

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवाको स्वास्थ्य सेवा, सबै समुह, सबै उपसमूह, अधिकृतस्तर नवौं तह वा सो सरहको
खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम र परीक्षा योजना
पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम चरण	लिखित परीक्षा (Written Examination)	२००
द्वितीय चरण	अन्तर्वार्ता (Interview)	३०

प्रथम चरण: लिखित परीक्षा योजना (Written Examination Schedule)								
Paper	Subject		Full marks	Pass marks	No. of question	Exam System	Question & weightage	Time
I	General Subject	Part I: Management	50	40	8	Short and Long Answer	6x5=30 (Short Answer) 2x10=20 (Long Answer)	3.00 hours
		Part II: General Health Issues	50		7	Short and Long Answer	4x5=20 (Short Answer) 3x10=30 (Long Answer)	
II	Technical Subject		100	40	6	Critical Analysis and Problem Solving	4x15=60 (Critical Analysis) 2x20=40 (Problem Solving)	3.00 hours
द्वितीय चरण: अन्तर्वार्ता (Interview)								
विषय					पूर्णाङ्क	परीक्षा प्रणाली		
अन्तर्वार्ता (Interview)					३०	बोर्ड अन्तर्वार्ता (Board Interview)		

द्रष्टव्य

१. यस पाठ्यक्रम अनुसार दुई पत्रको लिखित परीक्षा लिईनेछ।

२. स्वास्थ्य सेवा अन्तर्गतका सबै समूह, उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ। द्वितीयपत्रको पाठ्यक्रम सम्बन्धित सेवा, समूह र उपसमूह अनुरूप फरक फरक हुनेछ।
३. खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।
४. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी वा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
५. प्रथमपत्रको लिखित परीक्षा सेवा, समूह र उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ। यसैगरी द्वितीयपत्रको परीक्षा सेवा, समूह, उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ।
६. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।
७. लिखित परीक्षामा पाठ्यक्रमको जुनसुकै एकाईबाट पनि प्रश्नहरू सोध्न सकिनेछ।
८. प्रथमपत्र Part I र Part II को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीयपत्रका प्रत्येक प्रश्नका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्।
९. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१०. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
११. लिखित परीक्षा र अन्तर्वार्ताको कुल प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१२. पाठ्यक्रम अध्यावधिक भई लागू हुने मिति: २०८०।११।०२

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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. Human resource management: concept, functions and different aspects
4. Health manpower, recruitment and development
5. Participative management: concept, advantages and disadvantages, techniques of participation
6. Time management: concept, advantages, and disadvantages
7. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
8. Stress management: concept, causes and sources of stress, techniques of stress management
9. Change management: concept, causes and sources and techniques of change management
10. Appreciative inquiry: concept, basic principles and management
11. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
12. Planning: concept, principles, nature, types, instrument and steps
13. Leadership: concept, functions, leadership styles, leadership and management effectiveness
14. Coordination: concept, need, types, techniques, and approaches of effective coordination
15. Communication: concept, communication process and barrier to effective communication, techniques for improving communication, Risk Communication and Community Engagement, Behavioral Change and Communication

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Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Karnali Province Health Policy, 2076
4. National and Karnali province health related plans and strategies
5. Public Health Service Act, 2075 and Regulation, 2077 and other health related acts
6. Karnali Province Civil Service Act, 2080 and Regulations, 2080
7. Karnali Province Health Service Act, 2078 and Regulations, 2080
8. Health service act 2053, health service regulation, 2055
9. Health related Organizational structure of Federal, Provincial and Local level.
10. International health agencies: role and responsibilities of WHO, UNICEF, WFP, UNFPA and interagency relationships
11. Health related professional councils and related acts and regulations
12. Medical ethics in general and its application
13. Indigenous and traditional health practices and faith healing
14. Supervision: types and its usage in health sector
15. Monitoring and evaluation system in health
16. Health related management information systems
17. Health insurance and financing in health care
18. Effects of environmental pollution in public health
19. Importance of water, sanitation and hygiene in public health
20. Disaster and its effect in public health
21. Health volunteers' involvement in health service delivery
22. Community involvement in health service delivery
23. Counseling: Concept, type, importance and its application in health service delivery
24. Emerging and re-emerging diseases including pandemic diseases
25. Major health issues of Karnali province and their management
26. GESI (Gender Equality and Social Inclusion)

