प्रदेश लोक सेवा आयोग,

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, आठौ तह, डेन्टल सर्जन पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छ :

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	कम्प्युटर सीप परीक्षण, सामूहिक परीक्षण र अन्तर्वार्ता	५०

परीक्षा योजना (Examination Scheme)

प्रथम चरण

पत्र	विषय	पणांड	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्कभार	समय
प्रथम	डेन्टिष्ट्री	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१०० x १ =१००	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० x १० = १००	३ घण्टा

अन्तिम चरणः कम्प्युटर सीप परीक्षण, सामूहिक परीक्षण र अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
कम्प्युटर सीप परीक्षण	१०	प्रयोगात्मक (Practical)	२० मिनेट
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	-

द्रष्टव्यः-

१. यो पाठ्यक्रम योजनालाई **प्रथम चरण (लिखित परीक्षा) तथा अन्तिम चरण (कम्प्युटर सीप परीक्षण, सामूहिक परीक्षण र अन्तर्वार्ता)** गरी दुई भागमा विभाजन गरिएको छ।

२. **प्रश्न पत्र अंग्रेजी वा नेपाली भाषामा हुनेछ।**

३. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।

४. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।

५. वस्तुगत प्रश्न हुने परीक्षामा क्यालकुलेटर तथा कुनै पनि परीक्षामा मोबाईल फोन, स्मार्ट वाच, हेडफोन तथा अन्य कुनै पनि प्रकारको विद्युतीय उपकरणहरूको प्रयोग गर्न पाइने छैन।

६. विषयगत प्रश्नका लागि तोकिएका अङ्कका हकमा एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ।

७. परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।

८. द्वितीय पत्र (विषयगत प्रश्न हुने पत्र) का हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तर पुस्तिकामा लेख्नु पर्नेछ।

९. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/ विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानुन, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।

१०. प्रथम चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको कम्प्युटर सीप परीक्षण, सामूहिक परीक्षण र अन्तर्वार्तामा सम्मिलित गराइने छ।

११. प्रथम चरणको लिखित परीक्षा र अन्तिम चरणको कम्प्युटर सीप परीक्षण, सामूहिक परीक्षण र अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।

१२. पाठ्यक्रम लागू हुने मितिः- २०८३/६/२३ (आ.व. ०८३/८४ को विज्ञापनदेखि लागू हुने)

प्रदेश लोक सेवा आयोग,

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, आठौ तह, डेन्टल सर्जन पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र :- डेन्टिष्ट्री

Section A - 20 Marks

1. GENERAL MEDICINE & GENERAL SURGERY 10%

Sign, Symptoms, Diagnosis, Management and its Dental Implication

1.1 GENERAL MEDICINE (5%)

1.1.1 Acid Peptic Disease
1.1.2 Cirrhosis of liver
1.1.3 Hepatitis
1.1.4 Worm Infestation
1.1.5 Crohn's Diseases
1.1.6 Anemia, Leukemia
1.1.7 Purpuras
1.1.8 Hemophilia
1.1.9 Bleeding and clotting disorder and it's management
1.1.10 Cerebrovascular accident
1.1.11 Meningitis
1.1.12 Encephalitis
1.1.13 Epilepsy
1.1.14 Diabetes Mellitus
1.1.15 Thyrotoxicosis
1.1.16 Myxoedema
1.1.17 Cushing's syndrome
1.1.18 Addison's disease
1.1.19 Hyperparathyroidism
1.1.20 Tetany
1.1.21 Rheumatoid arthritis
1.1.22 Systemic lupus erythematosus
1.1.23 Osteoarthritis
1.1.24 Nephrotic syndrome
1.1.25 Enteric fever
1.1.26 Valvular and Ischemic Heart Diseases
1.1.27 Infective endocarditis

1.2 GENERAL SURGERY (5%)

1.2.1 Enteric fever
1.2.2 Mumps
1.2.3 Sinus
1.2.4 Fistulas
1.2.5 Ulcer
1.2.6 Tumor
1.2.7 Shock
1.2.8 Peptic ulcer
1.2.9 Liver abscess
1.2.10 Pain Abdomen
1.2.11 Bronchial carcinoma
1.2.12 Head injuries
1.2.13 Goiter
1.2.14 Cellulitis
1.2.15 Candidiasis
1.2.16 Urticaria
1.2.17 Herpes zoster
1.2.18 Lichen planus

