

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, पेडियाट्रिक्स समूह, पेडियाट्रिक मेडिसिन उपसमूह, नवौं तह वा सो सरह पदको खुला, अन्तर तह र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई निम्न अनुसार दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण (First Phase) : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

द्वितीय चरण (Second Phase) : अन्तरवार्ता (Interview)

पूर्णांक : २५

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

पत्र	विषय	खण्ड	पूर्णांक	उत्तीर्णांक	परीक्षा प्रणाली	प्रश्न संख्या × अंक	समय
प्रथम	General Subjects	(क) Management	50	40	Subjective	Short Answer Long Answer 6 x 5 2 x 10	3.00 hrs.
		(ख) General Health Issues	50		Subjective	Short Answer Long Answer 4 x 5 3 x 10	
द्वितीय	Technical Subject		100	40	Subjective	Critical Analysis 4 x 15	3.00 hrs.
					Subjective	Problem Solving 2 x 20	

द्वितीय चरण : अन्तरवार्ता (Interview)

पूर्णांक : २५

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तरगतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्र को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्र को लिखित परीक्षा समूह/उपसमूहहरूका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । तर द्वितीय पत्र को परीक्षा समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको खण्ड (क) र खण्ड (ख) को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछन । (खण्ड - क को लागि एउटा र खण्ड - ख को लागि एउटा) भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि संशोधन भएका वा संशोधित भई कायम रहेका वा थप गरी संशोधित भई कायम रहेका लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तरवार्तामा सम्मिलित गराइने छ ।
- पाठ्यक्रम लागु मिति : २०८१।१०।२४ गते देखि ।

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**प्रथम पत्र : General Subject**  
**(Management and General Health issues)**

**खण्ड – (क) : 50 Marks**

**(Management)**

1. Management : concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Participative management : concept, advantages and disadvantages, techniques of participation
4. Time management : concept, advantages, and disadvantages
5. Conflict management : concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management, Negotiation skills
6. Stress management : concept, causes and sources of stress, techniques of stress management
7. Appreciative inquiry : concept, basic principles and management
8. Human resource management : concept, functions and different aspects, HRM strategy
9. Planning : concept, principles, nature, types, instrument and steps, logical framework
10. Financial management : concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management, procurement, supply chain management, e-LMIS
11. Leadership : concept, functions, leadership styles, leadership and management effectiveness
12. Coordination : concept, need, types, techniques, and approaches of effective coordination
13. Communication : concept, communication process and barrier to effective Communication, techniques for improving communication
14. Health manpower recruitment and development
15. Organizational structure of Federal, provincial health related ministry
16. Governance : Good governance system in Health Sector
17. Health system, WHO Six Building blocks
18. Sudurpashchim Province Civil Service Act and Regulation
19. Procurement Act, 2063 & Sudurpashchim Pradesh Procurement Regulation, 2078
20. Sudurpashchim Pradesh Good Governance Act, 2075

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**खण्ड – (ख) : 50 Marks**

**(General Health Issues)**

1. The Constitution of Nepal (health and welfare issues)
2. National and Provincial Health Policy and Public Health Act
3. Health Sector in current 5 year Sudurpashchim provincial plan
4. Health Services Act 2053, Health Service Regulation, 2055
5. International Health Agencies: multilateral, bilateral, NGOs/INGOs working in Sudurpashchim province
6. Health related Professional Council and related regulations
7. Medical ethics in general and its application
8. Indigenous and traditional faith healing and health mal-practices in context of Sudurpashchim Province
9. Supervision, types and its usage in health sector
10. Monitoring and evaluation system in health sector
11. Health Management Information System
12. Social Health insurance, health care financing and concept of co-payment
13. Importance of water, sanitation and hygiene in public health
14. Disaster and emergency management in health sector, HOPE
15. Effect of environment in public health: air pollution, water pollution, soil and noise pollution
16. FCHVs involvement in health service delivery
17. Community involvement in health service delivery
18. Counseling: - concept, type, importance and its application in health service delivery
19. Cross cutting issues: - GESI, Climate change, health in all policy

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**द्वितीय पत्र : Technical Subject**

**1. Growth and Development**

- 1.1. Physical and psychosocial growth and development of normal child
- 1.2. Disorders of growth
- 1.3. Delay and deviations of development
- 1.4. Assessment of growth and development
- 1.5. Disorders of psychological development
- 1.6. Common behavioral problems of preschool children
- 1.7. Common speech disorders
- 1.8. Approach to diagnosis of development Delay : Developmental screening & surveillance
- 1.9. Cerebral palsy

**2. Nutrition:**

- 2.1. Normal nutrition in infancy and childhood
- 2.2. Common nutritional disorders in childhood
- 2.3. Nutrition supplementation programs

**3. Preventive Pediatrics**

- 3.1. Immunizations
- 3.2. Prevention and management of common disorders of childhood
- 3.3. Prevention and management of poisonings, accidents & envenomation like snake bite, wasp bite etc.

