

प्रदेश लोक सेवा आयोग, प्रदेश नं.२
स्वास्थ्य सेवा, सर्जरी समूह, जनरल 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 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 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/सब उपसमूहहरूका 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 एउटा प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रका परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट 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 उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाका मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भइ हटाईएका वा थप गरी संशोधित भइ कायम रहेका) लाई यस पाठ्यक्रममा परेका सम्झनु पर्दछ ।
- पाठ्यक्रम लागू 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.

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) Basic & Applied
 - a) Applied Surgical Anatomy
 - i) Required to have acknowledge of the structure and function of all system of the body where applicable to common clinical conditions
 - ii) Knowledge of histology to understand the function to tissue and organs as well as growth, degeneration and repair
 - iii) Embryological basic of those common congenital anomalies.
 - b) System
 - i) Nervous system
 - ii) Respiratory system
 - iii) Cardiovascular system
 - iv) Endocrine system
 - v) Muscal skeletal system
 - vi) General – eg. Acid-base balance, fluid and electrolyte balance, nutrition, metabolic response to trauma and sepsis etc.
- 2) Applied Physiology
- 3) Surgical Pathology
 - a) Knowledge of the principles of pathology and microbiology virology in context of surgery including inflammation, infection, neoplasm, response on the tissues to injury disturbance of growth, degeneration processes, repair and regulation.
 - b) Immunology, Genetics
 - c) Neoplastic diseases
 - d) Pathology specimens and etc.
 - e) Nervous system
 - f) Respiratory system
 - g) Cardiovascular system
 - h) Genito-urinary system i)
Gastrointestinal system j)
Muscle skeletal system
- 4) Critical Case
 - a) Emphasis on pathos physiological and fundamental surgical situation eg. Trauma, shock, organ failure, infection etc.
 - i) Clinical pictures
 - ii) Investigation
 - iii) Diagnosis confirmation
 - iv) Management – use of equipments
 - v) Monitoring – complications
 - vi) Counseling – communication
 - vii) Follow-up
- 5) Surgical Management
 - a) Broad Knowledge of principle of management

- i) Clinical practice
 - ii) Investigation
 - iii) Diagnosis
 - iv) Treatment- Conservative, operations, palliative
 - v) Monitoring
 - vi) Follow-up – of the condition of
 - (1) Nervous system
 - (2) Respiratory system
 - (3) Cardiovascular system
 - (4) Gastro intestinal System
 - (5) Genitourinary system
 - (6) Endocrine and breast
 - (7) Musculo skeletal system and soft tissue
 - (8) Trauma/Polytrauma
- 6) Principles of Surgery
- a) Knowledge of the General principle of the practice of Surgery
 - i) Imaging techniques/interventional Radiology
 - ii) Endoscopy/Laproscope
 - iii) Surgery at extremes of life
 - iv) Theatre techniques
 - (1) Aseptic techniques – sterilization
 - (2) Anaesthesia in general, maintenance of homeostasis
 - (3) Basic techniques – suturing material dressing plaster
 - (4) Diathermy
 - (5) Tourniquet
 - v) Wound healing, dehiscence, scar, contractures
 - vi) Post operative complication and management
 - vii) Sepsis in surgery
 - (1) Acute and Chronic, inflammation
 - (2) Wound infection and septicemia
 - (3) Sp, infection, TB, Leprosy, AIDS, Bacterial infection
 - (4) Antiseptic, Antibiotic policies
- 7) Operation Surgery
- a) Nervous System
 - i) Exposure to extra dural haematoma
 - ii) Skull traction
 - iii) Nerve repair and transplant
 - iv) Trauma –skull, spine
 - b) Respiratory System
 - i) F.B. in respiratory tract
 - ii) Tracheostomy, Laryngostomy
 - iii) Chest Drainage

- iv) Thoractomy
- v) Chest trauma (variety of injuries)
- c) Cardiovascular
 - i) Cardio temponand
 - ii) Exposure to artery and vein, embolectomy
 - iii) Amputations
- d) Gastrointestinal System
 - i) All type of GI Surgery of all magnitude and types
 - ii) Different combination of operation
 - (1) Except- transplantation
- e) Genito urinary system
 - i) Suprapubic bladder drainage
 - ii) Cystoscopy
 - iii) Exposure of kidney, calculus, obstructive uropathy
 - iv) Perinephric abscess
 - v) Scrotal/testicular operation
 - vi) Ectopic pregnancy/other pelvic surgery
- f) Endocrine and breast
 - i) Thyroid/parathyroid
 - ii) Breast surgery (no reconstruction)
- g) Musculo skeletal and soft tissue
 - i) Simpe skeletal traction
 - ii) Compartmental syndrome
 - iii) Bone infection
- h) Plastic
 - i) Simple deft lip repair
 - ii) Skin grafting/flaps
 - iii) Skin lesion
 - iv) Lymphnode and biopsy
- i) Other
 - i) Venesection central line
 - ii) Laryngoscope, ET intubation
 - iii) FNAC/trucut needle biopsy
 - iv) Defibrillation
- 8) Recent advance
 - a) Research-inside country
 - b) Recent advance – international
 - c) Not published research work
 - d) Future national vision