

प्रदेश लोक सेवा आयोग, बागमती प्रदेश
नेपाल स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह नवौं तहको खुला र आन्तरिक प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

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	

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 एउटै 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. Internal Medicine
 - 1.1. Management of Common Diseases Prevalent in Nepal.
 - 1.1.1. Common diseases of respiratory system.
 - 1.1.2. Common diseases of GI System.
 - 1.1.3. Common diseases of cardiovascular system.
 - 1.1.4. Common diseases of nervous system.
 - 1.1.5. Common diseases of genitourinary system.
 - 1.1.6. Common diseases of blood and lympho-reticular system.
 - 1.1.7. Common endocrine and metabolic disorders.
 - 1.1.8. Common diseases of skin.
 - 1.1.9. Common diseases of bones, joints and collagen.
 - 1.1.10. Common disease of electrolyte imbalance.
 - 1.1.11. Common mental disorders.
 - 1.1.12. Common vector borne diseases.
 - 1.2. Management of Common Medical Emergencies.
2. General Surgery
 - 2.1. Swellings
 - 2.2. Ulcers
 - 2.3. Bleeding disorders
 - 2.4. Traumas
 - 2.5. Shock
 - 2.6. Common surgical GI disorders
 - 2.7. Common surgical hepatobiliary disorders
 - 2.8. Common surgical genitourinary disorders
 - 2.9. Common ENT disease
 - 2.10. Common ophthalmic diseases
 - 2.11. Common dental diseases
 - 2.12. Common surgical emergencies
3. Paediatrics
 - 3.1. Nutritional and development status of child
 - 3.2. Growth disorders
 - 3.3. Nutritional deficiencies
 - 3.4. Diarrhoeal disorders
 - 3.5. Respiratory infections
 - 3.6. Paediatric emergencies
 - 3.7. Immunization schedule
4. Gynaecology and Obstetrics
 - 4.1. Management of common obstetrical and gynaecological problems
 - 4.1.1. Common menstrual problems

- 4.1.2. Abdominal/pelvic swellings
- 4.1.3. Vaginal discharges
- 4.1.4. Uterus prolapse
- 4.1.5. Urinary incontinence
- 4.1.6. Gynaecological causes and management of abdominal pain
- 4.2. Management of Pregnancy
 - 4.2.1. ANC
 - 4.2.2. Normal labour and delivery
 - 4.2.3. Delayed and obstructed labour
 - 4.2.4. Foetaldistress
 - 4.2.5. PPH
 - 4.2.6. retained placenta
 - 4.2.7. NC
 - 4.2.8. Comprehensive abortion care (CAC)
 - 4.2.9. Post abortion care (PAC)
 - 4.2.10. Safe abortion
5. Medical Jurisprudence, Forensic Medicine:
 - 5.1. Duties and rights of medical practitioner
 - 5.2. Hippocratic oath and Geneva declaration
 - 5.3. Malpractice and medical negligence
 - 5.4. Medicolegal cases
 - 5.5. Autopsy
6. Disaster Management
 - 6.1. Mass casualty management: man made and natural disasters
 - 6.2. Basic elements of disaster planning
 - 6.3. TRIAGE, management and evaluation of relief works
 - 6.4. Role of GOS, NGOs and other related national and international organizations in disaster management
 - 6.5. Epidemics and outbreak management
7. Hospital infection control
 - 7.1. Infection prevention
 - 7.2. Quality assurance (QA)
 - 7.3. Total quality management (TQM)