

**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	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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**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, Behavioural 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 Regulation, 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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प्रदेश निजामती सेवाको स्वास्थ्य सेवा, पेडियाट्रिक्स समुह, पेडियाट्रिक मेडिसिन उपसमुह, अधिकृतस्तर नवौ तह  
वा सो सरहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीयपत्र: प्राविधिक विषय

पूर्णाङ्क: १००

## **1. Growth and Development**

- 1.1. Physical and Psychosocial growth and development of normal child
- 1.2. Laws and disorders of growth
- 1.3. Delay and deviations of development
- 1.4. Assessment of growth and development
- 1.5. Disorders of psychological development
- 1.6. Common behavioral problems of preschool children
- 1.7. Common speech disorders

## **2. Nutrition:**

- 2.1. Normal nutrition in infancy and childhood
- 2.2. Common nutritional disorders in childhood
- 2.3. Nutrition supplementation programs
- 2.4. Nutritional status of Karnali Province and its intervention

## **3. Preventive Pediatrics**

- 3.1. Immunizations
- 3.2. National Immunization schedule
- 3.3. Prevention and management of common disorders of childhood
- 3.4. Prevention and management of poisonings and accidents
- 3.5. Neonatal, infant and child mortality in Karnali Province and its intervention

## **4. Social Pediatrics:**

- 4.1. School health services
- 4.2. National health programs related to child health
- 4.3. Community health services for children
- 4.4. Organizing health care delivery and referral systems for children

## **5. Genetics:**

- 5.1. Genetic and chromosomal disorders
- 5.2. Inborn errors of metabolism
- 5.3. Genetic counseling including antenatal diagnosis

## **6. Neonatology:**

- 6.1. Management of normal, high risk and sick neonates
- 6.2. Monitoring and ventilatory support of the sick neonates
- 6.3. Fetal disorders
- 6.4. Perinatology

- 6.5. Preventive neonatology
- 6.6. Levels of neonatal health care services in health institution
- 7. Infections and Infestations:** Diagnosis of common infectious diseases and infestations in the pediatric age group
- 8. Immunity, Allergy and related Disorders**
- 9. System based Pediatrics:** Diagnosis and management of common disorders affecting digestive, hepatobiliary, cardiovascular, respiratory, endocrine system, blood and lymphoreticular system including malignancies, genitourinary, nervous, musculoskeletal system and skin.
- 10. Eye, Ear, Nose and Throat:** Diagnosis and management of common disorders of eye, ear, nose and throat in the pediatric age group
- 11. Pediatric Surgery:** Diagnosis and supportive management of common surgical disorders of neonates, infants and children and appropriate referral
- 12. Pediatric Emergencies:** Diagnosis and management of common pediatric emergencies such as coma, convulsions, shock, asthmatic attacks, cyanotic spells, poisonings, accidents, animals (dog, snake and cat) and insects (wasp and scorpion) bites. Pediatric advance life support skills, pediatric anesthesia, ventilatory support, cardiovascular support and stabilization
- 13. Pediatric Dermatology:** Structure and function of skin, examination of skin, Infective dermatosis (bacterial, fungal, viral, parasitic), Non-infective dermatosis (congenital, eczema, immunological, nutritional and miscellaneous), Sexually Transmitted Diseases, HIV/AIDS.
- 14. Neoplastic Disorders:** Epidemiology, principles of diagnosis and treatment, leukemias, lymphomas, neuroblastoma, renal neoplasms (Wilm's tumor), soft tissue sarcoma, retinoblastoma, benign tumors.
- 15. Child Psychiatry:**
  - 15.1. Assessment and interview
  - 15.2. Epidemiology and etiology of psychiatric disorders in children
  - 15.3. Behavioral and emotional disorders
  - 15.4. Neurotic, stress related and somatoform disorders
  - 15.5. Mood disorders
  - 15.6. Suicide and attempted suicide
  - 15.7. Psychosis in childhood
  - 15.8. Gender identity disorders in childhood
  - 15.9. Psychiatric aspects of mental retardation
  - 15.10. Treatment of psychiatric problems
- 16. Radio Diagnosis:**

- 16.1. Interpretation of X-rays and others
  - 16.1.1. Basic chest and abdominal and abdominal radiography in different views
  - 16.1.2. Contrast radiography of different organs like IVU, MCU, Barium-series and myelogram
  - 16.1.3. Radiology of bones and joints
  - 16.1.4. Ultrasonography of brain, abdomen and other organs
  - 16.1.5. Echocardiography
- 16.2. Recent advances in radiology like CT, MRI, Radioisotope and PET scan
- 17. Research Methodology:**
  - 17.1. Bio-statistics
  - 17.2. Basic in research methodology including search and critical review of medical literature, selection of appropriate study design, analysis of findings etc.
  - 17.3. Problem oriented medical record
  - 17.4. Management of information system
- 18. Medical Education:**
  - 18.1. Curricular components, teaching learning strategies, lesson plan methods of evaluation
  - 18.2. Identification of learning resources to meet the learning objectives
  - 18.3. Use of overhead projectors, slides, models etc in the teaching learning objectives.
- 19. Medical Ethics:**
  - 19.1. Introduction to ethical theories
  - 19.2. Medical ethics
  - 19.3. Professional ethics
  - 19.4. Ethics in research
  - 19.5. Ethics in health policy
  - 19.6. Rights of Children (child abuse, neglect and adoption)
  - 19.7. Rational drug therapy, Informed consent
- 20. Recent Advances in Pediatric Physiology, Molecular Biology and Genetics.**

--The End--