1.2.19 Pemphigus
1.2.20 Drug eruption
1.2.21 HIV/AIDS
1.2.22 Diplopia
1.2.23 Sinusitis
1.2.24 Tonsillitis
1.2.25 Peritonsillar abscess
1.2.26 Ludwig's angina
1.2.27 Indication of tracheostomy
1.2.28 Maxillo-facial Fracture
1.2.29 TMJ Dislocation
1.2.30 Crush injury
1.2.31 Osteomyelitis
1.2.32 Tetanus
1.2.33 Infection control
1.2.34 Fluid and electrolyte therapy
1.2.35 Blood transfusion

2. GENERAL AND ORAL PATHOLOGY 10%

2.1 Interpretations of laboratory results
2.2 Normal values of biochemical tests, Hematological tests
2.3 Developmental disorders of teeth
2.4 Dental caries and its sequelae
2.5 Pulpitis
2.6 Apical periodontitis
2.7 Hypercementosis
2.8 Gingivitis & Periodontitis
2.9 Cysts of the jaw: Non odontogenic and odontogenic cysts
2.10 Odontogenic tumors
2.11 Infective Stomatitis
2.12 Oral Premalignant Lesion
2.13 Oral Cancer
2.14 Common benign mucosal swelling
2.15 Cervical lymphadenopathy
2.16 Pain., anxiety and Neurological disorders of face and oral cavity
2.17 Diseases of temporomandibular joint
2.18 Signs and symptoms of anaemia and leukemia related to oral cavity
2.19 Haemorrhagic diseases related to oral cavity
2.20 Development disorders of the oral and maxillofacial region
2.21 Clinical features and pathogenesis of all major salivary glands

Section B-30 Marks

3. ORAL AND MAXILLO-FACIAL SURGERY AND ANAESTHESIA 10%

3.1 ORAL AND MAXILLO-FACIAL SURGERY

3.1.1 Diagnosis of different oral conditions with its surgical management
3.1.2 Management of extraction-simple and complicated teeth and antibiotic therapy
3.1.3 Management of orofacial infections by proper incision, drainage
3.1.4 Carry out biopsies of oral issues
3.1.5 Diagnosis and management of the odontogenic cysts & different types of oral tissue biopsies
3.1.6 Apicoectomy
3.1.7 Closure of oroantral fistula

3.1.8 Diagnosis and treatment of TMJ dislocation
3.1.9 The principles of pain control in maxillofacial surgery
3.1.10 Basic principles in the management of Facial Trauma Cases in relation with:
3.1.10.1 Nutritional consideration
3.1.10.2 Systemic evaluation of the traumatized patient
3.1.10.3 Airway management
3.1.10.4 Shock, fluid resuscitation and management
3.1.10.5 Control of bleeding due to facial trauma
3.1.10.6 Antibiotic and analgesic
3.1.10.7 Plan and Management of fixation of jaw fracture with closed reduction using arch bar and IMF
3.1.10.8 Proper splinting of dentoalveolar injury
3.1.10.9 Diagnosis and classification of different types of maxillary & mandibular fractures
3.1.10.10 Diagnosis of benign lesions and malignant lesions of oral cavity
3.1.10.11 Post operative complications of jaw fractures
3.1.10.12 Management of soft tissue wound of orofacial structure
3.1.11 Ameloblastoma
3.1.12 Oro-facial defects: Cleft lip and palate
3.1.13 Osteomyelitis of jaw bones.

