

Paper II: Technical Subject

1. Introduction of public health medicine (35 Marks)

- 1.1 Epidemiology:
 - 1.1.1 propose of epidemiology, epidemiological methods
 - 1.1.2 measurements of health and disease
 - 1.1.3 source of infection, 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:
 - 1.6.1 temporary and permanent methods
 - 1.6.2 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:
 - 1.11.1 concept, types, prevention and management
- 1.12 Family Health: safe motherhood, FCHV, PHC, ORC and gender violence

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, एकीकृत चिकित्सा समूह, एघारौं (११) तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 1.13 Health Management Information System
- 1.14 Logistic Management System
- 1.15 Demography:
 - 1.15.1 Population trend – Nepal and Global
 - 1.15.2 Population dynamics
 - 1.15.3 Factors affecting fertility, mortality and life expectancy
 - 1.15.4 Urbanization and migration
- 1.16 National Population Policy
- 1.17 National Demographic Health Survey
- 1.18 Essential health care services(EHCS)
 - 1.18.1 EHCS at the district level and below
 - 1.18.2 EHCS in sub-urban and urban area, and 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, prolonged 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

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- 3.4 Definition of health in Ayurveda by different authors
- 3.5 Panchakarma : principles, indications and contra-indications
- 3.6 Rasayana and Vajeeekarana
- 3.7 Janapadod hwansa and Epidemic diseases
- 3.8 AstabidhaShalya karma, kshar karma, kshar sutra
- 3.9 Ayurveda/ traditional medicine system and western health system (Allopathic) in National and international aspect
- 3.10 Treatment of chronic diseases (Amlapitta shwasa, kasa, vataj vikar vatarakta kamala, madhumeha) according to Ayurvedic principles with scientific analysis

Sample Questions:

1. Describe mal-nutrition, its types, causes and its prevention & treatment. Is malnutrition is public health problem in Nepal, if yes, what are the control measures has been taken by the GoN?