

नेपाल सरकार  
गृह मन्त्रालय  
प्रहरी प्रधान कार्यालय  
(मानवश्रोत एवं प्रशासन विभाग, भर्ना तथा छनौट महाशाखा)  
नक्साल, काठमाण्डौं ।

प्राबिधिक प्रहरी नायव निरीक्षक (फिजियोथेरापी) समूहको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम ।

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

प्रथम चरण:- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १५०

द्वितीय चरण:- अन्तरवार्ता (Interview)

पूर्णाङ्क :- २५

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या र अङ्कभार	समय
प्रथम	सम्बन्धित विषय सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५०x२ = १००	४५ मिनेट
द्वितीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	बस्तुगत बहुउत्तर विषयगत	१०x१ = १० लामो उत्तर १x१० = १० छोटो उत्तर ६x५ = ३०	१ घण्टा १० मिनेट

द्वितीय चरण

परीक्षाको किसिम	पूर्णाङ्क	परीक्षा प्रणाली
ब्यक्तिगत अन्तवार्ता	२५	मौखिक

- लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
- पाठ्यक्रमको प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ; भने द्वितीय पत्रका प्रश्न संख्या द्वितीय पत्रको पाठ्यक्रममा उल्लेख गरिएको छ ।

पाठ्यक्रमका एकाइ	१	२	३	४	५
प्रश्न संख्या	५	१०	१०	१०	१५

- वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा अङ्क प्रदान गरिनेछ भने 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 ।

४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरु परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
५. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
६. पाठ्यक्रम लागू मिति- २०७० । गते ।

नेपाल प्रहरी

# प्रथम पत्र- सम्बन्धित विषय सम्बन्धी

## 1. Introduction to physiotherapy

- 1.1 Definition of physiotherapy
- 1.2 Scope of physiotherapy in the context of Nepal
- 1.3 Fields of physiotherapy
- 1.4 Disability awareness

## 2. Applied Anatomy

- 2.1 Muscular system
- 2.2 Skeletal system
- 2.3 Cardio respiratory system
- 2.4 Neurology & Neurosurgery
- 2.5 Dermatology
- 2.6 Obstetrics & gynaecology

## 3. Electrotherapeutic Modalities

- 3.1 Shortwave diathermy
- 3.2 Microwave Diathermy
- 3.3 Infrared Therapy
- 3.4 Transcutaneous electrical Nerve stimulation
- 3.5 Therapeutic muscle stimulator
- 3.6 Ultrasonic therapy
- 3.7 Continuous passive motion
- 3.8 Paraffin wax bath
- 3.9 Hot packs and superficial heating modalities
- 3.10 Traction unit

## 4. Therapeutic Exercise/Treatment planning

- 4.1 Strengthening Exercise
- 4.2 Stretching exercise
- 4.3 Re-education and Co-ordination exercises
- 4.4 Therapeutic massage
  - 4.4.1 Neck
  - 4.4.2 Back
  - 4.4.3 Upperlimb
  - 4.4.4 Lowerlimb
  - 4.4.5 Face

## 5. Rehabilitation (Institutional &community)

- 5.1 Skeletal system
  - 5.1.1 Fractures, dislocation & subluxation
  - 5.1.2 Deformities- acquired and congenital
  - 5.1.3 Inflammatory, degenerative and pathological condition – Arthritis
  - 5.1.4 Amputation-upper/lowerlimbs
- 5.2 Muscular System
  - 5.2.1 Muscles injuries- strain, tendinitis
  - 5.2.2 Muscular dystrophy
  - 5.2.3 Ligament injuries - sprain
- 5.3 Neurological
  - 5.3.1 Peripheral Nerve injuries
  - 5.3.2 Cerebro vascular Accident
  - 5.3.3 Spinal cord injuries
  - 5.3.4 Epilepsy
  - 5.3.5 Inflammatory disease:- meningitis, encephalitis, Poliomyelitis

