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Course of Study

प्रदेश लोक सेवा आयोग,
कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, ज.हे.स. समूह, आठौं तहका
पदहरूको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम तथा द्वितीय पत्र:- जनरल हेल्थ सर्भिसिज

Etiology, Symptoms, Signs, Investigations and Curative and Preventive Management of the following Health related problems:

Section A (1st Paper 26 Marks, 2nd Paper 30 Marks)

1. General Medicine:

1.1 Pulmonary diseases:

Disorders of airways: acute and chronic airway obstructions, tracheal and bronchial obstructions and stenosis
Obstructive lung diseases: asthma, COPD,
Bronchiectasis, Allergic bronchopulmonary aspergillosis, cystic fibrosis
Pulmonary infections: pneumonia, lung abscess,
Pulmonary neoplasm and mediastinal mass
Interstitial lung disease
Sarcoidosis
Disorders of pulmonary circulation: pulmonary venous thromboembolism, pulmonary hypertension, pulmonary vasculitis
Environmental and occupational lung disorders
Medication and radiation induced lung injury
Pleural diseases: effusion, pneumothorax
Acute respiratory failure and ARDS
Indication of Lungs Transplant
SARS, Bird Flu, Covid-19 and related viral infections.

1.2 Cardiovascular Diseases:

Congenital Heart Diseases
Valvular Heart Diseases, Rheumatic fever, Rheumatic heart diseases
Infective endocarditis
Coronary Heart Disease
Disorders of Rate and Rhythm
Heart Failure
Myocarditis and The Cardiomyopathies
Disease of pericardium
Hypertension

1.3 Gastrointestinal Disease:

Symptoms and sign of Gastrointestinal Disorders: (Dyspepsia, Nausea & vomiting, Hiccups, Constipation, Diarrhea)
Gastrointestinal Bleeding, Acid peptic diseases, Gastro-esophageal reflux
Disease of The Peritoneum



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Disease of The Intestine (Ulcerative colitis, Crohns disease, Worm infestation, Gastroenteritis)

Diseases Of Liver and biliary tract (Alcoholic liver disease, Cirrhosis of liver and complications, Hepatitis, Hepatic encephalopathy)

Disease of Pancreas (Pancreatitis)

1.4 Blood and Lymphoreticular Diseases:

Anaemias

Leukemias and Myeloproliferative Neoplasms

Lymphomas

Blood Transfusions

Platelets Disorders

Rheumatologic , Immunologic & Allergic Disorders

Autoimmune Disease(SLE)

Vasculitis Syndrome

1.5 Neurological Diseases:

Spina bifida

Headache

Epilepsy and seizure disorders, Neurocysticercosis

Cerebrovascular accident and stroke, Paraplegia, Quadriplegia

Infections of Brain and spine (Meningitis and encephalitis)

Multiple Sclerosis

Parkinsons disease

Myasthenia gravis

Gullian Barre syndrome

Peripheral Neuropathies

Disorders of Neuromuscular Transmission

1.6 Endocrine and Metabolic Diseases:

Diseases of The hypothalamus & Pituitary Gland

Disorders of Thyroid Gland

Disorders of The Parathyroids

Disease of Adrenal cortex

Pheochromocytoma

Clinical use of corticosteroid

Diabetes Mellitus, its complications & Hypoglycemia

Dyslipidemia

Nutritional and Obesity

1.7 Renal diseases:

Disorders of the Renal tubules leading to disturbances of Acid -base and potassium

Acute Kidney Injury

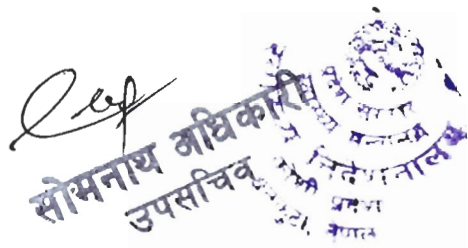
Chronic Kidney Disease, Dialysis, Renal transplantation

