

प्रदेश लोक सेवा आयोग,
कोशी प्रदेश, विराटनगर
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसिज
(ज.हे.स.) समूह, आठौं तहका पदहरूको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छ :

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामूहिक परीक्षण र अन्तर्वार्ता	४०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण (First Phase)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्क	समय
प्रथम	जनरल हेल्थ सर्भिसिज	१००	४०	वस्तुगत: बहुवैकल्पिक प्रश्न (MCQs)	१०० प्रश्न X १ अङ्क	१ घण्टा ३० मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० प्रश्न X १०	३ घण्टा

३. अन्तिम चरण:- सामूहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)

विषय	पूर्णाङ्क	परीक्षण प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	-

द्रष्टव्य:-

- यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा अन्तिम चरण (सामूहिक परीक्षण र अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
- प्रश्न पत्र अंग्रेजी वा नेपाली भाषामा हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, क्यालकुलेटर, हेडफोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।
- विषयगत प्रश्नका लागि तोकिएका अङ्कका हकमा एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्नअन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ।
- परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।
- द्वितीय पत्र (विषयगत प्रश्न हुने पत्र)का हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तर पुस्तिकामा लेख्नु पर्नेछ।

९. प्रथम र द्वितीय पत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या देहाय अनुसार हुनेछः

प्रथमपत्र एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६
प्रश्नसंख्या	१०	४	४	४	४	८	४	४	६	४	८	८	१०	८	४	१०
खण्ड	A					B					C		D			
द्वितीयपत्र एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६
प्रश्नसंख्या	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१

१०. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/ विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।

११. प्रथम चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्तामा सम्मिलित गराइने छ।

१२. प्रथम चरणको लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।

१३. पाठ्यक्रम लागू हुने मिति:- २०८०/०२/०३

प्रदेश लोक सेवा आयोग,
कोशी प्रदेश, विराटनगर
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, ज.हे.स. समूह, आठौं तहका
पदहरूको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम तथा द्वितीय पत्र:- जनरल हेल्थ सर्भिसिज

Etiology, Symptoms, Signs, Investigations and Curative and Preventive Management of the following Health related problems:

Section A (1st Paper 26 Marks, 2nd Paper 30 Marks)

1. General Medicine:

1.1 Pulmonary diseases:

Disorders of airways: acute and chronic airway obstructions, tracheal and bronchial obstructions and stenosis
Obstructive lung diseases: asthma, COPD,
Bronchiectasis, Allergic bronchopulmonary aspergillosis, cystic fibrosis
Pulmonary infections: pneumonia, lung abscess,
Pulmonary neoplasm and mediastinal mass
Interstitial lung disease
Sarcoidosis
Disorders of pulmonary circulation: pulmonary venous thromboembolism, pulmonary hypertension, pulmonary vasculitis
Environmental and occupational lung disorders
Medication and radiation induced lung injury
Pleural diseases: effusion, pneumothorax
Acute respiratory failure and ARDS
Indication of Lungs Transplant
SARS, Bird Flu, Covid-19 and related viral infections.

1.2 Cardiovascular Diseases:

Congenital Heart Diseases
Valvular Heart Diseases, Rheumatic fever, Rheumatic heart diseases
Infective endocarditis
Coronary Heart Disease
Disorders of Rate and Rhythm
Heart Failure
Myocarditis and The Cardiomyopathies
Disease of pericardium
Hypertension

1.3 Gastrointestinal Disease:

Symptoms and sign of Gastrointestinal Disorders: (Dyspepsia, Nausea & vomiting, Hiccups, Constipation, Diarrhea)
Gastrointestinal Bleeding, Acid peptic diseases, Gastro-esophageal reflux
Disease of The Peritoneum

Disease of The Intestine (Ulcerative colitis, Crohns disease, Worm infestation, Gastroenteritis)

Diseases Of Liver and biliary tract (Alcoholic liver disease, Cirrhosis of liver and complications, Hepatitis, Hepatic encephalopathy)

Disease of Pancreas (Pancreatitis)

1.4 Blood and Lymphoreticular Diseases:

Anaemias

Leukemias and Myeloproliferative Neoplasms

Lymphomas

Blood Transfusions

Platelets Disorders

Rheumatologic , Immunologic & Allergic Disorders

Autoimmune Disease(SLE)

Vasculitis Syndrome

1.5 Neurological Diseases:

Spina bifida

Headache

Epilepsy and seizure disorders, Neurocysticercosis

Cerebrovascular accident and stroke, Paraplegia, Quadriplegia

Infections of Brain and spine (Meningitis and encephalitis)

