

**Paper II: Technical Subject**

**1. Introduction of public health medicine (35 Marks)**

- 1.1 Epidemiology:
  - 1.1.1 propose of epidemiology
  - 1.1.2 epidemiological methods
  - 1.1.3 measurements of health and disease
  - 1.1.4 source of infection,
  - 1.1.5 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: temporary and permanent methods, 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

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, एकीकृत चिकित्सा समूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 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: concept, types, prevention and management
- 1.12 Family Health:
  - 1.12.1 safe motherhood
  - 1.12.2 FCHV, PHC, ORC
  - 1.12.3 gender violence
- 1.13 Health Management Information System
- 1.14 Logistic Management System
- 1.15 National Population Policy
- 1.16 National Demographic Health Survey
- 1.17 Essential health care services(EHCS )
  - 1.17.1 EHCS at the district level and below
  - 1.17.2 EHCS in sub-urban and urban area
  - 1.17.3 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

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**3. Ayurveda**

**(35 Marks)**

- 3.1 Non-communicable diseases, Ayurvedic lifestyle (Pathya-Apathyaahara, Vihara, Dincharya, 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
- 3.4 Definition of health in Ayurveda by different authors
- 3.5 Panchakarma : principles, indications and contra-indications
- 3.6 Rasayana and Vajeekarana
- 3.7 Janapadod hwansa and Epidemic diseases
- 3.8 AstabidhaShalya karma, kshar karma, kshar sutra
- 3.9 Treatment of chronic diseases (Amlapitta shwasa, kasa, vataj vikar vatarakta kamala, madhumeha) according to Ayurvedic principles with scientific analysis

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**Sample Questions**

1. What does Polio Eradication mean? What are the strategies introduced in Nepal to eradicate polio? Is IVP necessary to be introduced for polio eradication? If yes, state why?