

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश

प्रदेश निजामती सेवाको, स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, अधिकृतस्तर नवौं तह वा सो सरहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित 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	No question & and 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 विषयबस्तु 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 बस्तुहरू 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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अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम र परीक्षा योजना

**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 लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीयपत्र: प्राविधिक विषय

पूर्णाङ्क: १००

1. **Anatomy:** Knowledge of anatomy of abdomen and pelvis applied to surgical procedures undertaken by the obstetrician and gynaecologist.
2. **Pathology:** Infection, inflammation, inflammation produced by 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 drugs used in obstetrics and gynaecology, Hormonal contraceptives, gonadotrophins and hormone therapy in gynaecology, knowledge of drugs used in assisted reproduction, chemotherapeutics agents and drugs contraindicated in pregnancy.
4. **Immunology:** Immunological changes in pregnancy; fetal development of the immune system with particular knowledge of rhesus and isoimmunization.
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. **Radiodiagnosis:** Basic chest, skull and abdominal radiography in different views. Contrast radiography of different organs like IVP, Ba-series, Hysterosalpingography. Radiology of bones and joints. Application of ultrasound, computerized tomographic scanning and magnetic resonance imaging. Recent advances in radiology like CT, MRI and radioisotope scanning.
8. **Genetics and Embryology:** Knowledge of normal and abnormal karyotypes, inheritance of genetic disorders and genetic causes of early abortions, fetal abnormalities intrauterine treatment of the fetus
9. **Normal Pregnancy:** Anatomical and physiological changes in normal pregnancy. Antepartum care and its aim, organization of Antepartum care including

investigation in pregnancy. Knowledge of emergency obstetric care. Importance of nutrition during pregnancy.

- 10. Abnormal Pregnancy:** Knowledge of all aspects of abnormal pregnancy including abnormal presentation, lie, position of fetus, multiple pregnancy, conjoint twin fetus, microsomia, macrosomia. Effects of pre-existing medical diseases like heart disease, renal disease, diabetes, liver disease, blood group incompatibility and isoimmunisation and previous or present psychiatric disorder. Hypertensive disorder of pregnancy, its pathophysiology and management.
- 11. Labour:** Knowledge of normal and abnormal labour, proper monitoring of labour, progress of labour, maintenance of partogram recording. Normal and assisted vaginal delivery. Emergency obstetric care.
- 12. Puerperium:** Anatomical and physiological changes in the body, physiology of lactation and care of breasts.
- 13. Abnormal Puerperium:** Pathophysiology of abnormal puerperium, its diagnosis and management. Neonatal examination, resuscitation and principles of neonatal management, respiratory distress syndrome (RDS), pre-maturity and congenital abnormality.
- 14. Prepubertal Gynaecology:** Normal and abnormal sexual development and its management. Normal puberty, common disorders of puberty and their management.
- 15. Adolescent Gynaecology:** Process of growth and development during adolescence. Deviation of growth and development from normal in regard to physical, endocrinal and sexual maturation and their management.
- 16. Menstruation:** Physiology of normal menstruation, pathophysiology of menstrual disorders, their investigation and management.
- 17. Infertility:** Process of gametogenesis, fertilization, implantation and embryogenesis. Causes of infertility, investigation and management of the infertile couple. Techniques involved in assisted reproduction.
- 18. Genital Tract Infections:** Diagnosis and management of upper and lower genital tract infections including sexually transmitted diseases and HIV.
- 19. Abortion:** Definition, types and causes of abortion, its management and complications. Methods of therapeutic abortion and its legal aspects.
- 20. Contraception:** Various methods of temporary and permanent method of contraception, their uses and side effects.

- 21. Psychosexual Medicine:** Management of psychosexual problems including puerperal psychosis and the psychosocial impact of violence against women.
- 22. Urogynaecology:** Surgical and non-surgical management of urogynaecological problems.
- 23. Menopause:** Physiology of menopause, menopausal symptoms and management. Hormone therapy; its benefits and risks.
- 24. Gynaecological Oncology:** Gynaecological tumours (Benign and malignant); Epidemiology, incidence, aetiology, tumour immunology, tumour markers and immunotherapy. Screening of gynaecological cancers including national strategy. Diagnostic techniques and staging of gynaecological tumors. Treatment including surgery, radiotherapy, chemotherapy and palliative care in gynaecological malignancy.
- 25. Pelvic Organ Displacement:** Supports of pelvic organs. Types of pelvic organ prolapse, their etiology, symptomatology, diagnosis and management including non-surgical and surgical methods.
- 26. Obstetrical and Gynaecological Surgery:** Principle of obstetrics and gynaecological surgical procedures, preoperative assessment and post operative care, management of surgical complications.
- 27. 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.
- 28. Recent Advances and Subspeciality:** Uro-gynaecology, Infertility, Gynaecology oncology.
- 29. Community Obstetrics and Gynaecology:**
  - 29.1. Knowledge about basic community disease profile
  - 29.2. Definitions and causes of maternal morbidity and mortality, perinatal mortality, neonatal mortality and infant mortality.
  - 29.3. Effect of socio-cultural behavior in Reproductive health.
  - 29.4. National Health Programs related to Maternal and child health, continuing health services for maternal care and child health, organizing health care delivery and referral system.
  - 29.5. Future vision to reduce maternal and perinatal morbidity and mortality.

--The End--