

प्रदेश लोक सेवा आयोग, बागमती प्रदेश  
स्वास्थ्य सेवा, मेडिसिन समूह, जनरल मेडिसिन उपसमूह, नवौं तहको कन्सल्टेण्ट जनरल फिजिसियन पदको खुला र  
आन्तरिक प्रतियोगितात्मक परिक्षाको पाठ्यक्रम  
पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ३०

प्रथम चरण:- लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. of Questions & Weightage	Time	Remarks
I	General Subject	Part I A: Management	50	100	40	6X5=30 (Short answer) 2X10=20 (Long answer)	3 hrs	Note: One long Question and four short questions must be asked from group A.  One long Question and two short questions must be asked from group B.
		Part II General Health Issues	50			4X5=20 (Short answer) 3X10=30 (Long answer)		
II	Technical subject			100	40	4X15=60 (Critical analysis) 2X20=40 (Problem solving)	3 hrs	

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द्वितीय चरण:-

Subject	Full marks	Exam type	Time allowed
Interview	30	Oral	

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रदेश स्वास्थ्य सेवा अन्तर्गतका सबै समूह/उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्रको पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्रको लिखित परीक्षा समूह/उपसमूहहरूको लागि संयुक्त रूपमा एउछै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको **Part I** मा **group A & group B** का लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ र **Part II** को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछ ।
- 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 हटाइएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागू मिति:-

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**Paper I: General Subject**

**A. Management**

1. Management: - concept, principles, functions, level, and role of managers in context to Hospital Management.
2. Planning: concept, principles, quarterly / annual action plan
3. Leadership: concept, leadership styles, Qualities of leadership
4. Human resource management
5. Conflict / Stress/ Burnout: concept, causes, levels of conflict and strategies for conflict, stress and burnout syndrome prevention and management.
6. Supervision, monitoring and evaluation
7. Performance appraisal
8. Motivation
9. Quality assurance on health care services
10. Clinical Audit
11. Clinical protocols on relevant health services and procedures
12. Coordination, cooperation and communication
13. Health Management Information System (HMIS)
14. Budget formulation and implementation,
15. Accounting, auditing and inventory management
16. Research: Evidenced based practice on health care services, Design, methodology of research. ethical issues
17. Good Governance: concept and characteristics

**B. Relevant Legislations and Cross Cutting Issues**

1. Provisions of Province Civil Service Act and Regulation of Bagamati Province
2. The Constitution of Nepal.
3. Current periodical plan of Bagamati Province
4. The Public Procurement Act, 2063
5. The Public Procurement Rules, 2064
6. The Prevention of Corruption Act, 2059
7. Money Laundering Prevention Act, 2064
8. Right to Information Act, 2064
9. Sustainable Development Goals.

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10. Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
11. Social Inclusion, Reservation and Positive Discrimination
12. Public Health Service Act, 2075

## **Part II: General Health Issues**

1. National Health Policy, 2076
2. Second long-term health plan (1997-2017)
3. Health services act 2053, health service regulation, 2055
4. Introduction of Ministry of Social Development of Bagamati Province
5. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
6. Concerned Professional Council and related Act, 2052
7. Health professional Code of Ethics and Code of Conduct.
8. Indigenous and traditional faith healing and health practices
9. Health insurance and financing in health care
10. Public health: air pollution, domestic pollution, noise pollution
11. Importance of water, sanitation and hygiene in public health
12. Disaster preparedness plan and policy in the hospital and Province level
17. Health volunteers' involvement in health service delivery
18. Community involvement in health service delivery
19. Programme and activities of Government and NGOs of Bagamati province for the guardianless and shelterless destitute persons staying in a very difficult situation
20. Impact of the COVID-19 pandemic
21. Health in all policies
22. One health concept
23. Health Issues of 15th Five Year Development Plan

**Paper II: Technical Subject**

1. Pharmacology, poisoning and critical care medicine
  - 1.1. Principles of pharmacology therapy
  - 1.2. Pharmacology of different medicines
  - 1.3. Acute and chronic poisoning and their management
  - 1.4. Principles of critical care medicine
  - 1.5. Oxygen delivery
  - 1.6. Major manifestations, monitoring and management of critical illness
  - 1.7. Nutrition
2. Infection
  - 2.1. Basic of infection
  - 2.2. Major manifestations of infections
  - 2.3. Principles of management of infection, including different antimicrobial agent and prevention of infection.
  - 2.4. Diseases due to different organism like virus, bacteria, protozoa, helminthes
3. Diabetes and nutritional and metabolic disease and other endocrine disease
  - 3.1. Diabetes mellitus: Classification, epidemiology, aetiology, pathophysiology, clinical feature, diagnosis, management, acute and long-term complications of diabetes, special problems in management, prospects in diabetes.
  - 3.2. Obesity
  - 3.3. Nutritional factors in health and disease
  - 3.4. Other metabolic disorders
  - 3.5. Thyroid disease: functional anatomy, physiology, investigation and major manifestations, management and prevention
  - 3.6. Other endocrine disease, including functional anatomy, physiology, investigations, major manifestations, management and prevention.
4. Cardiovascular system and disease as required for General Physicians
  - 4.1. Functional anatomy, physiology and investigations
  - 4.2. Major manifestation and heart disease
  - 4.3. Disorders of heart rate, rhythm and conduction
  - 4.4. Ischemic heart disease
  - 4.5. Vascular disease
  - 4.6. Diseases of heart valves
  - 4.7. Congenital heart disease
  - 4.8. Diseases of the myocardium
  - 4.9. Diseases of the pericardium
5. Respiratory system and diseases as required for General Physicians
  - 5.1. Functional anatomy, physiology and investigations
  - 5.2. Major manifestations of lung disease
  - 5.3. Obstructive pulmonary diseases
  - 5.4. Infections of the respiratory system
  - 5.5. Tumors of the bronchus and lung

