

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, जनरल डेन्टल उपसमूह, पाँचौं तह, डेन्टल हाइजिनिष्ट पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

पत्र	विषय	पूर्णाङ्क	उर्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या × अङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२० प्रश्न × २ अङ्क (४० अङ्क)	४५ मिनेट
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based knowledge)					३० प्रश्न × २ अङ्क (६० अङ्क)	
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) लामो उत्तर (Long Answer)	१२ प्रश्न × ५ अङ्क (६० अङ्क) ४ प्रश्न × १० अङ्क (४० अङ्क)	२ घण्टा १५ मिनेट

द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

पत्र / विषय	पूर्णाङ्क	उर्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता (Board Interview)	-

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । तर एकैदिनमा परीक्षा लिइनेछ ।
- 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षरहरू (Capital letters): A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षरहरू (Small letters): a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर तथा विद्युतीय उपकरण (Calculator & Electronic Devices) प्रयोग गर्न पाइने छैन ।

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८. परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण (विद्युतिय घडी लगायत) परीक्षा हलमा लैजान पाइने छैन ।
९. विषयगत प्रश्नहरूको हकमा तोकिएको अंकको 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 सकिने छ ।
१०. विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोहीखण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
११. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।
१२. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
१३. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
१४. पाठ्यक्रम लागू मिति :- २०८२/११/१२

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प्रथम पत्र (Paper I) :-

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग-१ (Part I) :

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन

(General Awareness and Public Management)

खण्ड-क (Section - A) : (१० प्रश्न×२ अङ्क = २० अङ्क)

१. सामान्य ज्ञान (General Awareness)

(२० अङ्क)

- १.१ नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरु
- १.२ नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- १.३ नेपालको आर्थिक अवस्था र आवधिक योजना र गण्डकी प्रदेशको आवधिक योजना सम्बन्धी जानकारी
- १.४ जैविक विविधता, दिगो विकास, वातावरण, प्रदुषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- १.५ मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्वपूर्ण उपलब्धिहरु
- १.६ जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- १.७ नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीमा भएका व्यवस्थाहरु)
- १.८ नेपालमा संघीय लोकतान्त्रिक गणतन्त्रात्मक शासन प्रणाली सम्बन्धी जानकारी
- १.९ संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- १.१० क्षेत्रीय संगठन (सार्क, विमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- १.११ राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरु
- १.१२ लैङ्गिक समानता, अपाङ्गता तथा सामाजिक समावेशीकरण (GEDSI) सम्बन्धी सामान्य जानकारी

खण्ड-ख (Section - B) : (१० प्रश्न×२ अङ्क = २० अङ्क)

२. सार्वजनिक व्यवस्थापन (Public Management)

(२० अङ्क)

२.१ कार्यालय व्यवस्थापन (Office Management)

- २.१.१ कार्यालय (Office) : परिचय, महत्व, कार्य र प्रकार
- २.१.२ सहायक कर्मचारीका कार्य र गुणहरु
- २.१.३ कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
- २.१.४ कार्यालयमा सञ्चारको महत्व, किसिम र साधन
- २.१.५ कार्यालय कार्यविधि (Office Procedure) : पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), फाइलिङ, तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरु
- २.१.६ अभिलेख व्यवस्थापन (Record Management)

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- २.१.७ सार्वजनिक खरिद व्यवस्थापन (Public Procurement Management) सम्बन्धी सामान्य जानकारी
- २.१.८ कार्यालयमा सूचना प्रविधि (Windows, Word, Excel, PowerPoint, E-Mail, Internet and Social Media) र नवप्रवर्तन (Innovation) सम्बन्धी सामान्य जानकारी
- २.२ निजामती सेवा ऐन, गण्डकी प्रदेश निजामती सेवा ऐन, स्थानीय सेवा (गठन तथा सञ्चालन) ऐन र तत् तत् ऐन बमोजिमका नियमावलीहरूमा भएका देहायका व्यवस्थाहरू
 - २.२.१ सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
 - २.२.२ कर्मचारीको नियुक्ति, सरुवा, बढुवा, विदा, विभागीय सजाय र अवकाश
 - २.२.३ कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरू
- २.३ मुख्यमन्त्री तथा मन्त्रिपरिषद्को कार्यालय सम्बन्धी जानकारी
- २.४ स्थानीय सरकार संचालन ऐन, (संशोधन सहित) २०७४
- २.५ भ्रष्टाचार निवारण ऐन, २०५९
- २.६ अख्तियार दुरुपयोग अनुसन्धान आयोग, लोक सेवा आयोग र प्रदेश लोक सेवा आयोग सम्बन्धी सामान्य जानकारी
- २.७ सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- २.८ सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- २.९ सार्वजनिक बडापत्र (Public Charter) : महत्व र आवश्यकता
- २.१० व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- २.११ मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

