

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, मेडिसिन समूह, पल्मोनोलोजी उपसमूह, नवौं (९) तह, कन्सल्टेन्ट पल्मोनोलोजिष्ट पदको खुला
र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

1. Pneumonia

- 1.1 Epidemiology
- 1.2 Causative agents
- 1.3 Signs and symptoms
- 1.4 Investigations and severity scoring
- 1.5 Management plan
- 1.6 Complications
- 1.7 Types of pneumonias
 - 1.7.1. Community Acquired Pneumonia
 - 1.7.2. Health Care Associated Pneumonia
 - 1.7.3. Aspiration/ Ventilator Associated Pneumonia
 - 1.7.4. Atypical pneumonia

2. Tuberculosis

- 2.1 Etiopathology
- 2.2 Pulmonary and Extra pulmonary TB
- 2.3 Clinical presentation
- 2.4 Investigations
- 2.5 Management/Treatment regimens
- 2.6 Resistance TB
- 2.7 Antitubercular drugs/side effects/management
- 2.8 National Tuberculosis Program in Nepal

3. Obstructive Airway Disease

- 3.1 Chronic Obstructive Pulmonary Disease
 - 3.1.1 General principles, risk factors, signs and symptoms, investigations and management
 - 3.1.2 Evaluation and management of acute exacerbation of COPD
 - 3.1.3 Smoking Cessation
 - 3.1.4 Pulmonary Rehabilitation
- 3.2 Bronchial Asthma
 - 3.2.1 General principles, risk factors, signs and symptoms, investigations and management
 - 3.2.2 Evaluation and management of acute severe asthma
 - 3.2.3 Allergic Bronchopulmonary Aspergillosis
- 3.3 Bronchiectasis
 - 3.3.1 General principles, etiology, risk factors, signs and symptoms, investigations and management
 - 3.3.2 Evaluation and management of Cystic Fibrosis

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3.4 Central Airway Obstruction

3.4.1 Causes and management - malignant and benign

3.5 Evaluation and management of Small airway disease

4. Interstitial Lung Diseases

4.1 General principles - classification, sign and symptoms, clinical and laboratory evaluation and management of interstitial pneumonias

4.2 Evaluation, classification and management of idiopathic interstitial pneumonias

4.3 Evaluation, classification and management of connective tissue disease associated ILD

4.4 Evaluation, classification and management of rare ILDs including cystic ILD's

4.5 Occupational lung diseases - Evaluation, classification and management

5. Malignant Diseases/ Lung Cancer

5.1 Lung Cancer - Types, signs and symptoms, investigations, staging, treatment modalities and Rehabilitation

5.2 Evaluation and management of Solitary Pulmonary Nodule

5.3 Other rare benign and malignant lung and airway tumors

5.4 Evaluation and management of secondaries in lung

5.5 Evaluation and management of mediastinal lesion – benign and malignant

6. Pleural diseases

6.1 Pleural Effusion/Empyema

6.2 Pneumothorax

6.3 Malignant pleural effusion

6.4 Pleural tumors – benign and malignant

7. Pulmonary Vascular Disorders

7.1 Evaluation and management of venous thromboembolism

7.2 Classification, evaluation and management of pulmonary hypertension

7.3 Evaluation and management of pulmonary vasculitis

8. Evaluation and Management of common respiratory symptoms

8.1 Cough

8.2 Breathlessness

8.3 Hemoptysis

8.4 Chest pain

8.5 Stridor

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9. Critical Care Medicine

- 9.1 Types of Respiratory Failure and its management
- 9.2 Cardiopulmonary Resuscitation
- 9.3 Endotracheal intubation
- 9.4 Invasive mechanical ventilation and management, including titration of FiO₂, PEEP, application and adjustment of ventilator mode, weaning and extubation
- 9.5 ABG interpretation and Management
- 9.6 Noninvasive ventilation
- 9.7 Sedation, Analgesia protocols in ICU. Antibiotic Stewardship. Prevention and management of VAP, DVT.

10. Sleep Medicine

- 10.1 General principles - Normal Sleep physiology, stages, interpretation of polysomnography
- 10.2 Obstructive sleep Apnea - risk factors, comorbidities, evaluation and management
- 10.3 Obesity Hypoventilation Syndrome - evaluation and management
- 10.4 Sleep related movement disorders, Cheyne- stokes breathing, management of morbid obesity, Multiple sleep latency test.

11. Basic Science, Radiology and Pathology in Respiratory Diseases

- 11.1 Pulmonary physiology including principles and interpretation of pulmonary function tests
- 11.2 Ultrasonography for respiratory diseases
- 11.3 Principles and interpretation of Chest radiograph and CT scan
- 11.4 Histology and cytopathology in respiratory diseases - malignant and Granulomatous conditions

12. Pulmonary involvement in other systemic diseases

13. Intervention and diagnostic procedures in respiratory diseases

- 13.1 Bronchoscopy - indications, preparation, procedure and complications
- 13.2 Medical Thoracoscopy - indications, preparation, procedure and complications
- 13.3 Principles of Endobronchial Ultrasound and rigid bronchoscopy

14. Principles of surgical management in respiratory diseases

- 14.1 Principles of thoracic surgery in respiratory diseases
- 14.2 Principles of Lung Transplant
- 14.3 Preoperative respiratory evaluation