Nephrotic syndrome

Glomerulonephritis

Renal Vasculitis & Lupus Nephritis

Hereditary and Familial Renal Disease
Hepatorenal Syndrome
Infections of Kidney



1.8 Infectious and Tropical Diseases:

Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Measles, Mumps, Snakebite, Rabies, Insect bite, Scrub typhus, Tuberculosis(Pulmonary and extra pulmonary), Food Poisoning, Tetanus, Scorpion Bite, HIV, UTI, Poliomyelitis, Dengue, Neglected tropical diseases.

2. Emergency Medicine:

Resuscitation and BLS (Basic life support), PTC (Principle of trauma care), Management of acute poisoning, Coma, Acute abdomen & chest pain, Status Epilepticus, Acute severe asthma, multiple traumas including head injury, Catheterization, NG Tube Insertion, IV-line opening, Disaster management

3. Psychiatry:

Schizophrenia and psychotic disorders
Mood disorders(Depression, Mania, BPAD)
Neurotic, Stress related and somatoform disorders(Anxiety, OCD)
Substance related and addictive disorders
Organic mental disorders(Dementia, Delirium)
Sleep Disorders
Eating disorders(Anorexia nervosa, Bulimia)
Personality disorders
Child psychiatry(ADHD, Autism)

4. Dermatology and STD:

Hansen's disease, Fungal infections, Viral infections
Protozoal, Arthropods and Parasitic infections
Sexually transmitted infections and Venereal diseases
Papulosquamous disorders(Psoriasis, Lichen Planus)
Vesicobullous disorders
Drug Eruptions
Dermatitis, Urticaria

5. Pharmacology:

Poison and Toxicology including Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom poisoning, Organochlorine poisoning.
Drugs in pregnancy and lactation, prescribing in children and elderly.
Dosage, Preparation, Mode of action and side effects of drugs acting on different systems of body
Rational drug use, antimicrobial resistance, pharmacokinetics, pharmacodynamics, pharmacovigilance.



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Section B (1st Paper 26 Marks, 2nd Paper 20 Marks)

6. Surgery and Allied

6.1 General:

Sinus, Fistula, Ulcer, Wounds, Surgical nutrition, Shock
Basics of trauma management: abdominal, thoracic, head trauma
Thermal injuries, Burn management, Hernia

6.2 Breast: abscess, benign lesions and carcinoma

6.3 Endocrine: Thyroid benign lesions and carcinoma

6.4 Gastrointestinal: Diseases of esophagus, Upper GI bleeding, Acute abdomen Diseases of stomach(PUD, carcinoma, GOO), Intestinal obstruction, Small and large intestine(benign and malignant conditions, Diseases of rectum and anal canal(haemorrhoids, fissure, prolapse, carcinoma), Appendicitis and its complications, Diseases of liver(hydatid cyst, abscess), Pancreas(pancreatitis and its complications, malignant conditions), Gall bladder and biliary tree(gall stone disease, carcinoma gall bladder, cholangiocarcinoma)

6.5 Urology: Testicular disorders(undescended testis, torsion, epididymo-orchitis, hydrocele, varicocele), Acute retention of urine, Urethral and penile disorders(phimosis, paraphimosis, stricture, hypospadias), Bladder(carcinoma, suprapubic cystostomy), Kidney(Polycystic kidney disease, hydronephrosis, renal calculi, pyelonephritis, renal cell cancer, Wilms tumor), Prostate(BPH, carcinoma)

6.6 Vascular surgery: Thrombo angitis obliterans, DVT, Varicose veins

7. Anaesthesiology:

Principles of administering safe general anaesthesia, Local Anaesthesia, Principle and types of regional anaesthesia, Muscle relaxants, Postanaesthetic complications, ACLS and cardiopulmonary resuscitation including airway management, Lumbar Puncture, Endotracheal Intubation, PAC.