Multiple Sclerosis

Parkinsons disease

Myasthenia gravis

Gullian Barre syndrome

Peripheral Neuropathies

Disorders of Neuromuscular Transmission

1.6 Endocrine and Metabolic Diseases:

Diseases of The hypothalamus & Pituitary Gland

Disorders of Thyroid Gland

Disorders of The Parathyroids

Disease of Adrenal cortex

Pheochromocytoma

Clinical use of corticosteroid

Diabetes Mellitus, its complications & Hypoglycemia

Dyslipidemia

Nutritional and Obesity

1.7 Renal diseases:

Disorders of the Renal tubules leading to disturbances of Acid -base and potassium

Acute Kidney Injury

Chronic Kidney Disease, Dialysis, Renal transplantation

Nephrotic syndrome

Glomerulonephritis

Renal Vasculitis & Lupus Nephritis

Hereditary and Familial Renal Disease
Hepatorenal Syndrome
Infections of Kidney

1.8 Infectious and Tropical Diseases:

Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Measles, Mumps, Snakebite, Rabies, Insect bite, Scrub typhus, Tuberculosis(Pulmonary and extra pulmonary), Food Poisoning, Tetanus, Scorpion Bite, HIV, UTI, Poliomyelitis, Dengue, Neglected tropical diseases.

2. Emergency Medicine:

Resuscitation and BLS (Basic life support), PTC (Principle of trauma care), Management of acute poisoning, Coma, Acute abdomen & chest pain, Status Epilepticus, Acute severe asthma, multiple traumas including head injury, Catheterization, NG Tube Insertion, IV-line opening, Disaster management

3. Psychiatry:

Schizophrenia and psychotic disorders
Mood disorders(Depression, Mania, BPAD)
Neurotic, Stress related and somatoform disorders(Anxiety, OCD)
Substance related and addictive disorders
Organic mental disorders(Dementia, Delirium)
Sleep Disorders
Eating disorders(Anorexia nervosa, Bulimia)
Personality disorders
Child psychiatry(ADHD, Autism)

4. Dermatology and STD:

Hansen's disease, Fungal infections, Viral infections
Protozoal, Arthropods and Parasitic infections
Sexually transmitted infections and Venereal diseases
Papulosquamous disorders(Psoriasis, Lichen Planus)
Vesicobullous disorders
Drug Eruptions
Dermatitis, Urticaria

5. Pharmacology:

Poison and Toxicology including Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom poisoning, Organochlorine 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
Rational drug use, antimicrobial resistance, pharmacokinetics, pharmacodynamics, pharmacovigilance.

Section B (1st Paper 26 Marks, 2nd Paper 20 Marks)

6. Surgery and Allied

6.1 General:

Sinus, Fistula, Ulcer, Wounds, Surgical nutrition, Shock
Basics of trauma management: abdominal, thoracic, head trauma
Thermal injuries, Burn management, Hernia

6.2 Breast: abscess, benign lesions and carcinoma

6.3 Endocrine: Thyroid benign lesions and carcinoma

6.4 Gastrointestinal: Diseases of esophagus, Upper GI bleeding, Acute abdomen Diseases of stomach(PUD, carcinoma, GOO), Intestinal obstruction, Small and large intestine(benign and malignant conditions, Diseases of rectum and anal canal(haemorrhoids, fissure, prolapse, carcinoma), Appendicitis and its complications, Diseases of liver(hydatid cyst, abscess), Pancreas(pancreatitis and its complications, malignant conditions), Gall bladder and biliary tree(gall stone disease, carcinoma gall bladder, cholangiocarcinoma)

6.5 Urosurgery: Testicular disorders(undescended testis, torsion, epididymoorchitis, hydrocele, varicocele), Acute retention of urine, Urethral and penile disorders(phimosis, paraphimosis, stricture, hypospadias), Bladder(carcinoma, suprapubic cystostomy), Kidney(Polycystic kidney disease, hydronephrosis, renal calculi, pyelonephritis, renal cell cancer, Wilms tumor), Prostate(BPH, carcinoma)

6.6 Vascular surgery: Thrombo angitis obliterans, DVT, Varicose veins

7. Anaesthesiology:

Principles of administering safe general anaesthesia, Local Anaesthesia, Principle and types of regional anaesthesia, Muscle relaxants, Postanaesthetic complications, ACLS and cardiopulmonary resuscitation including airway management, Lumbar Puncture, Endotracheal Intubation, PAC.

