

प्रदेश लोक सेवा आयोग

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्रदेश स्वास्थ्य सेवा, डेण्टिष्ट्री समूह, जनरल डेण्टल, पाँचौं तह, डेण्टल हाइजिनिष्ट वा सो सरहको पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण: लिखित परीक्षा

पूर्णाङ्क: २००

द्वितीय चरण: अन्तर्वार्ता

पूर्णाङ्क: ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	सेवासँग सम्बन्धित कार्य-ज्ञान (Job based-knowledge)	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (MCQs)	Section A: २० प्रश्नx२ अङ्क=४० अङ्क Section B: २० प्रश्नx२ अङ्क=४० अङ्क Section C: १० प्रश्नx२ अङ्क=२० अङ्क	४५ मिनेट
द्वितीय	सम्बन्धित कार्य-ज्ञान (Job based-knowledge)	१००	४०	विषयगत (Subjective)	Section A: २ प्रश्नx १० अङ्क=२०अङ्क ४ प्रश्नx ५ अङ्क=२० अङ्क Section B: २ प्रश्नx १० अङ्क=२०अङ्क ४ प्रश्नx ५ अङ्क=२० अङ्क Section C: ४ प्रश्नx ५ अङ्क=२० अङ्क	२ घण्टा ३० मिनेट

द्वितीय चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	३०	मौखिक	

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ, सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । दुवै पत्रको लिखित परीक्षा एकै दिनमा समेत लिन सकिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको 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 ।
- वस्तुगत बहुवैकल्पिक प्रश्न हुने परीक्षामा OMR उत्तरपुस्तिका प्रयोग भएकोमा निर्देशित स्थानमा निर्देशन बमोजिम Bubble लगाउने र OMR बाहेकको उत्तरपुस्तिका प्रयोग भएकोमा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी Capital letters: A, B, C, D मा लेख्नुपर्नेछ । Small letters: a, b, c, d मा लेखेको वा अन्य कुनै सङ्केत गरेको भए त्यस्तो उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्न हुने पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव परीक्षा योजनामा उल्लेख भए अनुसार हुनेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा तीन महिना अगाडि संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।

पाठ्यक्रम लागू मिति: २०८१/८/२३

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प्रथम र द्वितीय पत्र

सेवासँग सम्बन्धित कार्य-ज्ञान (Job based knowledge)

खण्ड (Section) (A)

1. Health service system

- 1.1. Health service system in Nepal
- 1.2. History of the development of dental health services in Nepal
- 1.3. Purpose and characteristics of a dental health care system
- 1.4. Ayurvedic, homeopathic and allopathic approaches to dental health care
- 1.5. Introduction and functions of management
- 1.6. Health Management and Dental Health Management
- 1.7. Health Service planning system in Nepal
- 1.8. Types of health service organizations in Nepal including dental health services
- 1.9. Purpose, important and process of Health Management Information System (HMIS), use of the different types of HMIS forms, records and reports
- 1.10. Activities and goals Non-Governmental Organizations (NGOs) and International Non-Governmental Organizations (INGOs) are working in health sectors and their role in promoting the health care system
- 1.11. Objectives and activities of national health programs
- 1.12. National Health Policy and National Oral Health Policy
- 1.13. General knowledge of current periodical plan related to health
- 1.14. Code of conduct for Dental Hygienist and its purpose
- 1.15. Formation, activities and functioning of the Nepal Health Professional Council