5.3.6 Parkinsonism

5.3.7 Cerebral palsy

5.4 Cardio-respiratory

5.4.1 Chest physiotherapy-Breathing exercise/postural drainage

5.5 Dermatology

5.5.1 Leprosy

5.5.2 Burns & plastic surgery

स्वास्थ्य प्रकाश

## वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample Questions)

1. Ultrasound can be used to treat

- A) Osteomyelitis
- B) Soft tissue injuries
- C) Open fractures
- D) All of the above

**Correct Answer:- (B)**

2. Continuous passive motion apparatus is used to

- A) Increase range of motion
- B) Maintain range of motion
- C) Strengthen knee muscles
- D) All of the above

**Correct Answer:- (A)**

3. Interferential therapy is not used for

- A) Muscle stimulation
- B) Pain relief
- C) Muscle re-education
- D) Wound healing

**Correct Answer:- (D)**

4. Biceps Brachi acts as a

- A) Flexor of knee
- B) Extensor of elbow
- C) Flexor of elbow
- D) Extensor of knee

**Correct Answer:- (C)**

5. Colle's fracture occurs at?

- A) Distal  $\frac{1}{3}$ <sup>rd</sup> of radius
- B) Proximal  $\frac{1}{3}$ <sup>rd</sup> of radius
- C) Olecranon process of ulna
- D) Distal  $\frac{1}{3}$ <sup>rd</sup> of ulna

**Correct Answer: - (A)**

6. Measurement of axillary crutches?

- A) 5cm below posterior axillary and 15 cm laterally with patient in supine lying
- B) 7cm below anterior axilla and 10 cm laterally with patient in standing position
- C) 4cm below anterior axilla and 10cm medially with patient supine lying
- D) 5cm below post axilla and 12cm laterally with patient standing

**Correct Answer:- (A)**

7. Shoulder dislocation is caused by vigorous

- A) Flexion with internal rotation
- B) Flexion with external rotation
- C) Abduction with External rotation
- D) Abduction with internal rotation

**Correct Answer:- (C)**

8. Poliomyelitis is caused by viral infection in

- A) Posterior horn cell
- B) Anterior horn cell
- C) Muscle
- D) Peripheral Nerves

**Correct Answer:- (B)**

9. Degenerative bone disease is called as ?

- A) Osteoarthritis
- B) Rheumatoid Arthritis
- C) Gouty arthritis
- D) Synovitis

**Correct Answer:- (A)**

10. Parkinsonism is a disease affecting?

- A) Cerebellum
- B) Spinal cord
- C) Basal ganglia
- D) Medulla

**Correct Answer:- (C)**

11. Pneumothorax is defined as a collection of

- A) Air in the lung
- B) Fluid in the lung
- C) Pus in the lung
- D) Blood in the lung

**Correct Answer:- (A)**

12. Postural Drainage is contraindicated in case of?

- A) Increased intracranial pressure
- B) Secretion in the chest
- C) Amputation
- D) Coronary artery by pass surgery

**Correct Answer: - (A)**

13. Circumductory gait is seen in?

- A) Hemiplegic patient
- B) Paraplegic patient
- C) Quadriplegic patient
- D) All of the above

**Correct Answer:- (A)**

14. Passive Stretching is done to treat

- A) Contractures
- B) Spasticity
- C) Rigidity
- D) All of the above

**Correct Answer:- (D)**

15. Strengthening exercise helps to improve?

- A) Mobility of Joints
- B) Power of muscle
- C) Flexibility of Joints
- D) None of the above

**Correct Answer:- (B)**

16. Physiotherapy does not include the use of

- (A) Massage
- (B) Electromagnetic Energy
- (C) Ultraviolet Rays
- (D) Needling

**Correct Answer:- (D)**

17. Physiotherapy is a paramedical Science which deals with

- (A) Medicine
- (B) Physical Agents
- (B) Therapeutic Exercise
- (D) Therapeutic Exercise and Physical agents

**Correct Answer:- (D)**

18. Neonatal Disability is not treated by

- (A) Physical Therapist
- (B) Neonatologist
- (C) Rehabilitator
- (D) Radiologist

**Correct Answer:- (D)**

**-समाप्त-**