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भाग (Part II):-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)

(३० प्रश्न X २ अङ्क = ६० अङ्क)

1. Health Service System

- 1.1 Health service system in Nepal
- 1.2 History of the development of dental health services in Nepal
- 1.3 Purpose and characteristics of a dental health care system
- 1.4 Ayurvedic, homeopathic and allopathic approaches to dental health care
- 1.5 Introduction and functions of management
- 1.6 Health Management and Dental Health Management
- 1.7 Health Service planning system in Nepal
- 1.8 Types of health service organizations in Nepal including dental health services
- 1.9 Purpose, important and process of Health Management Information System (HMIS), use of the different types of HMIS forms, records and reports
- 1.10 Activities and goals Non-Governmental Organizations (NGOs) and International Non-Governmental Organizations (INGOs) are working in health sectors and their role in promoting the health care system
- 1.11 Objectives and activities of national health programmes
- 1.12 National Health Policy and National Oral Health Policy
- 1.13 General knowledge of current periodical plan related to health
- 1.14 Code of conduct for Dental Hygienist and its purpose
- 1.15 Formation, activities and functioning of the Nepal Health Professional Council

2. Periodontics

- 2.1 Introduction, scope and historical background of periodontology/periodontics
- 2.2 Definition, normal clinical and microscopic features of gingiva; development of gingival sulcus; renewal of gingival epithelium; blood supply, lymphatic drainage and nerve supply of gingiva; correlation of normal clinical and microscopic features of gingiva
- 2.3 Definition and functions of periodontal ligament and its fibres with illustrations
- 2.4 Describe cementum and its structure; classify and types of cementum; cemento-enamel junction
- 2.5 Definition and structure of alveolar process; socket wall and interdental septum; remodelling of alveolar bone; physiologic migration of the teeth; occlusal forces and the periodontium; defense mechanism in periodontal health
- 2.6 Classification of gingival and periodontal diseases as described in World Workshop on Periodontal Health 1999
- 2.7 Definition of epidemiology, incidence and index; epidemiology, prevalence and incidence of periodontal disease; indices used in periodontics; periodontal index, gingival index, oral science index and CPITN
- 2.8 Definition, structure, composition, physiologic properties and microbiology of dental plaque; formation of dental plaque; role of dental plaque in periodontal disease, association of plaque micro-organisms with periodontal disease, mechanism of inflammatory cell response

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प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.9 Classification, composition and etiologic significance of dental calculus
 - 2.10 Aging and its effect on periodontium
 - 2.11 Plaque control measures and its significance; classification of plaque control methods; personal oral science methods; use of disclosing agents
 - 2.12 Tooth brush and its types; dentifrices and its composition; composition and mechanism of action of fluoridated toothpastes and desensitizing toothpastes; various types of tooth brushing methods and their significance in different patients; use of toothpick, dental floss, inter-dental brushes and gum massage / gum stimulator
 - 2.13 Classification of chemical plaque control agents and their mechanism of action
 - 2.14 Periodontal instrument design and classification; various diagnostic instruments; various manual periodontal instruments including hoe, files; various scalers, curets and root planning instruments; sonic, ultrasonic and piezo-electric scalers
 - 2.15 Anatomic descriptions and considerations during periodontal instrumentation; patient and operator position; instrument grasp; establishing finger rests; instrument angulations, activation and adaptation; various strokes of using manual instruments
 - 2.16 Principles and objective of sharpening; various sharpening stones and materials; sharpening of sickle scalers and curettes
- 3. Oral Pathology and Microbiology**
- 3.1 Concept, causes and types of inflammation and abscess
 - 3.2 Definition of facial space and enumerate spaces of oro-facial region; cellulitis and its complications; common dental space infections and its complications; Ludwig's angina and its complications
 - 3.3 Common oral ulcerations and lesions afflicting oral cavity; common viral lesions afflicting oral cavity; various pre-cancerous lesions and conditions
 - 3.4 Oral manifestations of diabetes mellitus, leukemia, anemia, syphilis, tuberculosis, AIDS; candidiasis and oral thrush; HIV/AIDS and its prevention, mode of infection and oral manifestations; infective endocarditis and risk factors; clinical features and prophylaxis of infective endocarditis
 - 3.5 Oral microbiology and normal oral flora of human being from birth to old age
 - 3.6 Introduction to micro-organisms (bacteria, virus, fungi, protozoa, amoeba)
 - 3.7 Source, types, clinical features and sequelae of infection
 - 3.8 Definition of infection control, sterilization and disinfection; various levels of infection control; antiseptic and asepsis
 - 3.9 Different methods of sterilization; fumigation procedure and safety factors
 - 3.10 Definition and procedures followed in universal precaution
 - 3.11 Concept and process of hand scrubbing in operator with their significance; self protection in operator; process of decontamination of gloves, linens and surgical drapes; decontaminate process of decontamination of dental equipment and instruments including dental chair, hand piece, suction apparatus, x- ray films
 - 3.12 Types of waste management; clinical wastes and procedure of waste management of dental operator; dental amalgam waste management