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सरहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीयपत्र: प्राविधिक विषय

पूर्णाङ्क: १००

1. General Principles of Trauma

- 1.1 Fall Injury, Poly-trauma, Mass casualty, Disaster management, pre-hospital care
- 1.2 Metabolic Response to trauma
- 1.3 Blood transfusion and its products
- 1.4 Fluid and Electrolyte balance
- 1.5 Shock
- 1.6 Fat embolism, Pulmonary embolism, Crush syndrome
- 1.7 Nutritional support in surgical patient
- 1.8 Wounds and Fracture healing

2. Fractures and Joint Injuries

- 2.1 Principle of fracture, types, grades, complication and its management
- 2.2 Compartment syndrome, VIC and its management
- 2.3 Malunion and Nonunion
- 2.4 Reflex sympathetic dystrophy/Complex Regional Pain Syndrome (CRPS)
- 2.5 Fracture of lower extremity
- 2.6 Fracture of hip and pelvis
- 2.7 Fracture of upper extremity and shoulder
- 2.8 Spinal injury
- 2.9 Peripheral nerve injuries
- 2.10 Dislocation, Subluxation and old unreduced dislocations
- 2.11 Hand injury
- 2.12 Fracture and dislocations in children

3. Operative Surgery

- 3.1 Amputations
 - i. General principles
 - ii. Upper limb
 - iii. Lower limb
- 3.2 Arthodesis
 - i. Arthodesis of lower extremities and Hip
 - ii. Arthodesis of upper extremities
 - iii. Arthodesis of spine
- 3.3 Arthroplasty
 - i. Arthroplasty of Hip

- ii. Arthroplasty of Knee
 - iii. Arthroplasty of Elbow, Radial head, Wrist
 - iv. Arthroplasty of Ankle
- 3.4 Arthroscopy and Sports injuries
 - i. Arthroscopy of Knee
 - ii. Arthroscopy of shoulder
 - iii. Arthroscopy of Hip, Ankle
 - iv. Management of multi-ligamentous Knee Injuries
 - v. Meniscus injuries of Knee
- 3.5 Spine
 - i. Surgery for Spinal Trauma
 - ii. Surgery for Spinal infection e.g. T.B.
 - iii. Anterior and posterior instrumentation of spine
 - iv. Scoliosis and Kyphosis
 - v. Disc disease
- 4. Orthopedic Infections**
 - 4.1 Acute Osteomyelitis
 - 4.2 Chronic Osteomyelitis
 - 4.3 Septic Arthritis
 - 4.4 Tubercular Infections
 - 4.5 Pediatric Infections
- 5. Orthopedic Pathology**
 - 5.1 Principles of practice
 - 5.2 Soft Tissue Tumors
 - 5.3 Bone Tumors
- 6. General Orthopedics**
 - 6.1 Gait
 - 6.2 Prostheses
 - 6.3 Orthoses
 - 6.4 Rheumatoid Arthritis
 - 6.5 Osteoarthritis
 - 6.6 Avascular Necrosis (AVN) of Hip (Adult and child)
 - 6.7 Ankylosing Spondylitis
 - 6.8 Neuro-muscular disorders- Cerebral palsy, Poliomyelitis
 - 6.9 Crystal Deposition disorders
 - 6.10 Congenital and developmental disorders- CTEV, DDH
 - 6.12 Diagnosis in Orthopedics (X-ray, USG, CT, MRI, Radioisotope and PET)
- 7. Research Related**
 - 7.1 Recent advances in Orthopedics
 - 7.2 Types of study

- 7.3 Sampling techniques and types
- 7.4 Probability and its test
- 7.5 Medical Statistics
- 7.6 Evidence Based Medicine
- 7.7 Data presentation and analysis

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