

चन्द्रकोट नगरपालिका  
गाउँ कार्यपालिकाको कार्यालय  
शान्तिपुर, गुल्मी

स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समुहको आठौं तह मेडिकल अधिकृत पदको

खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा वस्तुगत बहुवैकल्पिक

द्वितीय चरण :- अन्तर्वार्ता


प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

| पत्र  | विषय       | पूर्णाङ्क | उत्तिर्णाङ्क | परीक्षा प्रणाली                  | प्रश्न संख्या x अङ्कभार | समय         |
|-------|------------|-----------|--------------|----------------------------------|-------------------------|-------------|
| प्रथम | जनरल हेल्थ | ६०        | २४           | वस्तुगत<br>बहुवैकल्पिक<br>(MCQs) | ३० x २ = ६०             | ३०<br>मिनेट |

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रथम पत्रका पाठ्यक्रमका एकाइहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ।

| प्रथम पत्रका<br>एकाई | १ | २ | ३ | ४ | ५ | ६ | ७ | ८ | ९ | १० | ११ | १२ | १३ | १४ | १५ | १६ | १७ | १८ |
|----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|
| प्रश्न संख्या        | २ | २ | २ | १ | १ | १ | ३ |   | ३ |    | ३  |    | ३  | ३  | ३  | ३  |    | ३  |
|                      | A |   |   |   |   |   | B |   |   |    |    |    | C  |    |    | D  |    |    |

- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्यालकुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- प्रथम चरणको लिखित परीक्षाबाट उत्तीर्ण भएका उम्मेदारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।

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

### Section A- 9 Marks

#### 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 Flu .

##### 1.2 Cardiovascular Diseases:

Rheumatic Fever, Rheumatic Heart Disease (MS MR, AS,AR), Congestive Cardiac Failure, Acute LVF, Ischemic Heart Diseases, Myocardial Infarction, Hypertension, Infective Endocarditis, Congenital Heart Diseases, Cardiomyopathies ,Corpulmonale, Cardiacarrhythmias, Cadiogenic Shock

##### 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-esophageal reflux.

##### 1.4 Blood and Lymphoreticular Diseases:

Anaemia, Leukemia, 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 Shock, 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 .

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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, Dengue, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Tuberculosis, Food Poisoning, Tetanus, Scorpion Bite, Hornet Bite, Zoonotic Diseases.

## 2. Psychiatry: (Unit 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.

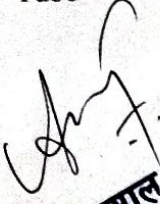
(ii) STD: Syphilis, gonorrhoea, Non Specific Urethritis HIV, AIDS including Universal Precaution.

## 4. Pharmacology: (Unit 4, 5 & 6 =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.

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

  
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**6. Radiology and Medical Imaging:**

Basis Principles of medical imaging, Indications for various radiological investigations, complications and adverse reactions arising out of radiological procedures and principles of underlying management, Radiation protection for the patient and hospital staffs, Limitations for existing imaging modalities.



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### Section B - 9 Marks

#### 7. General Surgery: (10%)

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumor, 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, Hemorrhoids, Gall Stones, Urinary Stones, Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Plural Effusion, Haemothorax, Chylothorax, Bronchiectasis, Pulmonary Embolism , Lung Abscess, Bronchogenic Carcinoma, Thrombo-angitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosi, Para -Phimosi, Pinhole Meatus, Stricture Urethra , Carcinoma Penis, Hydronephrosis, Retention of Urine, Enlarged 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 Cystostomy, Wounds.

#### 8. Ophthalmology Trachoma: (Unit 8, 9 & 10=10%)

Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Stye , Chalazion, Blephritis, Cellulitis, Corneal Ulcer, Karatomalacia, Scleritis and Episcleritis, Choroiditis, Eridocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Hemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Ephiphera, Dacryocystitis, Dacryoadentis, Ocular Hazards in Agriculture and Industry.

#### 9. 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, Otomycosis.

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**10. Dental:**

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

**11. Bone and Joint Disease: (Unit 11, 12, & 13 = 10%)**

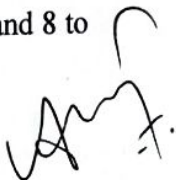
Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synadactily, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy:

**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, Actiology, Pathogenesis, Microscopic and Macroscopic features of different disease-eintes listed under different subjects and mentioned under heading 1 to 5 and 8 to 11.

  
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चन्द्रकोट गाउँपालिका

गाउँ कार्यपालिकाको कार्यालय

चन्द्रकोट गाउँपालिका

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### Section C- 6 Marks

#### 14. Obstetrics and Gynaecology:

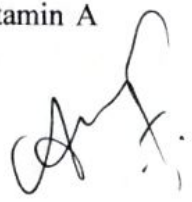
10%

Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyper emesis Gravidarum, Stages of labour, Retained Placenta, Ruptured Uterus, Foetal Distress, Maternal Distress, Prolonged Labour, Obstructed Labour Leucorrhoea, Ante-partum and Postpartum Hemorrhage , Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tract, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning.

#### 15. Childhood Diseases:

10%

ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Ever, Diarrheal 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.

  
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### Section D- 6 Marks

10%

#### 16. Community Medicine:

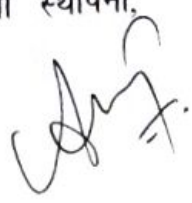
Demography, Sociology and social understanding of health, Socio-cultural patterns, Social Problems and Social Changes, Health Economics, Gender and Environmental issues, Effective doctor patient relationship Sociological research methods, Epidemiology. of an Epidemic in District, Problem Solving Exercise on the Epidemic of Infection Diseases, Infection 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, Melliods 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.

#### 17. Forensic Medicine and Jurisprudence: (Unit 17 & 18 = 10%)

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

#### 18. 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, प्रदेश स्वास्थ्य संस्था स्थापना, संचालन, नवीकरण तथा स्तरोन्नति ऐन २०७६.

  
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