

प्रदेश लोक सेवा आयोग, प्रदेश नं. २  
 स्वास्थ्य सेवा, सर्जरी समूह, अर्थोपेडिक्स सर्जरी उपसमूह, 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 :

1. लिखित परीक्षाका माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
2. नेपाल स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सब उपसमूहहरुका लागि प्रथम पत्रका पाठ्यक्रमका विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject का पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
3. प्रथमपत्र का लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटा प्रश्नपत्रवाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रवाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रका परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रवाट हुनेछ ।
4. 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 ।
5. यस पाठ्यक्रममा जेसुकै 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 सम्फन्न पर्दछ ।
६. पाठ्यक्रम लाग मिति:

**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**

- 1) General Principles of Trauma
  - a) Polytrauma, Mass casualty, Disaster management
  - b) Metabolic Response to trauma
  - c) Blood transfusion and its products
  - d) Fluid and Electrolyte balance
  - e) Shock
  - f) Nutritional support in surgical patient
  - g) Wounds and Fracture healing
- 2) Fractures and Joint Injuries
  - a) Principle of fracture, types grades, complication and its management
  - b) Compartment syndrome, VIC and its management
  - c) Infected Nonunion
  - d) Reflex sympathetic dystrophy/ Fracture diseases.
  - e) Fracture of lower extremity
  - f) Fracture of hip and pelvis
  - g) Fracture of upper extremity and shoulder
  - h) Spinal injury
  - i) Dislocation and Subluxation of joints
  - j) Traumatic disorders of joints, knee, shoulder, wrist and hands
  - k) Hand injury
  - l) Fracture and dislocations in children
- 3) Operative Surgery
  - a) Arthodesis
    - i) Arthodesis of lower extremities and Hip
    - ii) Arthodesis of upper extremities
    - iii) Arthodesis of spine
  - b) Arthroplasty
    - i) Arthroplasty of Hip
    - ii) Arthroplasty of Knee
  - c) Arthroscopy
    - i) Arthroscopy of Knee
    - ii) Arthroscopy of shoulder
  - d) Spinal Surgery
    - i) Surgery for Spinal Trauma
    - ii) Surgery for Spinal infection e.g. T.B.
    - iii) Anterior and posterior instrumentation of spine
    - iv) Other Procedures described in Campbell's Operative Surgery

- 4) Research Related
  - a) Types of study
  - b) Sampling techniques and types
  - c) Probability and its test
  - d) Medical Statistics
  - e) Evidence Based Medicine
  - f) Data presentation and analysis