3.2 ANAESTHESIA

3.2.1 Principles of administering safe General anaesthesia, Local anesthesia
3.2.2 Pre-anesthetic drugs
3.2.3 Block and local anesthesia of oral cavity
3.2.4 Infiltration anesthesia of oral cavity
3.2.5 Post operative complication of general anesthesia
3.2.6 Management of complication of intra oral local anesthesia

4. ORAL MEDICINE AND DENTAL RADIOLOGY 10%

4.1 ORAL MEDICINE

4.1.1 Introduction and scope of oral medicine
4.1.2 Case history discussion and patient examination
4.1.3 Diagnostic investigations
4.1.4 White lesions of oral cavity
4.1.5 Red lesions of oral cavity
4.1.6 Pigmented lesions of oral cavity
4.1.7 Diseases of the tongue
4.1.8 Infections of oral cavity
4.1.9 Systems review Systemic disease and their oral manifestations and dental management
4.1.9.1 Cardiovascular disease
4.1.9.2 Respiratory disease
4.1.9.3 Gastro intestinal disease
4.1.9.4 Urinary disease
4.1.9.5 Blood dyscrasias with special reference to anaemic patients, leukaemia patients and patients on anticoagulant therapy
4.1.9.6 Endocrine disorders
4.1.10 Oral premalignant lesions and oral cancer and other malignant lesion
4.1.11 Ulcerative and vesiculobullous lesions
4.1.12 Salivary gland disorders
4.1.13 Oro facial pain- different diagnosis and management
4.1.14 TMJ disorders
4.1.15 Immunodeficiency diseases with special reference to AIDS

4.2 DENTAL RADIOLOGY:

4.2.1 X-Ray equipments, developing and processing,
4.2.2 Radiation hazards and protection
4.2.3 Use of Periapical radiography, Bitewing radiography, Occlusal radiography, Oblique lateral radiography, O.P.G. view of mandible, Cephalometric radiography, Tomography, O.M view of maxilla, P.A. view of mandible,
4.2.4 Radiological interpretation of different radiological images of different bony and soft tissue, lesions of Oro-facial structure including all types of Oro-facial trauma.

5. PERIODONTOLOGY 10%

5.1 Definition, scope, aim and objectives of periodontology
5.2 Normal periodontium: Gingiva, Periodontal ligament, Cementum, Alveolar bone
5.3 Aging and periodontium
5.4 Defense mechanisms of gingiva
5.5 Classification of diseases of Periodontium
5.6 Epidemiology of periodontal diseases
5.7 Etiology of periodontal diseases:
5.7.1 Dental plaque/periodontal microbiology
5.7.2 Material alba, food debris and stains
5.7.3 Dental calculus
5.7.4 Food impaction
5.7.5 Host response
5.7.6 Dental occlusion/Trauma from occlusion (TFO)/bruxism and other parafunctional habits
5.7.7 influence of systemic diseases on periodontium- diabetes, sex hormones, nutrition, AIDS, hemorrhagic diseases
5.8 Etiology, pathogenesis, clinical signs and symptoms and management of: Plaque associated gingivitis, systematically aggravated gingivitis, Acute gingival infection- ANUG, acute herpetic gingivostomatitis, pericoronitis, Desquamative gingivitis, Allergic gingivitis,
5.9 Gingival enlargement, Gingival abscess
5.10 Periodontal pocket
5.11 Periodontitis: Adult periodontitis, rapidly progressive periodontitis, Early onset periodontitis, Juvenile periodontitis associated with systemic diseases, Periodontal abscess
5.12 Clinical diagnosis and Diagnostic aids
5.13 Prognosis
5.14 Treatment plan and rationale for periodontal treatment
5.15 Periodontal treatment of medically compromised patients
5.16 General principles of periodontal therapy
5.17 Definition- Periodontal regeneration, repair, new attachment, Re attachment
5.18 Plaque control: mechanical and chemical
5.19 The periodontal armamentarium, Principles of periodontal instrumentation
5.20 Anti-microbial and other chemotherapeutic agents in periodontal therapy
5.21 Coronoplasty in periodontal therapy
5.22 General principles of periodontal surgery, root planning
5.23 Gingival curettage
5.24 Gingivectomy
5.25 Flap surgery
5.26 Resective osseous surgery: Osseous defects and osseous surgery including bone grafts
5.27 Reconstructive osseous surgery: Root conditioning/guided tissue regeneration (GTR)
5.28 Furcation involvement and management

5.29 Endo-perio therapy
5.30 Mucogingival surgery
5.31 Periodontal splints, Periodontal pack
5.32 Dentinal hypersensitivity
5.33 Dental implant
5.34 Prosthetic and restorative procedures in management of periodontal disease
5.35 Maintenance phase of periodontal therapy or supportive periodontal treatment
5.36 Ortho-Perio interrelationship: orthodontic treatment in periodontally compromised patients

