

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

प्राबिधिक प्रहरी निरीक्षक (चिकित्सक) जनरल हेल्थ सर्भिसेज 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)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	जनरल हेल्थ सर्भिसेज	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	१००x१ = १००	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१०x१० = १००	३ घण्टा
तृतीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	वस्तुगत 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	३५	मौखिक

१. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।

२. लिखित परीक्षाको दुवै पत्रको विषयवस्तु एउटै हुनेछ ।

३. प्रथम तथा द्वितीयपत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

प्रथम पत्रका एकाई	1	7	8	14	15	2	9	10	16	11	12	13	3	4	5	6	17
प्रश्न संख्या	10	5	5	5	5	10	10			10			10	10	10	10	
द्वितीय पत्रका खण्ड	A					B					C			D			
द्वितीय पत्रका एकाई	1	7	8	14	15	2	9	10	16	11	12	13	3	4	5	6	17
प्रश्न संख्या	1	1		1		1				1			1	1	1	1	

४. प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।

६. 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 ।

७. द्वितीय पत्रको विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।

८. द्वितीय पत्रको पाठ्यक्रमलाई ४ वटा खण्ड/एकाईमा विभाजन गरिएको छ, ४ वटा खण्ड/एकाईको लागि ४ वटै उत्तरपुस्तिका दिइनेछ र परिक्षार्थीले प्रत्येक खण्ड/एकाईका प्रश्नहरूको उत्तर सोही खण्ड/एकाईको उत्तर पुस्तिकामा लेख्नु पर्नेछ ।

९. तृतीय पत्र नेपाल प्रहरीको सेवा सम्बन्धी विषयवस्तु, र प्रश्न संख्या तृतीय पत्रको पाठ्यक्रममा उल्लेख गरिएको छ ।

१०. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू 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 ।

११. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।

१२. अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा व्यवस्था भए बमोजिम हुनेछ ।

१३. पाठ्यक्रम लागु मिति :-

प्राविधिक प्रहरी निरीक्षक (चिकित्सक), जनरल हेल्थ सर्भिसेज समूह को खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र :- जनरल हेल्थ सर्भिसेज

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

Section A - 30 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 Flue

1.2 Cardiovascular Diseases: Rheumatic Fever, Rheumatic Heart Disease (MS MR, AS, AR), Congestive Cardiac Failure, Acute LVF, Ischemic Heart Disease, Myocardial Infarction, Hypertension, Infective Endocarditis, Congenital Heart Diseases, Cardiomyopathies, Cor pulmonale, Cardiac arrhythmias, Cardiogenic 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-oesophageal reflux

1.4 Blood and Lymphoreticular Diseases: Anaemia, Leukaemia, 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, Spina 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

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

7. Psychiatry:(Units 7& 8 = 10%)

Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa. Substance abuse (Alcohol/drugs/ others)

8. Dematology and STD:

(i) Dermatology: Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Plannus, Pemphigoid, Pemphigus, Drug Eruption (ii) STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution

14. Pharmacology: (Units 14& 15 = 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

15. 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

Section B - 30 Marks

2. General Surgery: 10%

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Malaena, Oesophageal Varices, Intestinal Obstruction, Paralytic ilius, Acute Abdomen, Ac Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Haemorrhoids, Gall Stones, Urinary Stones,

Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Pleural Effusion, Haemothorax, Chylothorax, Bronchiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Carcinoma Penis, Hydronephrosis, Retention of Urine, Enlarge 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 Cystosmy, Wounds

9. Ophthalmology Trachoma: (Units 9, 10 & 16 = 10%)

Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Stye, Chalazion, Blephritis, Cellulitis, Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Erythrocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis, Epiphora, Dacryocystitis, Dacryoadenitis, Ocular Hazards in

Agriculture and Industry

10. 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

16. Dental:

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

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

Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synostosis, 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, Aetiology, Pathogenesis, Microscopic and Macroscopic features of different disease entities listed under different subjects and mentioned under heading 1 to 5 and 8 to 11

Section C - 20 Marks

3. 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 Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tract, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning

4. Childhood Diseases: 10%

ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrhoeal 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

Section D - 20 Marks

5. Community Medicine: 10%

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, Investigation of an Epidemic in District, Problem Solving Exercise on the Epidemic of Infectious Diseases, Infectious 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, Methods 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

6. Forensic Medicine and Jurisprudence: (Units 6& 17 = 10%)

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

17. 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, other health related acts.

वस्तुगत बहुउत्तर नमुना प्रश्नहरू (Sample Questions)

1. A 12- year-old girl comes to you with severe pain in right ear since last night she is suffering from Ac. coryza for last 5 days, for which she had some treatment. On Otoscopy right eardrum is red and bulging. In which quadrant of eardrum will you do myringotomy ?

- A) Anteriosuperior B) Anteroinferior
C) Posteriosuperior D) Posteroinferior

Correct Answer:- (D)

2. In acute abdomen the first imaging of importance is:

- A) Plain X-ray Abdomen B) Barium Meal X-ray
C) CT scan of Abdomen D) MRI of abdomen

Correct Answer:- (A)

3. All are true about pressure sores except

- A) Occur over bony Prominence B) Are common in Paraplegics
C) Are caused by injury D) Are also called decubitus ulcers

Correct Answer:- (C)

4. Ringer lactate contains all except

- A) Sodium B) Potassium
C) Bicarbonate D) Chloride

Correct Answer:- (C)

5. Live Vaccines are usually used for active immunization against
- A) Pertussis
 - B) Typhoid fever
 - C) Mumps, Measles and rubella
 - D) Heparitis B Correct

Answer:- (C)

6. In HIV infection

- A) 80% of vertically transmitted infections are transplacental
- B) A child born to an infected mother has a 90% chance of acquiring HIV
- C) Transmission can occur via breast milk
- D) Risk of fetal transmission is unaffected by pre-partum antiviral agents

Correct Answer:- (C)

विषयगत नमूना प्रश्नहरू (Sample questions)

1. Describe full form of HIV and AIDS, What are the routes of transmission?
2. How you will manage a case of epistaxis in primary health care centre?
3. How you will manage a patient with severe chest pain in district Hospital?
4. Why maternal mortality rate is so high in Nepal? What will be your steps to bring it down?

-समाप्त-