

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

प्राबिधिक प्रहरी नायव उपरीक्षक (चिकित्सक, नेफ्रोलोजी) समूहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परिक्षा 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	Administration and Management and General Health Issues	I-Administration and Management	10	50	20	5x2=10 (Short answer) I	2.00 hrs
		II -General Health Issues	40			2x15=30 (Critical Analysis) 1x10=10 (Critical Analysis And Problem Solving)	
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 (critical Analysis and Long 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 अन्तर्वार्ता	३५	मौखिक

- १) लिखित परीक्षाको प्रश्नहरू अंग्रेजी भाषामा हुनेछन् र उत्तर लेख्दा नेपाली वा अंग्रेजी अथवा नेपाली अंग्रेजी दुवै भाषामा लेख्न सकिनेछ ।
- २) पाठ्यक्रममा भएका यथासंभव सबै पाठ्यांशहरूबाट प्रश्न सोधिनेछन् ।
- ३) वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पूरा 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) प्रहरी नायव उपरीक्षकहरूको खुल्ला प्रतियोगिताको प्रथम पत्रको परीक्षा सबै उपसमूहलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकै दिन हुनेछ ।
- ५) द्वितीय पत्रको परीक्षासमूह/उपसमूह अनुसार छुट्टा छुट्टै एकै दिन हुनेछ ।
- ६) तृतीय पत्रको परीक्षा सबै उपसमूहलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकै दिन हुनेछ ।
- ७) प्रथम पत्रका Part I को उत्तरपुस्तिका एउटा मात्र हुनेछ भने Part II र द्वितीय पत्रको दुवै Part का लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टा छुट्टै हुनेछन् ।
- ८) यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- ९) अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा व्यवस्था भए बमोजिम हुनेछ ।
- १०) पाठ्यक्रम लागू मिति :-

प्राबिधिक प्रहरी नायव उपरीक्षक (चिकित्सक), सबै समूहको खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

Paper 1 Administration, Management and General Health Issues

Part I: Administration and Management

1. **Management:** Concept, Principles, Functions, Scope and Role, Level and Skills of Managers.
2. **Planning:** Concept, Principles, Nature, Types, Instruments, and Steps.
3. **Motivation:** Concept, Theories of Motivation, Reasons for low Productivity, Techniques of employee motivation.
4. **Leadership:** Concept, Functions, Leadership styles, Leadership and Management effectiveness.
5. **Coordination:** Concept, Need, Types, Techniques and Approaches of Effective Co-ordination.
6. **Communication and Counseling:** Concept, Communication Processes and Barrier to Effective Communication, Techniques for Improving Communication.
7. **Decision Making:** Importance, Types, Rational Process of Decision Making, Problem Solving Techniques, Improving Decision Making.
8. **Participative Management:** Concept, Advantages and Disadvantages, Techniques of Participation
9. **Time Management:** Concept, Essential factors and strategies for effective time management.
10. **Conflict Management:** Concept, Approaches to conflict, Levels of Conflict, Causes of Conflict and Strategies for Conflict Management
11. **Stress Management:** Concept, Causes and sources of stress, Techniques of stress management.
12. **Change Management:** Concept, Sources of organizational changes, Resistance to change, Management of resistance to change.
13. **Appreciative Inquiry:** Concept, Basic principles and management.
14. **Financial Management:** Concept, Approaches, Budget Formulation and Implementation, Auditing and topics related to Fiscal administration.
15. **Human Resource Management:** Concept, Functions and different aspects.
16. **Project Management:** Concept, Process, Techniques and Approaches

प्राविधिक प्रहरी नायव उपरीक्षक (चिकित्सक), सबै समूहको खुल्ला प्रतियोगितात्मक परीक्षाको प्रथम पत्रको पाठ्यक्रम ।

Paper I

Part II: General Health Issues (Please see at its asterisk signs)

1. Interim Constitution of Nepal – 2007 (Health and welfare issues)
2. National Health Policy, 1991
3. Second long term health plan (1997-2017)
4. Health sector in current five-year plan.
5. Health Service Act 2053, Health Service Regulation 2054
6. Organizational structure of Ministry of Health
7. Current Financial Administration Regulation
8. Health and Human Right including Women's Right, Children's Right, Professional's Right, Client Right and Informed consent.
9. Gender issues and health.
10. Local governance and decentralization in health
11. International health agencies: Role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
12. Professional council and related regulations
13. Medical ethics
14. Health institution development and management issues
15. Health manpower recruitment and development issues
16. Continuous medical education
17. National health training system
18. Indigenous & traditional faith healing & health practices
19. Supervision, types and its usage in Health Sector
20. Monitoring and Evaluation System in Health .
21. Health Management Information System
22. Health planning at district level
23. Health insurance and financing in Health Care.

