

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवा र स्थानीय सरकारी सेवाको स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसिज समूह, अधिकृतस्तर आठौं
तह, मेडिकल अधिकृत पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम र परीक्षा योजना

पाठ्यक्रमको रूपरेखा:- परीक्षा योजना (Examination Scheme) निम्नानुसार छ ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामुहिक परीक्षण र अन्तर्वार्ता	४०

१. प्रथम चरण - लिखित परीक्षा योजना

पत्र	विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या×अंक	समय
प्रथम	जनरल हेल्थ सर्भिसिज	१००	४०	बस्तुगत बहुवैकल्पिक (Multiple Choice)	१०० प्रश्न x १ अंक=१००	१ घन्टा ३० मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० प्रश्न×१० अंक =१००	३ घन्टा

२. अन्तिम चरण: सामुहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामुहिक परीक्षण (Group Test)	१०	समुहमा व्यक्तिगत प्रस्तुती (Individual Presentation in Group)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	

द्रष्टव्यः

- यस पाठ्यक्रमलाई प्रथम चरण र अन्तिम चरण (सामूहिक परीक्षण र अन्तर्वार्ता) मा विभाजन गरिएको छ ।
- उल्लिखित सेवाको खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ ।
- प्रथम तथा द्वितीयपत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ

प्रथमपत्र एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६	१७	१८	१९
प्रश्नसंख्या	१०	४	४	४	४	८	८			८			८	८	८	६	६	६	६
खण्ड	A					B					C			D			E		
द्वितीयपत्र एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६	१७	१८	१९
प्रश्नसंख्या	१	१		१		१			१			१		१		१		१	

४. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
५. 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 ।
६. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।
७. विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कमा एउटा लामो प्रश्न वा 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 सकिनेछ ।
८. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन ।
९. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ ।
१०. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक भाग/खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक भाग/खण्डका प्रश्नहरूको उत्तर सोही भाग/खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
११. 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 ।
१२. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको परीक्षामा सम्मिलित गराइनेछ ।
१३. लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कुल प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।
१४. पाठ्यक्रम लागू हुने मिति: २०७९/०५/१३

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

Section A

1. General Medicine:

- 1.1 Respiratory diseases:** Acute Bronchitis, Chronic Obstructive Airway Disease, Bronchial Asthma, Pneumonias, Tuberculosis, Bronchogenic Carcinoma, Bronchiectasis, Occupational Lung Diseases, Respiratory Failure, SARS, Pleural effusion, Pneumothorax, Bird Flu, Pulmonary embolism, Covid-19 and related viral infections.
- 1.2 Cardiovascular Diseases:** Rheumatic Fever, Rheumatic Heart Disease (MS, MR, AS, AR), Congestive Cardiac Failure, Acute LVF, Ischemic Heart Disease, Myocardial Infarction, Hypertension, Infective Endocarditis, Congenital Heart Diseases, Cardiomyopathies, Cor-pulmonale, Cardiacarrhythmias, Cardiogenic Shock, Deep vein thrombosis.
- 1.3 Gastrointestinal Disease:** Acid Peptic Diseases, Cirrhosis of Liver and ascites, Hepatitis, Hepatic Encephalopathy, Abdominal Tuberculosis, Pancreatitis, Worm Infestation, Ulcerative Colitis, Carcinoma of Gastrointestinal Tract, Gastroenteritis, H pylori, Gastro-oesophageal reflux.
- 1.4 Blood and Lymphoreticular Diseases:** Anemia, Polycythemia, Leukemia, Thrombocytopenia, Lymphomas
- 1.5 Neurological Diseases:** Cerebro-vascular Accident, Meningitis, Encephalitis, Parkinson's Disease, Paraplegia, Multiple Sclerosis, Myasthenia Gravis, Epilepsy, Neuro-cysticercosis, Bell's palsy, GBS, Neurosyphilis, Coma, Headache, Spina bifida, Neurogenic Shock, Cerebral Malaria
- 1.6 Endocrine and Metabolic Diseases:** Diabetes Mellitus, Non-ketotic Coma, Ketoacidosis, Thyrotoxicosis, Hypothyroidism, Cushing's Syndrome, Addison's Disease, Hyperparathyroidism, Tetany, Hypogonadism, Diabetes Insipidus
- 1.7 Joint and Collagen Diseases:** Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus, Osteoarthritis, Osteomalacia and Osteoporosis, Ankylosing Spondylitis

