

प्रदेश लोक सेवा आयोग, प्रदेश नं. २  
 स्वास्थ्य सेवा, अव्स्ट्रेटिक्स तथा गाइनो समूह, नवौ तहको खुला र अन्तर सेवा प्रतियोगितात्मक परीक्षाका  
 लागि पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject	Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management 50	100	40	$6 \times 5 = 30$ (Short answer) $2 \times 10 = 20$ (Long answer)	3.00 hrs
		Part II: General Health Issues 50			$4 \times 5 = 20$ (Short answer) $3 \times 10 = 30$ (Long answer)	
II	Technical Subject		100	40	$4 \times 15 = 60$ (Critical Analysis) $2 \times 20 = 40$ (Problem Solving)	3.00 hrs

द्वितीय चरण (Second Phase)

Paper	Subject	Full Marks			Time Allowed
	Interview	30		Oral	

द्रष्टव्य :

- लिखित परीक्षाका माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरुका लागि प्रथम पत्रका पाठ्यक्रमका विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject का पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र का लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रवाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रवाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रका परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रवाट हुनेछ ।
- प्रथम पत्रका Part I र Part II को लागि छुट्टाछुट्टै (Part I का लागि एउटा र Part II का लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रका लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरु छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरु, परीक्षाका मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भइ हटाईएका वा थप गरी संशोधित भइ कायम रहेका) लाई यस पाठ्यक्रममा परेका सम्भन्न पर्दछ ।
- पाठ्यक्रम लागु मिति: २०७८।०२।२५ गते देखि ।

**Paper I: General Subject**  
**(Management and General Health Issues)**

**Part I: Management**

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
12. Leadership: concept, functions, leadership styles, leadership and management effectiveness
13. Coordination: concept, need, types, techniques, and approaches of effective coordination
14. Communication: concept, communication process and barrier to effective communication, techniques for improving communication
15. Three level government coordination for health sector development

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## Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2071
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Province and District and Local level, Province government, Province no.2, Health related Acts, Rules and Regulations
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices
10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery
20. Province no.2, Province level health related infrastructure and statistics.
21. Province no.2, Province Public Service Commission Act, 2077
22. Province no.2, Health related Act, Rule and Regulations.

## Paper II: Technical Subject

### A. Obstetrics

- 1) **Anatomy:** Knowledge of anatomy of abdomen and pelvis applied to surgical procedures undertaken by the obstetrician and gynaecologist.
- 2) **Pathology:** Infection, inflammation therapeutic intervention (especially by the use of irradiation, cytotoxic drugs and hormones), disturbances in blood flow, loss of body fluids and neoplasia. Knowledge about changes in haemostasis in health and disease of a pregnant woman.
- 3) **Pharmacology:** Knowledge of those drugs used in obstetrics and gynaecology Hormonal contraceptives in pregnancy and gonadotrophins and drugs contraindicated in pregnancy.
- 4) **Immunology:** Immunological changes in pregnancy; fetal development of the immune system, with particular knowledge of rhesus and isoimmunisations.
- 5) **Infectious diseases:** Knowledge of infectious diseases affecting pregnant and non-pregnant woman and fetus in utero. Knowledge of epidemiology, diagnostic techniques, prophylaxis, immunization and the use of antibiotics and antiviral agents.
- 6) **Epidemiology and statistics:** Collect data apply methods of statistical analysis. Knowledge of setting up clinical trials and the ability to interpret data through commonly used terms and techniques, interpretation of results of research, investigations, clinical trials design and medical audit.
- 7) **Diagnostic imaging:** Understand the application of ultrasound, computerized tomographic scanning and magnetic resonance imaging.
- 8) **Radiodiagnosis:** Basic head skull and abdominal radiography in different views. Contrast radiography of different organs like IVP, Ba-series, Hysterosalpingography. Radiology of bones and joints.

Recent advances in radiology like CT, MRI and radioisotope scanning Genetics and embryology. Detailed knowledge of normal and abnormal karyotypes, of the inheritance of genetic disorders and of the genetic causes of early abortion to diagnosis fetal abnormality, intrauterine treatment of the fetus genetics and embryology. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.

- 9) **Normal pregnancy:** Changes maternal and fetal physiology during normal pregnancy, antepartum care its, aim and methods changes of implementation, i.e. organization of intrapartum care, including obstetrical analgesia and anaesthesia and anaesthesia, and of the normal puerperium. Importance of Nutrition during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.
- 10) **Abnormal pregnancy:** Knowledge of all aspects of abnormality during pregnancy, labor and puerperium and their management. Understand effects of pre-existing disease (obstetrical, gynaecological medical or surgical) on pregnancy and demonstrate the ability to provide informative counseling before, during and after pregnancy. Knowledge of neonatal resuscitation and of the principles of neonatal management, Respiratory distress syndrome (RDS), prematurity and congenital abnormality.

## B. Gynaecology

1. **Prepubertal gynaecology:** Knowledge of normal and abnormal sexual development paediatric pathology and its management, normal puberty, and its disorders and their management.
2. **Adolescent gynaecology:** Disorder of behaviour and sexual function counseling for safe living.
3. **Menstruation:** Physiology of normal menstruation, pathophysiology of menstrual disorders their investigation and management. Menopause and its management.
4. **Infertility:** Causes of infertility, investigation and management of the infertile couple, techniques involved in assisted reproduction.
5. **Infection:** Sexually transmitted diseases including AIDS.
6. **Abortion:** Cause of abortion, its management, complication of therapeutic abortion and its legal aspects.
7. **Contraception:** Various methods of permanent and temporary contraceptives, their uses and side effect.
8. **Psychosexual medicine:** Management of psychosexual problems including puerperal psychosis and the psycho social impact of violence against women
9. **Urogynaecology:** Surgical and non- surgical management urogynaecological problems.
10. **Gynaecological oncology:** Epidemiology and aetiology and the principles of carcinogenesis, tomour immunology and pathology. Diagnostic techniques and staging of gynaecological tumors. Treatment including surgery, radiotherapy, chemotherapy, and terminal care of patients dying due to gynaecological malignancy.
11. **Breast:** Problems of lactation and its management, Breast Lump and its management.
12. **Obstetrical and Gynaecological surgery:** Principle of obstetric and gynaecological (surgery) procedures preoperative assessment and post operative care.
13. **Ethics and the law:** Basic ethical and legal issues involved in contemporary obstetrical and gynecological practice, Introduction to ethical theories, medical ethics, Professional ethics, Ethics in research, Ethics in health policy.
14. **Recent advances and subspeciality:** Uro-gynaecology, Infertility, Gynaecology oncology,
15. **Community obstetrics and gynaecology:**
  - 15.1. Knowledge about basics community disease profile
  - 15.2. Definitions and causes of maternal morbidity and mortality and perinatal mortality, neonatal mortality and infant mortality rate.
  - 15.3. Effect of socio cultural behavior in Reproductive health.
  - 15.4. National Health Programmes related to Maternal and child health, continuing health services for maternal care and child health, organizing health care delivery and referral system.
  - 15.5. Future vision to reduce maternal morbidity and mortality and perinatal mortality.