

निजामती कर्मचारी अस्पताल
प्राविधिक सेवा, अबस्ट्रेटिक्स एण्ड गाइनेकोलोजी समूह, अबस्ट्रेटिक्स एण्ड गाइनेकोलोजी उपसमूह, सिनियर कन्सल्टचान्ट
पद, एघारौं तहको खुला तथा आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

१. प्रथम चरण (First Phase): परीक्षा योजना (Examination Scheme)

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

२. द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination System
Interview	30	Oral

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- अस्पतालको प्राविधिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । परीक्षामा सोधिने **प्रश्नसंख्या र अङ्कभार** यथासम्भव सम्बन्धित पत्र, विषयमा दिईए अनुसार हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :

Paper I: General Subject
Part I: Management
(6 × 5) + (2 × 10) = 50 Marks

1. Management

- 1.1. Health care management system in Nepal and other parts of the world
- 1.2. Fundamental principles of healthcare institution and hospital management.
- 1.3. Effective hospital management principles
- 1.4. Purpose of medical and non-medical data and records
- 1.5. Ethics and responsibility of management
- 1.6. Concept of management and its application in health care including hospital
 - 1.7.1 Management: Concept, principles, functions, scope and role, level and skills of manager
 - 1.7.2 Planning: Concept, principles, nature, types, instruments and steps
 - 1.7.3 Leadership: Concept, function, leadership styles, leadership and management
 - 1.7.4 Coordination: Concept, types, techniques of effective coordination
 - 1.7.5 Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
 - 1.7.6 Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
 - 1.7.7 Participative management: Concept, advantage and disadvantage, techniques of participation
 - 1.7.8 Time management: Concept, essential factors and strategies for effective time management
 - 1.7.9 Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
 - 1.7.10 Stress management: Concept, causes and sources of stress, techniques of stress management
 - 1.7.11 Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
 - 1.7.12 Appreciative inquiry: Concept, basic principle and management
 - 1.7.13 Human resource management: Concept, functions and different aspects
 - 1.7.14 Health manpower recruitment and development
 - 1.7.15 Financial management: Concept, approaches, budget formulation and implementation, Auditing and topics related to fiscal administration

Part II: General Health Issues
(6 × 5) + (2 × 10) = 50 Marks

2. General Health Issues

- 2.1. Present constitution of federal republic of Nepal (including health and welfare issues)
- 2.2. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.3. Professional council and related regulations
- 2.4. National Health Policy
- 2.5. Health Service Act and Regulation
- 2.6. Second Long term health plan
- 2.7. Health Management Information System, forms, indicators, annual reports
- 2.8. Human Development Indices, Sustainable Development Goals
- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness

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- 2.10. Local governance and community participation in health service delivery
- 2.11. Health Insurance and financing in health care
- 2.12. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.13. Indigenous and traditional faith health and health practices
- 2.14. International Health Agencies: Roles and responsibilities of WHO, UNICEF, UNFPA, Inter-agency relationships, Government-agency coordination: Joint Annual Review meeting
- 2.15. Supervision, types and its usage in health sector
- 2.16. Monitoring and evaluation system in health sector
- 2.17. National Health Training Centre
- 2.18. National and International Disaster Plan, Coordination
- 2.19. General introduction of Civil Service Hospital and its Bylaws

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Paper II : Technical Subject
Section (A) – 50 Marks

