

# प्रदेश लोक सेवा आयोग

मधेश प्रदेश, जनकपुरधाम

स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, एघारौं (११) तहको खुला, समावेशी र अन्तरसेवा  
प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

**प्रथम चरण:** लिखित परीक्षा (Written Examination)

पूर्णाङ्क: २००

**द्वितीय चरण:** अन्तर्वार्ता (Interview)

पूर्णाङ्क: ३०

## प्रथम चरण (First Phase) – लिखित परीक्षा योजना (Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 x 5 = 30 (Short answer) 2 x 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 x 5 = 20 (Short answer) 3 x 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 x 15 = 60 (Critical Analysis) 2 x 20 = 40 (Problem Solving)	3.00 hrs

## द्वितीय चरण (Second Phase)

Paper	Subject	Full Marks		Time Allowed
	Interview	30	Oral	

### द्रष्टव्यः

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूहअनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र को लिखित परीक्षा सबै समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागु मिति: २०८०।१।२४

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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 and health care service quality including hospital minimum service standard
3. Primary health care service management
4. Role of government and private sector in the management and regulation of health care services
5. Health institution development and management
6. Training need and importance of Health sector
7. Participative management: concept, advantages and disadvantages, techniques of participation
8. Time management: concept, advantages, and disadvantages
9. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
10. Stress management: concept, causes and sources of stress, techniques of stress management
11. Change management: concept, sources of organizational changes, resistance to change, management of resistance to change
12. Appreciative inquiry: concept, basic principles and management
13. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
14. Human resource management: concept, functions and different aspects including recruitment, selection and development
15. Project management: concept, process, techniques and approaches
16. Motivation: concept, theories of motivation, reason for low productivity, techniques of employee motivation

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17. Leadership: concept, functions, leadership styles, leadership and management effectiveness
18. Coordination: concept, need, types, techniques, and approaches of effective coordination
19. Communication: concept, communication process and barrier to effective communication, techniques for improving communication
20. Decision-making: importance, types, rational process of decision-making
21. Planning: concept, principles, nature, types, instrument, planning cycle and steps; National, provincial and local level planning system ( 3 tier health system)
22. Supervision and monitoring

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## **Part II: General Health Issues**

1. Constitution of Nepal (Health and welfare issues)
2. II<sup>nd</sup> National Health Policy (2076), Health Policy of Madhesh Province and the concept of health in all policies
3. Sustainable Development Goals (SDGs): concepts, indicators, targets and its localization
4. Current health periodic plans of Nepal and first five year plan of Madhesh province
5. Current Nepal Health Sector Strategy
6. The concept of Medium Term Expenditure Framework (MTEF) in planning and budgeting process
7. Health services act 2053, health service regulation, 2055, The Public Health Service Act, 2075 and Public Health Service Regulation, 2077 of Nepal
8. Health governance and management in federal context: Organizational structure, roles and functions of federal, provincial and local governments

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9. Inter-governmental relation (Coexistence, collaboration and coordination) in health sector
10. Health and human right including women's right, children's right, professional's right, client right and informed consent
11. Gender and Social Inclusion (GESI) issues and its address in overall health planning
12. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA, Red Crosss, bilateral agencies and interagency relationships
13. International health and different declarations
14. Professional councils and related regulations; medical council and medical education commission
15. Medical ethics in general and its application
16. Continuous Medical Education (CME) and Continuous Professional Development (CPD)
17. Different health service practices in Nepal: Allopathic, Ayurveda, Homeopathy, Unani, indigenous and traditional/alternative health practices
18. Onsite coaching, mentoring; Supervision and its types and usage in health sector
19. Monitoring and evaluation system in health sector
20. Human resource management in health sector: planning, production, mobilization, motivation and retention
21. Health management information system: concept of DHIS2, eLMIS, EMR, EHR, PAMS
22. Health management information system: concept of ICD-10 and ICD-11
23. Health logistic management: public procurement and supply chain management
24. National health training management: components and priorities
25. Public Health Surveillance system in Nepal

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26. Social Health Security System in Nepal: Health insurance and financing in health care system in the context of universal health coverage
27. Health Insurance Act, 2074 and Rules, 2075
28. Effect of environment in public health: air pollution, domestic pollution, noise pollution and health care wastes management
29. Importance of water, sanitation and hygiene (WASH) in public health
30. Disaster management, effects of disaster in public health: deforestation, land slide, flood, earthquake, fire, epidemic/pandemic and role of GOs/NGOs and other related national and international organizations in disaster management
31. Occupation health and effects of industrial hazards in public health
32. Female Community Health Volunteers (FCHV) involvement in health service delivery
33. Community involvement in health service delivery
34. Counseling: concept, type, importance and its application in health service delivery
35. Health statistics and data management
36. Health research and development
37. Health service practices and consumer protection Act 2075
38. Awareness of Gender discrimination and abortions
39. Universal Health Coverage
40. Out of Pocket expenditure in health
41. Social Health Insurance

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## Paper II: Technical Subject

