

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौं तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण :- सामूहिक परीक्षण र अन्तर्वार्ता

पूर्णाङ्क :- ४०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	जनरल हेल्थ सर्भिसेज	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१००X१ = १००	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१०X१० = 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 नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
- लिखित परीक्षाको दुवै पत्रको विषयवस्तु एउटै हुनेछ।
- प्रथम तथा द्वितीयपत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ।

प्रथम पत्रका एकाई	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	10	10	10	10	10
द्वितीय पत्रका खण्ड	A					B					C			D			
द्वितीय पत्रका एकाई	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	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 सकिने छ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
- 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।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
- यस भन्दा अगाडि लागू भएको माथि उल्लिखित समूहको पाठ्यक्रम खारेज गरिएको छ।
- पाठ्यक्रम लागू मिति :- २०६२/२/२४ देखि देखि (२०७२/०७/२४ को निर्णय अनुसार सामूहिक परीक्षण समावेश)

प्रथम र द्वितीय पत्र :- जनरल हेल्थ सर्भिसेज

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 Flue
- 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, Cardiac Shock
- 1.3 Gastrointestinal Disease:** Acid Peptic Diseases, Cirrhosis of Liver and ascitis, Hepatitis, Hepatic Coma, Abdominal Tuberculosis, Pancreatitis, Worm Infestation, Ulcerative Colitis, Carcinoma of Gastro Intestinal Tract, Gastroenteritis, H pylori, Gastro-oesophageal reflux
- 1.4 Blood and Lymphoreticular Diseases:** Anaemia, Leukaemia, Purpura Agranulocytosis, Polycythemia, Reticulosis, Lymphomas
- 1.5 Neurological Diseases:** Cerebro-Vascular Accident, Meningitis, Encephalitis, Parkinson's Disease, Paraplegia, Multiple Sclerosis, Myasthenia Gravis, Epilepsy, Neuro-cysticercosis, Bell's palsy, GBS, Neurosyphilis, Coma Headache, Spina bifida, Neurogenic Shock, Coma, Cerebral Malaria
- 1.6 Endocrine and Metabolic Diseases:** Diabetes Mellitus, Non-ketotic Coma, Ketoacidosis, Thyrotoxicosis, Hypothyroidism, Cushing's Syndrome, Addison's Disease, Hyperparathyroidism, Tetany, Hypogonadism, Diabetes Insipidus
- 1.7 Joint and Collagen Diseases:** Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus, Osteoarthritis, Osteomalacia and Osteoporosis, Ankylosing Spondylitis
- 1.8 Renal Diseases:** Urinary Tract Infection, Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalaemia, Kidney Transplantation
- 1.9 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
- 7. Psychiatry: (Units 7 & 8 = 10%)**
Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa. Substance abuse (Alcohol/drugs/ others)
- 8. Dermatology and STD:**
(i) Dermatology: 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

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, Haemoptysis, haematemesis and malaena, RTA, Trauma, Cut down Poisoning, Insect bite, Snake bite, Catheterisation, NG Tube Insertion

Section B - 30 Marks

2. General Surgery:

10%

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Malaena, Oesophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute Abdomen, Acute Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Haemorrhoids, Gall Stones, Urinary Stones, Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Pleural Effusion, Haemothorax, 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, Retention of Urine, Enlarge Prostate, Incontinence of Urine, Vasectomy, Goiter, Tumours of Testis, Lymphomas, rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Hypovolemia, Oliguria, Acute Retention of Urine, Suprapubic Cystoscopy, Wounds

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

Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Stye, Chalazion, Blepharitis, Cellulitis, Cellulitis, Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Endocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis, Ectropion, Dacryocystitis, Dacryoadenitis, Ocular Hazards in Agriculture and Industry

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, Wx in Ear, Haematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otitomycosis

16. Dental:

Caries, Extraction of teeth, Caries teeth, Gingivitis, Pulpitis, Root abscess, Leucoplakia carcinoma of gum, Pericoronitis, Dentigerous cyst

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11. **Bone and Joint Disease: (Units 11, 12 & 13 = 10%)**
Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synadactily, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy
12. **Anaesthesiology & Emergency:**
Principles of administering safe general anaesthesia, Local Anaesthesia, Pre-anaesthetic history, Pre-anaesthetic drugs, Anaesthetics, Post-anaesthetic complications, Basic life support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation
13. **Pathology:**
Interpretations of laboratory results, Normal values of biochemical and haematological tests, Aetiology, Pathogenesis, Microscopic and Macroscopic features of different disease entities listed under different subjects and mentioned under heading 1 to 5 and 8 to 11

Section C - 20 Marks

3. **Obstetrics and Gynaecology:** **10%**
Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyper emesis Gravidarum, Stages of labour, Retained Placenta, Ruptured Uterus, Foetal Distress, Maternal Distress, Prolonged Labour, Obstructed Labour Leucorrhoea, Ante partum and Postpartum Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tact, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning
4. **Childhood Diseases:** **10%**
ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrhoeal Diseases, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rhumatic Fever, Worm Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin A Deficiency, Mental Retardation

Section D - 20 Marks

5. **Community Medicine:** **10%**
Demography, Sociology and social understanding of health, Socio-cultural patterns, Social Problems and Social Changes, Health Economics, Gender and Environmental issues, Effective doctor patient relationship Sociological research methods, Epidemiology, Investigation of an Epidemic in District, Problem Solving Exercise on the Epidemic of Infection Diseases, Infectios Diseases, Bacterial, Viral, Fungal, Protozoal, Metazoals, Cestode, Nematode, 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, CBR. EPI, IMCI, Growth monitoring, School Health, Occupational health, Health Care Delivery System in Nepal, Problem of the Health Care Delivery system, District Health System, Management and Administrative Requirement of the Job Descriptions as drawn up by the Ministry for Medical Offices

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, Sponification, Wounds, Rape, 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.

वस्तुगत बहुउत्तर नमूना प्रश्नहरू (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 you do myringotomy ?
A) Anterosuperior B) Anterioinferior
C) Posteriosuperior D) Posterioinferior **Correct Answer:- (D)**
2. In acute abdomen the first 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 rubella D) Hepatitis 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 acquiring HIV
C) Transmission can occur via breast milk
D) Risk of fetal transmission is unaffected by pre-partum antiviral agents
Correct Answer:- (C)

विषयगत नमूना प्रश्नहरू (Sample questions)

1. Describe full form of HIV and AIDS, What are the routes of transmission?
2. How you will manage a case of epistaxis in primary health care centre?
3. How you will manage a patient with severe chest pain in district Hospital?
4. Why maternal mortality rate is so high in Nepal? What will be your steps to bring it down?

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नेपाल आर्थिक योजना तथा तथ्याङ्क, इन्जिनियरिङ्ग, कृषि, वन, विविध र शिक्षा सेवाका सबै समूह/उपसमूह,
राजपत्रांकित तृतीय श्रेणी र एवं स्वास्थ्य सेवाको सातौं र आठौं तहका पदहरूमा
प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र
लिइने **सामूहिक परीक्षण (Group Test)** को लागि

सामूहिक छलफल (Group Discussion)

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 समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको ३ जना भन्दा बढीको समिति रहनेछ।

आयोगका सदस्य	-	अध्यक्ष
आयोगका सदस्य	-	सदस्य
मनोविज्ञ	-	सदस्य
दक्ष/विज्ञ (१ जना)	-	सदस्य

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

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