प्राविधिक प्रहरी नायव उपरीक्षक (चिकित्सक), नेफ्रोलोजी समूहको खुल्ला प्रतियोगितात्मक परीक्षाको
द्वितीय पत्रको पाठ्यक्रम

Paper II: - Service Specific

Part I: - General Subject

1. Paper publication

- 1.1 Research Methodology
- 1.2 Biostatics related to research
- 1.3 Interpretation of the findings
- 1.4 Paper publication

2. Medical Education

- 2.1 Curriculum Development
- 2.2 Principle of learning
- 2.3 Teaching/Learning Method
- 2.4 Teaching Aids
- 2.5 Teaching skills
- 2.6 Evaluation

3. Acts/Regulations related to health

- 3.1 Human organ transplant Act, 2055
- 3.2 Consumers protection Act
- 3.3 Nepal Medical Council Act
- 3.4 Rational use of drugs
- 3.5 Kidney Transplant Regulation, 2058

4. Evidence based medical practice.

5. Problem based learning.

Part II: - Technical Subject

1. General

- 1.1 Anatomy of the kidney and urinary tract
- 1.2 Physiology of the kidney and urinary tract
- 1.3 Immunological basis of kidney damage
- 1.4 Path physiology of Haematuria

- 1.5 Path physiology of proteinuria
- 1.6 Physiology of fluid and electrolytes balance
- 1.7 Physiology of acid and base balance
- 1.8 Investigations related to kidney diseases

2. Glomerular Diseases

2.1 Glomerulonephritis

2.1.1 Primary

2.1.2 Postinfectious GN (Poststreptococcal GN)

2.1.3 Systemic disease causing glomerulonephritis

2.1.3.1 SLE

2.1.3.2 Infective Endocarditis

2.1.3.3 Good pastur syndrome

3. Systemic diseases affecting glomerulus

3.1 Diabetes mellitus

3.2 Hypertension

4. Functional defect and the diseases of the renal tubules and urinary tract

4.1 Urinary tract infection

4.2 Acute tract infection

4.3 Renal tuberculosis

4.4 Renal tubular acidosis

5. Obstruction of the urinary tract

5.1 Calculous disease of the kidney and urinary tract

5.2 Carcinoma of urinary bladder

5.3 Enlarged prostate

5.4 Urethral Structure

6. Drug induced renal disease

6.1 Analgesics nephropathy

7. Malignant disease of the kidney

7.1 Hypernephroma

8. Failure of the renal function

8.1 Acute renal failure

8.2 Chronic renal failure

9. Metabolism

9.1 Calcium and phosphorus metabolism

10. Renal replacement therapy

10.1 Diseases

10.1.1 Peritoneal

10.1.1.1 Intermittent peritoneal dialysis

10.1.1.2 Chronic ambulatory peritoneal dialysis

10.2 Haemodialysis

10.3 Vascular access for haemodialysis

10.4 Basic Concept on Renal transplantation

11. Congenital diseases of the kidney

11.1 Adult polycystic kidney disease

12. Renal vascular disease causing hypertension

12.1 Renal artery stenosis

13. Acid base balance

13.1 Acidosis

13.1.1 Respiratory

13.1.2 Metabolic

13.2 Alkalosis

13.2.1 Respiratory

13.2.2 Metabolic

14. Electrolyte imbalance

14.1 Sodium

14.1.1 Hyponatraemia

14.1.2 Hypernatraemia

14.2 Potassium

14.2.1 Hypokalaemia

14.2.2 Hyperkalaemia

15. Prescribing drugs in renal failure

16. Diet in renal diseases