- 1.8. Renal diseases:** Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalemia, Kidney Transplant.
- 1.9 Infectious and Tropical Diseases:** Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Tuberculosis, Food Poisoning, Tetanus, Scorpion Bite, HIV, UTI, Poliomyelitis, Extrapulmonary tuberculosis, Dengue, Covid-19 infections, Neglected tropical diseases.
- 2. Psychiatry:** Emotional Disorders (Anxiety, Depression, Mania, Sleep Disturbance) Neurosis, Psychosis, Psychosomatic Disorders, Anorexia Nervosa, Substance abuse (Alcohol/drugs/others), Alcohol Withdrawal Syndrome.
- 3. Dermatology and STD:** Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption, Syphilis, Gonorrhoea, Non Specific Urethritis. HIV, AIDS and Universal Precaution.
- 4. Pharmacology:** Poison and Toxicology including Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom 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.
- 5. 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.

Section B

6. **General Surgery:** Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Peptic Ulcer, Pyloric Stenosis, Oesophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute Abdomen, Haemorrhoids, Gall-Stones, Liver Abscess, Hydatid Cyst, Pancreatitis, Pneumothorax, Haemothorax, Lung Abscess, Thrombo-angitis obliterans, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Retention of Urine, Enlarged Prostate, Vasectomy, Goiter, Lymphomas, Carcinoma of Bladder, Breast abscess and Carcinoma breast, Suprapubic Cystostomy, Wounds, Varicose vein, Corn, Bed sore.
7. **Ophthalmology:** Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Stye, Chalazion, Blepharitis, Cellulitis, Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Iridocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis, Epiphora, Dacryocystitis, Ocular Hazards in Agriculture and Industry
8. **Ear, Nose and Throat:** Foreign Bodies in Ear, Nose and Throat, Otitis Media, Otitis Externa, Mastoiditis, Mastoid abscess, Rupture of Tympanic Membrane, Meniere's Disease, Hearing Loss, Rhinitis, Nasal Allergy, Polyp, Epistaxis, Sinusitis, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwig's Angina, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Diphtheria, Tracheostomy, Carcinoma of Larynx, Wax in Ear, Hematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis, Otomycosis, goitre, carcinoma thyroid, Submucosal fibrosis, leukoplakia.
9. **Dental:** Caries, Gingivitis, Pulpitis, Root abscess, Carcinoma of gum, Dentigerous cyst, TMJ dislocation, Mandibular fracture.
10. **Forensic Medicine:** 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.

- 11. Anaesthesiology:** Principles of administering safe general anaesthesia, Local Anaesthesia, Principle and types of regional anaesthesia, Anaesthetics, Post-anaesthetic complications, Basic life support and cardiopulmonary resuscitation including airway management, Lumbar Puncture, Endotracheal Intubation, PAC.
- 12. Pathology:** Interpretation of laboratory results, Normal values of biochemical and Hematological tests, Basic principle of histopathological examination.

Section C

13. Obstetrics and Gynecology:

- 13.1 Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyperemesis Gravidarum, Stages of labor, Retained Placenta, Ruptured Uterus, Fetal Distress, Prolonged Labor, Obstructed Labor, Leucorrhoea, Ante partum and Postpartum Hemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Fetal Malformation, Endometriosis, Tumors of Genital Tract, Ovarian cyst, Fibroid, Genital Prolapse, Family Planning, obstetric fistula.
- 13.2 National programs, guidelines, acts and regulations related to the safe motherhood, safe abortion services and to decreases MMR (maternal mortality rate).