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, जनरल डेन्टल उपसमूह, पाँचौं तह, डेन्टल हाइजिनिष्ट पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

4. Oral Medicine and Radiology

- 4.1 Oral medicine - definition, scope and clinical application
- 4.2 Principles of oral diagnosis, swelling, ulcer, sinus, fistula, mucosal lesions, pain and TMJ problems definitions
- 4.3 Case history and components; physical examination methodologies (general-extra oral, intra oral)
- 4.4 Concepts of provisional diagnosis and differential diagnosis
- 4.5 Clinical chair side investigations and radiological investigations - hematological, microbiological, histopathological
- 4.6 Final/confirmed diagnosis formulation of treatment plan referral for opinions
- 4.7 Dental disorders- Developmental malformations, discoloration of teeth
- 4.8 Diseases of the tongue and its manifestations in systemic diseases
- 4.9 Concept of pre-malignancy – premalignant lesions and conditions and complications
- 4.10 Oral cancer etiology, epidemiology, screening, clinical features, diagnosis, prevention and management and complications
- 4.11 Diseases of salivary glands and complications
- 4.12 Biologic effects of radiation and radiation protection
- 4.13 Principles of radiotherapy – preparation of patient for oral radiotherapy, management of post radiation oral complications
- 4.14 Basic radiographic techniques - IOPA, OPG, Lateral Ceph
- 4.15 Advanced radiographic techniques - panoramic radiography, cephalometric radiography, CT scans, radionuclide diagnosis, digital radiography, applications of imaging in oral medicine - MRI, ultra sound

5. Oral and Maxillofacial Surgery

- 5.1 Principles of surgery
- 5.2 Local anaesthesia in dentistry - classification, composition, mechanism of action, ideal properties, complications
- 5.3 Type of mandible and maxilla fracture and its basic management and complications
- 5.4 Exodontia and its complications
- 5.5 Impacted teeth, wisdom teeth and its significance with complications
- 5.6 Oro-facial pain in brief
- 5.7 Common medical emergencies, odontogenic space infections in brief, fungal and viral infections of head and neck in dental practice and their complications
- 5.8 Incisional and excisional biopsy
- 5.9 Assisting Dental Surgeons during various dental procedures

6. Conservative and Endodontics

- 6.1 Definition, etiology, clinical features, sequelae and prevention of dental caries
- 6.2 Definition, causes, clinical features and treatment options of attrition, abrasion and erosion

