

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश

प्रदेश निजामती सेवाको स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, अधिकृतस्तर नवौ 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

- यस पाठ्यक्रम अनुसार दुई पत्रको लिखित परीक्षा लिईनेछ।
- स्वास्थ्य सेवा अन्तर्गतका सबै समूह, उपसमूहहरुको लागि प्रथमपत्रको पाठ्यक्रमको विषयबस्तु एउटै हुनेछ। द्वितीयपत्रको पाठ्यक्रम सम्बन्धित सेवा, समूह र उपसमूह अनुरूप फरक फरक हुनेछ।
- खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।
- 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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अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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 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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तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
द्वितीयपत्र: प्राविधिक विषय पूर्णाङ्क: १००

A. Clinical Practice of Anaesthesia (Including relevant basic sciences)

1. History of Anaesthesia. From open to modern anaesthesia, balanced anaesthesia, dissociative anaesthesia and total intravenous anaesthesia.
2. Anaesthesia machines and circuits. Physics of pressure measurement, manometers and strain gauges.
3. Physiology of lung mechanics, compliance, resistance, surfactant. Physics of flow, laminar and turbulent, viscosity and density. Spirometers and rotameters.
4. Assessment of patients, effects on choice and technique of anaesthesia, Radiological assessment of lung disorders.
5. Pharmacokinetics of anaesthetic drugs.
6. Premedication, Pharmacology of premedicants.
7. Pharmacology of intravenous induction agents.
8. Inhalation anaesthetic agents. Vaporisers and humidification.
9. Oxygen therapy and toxicity. The physics of the gas laws.
10. Pharmacology of analgesics and opioids.
11. Neuromuscular blocking agents. Abnormal responses, pharmacogenetics.
12. Blood transfusion.
13. Pharmacology of local anaesthetic drugs. Nerve blocks. Epidural and spinal anaesthesia.
14. Resuscitation. Acid-base balance.
15. Blood gases. Pulse oximetry, capnography.
16. Emergency anaesthesia.
17. Drugs and the autonomic nervous system.
18. Drugs used in control of blood pressure.
19. Clinical trials. Use and misuse of statistics.
20. Airway Devices: Uses of different airway devices in the operation theatres, postoperative period and intensive care unit
21. Cardiovascular physiology: The cardiac cycle and the determinants of ventricular performance and effects of anaesthetic agents on cardiac physiology
22. Electrocardiography: Reading and monitoring

23. Physiology of Central Nervous System: Cerebral metabolism, cerebral blood flow and its regulation, Blood brain barrier, cerebrospinal fluid, Intracranial Pressure
24. Renal physiology and anaesthesia
25. Hepatic physiology and anaesthesia
26. Crisis management: Mortality in the operation table; Brain injury due to hypoxia in the intensive care unit

B. Clinical practice of Anaesthesia (Combined with relevant basic sciences)

1. Adrenal, pituitary, thyroid function. Control of blood sugar. Abnormalities of function. anaesthesia in endocrine disease.
2. Glycolysis, protein binding, fat utilization, Stress, Nutrition.
3. Shock.
4. Acute and chronic pain control.
5. Anaesthesia for general surgery.
6. Obstetric anaesthesia/gynecological surgery.
7. Pediatric anaesthesia.
8. Geriatric anaesthesia.
9. Anaesthesia for thoracic surgery.
10. Anaesthesia for neurosurgery. Cerebral blood flow and factors affecting.
11. Anaesthesia for vascular surgery.
12. Anaesthesia for trauma and orthopedics.
13. Anaesthesia for burns and plastic
14. Anaesthesia for head and neck surgery.
15. Anaesthesia outside the operating theatre
16. Algorithm for the management of difficult airway
17. Postoperative pain management (WHO ladder)
18. Pregnancy with cardiac diseases undergoing non cardiac surgeries
19. Anaesthesia for otorhinolaryngologic surgeries
20. Anaesthesia for patients with endocrine diseases (Hypo/hyperthyroidism, Diabetes Mellitus)
21. Anaesthesia for genitourinary surgeries
22. Anaesthesia for patients with kidney diseases
23. Post anaesthesia care unit and discharge criteria
24. Different modes of ventilation used in intensive care unit for postoperative management
25. Anaesthesia for patients with liver disease

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