14. Childhood Diseases:

- 14.1 ARI, Measles, Mumps, Pertussis, Diphtheria, Tuberculosis, Enteric Fever, Diarrheal Diseases, Pneumonia, Meningitis, Rheumatic Fever, Worm Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin Deficiency, Mental Retardation, Neonatal sepsis, Low birth weight, Physiological versus pathological jaundice.
- 14.2 National programs/guidelines/acts and regulations related to decrease the neonatal and under-5 mortality rate, IMNCI (Integrated management of childhood illness) National nutrition program.

Section D

15. Community Medicine

15.1 Demography, Sociology and social understanding of health, Socio-cultural patterns, Social Problems and Social Changes, Health Economics, Gender and Environmental issues, Effective doctor patient relationship, Sociological research methods, Epidemiology, Investigation of an Epidemic, Problem Solving Exercise on the Epidemic of Infectious Diseases, Safe Water and Sanitation, Food Sanitation, Insects and Rodent Control, Housing, Concept of Health Education, Principles of Behavior Change, Communication methods in Health Education, Nutrition and Health, Breast Feeding, Complementary Feeding, Food Hygiene, Adulteration and Food Processing, RH and Safe Motherhood, CBR, EPI, IMCI, Growth monitoring, School Health, Occupational health.

15.2 Principle and practice of health care waste management, Sanitation and WASH activities in the health facilities, Non communicable diseases, Priority National health programmes (Safe motherhood, neonatal and child health, vaccination, family planning, TB, HIV/AIDS, national health training system), Structural organization of MOHP, DoHS, Provincial Health Directorate and local levels.

16. Orthopedics and Trauma: Fracture dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular spine and hip, Septic Arthritis, Prosthesis and Orthotics, Physiotherapy, compartment syndrome, Traction and splintage, Low backpain, Triage, Spine Injury, RTA management, Basic trauma life support, Management of Open fractures, complications of fractures, Metabolic bone diseases, Bone tumour, Rheumatic and inflammatory diseases, Basic principles on recent advances in orthopedics and trauma (Arthroscopy and sports injury, Arthroplasty, Spine).

17. Acts related to Health and Medical Profession: Nepal Health Services Act, Nepal Health Service Regulation, National Health Policy, Karnali Province Health Policy 2076, Second Long Term Health Plan, Nepal Medical Council Act, Mother's Milk Substitute Act, Legalization of abortion, Organ Transplant Act, Social Service unit, One-stop Crisis Management Centre

(OCMC), Medical ethics and communication, Constitution of Nepal related to health, Health professional and health institutions protection Act, 2079, Health insurance policy.

Section E

18. Basic Knowledge on Management, Applicable Legislations and Contemporary Issues

18.1. Basic knowledge on Nepal and Karnali Province

1. Physical, Socio-cultural and Economic geography of Nepal.
2. Geographical diversity, climatic conditions, Livelihood and life style of Karnali province.
3. Health Provisions in the current periodic plan of Karnali province

18.2 Health provisions in the Constitution of Nepal

18.3 Management aspects and Governance

1. Management concepts:
 - Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Budgeting,
 - Motivation and Morale
 - Leadership
 - Decision making
 - Conflict and Grievance Handling
2. Good Governance

18.4 Relevant Cross Cutting issues

1. Health Sector in Sustainable Development Goals
2. Climate change and Environmental Issues relevant to Health
3. Disaster management
4. Effectiveness of service Delivery through citizen Charter, Social Audit, Public Hearing, Information Technology
5. Reservation and Positive Discrimination

19. Applicable Legislations

1. सार्वजनिक खरिद ऐन, २०६३ र सार्वजनिक खरिद नियमावली, २०६४
2. भ्रष्टाचार निवारण ऐन, २०५९
3. सूचनाको हक सम्बन्धी ऐन, २०६४

4. श्रम ऐन, २०७४
5. स्थानीय सरकार सञ्चालन ऐन, २०७४
6. कर्णाली प्रदेश स्वास्थ्य सेवा ऐन, २०७८
7. जनस्वास्थ्य सेवा ऐन, २०७५ र जनस्वास्थ्य नियमावली, २०७७

