

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

प्राबिधिक प्रहरी नायब उपरिक्षक (चिकित्सक) अण्थाल्मोलोजिष्ट (MD Ophthalmologist)
समूहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

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

प्रथम चरण:- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २५०

द्वितीय चरण:- अन्तरवार्ता (Interview)

पूर्णाङ्क :- ३५

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

Paper	Subject	Part	Marks	Full Marks	Pass Marks	No. and Weight of Question	Time
I	Hospital Administration and Management	I-Hospital Administration and Management	10	50	20	5X2=10 (Short Answer)-1	2.00 hrs.
		II- General Health Issues	40			2X15=30 (Long Answer) 1X10=10 (Long Answer)	
II	Service Specific	I-General Subject	25	150	60	1X15=15 (Critical Analysis) 1X10=10 (Long Answer)	4.00 hrs
		II- Technical Subject	125			4X20=80 (Critical Analysis) 3X15=45 (Problem Solving)	
तृतीय	नेपाल प्रहरी सेवा सम्बन्धी	नेपाल प्रहरी सेवा सम्बन्धी	१०	५०	२०	बस्तुगत बहुउत्तर १०×१ = १०	१ घण्टा १० मिनेट
			४०			विषयगत लामो उत्तर १×१० = १० छोटो उत्तर ६×५ = ३०	

द्वितीय चरण

परीक्षाको किस्म	पूर्णाङ्क	परीक्षा प्रणाली
ब्यक्तिगत अन्तवार्ता	३५	मौखिक

दृष्टव्यः

- लिखित परीक्षाको प्रश्नहरू अंग्रेजी भाषामा हुनेछन् र उत्तर लेख्दा नेपाली वा अंग्रेजी अथवा नेपाली अंग्रेजी दुवै भाषामा लेख्न सकिनेछ।
- पाठ्यक्रममा भएका यथासम्भव सबै पाठ्यांशहरूबाट प्रश्न सोधिनेछन्।
- बस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २०% अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइनेछैन र अङ्क कट्टा पनि गरिने छैन।
- प्राबिधिक प्रहरी नायब उपरिक्षकहरूको खुल्ला प्रतियोगिताको प्रथम पत्रको परीक्षा सबै उपसमुहलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकैदिन हुनेछ।
- द्वितीया पत्रको परीक्षासमुह/उपसमुह अनुसार छुट्टाछुट्टै एकैदिन हुनेछ।
- तृतीया पत्रको परीक्षा सबै उपसमुहहरूलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकैदिन हुनेछ।
- प्रथम पत्रका Part I को उत्तरपुस्तिका एउटामात्र हुनेछ भने Part I र द्वितीय पत्रको दुवै Part का लागि प्रत्येक प्रश्नको उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन्।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडि(संशोधन भएका वा संशोधित भई हटाइएका वा थप गरी संशोधित भई कायम रहेका)लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- अन्तवार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र वढुवा गर्दा अपनाउनुपर्ने सामान्य सिद्धान्त २०६९ को अनुसूची-१९ मा ब्यबस्था भए बमोजिम हुनेछ।

प्राबिधिक प्रहरी नायब उपरिक्षक (चिकित्सक) अण्थाल्मोलोजिष्ट (MD Ophthalmologist) समुहको खुल्ला
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

Paper I: Hospital Administration, Management and General Health Issues

Part I: Hospital Administration and Management

- 1. Introduction to Management**
 - 1.1 Management Process
 - 1.2 Managerial Roles & Skills
 - 1.3 Nature of Managerial work
- 2. Environmental Context**
 - 2.1 The external environment
 - 2.2 The internal environment
 - 2.3 Organizational Culture
 - 2.4 Organization environmental Relationship
 - 2.5 Environmental – organizations effectiveness
- 3. Managing Interpersonal & Communication**
 - 3.1 Interpersonal nature of Organization
 - 3.2 Forms of Communication
 - 3.3 Managing Organizational Communication
- 4. Planning & Organizing**
 - 4.1 Planning process
 - 4.2 Organizational goal
 - 4.3 Kinds of Organizational Plans
 - 4.4 Time frames for planning
- 5. Concept of Hospital Planning**
 - 5.1 Information and concept of Hospital planning
 - 5.2 Guiding Principles in Planning Hospital facilities & services
 - 5.3 Concept of Hospital unitization and its influencing factor
 - 5.4 Master plan
- 6. Background of Hospital**
 - 6.1 Distinguishing Characteristics of Hospital
 - 6.2 Complexities of Hospital
 - 6.3 Organogram of the Hospital
 - 6.4 Governing Board and its functions
- 7. Quality / Customer Service and Measuring Quality**
 - 7.1 Define Customer and Identify Customers
 - 7.2 Domains of Quality
 - 7.3 Customer Experience: Core Service & Delivery of Service
 - 7.4 Excellent Customer Service; Caring Service
 - 7.5 Individual Behavior: Stress, Communication and Interpersonal Relationship
- 8. Patient Satisfaction and Quality Audit**
 - 8.1 Setting Objectives and Agreeing upon Standards
 - 8.2 Assessment of Patient Satisfaction
 - 8.3 Feedback: Customers, Staff, Suppliers etc.
 - 8.4 Quality Audit and Review Techniques
- 9. Hospital Store, Planning & Distribution**
 - 9.1 Definitions, Objectives, Importance
 - 9.2 Material cycle
 - 9.3 Integrative Material Management