**4. Social Pediatrics:**

- 4.1. School health services /Health issues in adolescence
- 4.2. National health programmes related to maternal and child health
- 4.3. Community health services for the maternal and childhood
- 4.4. Organizing health care delivery and referral systems for children

**5. Genetics:**

- 5.1. Genetic and chromosomal disorders
- 5.2. Inborn errors of metabolism
- 5.3. Genetic counseling including antenatal diagnosis
- 5.4. Common genetic disease in Sudur Paschchim Province
- 5.5. Pattern of inheritance
- 5.6. Prevention of genetic disease
- 5.7. Newborn screening for inborn error of metabolism

**6. Neonatology:**

- 6.1. Management of normal, high risk and sick neonates
- 6.2. Monitoring and ventilatory support of the sick neonates
- 6.3. Foetal disorders
- 6.4. Perinatology
- 6.5. Preventive neonatology
- 6.6. Organization of neonatal care service in health institution with secondary level of care
- 6.7. Neonatal infection, disorder of weight & gestation

7. Infectious diseases: diagnosis of common infectious diseases in the pediatric age group
8. Immunity, allergy and related disorders
9. **System Based Pediatrics:**  
Diagnosis and management of common disorders affecting digestive, hepatobiliary, cardiovascular, respiratory, endocrine system, blood and lymphoreticular system including malignancies, genitourinary, nervous, musculoskeletal system and skin.
10. **Eye, Ear, Nose and Throat:**  
Diagnosis and management of common disorders of eye, ear, nose and throat in the pediatric age group
11. **Pediatric Surgery:**  
Diagnosis and supportive management of common surgical disorders of neonates, infants and children and appropriate referral
12. **Pediatric Emergencies:**  
Diagnosis and management of common pediatric emergencies such as coma, convulsions, shock, asthmatic attacks, cyanotic spells, poisonings, accidents etc. Pediatric advance life support skills, pediatric anesthesia, ventilatory support, cardiovascular support and stabilization
13. **Pediatric Dermatology:**  
Structure and function of skin, examination of skin, Infective dermatosis (bacterial, fungal, viral, parasitic), Non-infective dermatoses (congenital, eczema, immunological, nutritional and miscellaneous), Sexually transmitted diseases, AIDS.
14. **Neoplastic Disorders and Tumors:**  
Epidemiology, principles of diagnosis and treatment, leukaemias, lymphomas, neuroblastoma, renal neoplasms, soft tissue sarcoma, retinoblastoma, benign tumors:
15. **Child Psychiatry:**
  - 15.1. Assessment and interview
  - 15.2. Epidemiology and etiology of psychiatric disorders in children
  - 15.3. Behavioral and emotional disorders
  - 15.4. Neurotic, stress related and somatoform disorders
  - 15.5. Mood disorders
  - 15.6. Suicide and attempted suicide
  - 15.7. Psychosis in childhood
  - 15.8. Gender identify disorders in childhood
  - 15.9. Psychiatric aspects of mental retardation
  - 15.10. Treatment of psychiatric problems in children
16. **Radiodiagnosis:**
  - 16.1. Interpretation of
    - 16.1.1 Basic chest and abdominal and abdominal radiography in different views
    - 16.1.2 Contrast radiography of different organs like IVP, MCU, Ba-series and myelogram
    - 16.1.3 Radiology of bones and joints
    - 16.1.4 Ultrasonography of brain, abdomen and other organs
    - 16.1.5 Echocardiography
  - 16.2. Recent advances in radiology like CT, MRI, USG, radioisotope scanning and PET

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**17. Research Methodology:**

- 17.1. Bio-statistics
- 17.2. Basic in research methodology including search and critical review of medical literature, selection of appropriate study design, analysis of findings etc.
- 17.3. Problem oriented medical record
- 17.4. Management of information system

**18. Medical Education:**

- 18.1. Curricular components, teaching learning strategies, lesson plan methods of evaluation
  - 18.2. Identification of learning resources to meet the learning objectives
  - 18.3. Use of overhead projectors, slides, models etc. in the teaching learning objectives.
- 19.** Recent advance in pediatric physiology, molecular biology and genetics as well in the different diagnostic and therapeutic approaches in child health.
- 20.** Fluid and electrolytes
- 21.** Community pediatrics like indicators of child health, environment & child health, Community Based Integrated Management of Neonatal And Childhood Illness (CB – IMNCI)
- 22.** Ethical issues in pediatrics – Principle of ethics, informed consent and assent, withholding and withdrawing treatment

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