1. Obstetrics

- 1.1 Anatomy: Knowledge of anatomy of abdomen and pelvis applied to surgical procedures undertaken by the obstetrician and gynaecologist.
- 1.2 Pathology: Infection, inflammation therapeutic intervention (especially by the use of irradiation, cytotoxic drugs and hormones), disturbances in blood flow, loss of body fluids and neoplasia. Knowledge about changes in haemostasis in health and disease of a pregnant women.
- 1.3 Pharmacology: Knowledge of those drugs used in obstetrics and gynaecology Hormonal contraceptives in pregnancy and gonadotrophins and drugs contraindicated in pregnancy.
- 1.4 Immunology: Immunological changes in pregnancy; fetal development of the immune system, with particular knowledge of rhesus and isoimmunisations.
- 1.5 Infectious diseases: Knowledge of infectious diseases affecting pregnant and non-pregnant woman and fetus in utero. Knowledge of epidemiology, diagnostic techniques, prophylaxis, immunization and the use of antibiotics and antiviral agents.
- 1.6 Epidemiology and statistics: Collect data apply methods of statistical analysis. Knowledge of setting up clinical trials and the ability to interpret data through commonly used terms and techniques, interpretation of results of research, investigations, clinical trials design and medical audit.
- 1.7 Diagnostic imaging: Understand the application of ultrasound, computerized tomographic scanning and magnetic resonance imaging.
- 1.8 Radiodiagnosis: Basic chest skull and abdominal radiography in different views. Contrast radiography of different organic like IVP, Ba-series, Hysterosalpingography. Radiology of bones and joints.
- 1.9 Recent advances in radiology like CT, MRI and radioisotope scanning, Genetics and embryology. Detailed knowledge of normal and abnormal karyotypes, of the inheritance of genetic disorders and of the genetic causes of early abortion to diagnosis fetal abnormality, intrauterine treatment of the fetus genetics and embryology. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.
- 1.10 Normal pregnancy: Changes maternal and fetal physiology during normal pregnancy, antepartum care its, aim and methods changes of implementation, i.e. organization of intrapartum care, including obstetrical analgesia and anaesthesia and anaesthesia, and of the normal puerperium. Importance of Nutrition during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.
- 1.11 Abnormal pregnancy: Knowledge of all aspects of abnormality during pregnancy, labor and puerperium and their management. Understand effects of pre-existing disease (obstetrical, gynaecological medical or surgical) on pregnancy and demonstrate the ability to provide informative counseling before, during and after pregnancy. Knowledge of neonatal resuscitation and of the principles of neonatal management, Respiratory distress syndrome (RDS), prematurity and congenital abnormality.

Section (B): 50 Marks

2. Gynaecology

- 2.1 Prepubertal gynaecology: Knowledge of normal and abnormal sexual development paediatric pathology and its management, normal puberty and its disorders and their management.
- 2.2 Adolescent gynaecology: Disorder of behaviour and sexual function counseling for safe

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- living
- 2.3 Menstruation: Physiology of normal menstruation, pathophysiology of menstrual disorders their investigation and management. Menopause and its management.
 - 2.4 Infertility: Causes of infertility, investigation and management of the infertile couple, techniques involved in assisted reproduction.
 - 2.5 Infection: Sexually transmitted diseases including AIDS.
 - 2.6 Abortion: Cause of abortion, its management, complication of therapeutic abortion and its legal aspects.
 - 2.7 Contraception: Various method of permanent and temporary contraceptives, their uses and side effect.
 - 2.8 Psychosexual medicine: Management of psychosexual problems including puerperal psychosis and the psycho social impact of violence against women
 - 2.9 Urogynaecology: Surgical and non- surgical management urogynaecological problems.
 - 2.10 Gynaecological oncology: Epidemiology and aetiology and the principles of carcinogenesis, tumor immunology and pathology. Diagnostic techniques and staging of gynaecological tumors. Treatment including surgery, radiotherapy, chemotherapy, and terminal care of patients dying due to gynaecological malignancy.
 - 2.11 Breast: Problems of lactation and its management, Breast Lump and its management.
 - 2.12 Obstetrical and Gynaecological surgery: Principle of obstetric and gynaecological (surgery) procedures preoperative assessment and post operative care.
 - 2.13 Ethics and the law: Basic ethical and legal issues involved in contemporary obstetrical and gynecological practice, Introduction to ethical theories, medical ethics, Professional ethics, Ethics in research, Ethics in health policy.
 - 2.14 Recent advances and subspeciality: Uro-gynaecology, Infertility, Gynaecology oncology,
 - 2.15 Community obstetrics and gynaecology:
 - 2.15.1 Knowledge about basics community disease profile
 - 2.15.2 Definitions and causes of maternal morbidity and mortality and perinatal mortality, neonatal mortality and infant mortality rate
 - 2.15.3 Effect of socio cultural behavior in Reproductive health.
 - 2.15.4 National Health Programmes related to Maternal and child health, continuing health services for maternal care and child health, organizing health care delivery and referral system.
 - 2.15.5 Future vision to reduce maternal morbidity and mortality and perinatal mortality.