Section C- 30 Marks

6. ORTHODONTICS **10%**

6.1 Definition, scope and objectives of orthodontia
6.2 Indication for orthodontics treatment
6.3 Limitation of orthodontic treatment
6.4 Growth and development: Jaws, Teeth, Face, Skull
6.5 Occlusion
6.6 Normal development of oral functions: Mastication, Swallowing, Speech, Occlusal function
6.7 Normal occlusion: It's development, Characteristics and variation
6.8 Genetics-applied to orthodontics
6.9 Malocclusion: Classification, Etiology
6.10 Orthodontic records
6.11 History and examination
6.12 Study models
6.13 Radiography
6.14 Preventive and interceptive orthodontics
6.15 Extractions in orthodontics
6.16 Orthodontic appliances: Removable, Functional, Orthopedic and Fixed
6.17 Tissue response to orthodontic tooth movement
6.18 Stability and retention
6.19 Oral surgery for orthodontic patients
6.20 Materials related to orthodontics
6.21 Special consideration for orthodontic treatment in adults
6.22 TADs and Invisible Aligners: recent advancements, advantages, indications and limitations
6.23 Intra oral scanner: advantages and disadvantages

7. DENTAL MATERIAL **10%**

7.1 Aim and scope
7.2 Structure and behavior of matters, Biological consideration,
7.3 Physical and mechanical properties of dental materials
7.4 Gypsum products
7.5 Impression materials:
  7.5.1 Impression compound
  7.5.2 ZnO-Eugenol
  7.5.3 Agar-agar
  7.5.4 Alginate
  7.5.5 Rubber base impression materials
7.6 Synthetic resins:
  7.6.1 Properties
  7.6.2 As denture base material
  7.6.3 Repair and reline material

7.6.4 Soft liner
7.6.5 Tissue conditioners

7.7 Resins as restorative materials:
7.7.1 Unfilled and filled resins
7.7.2 Light cure
7.7.3 Dentin bonding agent
7.7.4 Acid etch

7.8 Metal alloys:
7.8.1 Dental amalgam alloys
7.8.2 Dental casting gold alloys
7.8.3 Stainless steel
7.8.4 Chrome cobalt alloy
7.8.5 Nickle titanium alloy
7.8.6 Titanium alloy
7.8.7 Vitallium

7.9 Waxes: different types of dental waxes used in dentistry
7.10 Welding and Soldering,
7.11 Dental cement:
7.11.1 Zinc Oxide Eugenol
7.11.2 Zinc phosphate
7.11.3 Polycarboxylate
7.11.4 Glass Ionomers
7.11.5 Cavity liners
7.11.6 Cavity varnishes
7.11.7 Calcium hydroxide
7.11.8 Resin cement

7.12 Dental porcelain: Porcelain fused to metal, porcelain furnace and fusing
7.13 Abrasive and polishing agents.

8. PROSTHODONTICS AND CROWN AND BRIDGE 10%

8.1 PROSTHODONTICS

8.1.1 Examination, diagnosis, treatment planning and prognosis at planning and prognosis
8.1.2 Retention and stability
8.1.3 Impression making
8.1.4 Preparation of casts, trays and temporary denture bases
8.1.5 Methods of jaw registration
8.1.6 Identification of artificial teeth: Selection, arrangement and aesthetics
8.1.7 Complete denture:
8.1.7.1 Principles of occlusion and articulation in compete dentures
8.1.7.2 Trial in complete dentures
8.1.7.3 Steps of processing and finishing denture
8.1.7.4 Correction of occlusal discrepancies
8.1.7.5 Steps in delivery and adjustments of complete dentures
8.1.7.6 Sequelae of ill-fitting dentures
8.1.7.7 Rebasing and relining of dentures
8.1.8 Immediate dentures
8.1.9 Implant dentures: indications, limitations and contraindications
8.1.10 Obturators
8.1.11 Partial Dentures
8.1.11.1 Scope of removable partial dentures
8.1.11.2 Classification of removable partial dentures
8.1.11.3 Components removable partial dentures

8.1.11.4 Mouth preparation for removable partial dentures
8.1.11.5 Impression making
8.1.11.6 Designs of removable partial dentures and associated problems
8.1.11.7 Principles on fabrication of cast metal framework
8.1.11.8 Jaw relation records, Selection and arrangement of teeth
8.1.11.9 Trial of partial dentures
8.1.11.10 Steps of processing, finishing, delivery and maintenance of partial dentures
8.1.11.11 Uses of immediate partial dentures.