सामूहिक परीक्षण

सामूहिक परीक्षण व्यक्तित्व परीक्षणको एक अंश हो । प्रदेश निजामती सेवा र स्थानीय सरकारी सेवाको क्षेत्र विस्तार तथा कार्य पद्धति परिवर्तन समेत भैरहेको सन्दर्भमा नेपाल सरकारका नीति, योजना, कार्यक्रम लगायत शासन व्यवस्था सम्बन्धी समसामयिक विषयमाथि विचार—विमर्श, छलफल गरी तिनको अझै बढी प्रभावकारी तथा कार्यान्वयन योग्य समाधान पहिल्याउने सम्बन्धमा उम्मेदवारहरूको क्षमता पहिचान गर्नु यस परीक्षणको मूलमर्म हो । यसको लागि छलफल, विचार—विमर्श गरी परिस्थिति बुझ्न सक्ने, निर्णय दिने, जनतालाई क्रियाशील बनाउने, चित्त बुझाउने, निर्धारित लक्ष्य अनुसार काम गर्ने/गराउने, जस्ता कामका लागि लेखन क्षमताका साथसाथै समस्यालाई यथार्थपरक ढंगले पहिचान गर्नसक्ने, वाक्पटुता, शिष्टता, तर्कशक्तिको पनि आवश्यकता पर्दछ ।

त्यसैले यस परीक्षणमा उम्मेदवारहरूको बौद्धिक क्षमता, संचार सीप, समूह गतिशिलता, व्यवहार, व्यक्तित्व, मनोवृत्ति, क्रियाशीलता, निर्णयशक्ति, समस्या समाधान क्षमता, नेतृत्व क्षमता, समय व्यवस्थापन तथा व्यक्तित्वमा भएका अन्य गुणहरूको आंकलन अर्थात् परीक्षण र मूल्याङ्कन गर्नको लागि उम्मेदवारहरूलाई कुनै समसामयिक विषय/सवाल/समस्यामा सामूहिक छलफल गरीसमस्या समाधान केन्द्रीत प्रभावकारी र कार्यान्वयन योग्य समाधान निकाल्न दिइन्छ ।

सामूहिक छलफल

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफलको रूपमा अवलम्बन गरिनेछ । दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति गर्नुपर्नेछ । यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको ३ जना भन्दा बढीको समिति रहनेछ ।

आयोगका अध्यक्ष वा अध्यक्षले तोकेको सदस्य	— अध्यक्ष
आयोगका सदस्य	— सदस्य
मनोविज्ञानवेत्ता	— सदस्य
दक्ष/विज्ञ (१ जना)	— सदस्य

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SAMPLE QUESTIONS (OBJECTIVE 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
 - d. Iodine Therapy(Answer A)

2. Mechanism of action of allopurinol is
 - a. Xanthine oxidase inhibition
 - b. GABA inhibition
 - c. Opens Na⁺ channel
 - d. All of the above(Answer A)

3. The most common site of prolapsed intervertebral disc
 - a. C5-C6
 - b. L5-S1
 - c. L4-L5
 - d. B and C(Answer C)

4. Which of the following is not a Schneider's first rank symptom of Schizophrenia?
 - a. Hallucinations
 - b. Thought withdrawal
 - c. Delusion of persecution
 - d. Insomnia(Answer D)

5. Commonest organism causing acute epiglottitis is
 - a. Staphylococcus
 - b. Pneumococcus
 - c. Pseudomonas
 - d. H.influenzae(Answer D)

SAMPLE QUESTIONS (SUBJECTIVE QUESTIONS)

1. There is an outbreak of diarrhoea in a village nearby your Primary Health Centre. How will you investigate and manage the outbreak?
2. What are the provisions for health and health related issues in the constitution of Nepal?
3. List the differential diagnosis of acute onset shortness of breath. What primary management will you do?
4. What will be your steps to reduce the high maternal mortality rate in Karnali Province?
5. 5yrs male child presented with high grade fever and unable to bear weight Rt. Lower limb. How will you proceed? Differentiate between septic arthritis and acute osteomyelitis.