

कालिका नगरपालिका, रेडक्रसग्राम, चितवन  
स्थानीय स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसिज समूह, मेडिकल अधिकृत आठौं तहको खुला(करार) प्रतियोगितात्मक परीक्षाको  
पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ:-

- प्रथम चरण:- लिखित परीक्षा
- द्वितीय चरण:- सामूहिक परीक्षण र अन्तर्वार्ता

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

- पूर्णाङ्क:- २००
- उत्तीर्णाङ्क:- ४०

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	Basic Knowledge on Management, Applicable Legislations and Contemporary Issues जनरल हेल्थ सर्भिसिज	१००	४०	विषयगत (Subjective) र वस्तुगत बहुवैकल्पिक (MCQs)	६x५ = ३० र ७० *१ = ७०	२ घण्टा १५ मिनेट
द्वितीय	जनरल हेल्थ सर्भिसिज	१००	४०	विषयगत (Subjective)	१०*१०=१००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	२०	सामूहिक छलफल (Group Discussion)	३० मिनेट
अन्तर्वार्ता	३०	मौखिक	

१. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।

२. पाठ्यक्रमको प्रथम र द्वितीय पत्रका विषयवस्तु एउटै हुनेछन् ।

३. प्रथम र द्वितीय पत्रको एकाईहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:

प्रथम पत्रका एकाई		1	2	3	4	5															
प्रश्न संख्या	part i	1	1	1	1	2															
प्रथम पत्रका एकाई	Part	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
प्रश्न संख्या	ii	6	3	3	3	3	3	3	3	5		5	5	5	5	5	5	8	4	4	
द्वितीय पत्रका खण्ड		A					B					C					D				
द्वितीय पत्रका एकाई		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16				
प्रश्न संख्या		1		1		1	1		1		1	1		1		1					

४. वस्तुगत बहुवैकल्पिक 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 ।

५. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।

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६. विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू सोध्न सकिने छ ।  
७. द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परिक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।

प्रथम र द्वितीय पत्र: जनरल हेल्थ सर्भिसिज

**Part I - Basic Knowledge on Management, Applicable Legislations and Contemporary Issues (6×5 Marks = 30 Marks)**

**1. Basic Knowledge on Nepal and Bagmati State: (1×5 Mark = 5 Marks)**

- 1.1 Physical, socio-cultural and economic geography and demography of Nepal
- 1.2 Geographical diversity, climatic conditions, and livelihood & lifestyle of people of Bagmati State
- 1.3 Current periodical plan of Bagmati State

**2. Constitution of Nepal (1×5 Mark = 5 Marks)**

**3. Management Aspects and Governance (1×5 Mark = 5 Marks)**

- 3.1 Management concepts:
  - Planning, organizing, directing, controlling, coordinating, budgeting,
  - Motivation & morale
  - Leadership
  - Decision making,
  - Supervision, Monitoring and Evaluation
- 3.2 Project Cycle
- 3.3 Good Governance

**4. Relevant Cross Cutting Issues: (1×5 Mark = 5 Marks)**

- 4.1 Sustainable Development Goals and Health
- 4.2 Climate change and environment,
- 4.3 Disaster Management
- 4.4 Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
- 4.5 Effectiveness of Service Delivery- Public Service Charter
- 4.6 Evaluation of public works by citizens: public hearings, social audit, public audit and third-party evaluations
- 4.7 Reservation and Positive Discrimination

**5. Applicable Legislations: (2×5 Mark = 10 Marks)**

- 5.1 The Public Procurement Act, 2063
- 5.2 The Public Procurement Rules, 2064 (2007)
- 5.3 The Prevention of Corruption Act, 2059 (2002 A.D)
- 5.4 Money Laundering Prevention Act, 2064 (2008)
- 5.5 Right to Information Act, 2064 (2007)
- 5.6 Provisions of State Civil Service Act and Regulation of Bagmati State
- 5.7 National Health policy,
- 5.8 Nepal Medical Council Act
- 5.9 Mother's milk Substitute Act,
- 5.10 Organ transplant Act
- 5.11 Legalization of abortion

*M. S. S.*



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**Part II: Actiology, symptoms, signs, investigations and curative and preventive management of the following health related problems:**

**Section A - 30 Marks**

वस्तुगत प्रश्नोत्तर (MCQs=15) विषयगत प्रश्नोत्तर (Subjective=30)

**1. General Medicine: (10%)**

- **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 Flue
- **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, Cardiac arrhythmias, Cardiogenic Shock
- **1.3 Gastrointestinal Disease:** Acid Peptic Diseases, Cirrhosis of Liver and ascites, Hepatitis, Hepatic Coma, Abdominal Tuberculosis, Pancreatitis, Worm Infestation, Ulcerative Colitis, Carcinoma of Gastro Intestinal Tract, Gastroenteritis, H pylori, Gastro-esophageal reflux
- **1.4 Blood and Lymphoreticular Diseases:** Anemia, Leukemia, Purpura, Agranulocytosis, Polycythemia, Reticulosis, Lymphomas
- **1.5 Neurological Diseases:** Cerebrovascular 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, Nonketotic 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:** Urinary Tract Infection, Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalemia, Kidney Transplantation
- **1.9 Tropical Diseases:** Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Tuberculosis, Food Poisoning, Tetanus, Scorpion Bite, Hornet Bite

