

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, अब्स्ट्रेटिक्स तथा गाईनोकोलोजी समूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

- 1. Anatomy:** knowledge of anatomy of female reproductive system relevant to the surgical procedure done by the obstetrician and gynecologist.
- 2. Physiology:** Knowledge of physiology of female reproductive system like physiology of menstrual cycle, role of sex and other hormone play a role to maintain physiology. Hypothalamopituitary ovarian axis.
- 3. Pathology:** Knowledge of some of the pathological conditions or medical and surgical illnesses complicating pregnancy, delivery and postpartum like anemia, heart disease, urinary tract infection, tuberculosis, thyroid dysfunction, jaundice, epilepsy, ovarian tumor, leiomyoma, acute abdomen, and pregnancy related like hyperemesis gravidarum, gestational diabetes, abortion, bleeding in early and late pregnancy, Rh-isoimmunization, hypertensive disorder in pregnancy, postpartum hemorrhage, preterm labour, premature rupture of membrane, intrauterine fetal death, septicemia, retained placenta, rupture uterus, DIC, puerperal pyrexia, septic shock, gynecological disorder in pregnancy.
- 4. Pharmacology:** Knowledge of Common drugs used in pregnancy, labour and postpartum. Knowledge of Emergency medicines in obstetrics. Contraindications of medicines in pregnancy. Drugs use in medical abortion, PPH, induction of labour and tocolytic. To know the knowledge of Temporary, permanent and emergency contraception. Hormonal and non-hormonal contraception its uses and contraindications.
- 5.** Recent update of COVID-19 infection in pregnancy and role of COVID-19 vaccines and its dilemma.
- 6. Imagings in obstetrics** like ultrasound, CT scanning and MRI their role and indications. Indications of radiodioimaging (x-ray) with some precaution in obstetrics.

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7. Detailed knowledge about normal and abnormal **karyotypes**, genetic or inheritance and genetic causes of abortions, fetal congenital anatomical abnormalities, intrauterine fetal death, concept of pregenetic screening and diagnosis and its management.

8. Epidemiology in obstetrics:

The sensitive index or parameters or indicators that reflect the improvement or deterioration of maternal and child health. Know about maternal morbidity and mortality rate, different factors affect the maternal and child health.

9. Normal pregnancy:

Physiological changes during pregnancy, antenatal care, normal labour, staging of labour, mechanism of labor and management of labor. Instrumental delivery and cesarian section and its indications. Management of postpartum period, counselling about breast feeding and postpartum contraception.

10. Abnormal pregnancy:

Knowledge about all aspects of abnormality during pregnancy, labor and postpartum and their management. Multiple pregnancy, polyhydramnios, oligohydramnios, previous cesarian sections, early and late bleeding in pregnancy, Rh isoimmunization, medical disorders in pregnancy like anaemia, jaundice, heart disease, gestational diabetes, gynaecological disorder during pregnancy. Knowledge of neonatal resuscitation and its principle and steps of management. Knowledge of management of ARDS, prematurity and congenital anomalies babies.

11. What is **safe motherhood**, the government policies to decrease the maternal and neonatal morbidity and mortality. Knowledge of different policies, strategies and action plan as well as activities conducted by different level of government of Nepal at community, district and national level.

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B.GYNAECOLOGY

- 1.Prepubertal age:** knowledge of normal sexual development, pubertal transitional period and anatomical, physiological and psychological changes during this period. Management of associated disorder during period and its management.
- 2.Adolescent age:** Disorder of behavioral and sexual function, counselling and management.
- 3.Menstruation:**physiology of normal menstruation or menstrual cycle. Pathophysiology investigation and management of menstrual disorders. Menopause and its management.
- 4.Infertility:** World wide status of infertility, causes, investigations and management of infertile couple. Male factor infertility diagnosis and management. Artificial reproductive technology. Role of laparoscopy, endoscopy and ultrasound, HSG, Ovulation induction medications etc. in infertility. Know about IUI, IVF, ICSI, surrogacy, adoption.
- 5.Infection:**Sexual transmitted disease (STD),pelvic inflammatory disease (PID).
- 6.Abortion:**Definition of abortion, types, clinical features, management and its complications.
- 7.Contraception:**Methods of contraception, temporary, permanent, hormonal and non hormonal contraception. On contraception use of hormonal contraception.
- 8.Psychosocial issues and female sexuality:** Premenstrual disorders, pregnancy and postpartum disorder, menopausal transition and menopause, sexual assault, child sexual abuse, female sexuality, sexual disorders and violence against women.
- 9.Urogynaecology:**Urinary incontinence, pelvic organ prolapsed, genitourinary fistula and diverticulum their medical and surgical management.

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- 10. Gynaecology oncology:** Epidemiology, etiology of gynae oncology, carcinogenesis, and its pathology. Precancerous lesions of lower genital tract its diagnosis and treatment. Classification, staging and principles of treatment like surgery, chemotherapy, radiotherapy and palliative. Preoperative assessment and postoperative care. Gestational trophoblastic disease.
- 11. Breast:** Evaluation of breast lump, infections, mastalgia, fibrocystic changes, galactorrhea. Breast cancer risk factors, screening and prevention.
- 12. Obstetrical and gynecological surgery:** Principle of surgery, preoperative assessment, management of intra and postoperative complications and postoperative care. Role of endoscopic, laparoscopic and Robotic surgery in gynecology practice.
- 13. Ethics and laws:** Basic ethical and legal issues in obstetrics and gynecology practice. Introduction to medical, professional, research ethics and ethics in health policy.
- 14. Recent advances and superspecialist :** urogynecology, infertility, gynaecology.
- 15. Community obstetrics and gynecology:**
- a. Knowledge of basic community gynecological diseases.
 - b. Definition, causes of maternal and neonatal morbidity and mortality as well as perinatal mortality.
 - c. Effect of socio cultural behavior in Reproductive health.
 - d. National Health Programmes related to maternal and child health, continuing health services for maternal and child health, organizing health care delivery and referral system.
 - e. Future planning to reduce maternal morbidity, mortality and perinatal mortality.

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