8. Ear, Nose, Throat and Oral Cavity

8.1 Ear: Foreign bodies and wax, Otitis externa, Otitis media and complications, Meniere's disease, Otosclerosis, Facial nerve lesions, Glomus tumor, Hearing loss

8.2 Nose and paranasal sinus: Foreign body nose, Nasal polyps, Rhinosporidiosis, Epistaxis, Rhinitis, Sinusitis, Septal abscess

8.3 Pharynx: Tonsillitis, Peritonsillar abscess, Pharyngitis, Nasopharyngeal angiofibroma, nasopharyngeal carcinoma

8.4 Larynx: Laryngeal obstruction, laryngotracheobronchitis, epiglottitis, vocal cord paralysis, carcinoma larynx, tracheostomy

8.5 Oral cavity: Parotid(parotitis, benign swellings), Ludwig's angina, submucosal fibrosis, leukoplakia, dental caries, dentigerous cyst, TMJ dislocation, Le Fort's fracture

9. Orthopedics and Trauma:

Infection of bone and joints(osteomyelitis, septic arthritis, tuberculosis spine and hip)
Bone tumors
Fracture(management, complications), Dislocations, RTA management,
Crush Injury, compartment syndrome, Amputation
Prosthesis and Orthotics, Physiotherapy, Traction and splintage
Low backpain, Spine Injury, Peripheral nerve injuries
Metabolic bone diseases(Rickets, osteomalacia, scurvy, osteoporosis, Pagets disease)
Joint disorders(Osteoarthritis, Rheumatoid arthritis, seronegative spondyloarthropathies, Gout)
Pediatric orthopedics(DDH, CTEV)
Sports injuries

10. Ophthalmology:

Injuries of Eye, Foreign Body in Eye
Conjunctivitis, Trachoma, Corneal ulcer, Scleritis, Episcleritis
Lens: Cataract
Retina: Retinal detachment, Diabetic and hypertensive retinopathy, Retinoblastoma
Uvea: Uveitis, iridocyclitis
Refractive errors: Myopia, hypermetropia, astigmatism, presbyopia
Strabismus
Glaucoma
Optic neuritis
Adnexae and orbit: epiphora, dacryocystitis, styne, chalazion, blepharitis, ptosis, proptosis,
Orbital cellulitis
Blindness: Definition, causes

Section C (1st Paper 16 Marks, 2nd Paper 20 marks)

11. Obstetrics and Gynecology:

11.1 Obstetrics:

Antenatal, Natal and Postnatal care, Diagnosis in obstetrics and fetal monitoring
Pregnancy Induced Hypertension, Eclampsia, Anemia in pregnancy, Diabetes Mellitus in
Pregnancy, Hyperemesis Gravidarum, Antepartum/postpartum hemorrhage, Abortion,
Multifetal pregnancy, Oligo/polyhydramnios, Rh negative pregnancy, Molar pregnancy,
Ectopic pregnancy
Normal and abnormal labour, Preterm labour, PROM, Stages of labor and management,
Rupture Uterus, Obstructed Labor
Intrauterine death

11.2 Gynaecology:

Disorders of menstruation, Menopause, HRT
PCOD
Congenital malformations
Genital tract infections
Urogynaecology: pelvic organ prolapse, fistula
Infertility
Contraception
Uterine fibroid, endometriosis and dysmenorrhea
Uterine cancer, Cervical cancer and CIN, ovarian tumors



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11.3 National programs:

Safe motherhood and newborn programme, Safe abortion services and Measures to decrease MMR (maternal mortality rate).