**2. Psychiatry: (Units 2 & 3=10%)**

- Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa, Substance abuse (Alcohol/drugs/ others)

**3. Dermatology and STD:**

- (i) **Dermatology:** Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption
- (ii) **STD:** Syphilis, gonorrhea, Non-Specific Urethritis, HIV, AIDS including Universal Precaution

**4. Pharmacology: (Units 4 & 5=10%)**

- Poison and Toxicology- 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

**५. Emergency Medicine:**

- Management of Acute poisoning, Coma, Acute pain abdominal & chest, Status Epilepticus, Acute severe asthma, Breathlessness, Epistaxis, Vaginal bleeding, Shock including anaphylaxis, Multiple trauma including blunt abdominal injury, Hemoptysis, haematemesis and melaena, RTA, Trauma, Cut down Poisoning Insect bite, Snake bite, Catheterization, NG Tube Insertion.

**६. General Surgery:**

Section B-30 Marks	विषयगत प्रश्नोत्तर (Subjective=30)	10%
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- Sinus, Fistula, Fissure, Polyp, Ulcer, Tumor, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Melaena, Esophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute abdomen, Ac Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Hemorrhoids, Gall Stones, Urinary Stones, Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Pleural Effusion, Haemothrorax, Chylothorax, Bronchiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angiitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Carcinoma Penis, Hydronephrosis, Retention of Urine, Enlarge Prostrate, Incontinence of Urine, Vasectomy, Goiter, Tumors of Testis, Lymphomas, rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Hypovolemia, Oliguria, Ac Retention of Urine. suprapubic cystostomy, Wounds

७. Ophthalmology Trachoma: (Units 7,8 & 9=10%)

- 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 Hemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Epiphora Dacryocystitis, Ocular Hazards in Agriculture and Industry.

८. 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, Wx in Ear, Hematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otomycolosis.

९. Dental:

Casries, Extraction of teeth, Caries teeth, Gingivitis, Pulpitis, Root abscess, Leucoplakia carcinoma of gum, Pericoronitis, Dentigerous cyst.

१०. Bone and Joint Disease: (Units 10, 11 & 12=10%)

Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Syndactyly, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy

११. Anesthesiology & Emergency:

Principles of administering safe general anesthesia, Local Anesthesia, Pre-anesthetic history, Pre-anesthetic drugs, Anesthetics, Post-anesthetic complications, Basic life support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation

१२. Pathology:

Interpretations of laboratory results, Normal values of biochemical and hematological tests, Etiology, Pathogenesis, Microscopic and Macroscopic features of different disease entities listed under different subjects and mentioned under heading 1 to 5 and 8 to 11

Section C- 20 Marks	विषयगत प्रश्नोत्तर (Subjective=20)
१३. Obstetrics and Gynecology:	10%
Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyperemesis gravidarum, Retained Placenta, Ruptured Uterus, Fetal Distress, Maternal Distress, Prolonged Labour, Obstructed Labour Leucorrhoea, Antepartum and Postpartum Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Fetal Malformation, Endometriosis, Tumors of Genital Tact, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning	

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१४. Childhood Diseases:	10%
ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrhoeal Diseases, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rheumatic fever, Worm Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin A Deficiency, Mental Retardation	
Section D- 20 Marks	(Subjective 2 = 20)

१५. Community Medicine: 10%

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 in District, Problem Solving Exercise on the Epidemic of Infection Diseases, Bacterial, Viral, Fungal, Protozoal, Cestode, Nematode, Epidemiology of Non-infectious and Chronic Diseases, Bio- statistics, Safe Water and Sanitation, Food Sanitation, Insects and Rodent Control, Housing, Concept of Health Education, Principles of Behavior Change Communication, Group Dynamics, Methods and Media and Health Education, Nutrition and Health, Breast Feeding, Complementary Feeding, Food Hygiene, Adulteration and Food Processing, Nutritional Education and Surveys, RH and Safe Motherhood, CBR. EPI, IMCI, Growth monitoring, School Health, Occupational health, Health Care Delivery System in Nepal, Problem of the Health Care Delivery system, District Health System, Management and Administrative Requirement of the Job Descriptions as drawn up by the Ministry for Medical Offices

१६. Forensic Medicine and Jurisprudence: (10%)

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 Identifying living person and dead body

१७. नेपालको संविधान र सान्दर्भिक कानून तथा सम्बद्ध विविध विषय(८ अङ्क)

क) नेपालको संविधान (२ अङ्क)

१. नेपालको संविधान

ख) सान्दर्भिक कानून (४ अङ्क)