प्रदेश लोक सेवा आयोग

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- 6.3 Diseases of pulp and periapical tissues
 - 6.4 Classification, etiology, clinical features and sequelae of pulp and periapical tissues
 - 6.5 Classify dental injuries and storage of avulsed tooth following tooth avulsion
 - 6.6 Classify instruments for restorative and endodontic procedures
 - 6.7 Discuss the manipulation of various materials such as amalgam, composite, cements, calcium hydroxide, sealers
- 7. Dental Materials, Instruments and Dental Assisting**
- 7.1 Commonly used dental materials; importance of disinfection of dental materials; requirement of shelf life and storage of dental materials
 - 7.2 Gypsum products and its application in dentistry; manipulation process of gypsum products; calculation of recommended water power ratio; process of disinfection of gypsum materials
 - 7.3 Definition and classification of impression materials; desirable properties, process of transfer and storage of impression materials
 - 7.4 Ideal requirements and manipulation process of impression compound, zinc oxide eugenol impression paste, alginate, elastomeric impression material
 - 7.5 Types of dental waxes and manipulation process of modeling wax
 - 7.6 Dental models, cast and die materials and different dental materials used for making them; manipulation process of dental plaster, dental stone and die stone; laboratory process of pouring and base forming of cast
 - 7.7 Identification and classification of dental instruments
 - 7.8 Classification and types of impression trays; methods of sterilization of impression trays
 - 7.9 Various parts of dental chair and their functions
 - 7.10 Various positions of the operator and the assistant; various steps of patient preparation before operative procedure; post treatment instructions after various dental procedures
 - 7.11 Different methods of saliva control and isolation; cotton roles for saliva control
 - 7.12 Cleaning of dental equipment including suction apparatus, amalgamator, scaling machine, autoclave, light cure machine, compressor
- 8. Prosthodontics**
- 8.1 Define partial edentulism
 - 8.2 Etiology, clinical features, classification and sequel of partial edentulous situation
 - 8.3 Prevention of partial edentulism
 - 8.4 Define edentulism
 - 8.5 Etiology and clinical features of edentulous situation
 - 8.6 Prevention of edentulism
 - 8.7 Instruments for various prosthodontic procedures
 - 8.8 Sterilization and maintenance of instruments and equipments
 - 8.9 Manipulation of various materials such as alginate, impression compound, various luting cements, zinc oxide eugenol

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- 9.1 Squeal of malocclusion
- 9.2 Complication of orthodontic treatment
- 9.3 Limitation of removable appliance
- 9.4 Complication of deep bite
- 9.5 TMJ problem referral
- 9.6 Referral - cross bite
- 9.7 Ideal age for orthopedic correction
- 9.8 Immediate treatment required cases for referral
- 9.9 Proclination of upper anterior, orthopaedics problems cross bite
- 9.10 Root resorption

10. Pedodontics

- 10.1 Complication of extraction in children
- 10.2 Treatment modalities in open apex in permanent teeth
- 10.3 Complication of thumb sucking habit
- 10.4 Avulsion of a tooth and storing media
- 10.5 Different space maintainers used in children

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरु सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सार्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धित कार्य-ज्ञान (Job-Based-Knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरु सोधिने छ ।

इकाई	1	2	3	4	5	6	7	8	9	10
प्रश्न संख्या	2	5	2	2	2	5	5	3	2	2

प्रदेश लोक सेवा आयोग

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द्वितीय पत्र (Paper II):-

सेवा सम्बन्धित कार्य-ज्ञान (Job-based-knowledge)

खण्ड- क (Section- A) :- ५० अङ्क

1. Health Service System

- 1.1 Health service system in Nepal
- 1.2 History of the development of dental health services in Nepal
- 1.3 Purpose and characteristics of a dental health care system
- 1.4 Ayurvedic, homeopathic and allopathic approaches to dental health care
- 1.5 Introduction and functions of management
- 1.6 Health Management and Dental Health Management
- 1.7 Health Service planning system in Nepal
- 1.8 Types of health service organizations in Nepal including dental health services
- 1.9 Purpose, important and process of Health Management Information System (HMIS), use of the different types of HMIS forms, records and reports
- 1.10 Activities and goals Non-Governmental Organizations (NGOs) and International Non-Governmental Organizations (INGOs) are working in health sectors and their role in promoting the health care system
- 1.11 Objectives and activities of national health programmes
- 1.12 National Health Policy and National Oral Health Policy
- 1.13 General knowledge of current periodical plan related to health
- 1.14 Code of conduct for Dental Hygienist and its purpose
- 1.15 Formation, activities and functioning of the Nepal Health Professional Council

2. Periodontics

- 2.1 Introduction, scope and historical background of periodontology/periodontics
- 2.2 Definition, normal clinical and microscopic features of gingiva; development of gingival sulcus; renewal of gingival epithelium; blood supply, lymphatic drainage and nerve supply of gingiva; correlation of normal clinical and microscopic features of gingiva
- 2.3 Definition and functions of periodontal ligament and its fibres with illustrations
- 2.4 Describe cementum and its structure; classify and types of cementum; cementoenamel junction
- 2.5 Definition and structure of alveolar process; socket wall and interdental septum; remodelling of alveolar bone; physiologic migration of the teeth; occlusal forces and the periodontium; defense mechanism in periodontal health
- 2.6 Classification of gingival and periodontal diseases as described in World Workshop on Periodontal Health 1999
- 2.7 Definition of epidemiology, incidence and index; epidemiology, prevalence and incidence of periodontal disease; indices used in periodontics; periodontal index, gingival index, oral science index and CPITN
- 2.8 Definition, structure, composition, physiologic properties and microbiology of dental plaque; formation of dental plaque; role of dental plaque in periodontal