8. Ear, Nose, Throat and Oral Cavity

8.1 Ear: Foreign bodies and wax, Otitis externa, Otomycosis, Otitis media and complications, Menieres disease, Otosclerosis, Facial nerve lesions, Glomus tumor, Hearing loss

8.2 Nose and paranasal sinus: Foreign body nose, Nasal polyps, Rhinosporidiosis, Epistaxis, Rhinitis, Sinusitis, Septal abscess

8.3 Pharynx: Tonsillitis, Peritonsillar abscess, Pharyngitis, Nasopharyngeal angiofibroma, nasopharyngeal carcinoma

8.4 Larynx: Laryngeal obstruction, laryngotracheobronchitis, epiglottitis, vocal cord paralysis, carcinoma larynx, tracheostomy

8.5 Oral cavity: Parotid(parotitis, benign swellings), Ludwigs angina, submucosal fibrosis, leukoplakia, dental caries, dentigerous cyst, TMJ dislocation, Le Forts fracture

9. Orthopedics and Trauma:

Infection of bone and joints(osteomyelitis, septic arthritis, tuberculosis spine and hip)

Bone tumors

Fracture(management,complications),Dislocations, RTA management,

Crush Injury,compartment syndrome, Amputation

Prosthesis and Orthotics, Physiotherapy, Traction and splintage

Low backpain, Spine Injury, Peripheral nerve injuries

Metabolic bone diseases(Rickets, osteomalacia, scurvy, osteoporosis, Pagets disease)

Joint disorders(Osteoarthritis, Rheumatoid arthritis, seronegative spondyloarthropathies, Gout)

Pediatric orthopedics(DDH, CTEV)

Sports injuries

10. Ophthalmology:

Injuries of Eye, Foreign Body in Eye

Conjunctivitis, Trachoma, Corneal ulcer, Scleritis, Episcleritis

Lens: Cataract

Retina: Retinal detachment, Diabetic and hypertensive retinopathy, Retinoblastoma

Uvea: Uveitis, iridocyclitis

Refractive errors: Myopia, hypermetropia, astigmatism, presbyopia

Strabismus

Glaucoma

Optic neuritis

Adnexae and orbit: epiphora, dacryocystitis, stye, chalazion, blepharitis, ptosis, proptosis,

Orbital cellulitis

Blindness: Definition, causes

Section C (1st Paper 16 Marks, 2nd Paper 20 marks)

11. Obstetrics and Gynecology:

11.1 Obstetrics:

Antenatal, Natal and Postnatal care, Diagnosis in obstetrics and fetal monitoring

Pregnancy Induced Hypertension, Eclampsia, Anemia in pregnancy, Diabetes Mellitus in

Pregnancy, Hyperemesis Gravidarum, Antepartum/postpartum hemorrhage, Abortion,

Multifetal pregnancy, Oligo/polyhydramnios, Rh negative pregnancy, Molar pregnancy,

Ectopic pregnancy

Normal and abnormal labour, Preterm labour, PROM, Stages of labor and management,

Rupture Uterus, Obstructed Labor

Intrauterine death

11.2 Gynaecology:

Disorders of menstruation, Menopause, HRT

PCOD

Congenital malformations

Genital tract infections

Urogynaecology: pelvic organ prolapse, fistula

Infertility

Contraception

Uterine fibroid, endometriosis and dysmenorrhea

Uterine cancer, Cervical cancer and CIN, ovarian tumors

11.3 National programs:

Safe motherhood and newborn programme, Safe abortion services and Measures to decrease MMR (maternal mortality rate).

12 Paediatrics and Childhood diseases:

12.1 Vaccine preventable diseases, Acute Flaccid Paralysis

Genetic diseases(Downs syndrome, Turners syndrome)

Infectious diseases: diarrheal diseases and dehydration, pneumonia, bronchiolitis, meningitis, congenital infections

Cyanotic and Acyanotic Congenital Heart Disease

Protein-energy Malnutrition and Vitamin Deficiencies

Growth and development, Mental Retardation

Neonatology: Essential newborn care, Neonatal resuscitation, Breastfeeding, Neonatal sepsis, Hypothermia, Low birth weight, Physiological versus pathological jaundice.

12.2 National programs/guidelines/acts and regulations related to decrease the neonatal and under-5 mortality rate, CB and FB IMNCI (Integrated management of childhood illness), National nutrition program, National Immunization Programme(NIP).