8.2 CROWN AND BRIDGE

8.2.1 Indication and Contra-indication
8.2.2 Examination, diagnosis and treatment planning
8.2.3 Principles of selection and choice of abutment teeth
8.2.4 Principles of tooth reduction
8.2.5 Preparation of abutment teeth
8.2.6 Temporary protections of prepared tooth
8.2.7 Gingival retractions and impression procedures
8.2.8 Construction of dies and working methods, direct and indirect techniques.

Section D-20 Marks

9. CONSERVATIVE AND ENDODONTICS 10%

9.1 CONSERVATIVE

7.1.1 Scope of conservative Dentistry and Endodontics
7.1.2 Patient examination, diagnosis and treatment planning in Conservative and Endodontics including various diagnostic aids
7.1.3 Instruments and Equipment used in Conservative and Endodontics :
7.1.3.1 Hand instruments
7.1.3.2 Rotary instruments
7.1.4 Sterilization in Conservative dentistry and Endodontics
7.1.5 Clinical significance of dental anatomy, histology, physiology and occlusion
7.1.6 Dental caries
7.1.7 Fundamentals in tooth preparation:
7.1.7.1 Nomenclature of teeth
7.1.7.2 Caries terminology
7.1.7.3 Tooth preparation terminology
7.1.7.4 Principles of tooth preparation
7.1.8 Principles of isolation and moisture control
7.1.9 Pain control in Conservative and Endodontics
7.1.10 Cavity preparation for various types of restorative material
7.1.10.1 Amalgam
7.1.10.2 Composite
7.1.10.3 Glass Ionomer Cement
7.1.10.4 Cast restoration

9.2 ENDODONTICS

7.1.11 Pulp development, structure and function
7.1.12 Periapical pathology
7.1.13 Tooth morphology and access opening
7.1.14 Working length determination
7.1.15 Cleaning and shaping the root canal system
7.1.16 Obturation of the root canal system
7.1.17 Traumatic injuries: Diagnosis and management
7.1.18 Root resorption
7.1.19 Surgical endodontics

7.1.20 Pulp capping and pulpotomy
7.1.21 Bleaching of teeth
7.1.22 Restoration of endodontically treated teeth
7.1.23 Endo - Perio lesions
7.1.24 Endodontic failures and retreatment
7.1.25 Endodontic emergencies
7.1.26 Drugs used in Conservative and Endodontics
7.1.27 Irrigants and medicaments

10. PAEDODONTICS AND COMMUNITY DENTISTRY 10%

10.1 PAEDODONTICS (5%)

10.1.1 Definition, Scope and importance of Paedodontics
10.1.2 Morphology of dentitions and its application
10.1.3 Applied morphology and histology of deciduous and permanent teeth
10.1.4 Importance of 1st permanent molar
10.1.5 Anomalies of developing dentition:
  10.1.5.1 tooth eruption
  10.1.5.2 tooth exfoliation
  10.1.5.3 tooth number
  10.1.5.4 tooth structure
  10.1.5.5 tooth color
10.1.6 Orofacial growth and its modification
10.1.7 Management of common dental and oral diseases in children
10.1.8 Diagnosis and management of orodental trauma in child patient
10.1.9 Oral manifestation of systemic disease in children
10.1.10 Paedodontic treatment plan
10.1.11 Psychological development and behavioral attitude in paediatric group
10.1.12 Common oral surgical procedures undertaken in children
10.1.13 Sedation and anaesthesia used in children for dental procedures
10.1.14 Pulp therapy in primary and young permanent tooth
10.1.15 Space maintainer: Indication, Classification and techniques of fabrication
10.1.16 Management of pain, anxiety and stress in child patient
10.1.17 Orthodontic treatment in primary dentition