9.4 Factors Affecting & types for distribution

10. Miscellaneous

10.1 Problem solving & decision making models

10.2 Procurement, Receipt & Inspection in Hospital store

10.3 Equipment planning, selection, utilization

10.4. Import, maintenance & Audit of Hospital Equipments

Paper 1

Part II: General Health Issues

1. National Health Policy, 2071
2. Guideline for Health Institutions Established Upgrade standard, 2070
3. Health and Human Right including Women's Right, Children's Right, Professional's Right, Client Right and Informed Consent
4. Gender Issues and Health
5. International Health Agencies: Role and Responsibilities of WHO, UNICEF, UNFPA and Interagency Relationships
6. Professional Council and Related Regulations
7. Medical Ethics
8. Health Management Information System (HMIS)
9. Health Insurance and Financing in Health Care
10. Continue medical Education (CME)

प्राबिधिक प्रहरी नायब उपरिक्षक (चिकित्सक) अण्थाल्मोलोजिष्ट (MD Ophthalmologist) समहूको खुल्ला प्रतियोगितात्मक परीक्षाको द्वितीया पत्रको पाठ्यक्रम ।

Paper II

Part I: General Subject

- 1) Epidemiology of Blindness in Nepal
- 2) Avoidable Blindness/elimination of childhood Blindness/Vision 2020
- 3) Hippocratic oath/Medical ethics
- 4) Malpractice & Medical negligence
- 5) Infection Prevention
- 6) Quality assurance & management
- 7) Primary Eye care
- 8) Organization of eye camps
- 9) Functions of:
 - Nepal Medical Association
 - Nepal Medical Council
 - Nepal Ophthalmologic Society
- 10) History of Eye Care Services in Nepal and role of NNJS in development of eye care service and Prevention blindness in Nepal
- 11) Health Sector Reform
- 12) Vision 2020 the right to sight and global health
- 13) Poverty Reduction & Health
- 14) Epidemiology of non communicable diseases

Part II :- Technical Subject

1. Anatomy, Physiology and Development
 - a. Eyelids
 - b. Orbit
 - c. Structure of cornea, retina and Optic Nerve
2. Optic & Refraction
 - a. Ref. errors
 - b. Contact lens
 - c. Low vision aids
 - d. Refractive surgeries
3. Conjunctiva
 - a. Conjunctivitis
 - b. Degeneration conditions
 - c. Tumors
4. Cornea
 - a. Types of keratitis
 - b. Corneal ulcers
 - c. Dystrophies & Degenerations
 - d. Dry eyes
 - e. Keratoplasty
5. Sclera
 - a. Eprscletitis
 - b. Scleritis
 - c. Sclerokaratitis
6. Cataract
 - a. Morphological types
 - b. Congenital
 - c. Traumatic
 - d. Senile

- e. Complicated
 - f. Cataracts
 - g. Cataract surgeries
7. Lids ocular adnexa Orbit & lacrimal system
- a. Stye
 - b. Chalazion
 - c. Blepharitis
8. Glaucomas
- a Types of glaucomas
 - b Secondary glaucomas
 - c Corigenous glaucomas
 - d Glaucoma surgeries
 - e. Diagnostic approach and managements of glaucomas
9. Uvea
- a Different Types of uveitis and its management
10. Retina & Vitreous
- a Diabetic & Hypertensive retinopathy
 - b Macular disorders :-age related macular degeneration (ARMD)
 - c Retinal Detachment
 - d Ratinoblastoma
 - e CRAO CRVO
11. Strabismus
- a Binocular single vision & anomalies
 - b Extraocular muscles and ocular motility
 - c Strabismus: Definition and Classification
12. Basic types and management, mechanical injuries (open globe injuries, close globe injuries), chemical injuries of eyes
- a Burnt trauma
 - b Penetrating and Perforating injuries
 - c Intraocular F.B.s
 - d Chemical Burns of eye
13. Parasitic & Protozoal infestations of eyes (toxoplasmosis, cysticercosis and toxocariasis)
14. Eye and common systemic diseases (TB, Leprosy, throid ophthalmopathy, collagen vascular diseases, Wilson's diseases, high Altitude retinopathy and Anemic retinopathy)
15. Optic Nerve Disorder-Disc Oedema,Optic neuritis, Traumatic Optic neuropathy and Toxic Optic neuropathy
16. Public Health Problem in eye- Trachoma, Xerophthalmia and Vitamin A deficiency

-समाप्त-