
3. How will you manage a patient with severe chest pain in a District Hospital?
4. Why is maternal mortality rate high in Nepal? What will be your steps to bring it down?
5. Describe the basic pathophysiology of COVID-19 infection and include at least 2 methods of laboratory diagnosis
6. An outbreak of dengue was reported in Pokhara, Gandaki Province. As a member of Rapid Response team, how do you respond to the outbreak (steps) including its investigations?

स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौँ तहको पदमा प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र लिइने सामूहिक परीक्षण (Group Test) को लागि

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ। दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहवीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको कम्तीमा ३ जनाको समिति रहनेछ।

आयोगका सदस्य — अध्यक्ष

विज्ञ — सदस्य

दक्ष/विज्ञ (१ जना) — सदस्य

सामूहिक छलफलमा दिइने नमुना प्रश्न वा Topic

उदाहरणको लागि — उर्जा संकट, गरीबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता Topics मध्येकुनै एक Topic मात्र दिइनेछ।