10.2 COMMUNITY DENTISTRY (5%)

10.2.1 Concept of health and attitude towards illness
10.2.2 Community survey and family case study
10.2.3 Doctor, patient relationship
10.2.4 Epidemiology of oral diseases in Nepal
10.2.5 Fluorides
  10.2.5.1 fluoride mechanisms
  10.2.5.2 fluorosis
  10.2.5.3 systemic fluorides
  10.2.5.4 topical fluorides
10.2.6 Food which prevent dental decay
10.2.7 Concept of health education
10.2.8 Motivation and incentives
10.2.9 Methods and media of oral health education
10.2.10 Nutrition and health
10.2.11 Growth and development
10.2.12 Breast feeding
10.2.13 Motivation to community people and school teachers
10.2.14 National Oral Health Policy

प्रदेश लोक सेवा आयोग,

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, आठौ तह, डेन्टल सर्जन पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथमपत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछः

प्रथम पत्रका एकाई	1	2	3	4	5	6	7	8	9
प्रश्न संख्या	10	10	10	10	10	10	10	10	10

द्वितीय पत्रहरुका एकाइहरुबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ :

द्वितीय पत्रका खण्ड	**A**		**B**			**C**			**D**	
द्वितीय पत्रहरुका एकाइ	1	2	3	4	5	6	7	8	9	10
प्रश्न संख्या	1	1	1	1	1	1	1	1	1	1

नमूना प्रश्नहरु (Sample questions)

Multiple Choice Questions

1. A patient diagnosed with Addison's disease requires surgical extraction under local anesthesia. The primary reason for administering supplemental corticosteroids prior to the procedure is to prevent:
    A. Severe delayed wound infection
    B. Acute circulatory collapse and refractory hypotension
    C. Prolonged secondary hemorrhage
    D. Excessive postoperative alveolar osteitis
2. In intraoral periapical radiography using the bisecting-angle technique, excessive vertical angulation of the X-ray cone results in:
    A. Elongation of the radiographic image
    B. Foreshortening of the radiographic image
    C. Horizontal overlap of adjacent contact points
    D. Cone-cut artifact
3. The critical pH threshold below which enamel demineralization predominantly occurs in the oral cavity is:
    A. 6.8 B. 6.2 C. 5.5 D. 4.5

Short Answer Questions

1. Define an Addisonian crisis. Outline the preoperative evaluation when managing a patient with primary adrenal insufficiency undergoing minor oral surgery. [5]

2. Differentiate between Pemphigus vulgaris and Mucous membrane Pemphigoid. Briefly mention the management of each of these lesions. [5]

Long Answer Questions

3. A 35-year-old male presents with severe bilateral submandibular and sublingual swelling, elevation of the tongue, difficulty swallowing, drooling of saliva, stridor, and high-grade fever following an untreated lower molar infection. Identify the definitive clinical diagnosis and outline the boundaries and communications of the anatomical fascial spaces involved. [5+5]

4. Define the Biological Width (Dento-Gingival Junction) and describe its anatomical components and clinical significance in restorative dentistry. [2+8]

प्रदेश लोक सेवा आयोग,
कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, आठौ तह, डेन्टल सर्जन पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

विषयः- कम्प्युटर सीप परीक्षण (Computer Skill Test)

प्रयोगात्मक परीक्षा योजना (Practical Examination Scheme)

विषय	पूर्णाङ्क	विषयवस्तु शिर्षक	अङ्क	समय
कम्प्युटर सीप परीक्षण (Computer Skill Test)	१०	Devanagari Typing	२.५ अङ्क	५ मिनेट
		English Typing	२.५ अङ्क	५ मिनेट
		Word Processing	२ अङ्क	१० मिनेट
		Electronic Spreadsheet	१ अङ्क	
		Presentation System	१ अङ्क	
		Windows basic, Email and Internet	१ अङ्क	
जम्मा			१० अङ्क	२० मिनेट

Contents

1. Windows basic, Email and Internet

- Introduction to Graphical User Interface
- Use & Update of Antivirus
- Concept of virus, worm, spam etc.
- Starting and shutting down Windows
- Basic Windows elements - Desktop, Taskbar, My Computer, Recycle Bin, etc.
- Concept of file, folder, menu, toolbar
- Searching files and folders
- Internet browsing & searching the content in the web
- Creating Email ID, Using email and mail client tools
- Basic Network troubleshooting (checking network & internet connectivity)