12 Paediatrics and Childhood diseases:

- 12.1** Vaccine preventable diseases, Acute Flaccid Paralysis
Genetic diseases(Downs syndrome, Turners syndrome)
Infectious diseases: diarrheal diseases and dehydration, pneumonia, bronchiolitis, meningitis, congenital infections
Cyanotic and Acyanotic Congenital Heart Disease
Protein-energy Malnutrition and Vitamin Deficiencies
Growth and development, Mental Retardation
Neonatology: Essential newborn care, Neonatal resuscitation, Breastfeeding, Neonatal sepsis, Hypothermia, Low birth weight, Physiological versus pathological jaundice.
- 12.2** National programs/guidelines/acts and regulations related to decrease the neonatal and under-5 mortality rate, CB and FB IMNCI (Integrated management of childhood illness), National nutrition program, National Immunization Programme(NIP).

Section D (1st Paper 32 marks, 2nd Paper 30 marks)

13 Community Medicine

- 13.1** Concept of health and disease: Health indicators, different levels of prevention
Epidemiology: Types of epidemiological studies, investigation of an epidemic, problem solving on epidemic of infectious disease
Screening of disease
Demography and reproductive health
Environment and health: Safe water and sanitation, Climate change, Biomedical waste management, Insects and Vector Control, Housing
Health Education and communication methods (Doctor Patient Relationship)
Bio Statistics
Management and administrative Requirement of the Job Description as drawn up by the Ministry for Medical Officers
- 13.2** Priority National and Provincial health programs :
Female Community Health volunteer Program, Primary Health Care Outreach, Malaria control program, Kalazar elimination program, Dengue control program Lymphatic Filariasis program, National TB control program, Leprosy control program, HIV/AIDS/STD control program, Other
- 13.3** Structural organization of MOHP, DoHS, Provincial Ministry of health and local levels.
Health Information System (ELMIS, DHIS, HMIS)
Sustainable development goals, Current Five Year National plan
Periodic plan of Koshi province
Inter Governmental Management in Health Administration
- 14. Forensic Medicine and Jurisprudence:**
Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Saponification, Wounds, Rape, Infanticide, Abortion, Homicide, Suicide, Procedure for Identification



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15. Acts related to Health and Medical Profession:

National and Provincial Health Policy, Nepal Medical Council Act, Mother's Milk Substitute Act, Abortion act nepal, Organ Transplant Act, Social Service unit, One-stop Crisis Management Centre (OCMC), Health professional and health institutions protection Act, 2079, Health insurance policy.

16. Basic Knowledge on Management, Applicable Legislations and Recent advances

16.1 Recent advances

Palliative care, Critical care management

16.2 Management aspects and Governance

16.2.1 Management concepts:

Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Budgeting, Motivation
Leadership
Decision making
Conflict management
Supervision, Monitoring, Evaluation

16.2.2 Project cycle

16.2.3 Good governance

16.3 Applicable Legislations

नेपालको संविधान: भाग ३ (मौलिक हक तथा कर्तव्य), भाग ४ (राज्यका निर्देशक सिद्धान्त, नीति तथा दायित्व) र स्वास्थ्य सम्बन्धी प्रावधानहरू
सार्वजनिक खरिद ऐन, २०६३ तथा सो को नियमावली, २०६४
सूचनाको हक सम्बन्धी ऐन, २०६४
संघीय निजामती सेवा, प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा सम्बन्धी कानूनहरू
स्थानीय सरकार संचालन ऐन, २०७४
प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६ र सो को नियमावली, २०७९
कोशी प्रदेशको जनस्वास्थ्य सेवा ऐन, २०७७
स्वास्थ्य सेवासँग सम्बन्धित अन्य नीतिगत व्यवस्थाहरू

नमूना प्रश्नहरू (Model Questions)

वस्तुगत बहु वैकल्पिक नमूना प्रश्नहरू (SAMPLE QUESTIONS)

1. A lady comes in medicine OPD with tender neck swelling, raised FT3 and FT4 and decreased TSH. She is on NSAIDS since last three days, but her pain is not improving. What will be the next proper management?
 - a. Give steroid and reassure that pain will subside
 - b. Biopsy
 - c. Add Antibiotic