### 1. Internal Medicine

#### 1.1. Management of Common Diseases Prevalent in Nepal.

- 1.1.1. Common diseases of respiratory system.
- 1.1.2. Common diseases of GI System.
- 1.1.3. Common diseases of cardiovascular system.
- 1.1.4. Common diseases of nervous system.
- 1.1.5. Common diseases of genitourinary system.
- 1.1.6. Common diseases of blood and lympho-reticular system.
- 1.1.7. Common endocrine and metabolic disorders.
- 1.1.8. Common diseases of skin.
- 1.1.9. Common diseases of bones, joints and collagen.
- 1.1.10. Common disease of electrolyte imbalance.
- 1.1.11. Common mental disorders.
- 1.1.12. Common vector borne diseases.
- 1.1.13. Infectious & Non-Infectious disease.
- 1.1.14. Covid-19
- 1.1.15. Immune compromise diseases
- 1.1.16. Common geriatric health problems
- 1.1.17. NCD & PEN programme

#### 1.2. Management of Common Medical Emergencies.

- 1.2.1 Common medical emergencies.
- 1.2.2 Management of altitude sickness.
- 1.2.3 Management of insects and snake bite emergencies
- 1.2.4 Management of common recent viral pandemics.
- 1.2.5 Management of poisoning cases
- 1.2.6 Disaster management

### 2. General Surgery

- 2.1. Swellings, Lumps and Bumps
- 2.2. Ulcers and wound care
- 2.3. Bleeding disorders
- 2.4. Traumas and RTA (Road Traffic Accidents)
- 2.5. Shock of different types
- 2.6. Common surgical GI disorders
- 2.7. Common surgical hepatobiliary disorders
- 2.8. Common surgical genitourinary disorders
- 2.9. Common ENT disease
- 2.10. Common ophthalmic diseases

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- 2.11. Common dental diseases
- 2.12. Common surgical emergencies
- 2.13. Common Neuro surgical emergencies

## 3. Paediatrics

- 3.1. Nutritional and development status of child
- 3.2. Growth disorders
- 3.3. Nutritional deficiencies and Malnutrition
- 3.4. Diarrhoeal disorders
- 3.5. Respiratory infections
- 3.6. Paediatric emergencies
- 3.7. Immunization schedule
- 3.8. Congenital anomalies
- 3.9. Neonatal care (NC)
- 3.10. Dental Problems
- 3.11. Pediatric and Adolescent psychological problems
- 3.12. Psychosocial problems of adolescent

## 4. Gynaecology and Obstetrics

- 4.1. Management of common obstetrical and gynaecological problems
  - 4.1.1. Common menstrual problems
  - 4.1.2. Abdominal/pelvic swellings
  - 4.1.3. Vaginal discharges & per vaginal bleeding disorder
  - 4.1.4. Uterus prolapse
  - 4.1.5. Urinary incontinence & retention of urine +VVF (Vesico Vaginal Fistula)
  - 4.1.6. Gynaecological causes and management of abdominal pain
  - 4.1.7. General/Common malignancies in female (Breast CA, Cervical CA)
- 4.2. Management of Pregnancy
  - 4.2.1. ANC and PNC
  - 4.2.2. Normal labour and delivery care (SNVD)
  - 4.2.3. Delayed and obstructed labour
  - 4.2.4. Foetal distress
  - 4.2.5. PPH
  - 4.2.6. retained placenta
  - 4.2.7. NC
  - 4.2.8. Comprehensive abortion care (CAC)
  - 4.2.9. Post abortion care (PAC)
  - 4.2.10. Safe abortion

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- 4.2.11. IVF
- 4.2.12. BEOC/CEOC
- 4.2.13. Pre-eclamsia & eclamsia
- 4.2.14. PIH
- 4.2.15. DM in Pregnancy
  
- 5. Medical Jurisprudence, Forensic Medicine:
  - 5.1. Duties and rights of medical practitioner
  - 5.2. Hippocratic oath and Geneva declaration
  - 5.3. Malpractice and medical negligence
  - 5.4. Medicolegal cases
  - 5.5. Autopsy
  - 5.6. Verbal autopsy
  - 5.7. Sexual assaults
  - 5.8. Drug Addictions
  
- 6. Disaster Management
  - 6.1. Mass casualty management: man made and natural disasters (Earthquake and Flood disaster)
  - 6.2. Basic elements of disaster planning
  - 6.3. TRIAGE, management and evaluation of relief works
  - 6.4. Role of GOS, NGOs and other related national and international organizations in disaster management
  - 6.5. Epidemics and outbreak management
  
- 7. Hospital infection control
  - 7.1. Infection prevention
  - 7.2. Quality assurance (QA)
  - 7.3. Total quality management (TQM)
  - 7.4. Hospital Waste Management
  - 7.5. Hospital acquired infections
  - 7.6. Community acquired infections
  - 7.7. Infection control committee and its role
  - 7.8. Management of dead body
  - 7.9. Medical record and its audit
  - 7.10. Recent advances in medical services