

## मेडिकल अधिकृत (आठौं) तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- ९०

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- ६०

### प्रथम चरण :- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	जनरल हेल्थ सर्भिसेज	४०	१६	वस्तुगत बहुवैकल्पिक (MCQs)	४० x १ = ४०	४० मिनेट
द्वितीय		५०	२०	विषयगत (Subjective)	५ x १० = ५०	१ घण्टा ३० मिनेट

### द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता एवम् अन्य कागजात	६०	मौखिक	

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- लिखित परीक्षाको दुवै पत्रको विषयवस्तु एउटै हुनेछ ।
- 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	15					15					10						
द्वितीय पत्रका खण्ड	<b>A</b>					<b>B</b>					<b>C</b>						
द्वितीय पत्रका एकाई	1	7	8	14	15	2	9	10	16	11	12	13	3	4	5	6	17
प्रश्न संख्या	2					2					1						

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा अङ्क कट्टा गरिने छैन (No negative marking) ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator), लगायतका अन्य विद्युतीय उपकरण प्रयोग गर्न पाइने छैन ।
- 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 ।
- द्वितीय पत्रका लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ ।

- ८) यस पाठ्यक्रम अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- ९) प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।

## मेडिकल अधिकृत (आठौँ) तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

**प्रथम र द्वितीय पत्र :- मेडिकल अधिकृत (आठौँ)**

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

### Section A

#### 15 Marks for Objective & 20 marks for Subjective

##### 1. General Medicine:

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

**8. Dermatology and STD:**

(i) Dermatology: Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption

(ii) STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution

**14. Pharmacology:** 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 melaena, RTA, Trauma, Cut down Poisoning, Insect bite, Snake bite, Catheterisation, NG Tube Insertion

## Section B

### 15 Marks for Objective And 20 marks for Subjective

**2. General Surgery:** 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, Pheumothorax, Pleural Effusion, Haemothrorax, Chylothorax, Brochiectasis, 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 Prostrate, 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, Injuries of Eye, Foreign Body in Eye, Cojunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retionapathy, Styte, Chalazion, Blephritis, Celluitis, Cellulitis, Corneal Ulcer, Karatomalacia, Scleritis and Episcleritis, Choroiditis, Eridocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Ephiphora, Dacryocystitis, Dacryoadentis, Ocular Hazards in Agriculture and Industry

**10. Ear, Nose and Throat:** Foreign Bodies in Ear, Nose and Throat, Otitis Media, Otitis Externa, Mastoiditis, Mastold abscess Rupture of Tympanic Membrane, Meniere's Disease, Hearing Loss, Rhinotis Nasal Allergy, Polyp, Epistaxis, Sinusities, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwig's Angina, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Diphtheria, Tracheostomy, Carcinoma of Larynx, Wx 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. Orthopedics and Trauma:** Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synadactily, 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**

#### **10 Marks for Objective And 10 marks for Subjective**

**3. Obstetrics and Gynaecology:** 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. Pediatrics:** ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrheal 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

**5. Community Medicine:** 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, Protozoa, Metazoans, Cestoidean, 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:** Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Saponification, 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 नमूना प्रश्नहरू (Sample Questions)

**1. In the management of unconscious child from poisoning, the first thing to do is to:**

- a. Take detailed history                      b. Do CPR  
c. Establish Airway                              d. Do Gastric Lavage                      correct Answer: C

**2. Which disease is related “ First Disease”:**

- a. Measles    b) Typhoid  
c) Chicken Pox                                      d) Hand Mouth disease                      correct Answer: A

**3. Elimination of Leprosy means:**

- a) one case per ten thousand population  
b) below one case per ten thousand population  
c) one case per thousand population

d) no case per ten thousand population

correct Answer: B

**4. According to NDHS 2016, MMR of Nepal was.....per 1 lakh live birth:**

a.236

b.258

c.239

d.138

correct Answer: C

**5. Intradermal dose Schedule of Post Exposure Prophylaxis Anti-Rabies Vaccine (latest) is:**

a. 0,3,7,14,28

b. 0,3,7,14

c. 0,3,

d. 0,3,7

correct Answer: D

विषयगत नमूना प्रश्नहरू (Sample questions)

- |  |     |
|--|-----|
| 1. Approach of patient with Acute Exacerbation of COPD?                              | 10  |
| 2. Short Notes on:   | 5x2 |
| A) Scabies   |     |
| B) Bipolar Disorder  |     |
| 3. How would you manage a case of Acute Abdomen?                                     | 10  |
| 4. Approach to PPH.  | 10  |
| 5. How to differentiate hanging and Strangulation. Law related to Abortion in Nepal? | 10  |