Section D (1st Paper 32 marks, 2nd Paper 30 marks)

13 Community Medicine

13.1 Concept of health and disease: Health indicators, different levels of prevention

Epidemiology: Types of epidemiological studies, investigation of an epidemic, problem solving on epidemic of infectious disease

Screening of disease

Demography and reproductive health

Environment and health: Safe water and sanitation, Climate change, Biomedical waste management, Insects and Vector Control, Housing

Health Education and communication methods (Doctor Patient Relationship)

Bio Statistics

Management and administrative Requirement of the Job Description as drawn up by the Ministry for Medical Officers

13.2 Priority National and Provincial health programs :

Female Community Health volunteer Program, Primary Health Care Outreach, Malaria control program, Kalazar elimination program, Dengue control program Lymphatic Filariasis program, National TB control program, Leprosy control program, HIV/AIDS/STD control program, Other

13.3 Structural organization of MOHP, DoHS, Provincial Ministry of health and local levels.

Health Information System (ELMIS, DHIS, HMIS)

Sustainable development goals, Current Five Year National plan

Periodic plan of Koshi province

Inter Governmental Management in Health Administration

14. Forensic Medicine and Jurisprudence:

Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Saponification, Wounds, Rape, Infanticide, Abortion, Homicide, Suicide, Procedure for Identification

15. Acts related to Health and Medical Profession:

National and Provincial Health Policy, Nepal Medical Council Act, Mother's Milk Substitute Act, Abortion act nepal, Organ Transplant Act, Social Service unit, One-stop Crisis Management Centre (OCMC), Health professional and health institutions protection Act, 2079, Health insurance policy.

16. Basic Knowledge on Management, Applicable Legislations and Recent advances

16.1 Recent advances

Palliative care, Critical care management

16.2 Management aspects and Governance

16.2.1 Management concepts:

Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Budgeting, Motivation
Leadership
Decision making
Conflict management
Supervision, Monitoring, Evaluation

16.2.2 Project cycle

16.2.3 Good governance

16.3 Applicable Legislations

नेपालको संविधान: भाग ३ (मौलिक हक तथा कर्तव्य), भाग ४ (राज्यका निर्देशक सिद्धान्त, नीति तथा दायित्व) र स्वास्थ्य सम्बन्धी प्रावधानहरू
सार्वजनिक खरिद ऐन, २०६३ तथा सो को नियमावली, २०६४
सूचनाको हक सम्बन्धी ऐन, २०६४
संघीय निजामती सेवा, प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा सम्बन्धी कानूनहरू
स्थानीय सरकार संचालन ऐन, २०७४
प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६ र सो को नियमावली, २०७९
कोशी प्रदेशको जनस्वास्थ्य सेवा ऐन, २०७७
स्वास्थ्य सेवासँग सम्बन्धित अन्य नीतिगत व्यवस्थाहरू

नमूना प्रश्नहरू (Model Questions)

वस्तुगत बहु वैकल्पिक नमूना प्रश्नहरू (SAMPLE QUESTIONS)

1. A lady comes in medicine OPD with tender neck swelling, raised fT3 and fT4 and decreased TSH. She is on NSAIDS since last three days, but her pain is not improving. What will be the next proper management?
 - a. Give steroid and reassure that pain will subside
 - b. Biopsy
 - c. Add Antibiotic

d. Iodine Therapy
(Answer A)

2. Mechanism of action of allopurinol is
- a. Xanthine oxidase inhibition
 - b. GABA inhibition
 - c. Opens Na⁺ channel
 - d. All of the above
- (Answer A)

3. The most common site of prolapsed intervertebral disc
- a. C5-C6
 - b. L5-S1
 - c. L4-L5
 - d. B and C
- (Answer C)

4. Which of the following is not a Schneider's first rank symptom of Schizophrenia?
- a. Hallucinations
 - b. Thought withdrawal
 - c. Delusion of persecution
 - d. Insomnia
- (Answer D)

5. Commonest organism causing acute epiglottitis is
- a. Staphylococcus
 - b. Pneumococcus
 - c. Pseudomonas
 - d. H.influenzae
- (Answer D)

विषयगत नमूना प्रश्नहरू (SAMPLE QUESTIONS)

1. There is an outbreak of diarrhoea in a village nearby your Primary Health Centre. How will you investigate and manage the outbreak?
2. What are the provisions for health and health related issues in the constitution of Nepal?
3. List the differential diagnosis of acute onset shortness of breath. What primary management will you do?
4. What will be your steps to reduce the high maternal mortality rate in Koshi Province?
5. Five years male child presented with high grade fever and unable to bear weight Rt. Lower limb. How will you proceed? Differentiate between septic arthritis and acute osteomyelitis.