

सूर्यवर्नायक नगरपालिका

स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूह, मेडिकल अफिसर, आठौं तहको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Written Examination Scheme)

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न X २अङ्क = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य :

१. यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा द्वितीय चरण (अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ ।
२. प्रश्नपत्र अंग्रेजी भाषामा हुनेछ ।
३. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
४. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत अङ्क कट्टा गरिने छैन ।
५. परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
६. परीक्षामा यथासम्भव सबै इकाईबाट प्रश्न सोधिने छ ।
७. नगरपालिकाबाट संचालन हुने परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
८. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाका मिति भन्दा ३ महिना अगाडि (संशोधन भएको वा संशोधन भई हटाईएको वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
९. लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
१०. लिखित परीक्षा र अन्तर्वार्ताको कुल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।

विषय :- जनरल हेल्थ सर्भिसेज

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 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, Cardiacarrhythmias, Cardiogenic Shok

- 1.3 Gastrointestinal Disease:** Acid Peptic Diseases, Cirrhosis of Liver and ascitis, Hepatitis, Hepatic Coma, Abdominal Tuberculosis, Pancreatitis, Worm Infestation, Ulcerative, Colitis, Carcinoma of Gastro Intestinal Tract, Gastroenteritis, H pylori, Gastro-oesophageal reflux
 - 1.4 Blood and Lymphoreticular Diseases:** Anaemia, Leukaemia, Purpura Agranulocytosis, Polycythemia, Reticulosis, 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, Spin bifida, Neurogenic Shok, Coma, 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:** Urinary Tract Infection, Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalaemia, 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. General Surgery**

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Malaena, Oesophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute Abdomen, Ac Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Haemorrhoids, Gall Stones, Urinary Stones, Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Pleural Effusion, Haemothorax, 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 Prostate, Incontinence of Urine, Vasectomy, Goiter, Tumours of Testis, Lymphomas, rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Hypovolemia, Oliguria, Ac Retention of Urine, Suprapubic Cystosmy, Wounds
 - 3. Obstetrics and Gynaecology**

Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyperemesis Gravidarum, Stages of labour, Retained Placenta, Ruptured Uterus, Foetal Distress, Maternal Distress, Prolonged Labour, Obstructed Labour Leucorrhoea, Ante partum and Postpartum

Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tact, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning

4. Childhood Diseases

ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrhoeal Diseases, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rhumatic Fever, Worm Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin A Deficiency, Mental Retardation

5. Community Medicine

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, Infectios Diseases, Bacterial, Viral, Fungal, Protozoal, Metazoals, 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

6. Forensic Medicine and Jurisprudence

Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Sponification, Wounds, Rape, Infanticide, Abortion, Homicide, Suicide, Procedure for Identifying living person and dead body

7. Psychiatry

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

8. Dematology and STD

Dermatology: Utrticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Plannus, Pemphigoid, Pemphigus, Drug Eruption; STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution

14. Pharmacology

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

15. 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, Haemoptysis, haematemesis and malaena, RTA, Trauma, Cut down Poisoning, Insect bite, Snake bite, Catheterisation, NG Tube Insertion

9. Ophthalmology Trachoma

Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Erythrocytic Eye, Diabetic and Hypertensive Retinopathy, Stye, Chalazion, Blepharitis, Cellulitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Ectropion, Dacryocystitis, Dacryoadenitis, Ocular Hazards in Agriculture and Industry

10. 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, Haematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otitis

16. Dental

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

11. Bone and Joint Disease

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

12. Anaesthesiology & Emergency

Principles of administering safe general anaesthesia, Local Anaesthesia, Pre-anaesthetic history, Pre-anaesthetic drugs, Anaesthetics, Post-anaesthetic complications, Basic life support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation

13. Pathology

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

17. Acts related to Health and Medical Profession

Nepal Health Services Act, Nepal Health Service Regulation, National Health Policy, Second Long Term Health Plan, Nepal Medical Council Act, Mother's Milk Substitute Act, Legalization of abortion, Organ Transplant Act, other health related acts.