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disease, association of plaque micro-organisms with periodontal disease, mechanism of inflammatory cell response

- 2.9 Classification, composition and etiologic significance of dental calculus
- 2.10 Aging and its effect on periodontium
- 2.11 Plaque control measures and its significance; classification of plaque control methods; personal oral science methods; use of disclosing agents
- 2.12 Tooth brush and its types; dentifrices and its composition; composition and mechanism of action of fluoridated toothpastes and desensitizing toothpastes; various types of tooth brushing methods and their significance in different patients; use of toothpick, dental floss, inter-dental brushes and gum massage / gum stimulator
- 2.13 Classification of chemical plaque control agents and their mechanism of action
- 2.14 Periodontal instrument design and classification; various diagnostic instruments; various manual periodontal instruments including hoe, files; various scalers, curets and root planning instruments; sonic, ultrasonic and piezo-electric scalers
- 2.15 Anatomic descriptions and considerations during periodontal instrumentation; patient and operator position; instrument grasp; establishing finger rests; instrument angulations, activation and adaptation; various strokes of using manual instruments
- 2.16 Principles and objective of sharpening; various sharpening stones and materials; sharpening of sickle scalers and curettes

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प्रदेश लोक सेवा आयोग

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खण्ड (Section) (B) : - ५० अङ्क

6. Conservative and Endodontics

- 6.1 Definition, etiology, clinical features, sequelae and prevention of dental caries
- 6.2 Definition, causes, clinical features and treatment options of attrition, abrasion and erosion
- 6.3 Diseases of pulp and periapical tissues
- 6.4 Classification, etiology, clinical features and sequelae of pulp and periapical tissues
- 6.5 Classify dental injuries and storage of avulsed tooth following tooth avulsion
- 6.6 Classify instruments for restorative and endodontic procedures
- 6.7 Discuss the manipulation of various materials such as amalgam, composite, cements, calcium hydroxide, sealers

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- 7.1 Commonly used dental materials; importance of disinfection of dental materials; requirement of shelf life and storage of dental materials
- 7.2 Gypsum products and its application in dentistry; manipulation process of gypsum products; calculation of recommended water power ratio; process of disinfection of gypsum materials
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- 7.4 Ideal requirements and manipulation process of impression compound, zinc oxide eugenol impression paste, alginate, elastomeric impression material
- 7.5 Types of dental waxes and manipulation process of modeling wax
- 7.6 Dental models, cast and die materials and different dental materials used for making them; manipulation process of dental plaster, dental stone and die stone; laboratory process of pouring and base forming of cast
- 7.7 Identification and classification of dental instruments
- 7.8 Classification and types of impression trays; methods of sterilization of impression trays
- 7.9 Various parts of dental chair and their functions
- 7.10 Various positions of the operator and the assistant; various steps of patient preparation before operative procedure; post treatment instructions after various dental procedures
- 7.11 Different methods of saliva control and isolation; cotton roles for saliva control
- 7.12 Cleaning of dental equipment including suction apparatus, amalgamator, scaling machine, autoclave, light cure machine, compressor

8. Prosthodontics

- 8.1 Define partial edentulism
- 8.2 Etiology, clinical features, classification and sequel of partial edentulous situation
- 8.3 Prevention of partial edentulism
- 8.4 Define edentulism
- 8.5 Etiology and clinical features of edentulous situation

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- 8.6 Prevention of edentulism
- 8.7 Instruments for various prosthodontic procedures
- 8.8 Sterilization and maintenance of instruments and equipments
- 8.9 Manipulation of various materials such as alginate, impression compound, various luting cements, zinc oxide eugenol

9. Orthodontic

- 9.1 Squeal of malocclusion
- 9.2 Complication of orthodontic treatment
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- 9.4 Complication of deep bite
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- 9.6 Referral - cross bite
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- 10.1 Complication of extraction in children
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- 10.3 Complication of thumb sucking habit
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द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job-Based-Knowledge)	(A)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०
		(B)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०

खण्ड	छोटो उत्तर (Section-A)					छोटो उत्तर (Section-B)					लामो उत्तर Section	
	1	2	3	4	5	6	7	8	9	10	A	B
पाठ्यक्रमका एकाइ	2	1	1	1	1	2	1	1	1	1	2	2
प्रश्न संख्या	2	1	1	1	1	2	1	1	1	1	2	2