2. Word processing

- Creating, saving and opening documents
- Typing in Devanagari and English
- Copying, Moving, Deleting and Formatting Text
- Paragraph formatting (alignment, indentation, spacing etc.)
- Creating lists with Bullets and Numbering
- Creating and Manipulating Tables
- Borders and Shading
- Creating Newspaper Style Documents Using Column
- Security Techniques of Document
- Inserting header, footer, page number, Graphics, Pictures, Symbols
- Page setting, previewing and printing of documents
- Mail merge

3. Presentation System

- Introduction to presentation application
- Creating, Opening & Saving Slides
- Formatting Slides, Slide design, Inserting header & footer
- Slide Show
- Animation
- Inserting Built-in picture, Picture, Table, Chart, Graphs, and Organization Chart etc.

4. Electronic Spreadsheet

- Organization of Electronic Spreadsheet applications (Cells, Rows, Columns, Worksheet, Workbook and Workspace)
- Creating, Opening and Saving Work Book
- Editing, Copying, Moving, Deleting Cell Contents
- Formatting Cells (Font, Border, Pattern, Alignment, Number, Protection, Margins and text wrap)
- Formatting Rows, Column and Sheets

- Using Formula with Relative and Absolute Cell Reference
- Using Basic Functions (IF, SUM, MAX, MIN, AVERAGE etc.)
- Sorting and Filtering Data
- Inserting Header and Footer
- Page Setting, Previewing and Printing

<u>अंग्रेजी वा देवनागरी Typing Skill Test को लागि निर्देशनः-</u>

1. देवननागरी Typing Skill Test को लागि १५० शब्दहरूको एउटा Text दिइनेछ र देहाय अनुसार अंक प्रदान गरिनेछः-

	शुद्ध शब्द प्रति मिनेट (Correct Words/Minute)	पाउने अङ्क
१.	५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	० अङ्क
२.	५ वा सोभन्दा बढी ७.५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	०.५० अङ्क
३.	७.५ वा सोभन्दा बढी र १० भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	०.७५ अङ्क
४.	१० वा सोभन्दा बढी र १२.५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.०० अङ्क
५.	१२.५ वा सोभन्दा बढी र १५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.२५ अङ्क
६.	१५ वा सोभन्दा बढी र १७.५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.५० अङ्क
७.	१७.५ वा सोभन्दा बढी र २० भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.७५ अङ्क
८.	२० वा सोभन्दा बढी र २२.५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	२.०० अङ्क
९.	२२.५ वा सोभन्दा बढी र २५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	२.२५ अङ्क
१०.	२५ वा सोभन्दा बढीशुद्ध शब्द प्रति मिनेट बापत	२.५० अङ्क

2. English Typing Skill Test को लागि २०० शब्दहरूको एउटा Text दिइनेछ र देहाय अनुसार अंक प्रदान गरिनेछः-

	शुद्ध शब्द प्रति मिनेट (Correct Words/Minute)	पाउने अङ्क
१.	६ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	० अङ्क
२.	६ वा सोभन्दा बढी ९ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	०.५० अङ्क
३.	९ वा सोभन्दा बढी र १२ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	०.७५ अङ्क
४.	१२ वा सोभन्दा बढी र १५ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.०० अङ्क
५.	१५ वा सोभन्दा बढी र १८ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.२५ अङ्क
६.	१८ वा सोभन्दा बढी र २१ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.५० अङ्क
७.	२१ वा सोभन्दा बढी र २४ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	१.७५ अङ्क
८.	२४ वा सोभन्दा बढी र २७ भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	२.०० अङ्क
९.	२७ वा सोभन्दा बढी र ३० भन्दा कमशुद्ध शब्द प्रति मिनेट बापत	२.२५ अङ्क
१०.	३० वा सोभन्दा बढीशुद्ध शब्द प्रति मिनेट बापत	२.५० अङ्क

