



कालिका नगरपालिका

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूह, मेडिकल अधिकृत आठौँ तहको खुला प्रतियोगितात्मक पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- सामूहिक परीक्षण र अन्तरवार्ता

पूर्णाङ्क - ४०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण

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

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रका विषयवस्तु एउटै हुनेछन् ।
- प्रथम र द्वितीय पत्रको एकाईहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ

प्रथम पत्रका एकाई	Part I	१	२	३	४	५																								
		१	१	१	१	२																								
प्रश्न संख्या		१	१	१	१	२																								
प्रथम पत्रका एकाई	Part II	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६	१७	१८	१९										
		६	३	३	३	३	३	३	३	५	५	५	५	५	५	५	५	६	४	४	४									
द्वितीय पत्रका खण्ड	A					B					C			D																
द्वितीय पत्रका एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६														
प्रश्न संख्या	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१														

- 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गनि पाइने छैन ।
- विषयगत प्रश्नका 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 ।
- द्वितीय पत्रमा प्रत्येक खण्डको लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून ऐन नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागू मिति:-

**Part I - Basic Knowledge on Management, Applicable Legislations and Contemporary Issues**

(6 × 5 Marks = 30Marks)

**1. Basic Knowledge on Nepal and Bagamati 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 Bagamati State
- 1.3 Current periodical plan of Bagamati 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

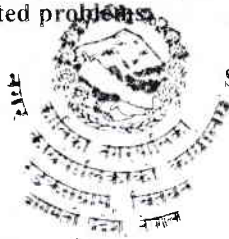
**5. Applicable Legislations: (2 × 5 Mark = 10 Marks)**

- 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 Bagamati 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

कालिका नगरपालिका चितवन

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौँ तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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)

I. 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, Cardiacarrhythmias, 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, Spin bifida, Neurogenic Shock, Coma, 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 Pannus, Pemphigoid, Pemphigus, Drug Eruption (ii) STD: Syphilis, gonorrhoea, 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

कालिका नगरपालिका चितवन

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौँ तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

**5. 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.

**Section B - 30 Marks**

विषयगत प्रश्नोत्तर (Subjective=30)

10%

**6. General Surgery:**

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, Haemothorax, Chylothorax, Bronchiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angiitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosi, Para-Phimosi, 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

**7. 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.

**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, Wx in Ear, Hematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otomycosis.

**9. Dental:**

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

**10. 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

**11. 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

**12. 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)

**13. 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, Ante partum and Postpartum Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Fetal Malformation, Endometriosis, Tumors of Genital Tact, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning

14. **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= 20)

15. **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

16. **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

17. **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

२ अङ्क

६. बागमती प्रदेशको भौगोलिक आर्थिक तथा सामाजिक क्षेत्रको जानकारी

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

18. **नेपाली र अङ्ग्रेजी भाषाको योग्यता परीक्षण**

८ अङ्क

१. नेपाली भाषा शुद्धाशुद्धिको योग्यता परीक्षण:

४ अङ्क

नेपाली भाषामा स्तरीय शुद्ध शब्द, वाक्यांश र वाक्य लेखनको लागि आवश्यक पर्ने ह्रस्व दीर्घ, व र व, तथा श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित शुद्ध शब्द, वाक्यांश र वाक्य लेखनसहितको नेपाली भाषाको शुद्धाशुद्धिको ज्ञान

(नेपाली भाषा शुद्धसँग लेख्ने सीप र लेखाइको योग्यता परीक्षण गर्ने ४ प्रश्नहरू सोधिने छ।)

नेपालको संविधानमा भएको व्यवस्थाबमोजिम नेपाली भाषा सरकारी काम काजको भाषा भएको हुँदा सरकारी सेवाका कर्मचारीले सरकारी काम काजमा लेखिने सरकारी कामकाजको नेपाली भाषाको लेखाइ विशेष गरी पत्राचार, निर्देशन, टिप्पणी र आदेश, परिपत्र, प्रेस विज्ञप्ति, सूचना, विज्ञापन, राजपत्र, प्रतिवेदन, वार्षिक प्रतिवेदन, ऐन, नियमावली तथा कार्यविधि, बैठकको माइन्स्युट तथा निर्णय, प्रशंसा पत्र, निमन्त्रणा पत्र,

कालिका नगरपालिका चितवन

नेपाल स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको आठौँ तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम करारनामा, सम्झौता, कबुलियतनामा, बयान, वेबसाइटको लेखाइ लगायत सबै प्रकारका नेपाली भाषाका लिखत कागजातहरू व्याकरण अनुरूप शुद्धसँग लेख्ने सीप र शुद्धा शब्दि 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 एकाइहरूबाट यथासम्भव Level I का ६० प्रतिशत र Level II का ४० प्रतिशत गरी प्रश्नहरू सोधिनेछ ।

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

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणका लागि उर्जा संकट, गरिवि निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता topics मध्ये कुनै एक topic मात्र दिइनेछ ।