2. Periodontics

- 2.1. Introduction, scope and historical background of periodontology/periodontics
- 2.2. Definition, normal clinical and microscopic features of gingiva; development of gingival sulcus; renewal of gingival epithelium; blood supply, lymphatic drainage and nerve supply of gingiva; correlation of normal clinical and microscopic features of gingiva
- 2.3. Definition and functions of periodontal ligament and its fibers with illustrations
- 2.4. Describe cementum and its structure;
- 2.5. Definition and structure of alveolar process; occlusal forces and the periodontium;
- 2.6. Definition of epidemiology, incidence and index; epidemiology, prevalence and incidence of periodontal disease; indices used in periodontics;
- 2.7. Definition, structure, composition, physiologic properties and microbiology of dental plaque; formation of dental plaque; role of dental plaque in periodontal disease, association of plaque micro-organisms with periodontal disease, mechanism of inflammatory cell response
- 2.8. Classification, composition and etiologic significance of dental calculus
- 2.9. basics of Aging and its effect on periodontium
- 2.10. Plaque control measures and its significance, classification of plaque control methods; personal oral methods; use of disclosing agents
- 2.11. Tooth brush and its types; dentifrices and its composition; composition and mechanism of action of fluoridated toothpastes and desensitizing toothpastes; various types of tooth brushing methods and their significance in different patients; use of toothpick, dental floss, inter-dental brushes and gum massage/ gum stimulator
- 2.12. Basics of chemical plaque control agents and their mechanism of action
- 2.13. Periodontal instrument design and classification; various diagnostic instruments; various manual periodontal instruments including hoe, files; various scalers, curets and root planning instruments; sonic, ultrasonic and piezo-electric scalers
- 2.14. Anatomic descriptions and considerations during periodontal instrumentation; patient and operator position; instrument grasp; establishing finger rests; instrument angulations, activation and adaptation; various strokes of using manual instruments
- 2.15. Principles and objective of sharpening; various sharpening stones and materials; sharpening of sickle scalers and curettes

3. Basics of Oral Pathology and Microbiology

- 3.1. Basics of inflammation and abscess
- 3.2. Basics of spaces of Oro-facial region; cellulitis and its complications; common dental space infections and its complications;
- 3.3. Basics of Common oral ulcerations and lesions afflicting oral cavity; common viral lesions afflicting oral cavity; various pre-cancerous lesions and conditions

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- 3.4. Basics of Oral manifestations of diabetes mellitus, leukemia, anemia, syphilis, tuberculosis, AIDS; candidiasis and oral thrush; HIV/AIDS and its prevention, mode of infection and oral manifestations; infective endocarditis and risk factors; clinical features and prophylaxis of infective endocarditis
- 3.5. Introduction to micro-organisms (bacteria, virus, fungi, protozoa, amoeba)
- 3.6. Source, types, clinical features and sequelae of infection
- 3.7. Definition of infection control, sterilization and disinfection; various levels of infection control; antiseptic and asepsis
- 3.8. Different methods of sterilization; fumigation procedure and safety factors
- 3.9. Definition and procedures followed in universal precaution
- 3.10. Concept and process of hand scrubbing in operatory with their significance; self-protection in operatory; process of decontamination of gloves, linens and surgical drapes; decontamination process of decontamination of dental equipment and instruments including dental chair, hand piece, suction apparatus, x- ray films
- 3.11. Types of waste management; clinical wastes and procedure of waste management of dental operatory; dental amalgam waste management
- 4. Basics of Oral Medicine and Radiology**
 - 4.1. Oral medicine- definition
 - 4.2. Basics of Principles of oral diagnosis, swelling, ulcer, sinus, fistula, mucosal lesions, pain and TMJ problems definitions
 - 4.3. Concepts of provisional diagnosis and differential diagnosis
 - 4.4. Diseases of the tongue and its manifestations in systemic diseases
 - 4.5. Concept of pre-malignancy complications premalignant lesions and conditions and
 - 4.6. Oral cancer etiology, epidemiology, screening, clinical features, diagnosis, prevention and complications
 - 4.7. Diseases of salivary glands and complications.
 - 4.8. Biologic effects of radiation and radiation protection
 - 4.9. Principles of radiotherapy preparation of patient for oral radiotherapy
 - 4.10. Basic radiographic techniques - IOPA, OPG, Lateral Ceph
- 5. Basics of Oral and Maxillofacial Surgery**
 - 5.1. Principles of surgery
 - 5.2. Local anesthesia in dentistry, composition, mechanism of action, complications
 - 5.3. Type of mandible and maxilla fracture and its basic management
 - 5.4. Basics of Impacted teeth
 - 5.5. Oro-facial pain in brief
 - 5.6. Common medical emergencies, odontogenic space infections in brief
 - 5.7. Assisting Dental Surgeons during various dental procedures

खण्ड (Section) (B)