3. अंग्रेजी वा देवनागरी Typing मा दिइएको Text लाई आधार मानी टाइप गरेको Text सँग भिडाई चेक गरिनेछ । दिइएको अंग्रेजी वा देवनागरी Text मा उल्लिखित स्थान बमोजिम परीक्षार्थीहरूले आफ्नो Text मा Punctuation टाइप नगरेको पाइएमा त्यसको शब्दमा गणना गरिने छैन । तत्पश्चात निम्न Formula प्रयोग गरी शुद्ध शब्द प्रति मिनेट (Correct Words/minute) निकालिनेछ ।

<u>Formula:</u>

$$\text{शुद्ध शब्द प्रति मिनेट (Correct words/minute)} = \frac{(\boldsymbol{Total\ words\ typed - Wrong\ words})}{\mathbf{5}}$$

प्रदेश लोक सेवा आयोग,

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, आठौ तह, डेन्टल सर्जन पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

सामूहिक परीक्षण (Group Test)

सामूहिक परीक्षण परीक्षा व्यक्तित्व परीक्षण (Personality Test) को एक महत्वपूर्ण परीक्षण विधि हो। निजामती सेवाको क्षेत्र विस्तार तथा कार्य पद्धति परिवर्तन समेत भैरहेको सन्दर्भमा संघ तथा प्रदेश सरकारका नीति, योजना, कार्यक्रम आदि माथि विचार-विमर्श, छलफल गरी प्रभावकारी तथा कार्यान्वयनयोग्य समाधान पहिल्याउन सक्ने उम्मेदवारहरूको सक्षमता (Competencies) पहिचान गर्नु यस परीक्षणको मूल उद्देश्य हो।

सामूहिक छलफल (Group Discussion) प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेटसम्म (प्रतिव्यक्ति ५ मिनेटका दरले हुने समय) अवधिको नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रुपमा सञ्चालन गरिने छ। समूहमा एक वा सो भन्दा बढी विज्ञापनका कम्तीमा तीन जना र बढीमा छ जना सहभागी रहनेछन्। तीन जना भन्दा कम उम्मेदवार भएको अवस्थामा समान योग्यता भएको अन्य विज्ञापनको उम्मेदवारलाई समावेश गराइने तथा त्यस्तो अवस्था पनि नरहेमा डमी उम्मेदवार सहभागी गराइ परीक्षा सञ्चालन हुनेछ।

सामूहिक छलफल परीक्षाका विधि बारे छलफल शुरु हुनु अघि समूहमा जानकारी दिई विषय (topic) दिइन्छ। विषय (topic) पाएपछि बढीमा तीन मिनेट प्रस्तुत गर्ने विषयमा सोच्ने समय दिइन्छ। सो पछि कुनै उम्मेदवारले दिइएको निर्देशन बमोजिम छलफल शुरु गरी पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। उम्मेदवारहरू दिइएको समसामयिक विषय/सवाल/समस्यामा सामूहिक छलफल गरी प्रभावकारी र कार्यान्वयनयोग्य समाधानतर्फ उन्मुख हुनु पर्नेछ।

यस परीक्षामा समूहगत रूपमा उम्मेदवारले प्रस्तुत गरेको छलफल तथा विचार-विमर्शबाट परिस्थिति बुझ्न सक्ने, निर्णय दिने, सरोकारवालालाई क्रियाशील बनाउने, निर्धारित लक्ष्य अनुसार काम गर्ने/गराउनेजस्ता कामका सन्दर्भमा समस्यालाई यथार्थपरक ढंगले प्रस्तुतीकरण गर्नुपर्नेछ । समस्या वा विषयवस्तु पहिचान गर्न सक्ने, वाकपटुता, शिष्टता एवं तर्कशक्तिका आधारमा उम्मेदवारहरूको बौद्धिक क्षमता, संचार सीप, समूह गतिशीलता, व्यवहार, व्यक्तित्व, मनोवृत्ति, क्रियाशीलता, निर्णयशक्ति, समस्या समाधान क्षमता, नेतृत्व क्षमता, समय व्यवस्थापन तथा व्यक्तित्वमा भएका गुणहरूको आंकलन गरी व्यक्तिगत रूपमा मूल्याङ्कन हुनेछ।

यस परीक्षामा गरीबी निवारण, सामूहिक सौदावाजी, महिला सशक्तीकरण आदि जस्ता सामान्य विषय (general topic) छलफलका लागि दिइनेछ।