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- 5.6. Interstitial and infiltrative pulmonary disease, including occupational lung disease
- 5.7. Pulmonary vascular disease
- 5.8. Diseases of the nasopharynx, larynx and trachea
- 5.9. Disease of the pleura, diaphragm and chest wall
6. GI and liver system & diseases as required for General Physicians
  - 6.1. Functional anatomy, physiology and investigations
  - 6.2. Major manifestation of gastrointestinal and liver disease
  - 6.3. Diseases of the mouth and salivary glands
  - 6.4. Diseases of the esophagus
  - 6.5. Diseases of the stomach and duodenum
  - 6.6. Diseases of the small intestine, colon, rectum and anal canal
  - 6.7. Diseases of the pancreas
  - 6.8. Diseases of the liver
  - 6.9. Gall bladder and other biliary diseases
  - 6.10. Disease of the peritoneal cavity
7. Water, electrolyte and acid-base balance and nephrology system and disorders as required for General Physicians
  - 7.1. Physiology and electrolytes, water and acid-base
  - 7.2. Major electrolyte and acid-base disorders
  - 7.3. Functional anatomy, physiology and investigations of the kidneys and urinary system
  - 7.4. Major manifestations of renal disease
  - 7.5. Renal vascular disease
  - 7.6. Glomerular disease
  - 7.7. Tubulo-interstitial disease
  - 7.8. Congenital abnormalities of the kidneys
  - 7.9. Renal involvement in systemic diseases
  - 7.10. Infections of the kidney and urinary tract
  - 7.11. Obstruction of the urinary tract
  - 7.12. Urinary tract calculi and nephrocalcinosis
  - 7.13. Drugs and the kidney
  - 7.14. Tumors of the kidney and genitourinary tract
8. Hematology, immunology and joint, bone and connective tissue system and disease
  - 8.1. Inflammation
  - 8.2. Organization and function of the immune system
  - 8.3. Hematopoiesis, physiology of the blood and clotting
  - 8.4. Investigations of diseases of the blood
  - 8.5. Major manifestations of blood diseases
  - 8.6. Anemias
  - 8.7. Lymphoproliferative and myeloproliferative disorders
  - 8.8. Bleeding disorders
  - 8.9. Venous thrombosis

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- 8.10. Blood transfusion
- 8.11. Functional anatomy, physiology and investigation of the diseases of the connective tissues, joints and bones.
- 8.12. Diseases of the connective tissues, joints and bones
9. Nervous system and Psychiatric disorders as required for General Physicians
  - 9.1. Functional anatomy, physiology and investigations of neurology
  - 9.2. Major manifestations of nervous system and psychiatric disease
  - 9.3. Diseases of the nervous system
  - 9.4. Diseases of the spine and spinal cord
  - 9.5. Diseases of the nerves and muscles
  - 9.6. Classification and etiology of psychiatric disorders
  - 9.7. The clinical interview
  - 9.8. The psychiatry disorders and syndromes and their management
10. Genetics, Oncology & Palliative care, Geriatrics and Skin system and disorders as required for General Physicians
  - 10.1. Genetics and disease, particularly molecular features of infective disease
  - 10.2. Investigation of the molecular basis of disease
  - 10.3. Modern molecular methods in human disease
  - 10.4. Types of genetic disease
  - 10.5. Genetic factors in common diseases
  - 10.6. Epidemiology, etiology, clinical presentations, investigations and management of the oncology diseases.
  - 10.7. Palliative anticancer medicine
  - 10.8. Normal ageing
  - 10.9. Major manifestations of disease in frail older people
  - 10.10. Rehabilitation
  - 10.11. Functional anatomy and physiology of the skin
  - 10.12. Major manifestations and investigations of skin disease
  - 10.13. Skin diseases
  - 10.14. The skin and systemic disease
11. Management of Common Diseases Prevalent in Nepal.
  - Common diseases of respiratory system.
  - Common diseases of GI System.
  - Common diseases of cardiovascular system.
  - Common diseases of nervous system.
  - Common diseases of kidneys and genitourinary system.
  - Common diseases of blood and lympho-reticular system.
  - Common endocrine, metabolic and nutritional disorders.
  - Common musculoskeletal diseases and immunological disorders.
  - Common electrolyte disorders.
  - Common Geriatric disorders
  - Common mental disorders.

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- Common diseases of skin.
  - Common infectious and vector borne diseases.
12. Management of Common Medical Emergencies that includes common poisoning Basic Cardiopulmonary life support (BCLS) and Advanced Cardiopulmonary Life support (ACLS)
  13. Basic genetics
  14. Medical Jurisprudence, Forensic Medicine:
    - Duties and rights of medical practitioner
    - Hippocratic oath and Geneva declaration
    - Malpractice and medical negligence
  15. Disaster Management
    - Mass casualty management: manmade and natural disasters
    - Basic elements of disaster planning
    - TRIAGE, management and evaluation of relief works
    - Role of GOS, NGOs and other related national and international organizations in disaster management
    - Epidemics and outbreak management
  16. Hospital infection control
    - Infection prevention
    - Quality assurance (QA)
    - Total quality management (TQM)
  17. Disease prevention and health promotion
    - Communicable diseases
    - Non communicable diseases
    - Substance abuse
    - Injuries and violence
  18. Palliative care and pain management
  19. Information technology in patient care
  20. Safe drug prescribing, therapeutic drug monitoring and antibiotic resistance and stewardship
  21. Communication skills in medical practice
  22. Medical ethics