२. भ्रष्टाचार निवारण ऐन, २०५९

३. बागमती प्रदेशको प्रदेश निजामती सेवा ऐन तथा नियमावली

४. कर्मचारी समायोजन ऐन, २०७५

५. बागमती प्रदेशको प्रदेश लोक सेवा आयोग ऐन, २०७६

ग)विविध विषय

६. बागमती प्रदेशको भौगोलिक, आर्थिक तथा सामाजिक क्षेत्रको जानकारी

७. बागमती प्रदेश सरकार अन्तर्गतका निकायहरू मन्त्रालय, विभाग र कार्यालयहरू

१८.नेपाली र अंग्रेजी भाषाको योग्यता परिक्षण(८ अङ्क)

१.नेपाली भाषाको शुद्ध शुद्धिको योग्यता परिक्षण: (४ अङ्क)

नेपाली भाषामा स्तरीय शुद्ध शब्द, वाक्यांश र वाक्य लेखनको आवश्यक पर्ने ह्रस्व दीर्घ,ब र व, तथा श, ष,स लगायत व्याकरणगत शुद्ध लेखनशैलमा केन्द्रित शुद्ध शब्द, वाक्यांश वा वाक्य लेखनसहितको नेपाली भाषाको शुद्धशुद्धिको ज्ञान

(नेपाली भाषा शुद्धसँग लेखे सपि र लेखार्कको योग्यता परीक्षण गर्ने ४ प्रश्नहरू सोधिने छ।)

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नेपालको संविधानमा भएको व्यवस्था बमोजिम नेपाली भाषा सरकारी कामकाजको भाषा भएको हुदा सरकारी सेवामा कर्मचारीले सरकारी कामकाजमा लेखिने सरकारी कामकाजको नेपाली भाषाको लेखाई विशेष गरी पत्राचार, निर्देशन, आदेश, टिप्पणी र आदेश, परिपत्र, प्रेस विज्ञप्ती, सूचना, विज्ञापन, राजपत्र, प्रतिवेदन, बार्षिक प्रतिवेदन, ऐन, नियमावली तथा कार्यविधि, बैठकको माइन्युट तथा निर्णय, प्रशंसा पत्र, निमन्त्रणा पत्र, करारनामा, सम्झौता, कबुलियतनामा, बयान, वेवसाइटको लेखाई लयागत सबै प्रकारका नेपाली भाषाका लिखत कामकाजहरु व्याकरण अनुरूप शुद्धसँग लेखे सिप र शुद्धा शुद्धि लेखाइको योग्यता परीक्षण गर्ने। )

**19. English Language Competence Test: 4 Marks** English proficiency- 2 questions from Comprehension and 1 question each from Vocabulary and Syntactic ability)

**2.1 Comprehension: 2 Marks** Questions will be asked on the passage given. The questions will try to accommodate the following areas: Fact finding, inferential, core theme, true/false identification, issues raised, and language based.

**2.2 Vocabulary: 1 Mark** Questions will be asked to assess their grasp on the English language vocabulary. The questions will be of the following nature: Meaning of the words (literal/figurative/contextual), single word for expressions, synonyms/antonyms, derivatives and homonyms/homophones.

**2.3 Syntactic ability: 1 Mark** Questions will be asked to assess the syntactic ability of the candidates. The questions will be based on the following categories: Agreement, tense aspect, parallel structures, clauses, modifier, conditionals, phrasal expressions, shifts (tense, number, person), transformations, varieties, prepositions/conjunctions, and parts of speech.

**Note:** The above English Language Competence Test syllabus is devised for assessing the proficiency of the English language of candidates. With the view to assess the candidates' language competence, the syllabus aims:

- To test the understanding of their language through reading comprehension,
- To map the range of their vocabulary,
- To examine their syntactic ability.

The nature and standard of questions in English Language Competence Test will be such that an educated class XII level person will be able to answer them without any specialized study.

द्रष्टव्य: प्रथम पत्र सामान्य सचेतनाको बहुवैकल्पिक प्रश्न पाठ्यक्रम एकाइहरुबाट यथासम्भव Level I का ६० प्रतिशत र Level II का ४० प्रतिशत गरी प्रश्नहरु सोधिनेछ ।

प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र लिइने सामूहिक परीक्षण (Group Test) को लागि

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कालिका नगरपालिका, रेडक्रसग्राम, चितवन  
स्थानीय स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसिज समूह, मेडिकल अधिकृत आठौं तहको खुला(करार) प्रतियोगितात्मक परीक्षाको  
पाठ्यक्रम

**सामूहिक परीक्षण (Group Test)**

यस प्रयोजनको लागि गरिने परीक्षण २० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल को रूपमा अवलम्बन गरिने छ । दिइएको प्रश्न वा का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति गर्नु पर्नेछ ।

सामूहिक छलफलमा दिइने नमुना प्रश्न वा Topic उदाहरणका लागि उर्जा संकट, गरिवि निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता topics मध्ये कुनै एक topic मात्र दिइनेछ ।

*[Handwritten Signature]*

