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
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, bronceal 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, rheuratic fever, ischemic heart diseases
   2.1.5 Common diseases of urinary system: UTI, Haematurea
   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, prolong 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, Dincharya, Ritucharya, Yoga, Meditation, etc) with their impact in health
3.2 Urges (आरोग्यिक बेगान्व) : type, definition and importance in health
3.3 Four tires of treatment (चिकित्साका ४ पार्द) and their qualities as described in Ayurveda
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?