- 6. Basics of Conservative and Endodontics**
 - 6.1. Definition, etiology, clinical features, sequelae and prevention of dental caries
 - 6.2. Etiology, clinical features and sequelae of pulp and periapical tissues
 - 6.3. Classify dental injuries and storage of avulsed tooth following tooth avulsion
 - 6.4. Classify instruments for restorative and endodontic procedures
 - 6.5. Discuss the manipulation of various materials such as amalgam, composite, cements, calcium hydroxide, sealers
- 7. Dental Materials, Instruments and Dental Assisting**
 - 7.1. Commonly used dental materials; importance of disinfection of dental materials; requirement of shelf life and storage of dental materials
 - 7.2. Gypsum products and its application in dentistry; manipulation process of gypsum products; calculation of recommended water power ratio; process of disinfection of gypsum materials
 - 7.3. Definition and classification of impression materials; desirable properties, process of transfer and storage of impression materials
 - 7.4. Ideal requirements and manipulation process of impression compound, zinc oxide eugenol impression paste, alginate, elastomeric impression material
 - 7.5. Types of dental waxes and manipulation process of modeling wax
 - 7.6. Dental models, cast and die materials and different dental materials used for making them; manipulation process of dental plaster, dental stone and die stone; laboratory process of pouring and base forming of cast
 - 7.7. Identification and classification of dental instruments
 - 7.8. Classification and types of impression trays; methods of sterilization of impression trays

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- 7.9. Various parts of dental chair and their functions
- 7.10. Various positions of the operator and the assistant; various steps of patient preparation before operative procedure; post treatment instructions after various dental procedures
- 7.11. Different methods of saliva control and isolation; cotton roles for saliva control
- 7.12. Cleaning of dental equipment including suction apparatus, amalgamator, scaling machine, autoclave, light cure machine, compressor
- 7.13. Assisting Dental Surgeons during various dental procedures
- 8. Basics of Prosthodontics**
 - 8.1. Etiology, clinical features and sequel of partial edentulous situation
 - 8.2. Prevention of partial edentulism
 - 8.3. Etiology and clinical features of edentulous situation
 - 8.4. Prevention of edentulism
 - 8.5. Instruments for various prosthodontic procedures
 - 8.6. Sterilization and maintenance of instruments and equipment
 - 8.7. Manipulation of various materials such as alginate, impression compound, various luting cements, zinc oxide eugenol
- 9. Basics of Orthodontic**
 - 9.1. Squeal of malocclusion
 - 9.2. Complication of deep bite
 - 9.3. TMJ problem referral
 - 9.4. Referral - cross bite
 - 9.5. Ideal age for orthodontic correction
 - 9.6. Immediate treatment required cases for referral
- 10. Basics of Pedodontics**
 - 10.1. Complication of extraction in children
 - 10.2. Complication of thumb sucking habit
 - 10.3. Avulsion of a tooth and storing media
 - 10.4. Different space maintainers used in children

खण्ड (Section) (C)

१. नेपालको संविधानको भाग १ देखि ५ र भाग १३ देखि २२ सम्म तथा अनुसूची ५ देखि ९ सम्म
२. प्रदेश निजामती सेवा ऐन, २०७९ (कोशी प्रदेश)
३. प्रदेश निजामती सेवा नियमावली, २०८१ (कोशी प्रदेश)
४. स्थानीय सरकारी सेवा (गठन तथा सञ्चालन) ऐन, २०८० (कोशी प्रदेश)
५. प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६ (कोशी प्रदेश)
६. प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) नियमावली, २०७७ (कोशी प्रदेश)
७. प्रदेश लोक सेवा आयोग ऐन, २०७६ (कोशी प्रदेश)
८. प्रदेश लोक सेवा आयोग नियमावली, २०८१ (कोशी प्रदेश)
९. प्रदेश आर्थिक कार्यविधि तथा वित्तीय उत्तरदायित्व ऐन, २०७८ (कोशी प्रदेश) को परिच्छेद १ र परिच्छेद ६ सम्बन्धी जानकारी
१०. कोशी प्रदेशको योजनावद्ध विकास तथा चालु आवधिक योजना सम्बन्धी सामान्य जानकारी