

सामाजिक सुरक्षाकोष

विविध सेवा, विज्ञ समूह, स्वास्थ्यउपसमूह, आठौ तह
मेडिकल अफिसर पदको खुल्लाप्रतियोगितात्मक
लिखित परीक्षा तथा अन्तरवार्ताको

परीक्षा योजना(Examination Scheme)

Outline of the curriculum: The curriculum is divided into two steps as follows:

First Step: Written Examination

Full Marks:- 200

Second Step: Interview

Full Marks:- 30

First step: Written Examination Scheme

Paper	Subject	Full Marks	Pass Marks	System of Examination	Number of Questions and Marks	Time allotted
First	Subject related (Health)	100	40	Multiple Choice Questions	50*2 = 100	45 minutes
Second	Social Security related	100	40	Subjective	8*10= 80 1*20 =20	3 hours

Second step: Interview

Method	Subject	Full Marks	System of Examination	Time allotted
Interview		30	Oral	-

1. The examination will be conducted in English language.
2. The contents of the first paper and the second paper will be different
3. The examination for the first paper and the second paper will be conducted at different time.
4. No assistive devices like calculator, mobile, tabs or laptops etc will be allowed in the examination.
5. The curriculum will be considered automatically updated if any laws, acts, rules, regulations and policies are revised 3 months prior to the examination even if whatever is written elsewhere.
6. Only the candidates who have passed the written exam will be considered for the interview.
7. Questions will be asked from the curriculum as far as possible.
8. If the correct answer to the multiple choice, two number is given to each correct answer, if the given answer is wrong, 20 percent, i.e. 0.4 points will be deducted per one wrong answer. But if you do not reply, then 20 percents will not be paid or deducted.

Curriculum for the First paper

Full Marks- 100

This requires **definition, sign and symptoms, Laboratory investigation, diagnostic criteria, prevention and treatment** of various diseases or conditions of the following major headings:

Diseases of Cardio-Vascular System

4

Hypertension, Rheumatic fever, Rheumatic heart diseases (MS, MR, AS, AR), Heart failure, Congenital heart diseases, Peripheral vascular disease, Myocarditis, Coronary artery disease, Cardiac arrhythmias, Infective endocarditis, Pericardial effusion, Cor pulmonale, Congestive heart failure, Ischemic Heart Disease, Myocardial Infarction, Cardiomyopathies, Cardiogenic Shock

Diseases of Gastrointestinal System

4

Acid peptic disorder, Diarrhoea, constipation, Gastroenteritis, Irritable bowel syndrome, Jaundice, Dysphagia, GERD (Gastro Esophageal Reflex Disease), Ascites, Hepatitis, Cirrhosis of liver, Acute upper GI bleeding, Acute lower GI bleeding, Food poisoning, Cholera, Inflammatory bowel disease, Pancreatitis, Malabsorption syndrome, Portal hypertension, Hepatic Coma, Ulcerative colitis, Cancer of GIT

Diseases of Respiratory System

4

Bronchitis, Pneumonia, Lung abscess, Bronchial asthma, Chronic obstructive airway diseases (COAD), Pulmonary tuberculosis, Emphysema, Pneumothorax, Pulmonary embolism, Upper respiratory tract infection, Bronchiectasis, Empyema, Pleural effusion, High altitude sickness, Upper respiratory tract infection, Bronchogenic carcinomas, Occupational Lung Diseases, Bird Flu, Pleural effusion, Respiratory failure

Infectious and Tropical diseases

4

Tuberculosis, Poliomyelitis, Pertussis, Diphtheria, Measles, Tetanus, Japanese encephalitis, Mumps, Chickenpox, Influenza, SARS, Swine flu, Malaria, Enteric fever, Kala-azar, Cholera, Infectious mononucleosis, Typhus, Leptospirosis, Amoebiasis, Worm infestations (helminthiasis), Filariasis, Dengue, Chickengunia, Leprosy, Giardiasis, HIV/AIDS, Gonorrhoea, Syphilis, Nonspecific urethritis, Chancroid, Lympho granuloma venereum, Genital herpes, Granuloma inguinale, Cholera, Rabies, Food poisoning, Scabies, Bird flu

Diseases of Blood and Reticulo-endothelial system

2

Anemias, Leukemias, Lymphomas, Bleeding disorders, Multiple myeloma, Purpura, Platelet disorders, Splenomegaly, Agranulocytosis, Polycythemia, Reticulosis

Diseases of Endocrinal systems and disorders of Metabolism

4

Diabetes mellitus, Diabetes insipidus, Hyperthyroidism (Thyrotoxicosis), hypothyroidism, acromegaly, Keto-acidosis, Cushing's Syndrome, Addison's disease, Hyperparathyroidism, Hypogonadism, Tetany

Diseases of Central Nervous System including Psychiatry 6

Meningitis, Encephalitis, Cerebro-Vascular Accident (CVA), Sub-Arachnoid Hemorrhage (SAH), Paraplegia, Parkinson's disease, Epilepsy, Migraine, Cranial nerve palsy, Myasthenia gravis, Multiple sclerosis, Muscular dystrophy, Alzheimer's disease, Anxiety, Schizophrenia, Depression, Neurosis, Psychosis, Substance abuse, Anorexia nervosa, Bell's Palsy, Gullain Barre Syndrome

Diseases of Genito-urinary System 4

Urinary tract infection, Glomerulonephritis, Pyelonephritis, Nephrotic syndrome, Renal failure, Renal replacement therapy, Polycystic kidney disease, Urinary calculi, Kidney Transplantation, Neoplasm, Acidosis, Alkalosis, Hyperkalemia

Emergency Medicine and Pharmacology 8

Poisoning, Acute abdomen, Acute Chest pain, Breathlessness, Vaginal Bleeding, Shock, Multiple trauma, Blunt abdominal injury, Hemoptysis, Hematemesis, Melena, RTA, Trauma, Insect bites, Snake bite, Dog bite, Retention of urine, High Blood Pressure, Pneumothorax, Pleural effusion, Hemothorax, Cyanosis, Coma, Status epilepticus, Epistaxis, Shock, Anaphylaxis, Rational use of medicine, Contra-indications for medicines, Safe drugs in pregnancy, Mode of action of various medicines, Essential medicine list, Dosage forms

Diseases of Skin 4

Herpes simplex, Herpes zoster, Common warts, Candidiasis, Pyogenic infections, Scabies, Pediculosis, Eczema, Dermatitis, Psoriasis, Pemphigus, Fixed drug eruption, Stevens - Johnson syndrome, Acne, Vitiligo, Dermatophytosis, Drug eruptions,

Diseases of Eye and Ear, Nose and Throat 4

Conjunctivitis, Trachoma, Refractive error, Stye, Chalazion, Blepharitis, Corneal ulcer, Cataract, Retinal detachment, Glaucoma, Dacryocystitis, Retinopathy, Injuries of Eye, Foreign body in the eye, Keratomalacia, Squint, Wax in ear, Foreign body in the ear, nose and throat, Furunculosis in air canal, Otitis media, Mastoiditis, Hearing loss, Rhinitis, Nasal allergy, Nasal Polyp, Epistaxis, Sinusitis, Tonsillitis, Pharyngitis, Tracheostomy, Laryngeal obstruction, Meniere's disease

Obstetrics and Gynecology including Contraceptive methods 6

Ante-natal care, Post natal care, Pregnancy induced hypertension, Pre-eclampsia, Eclampsia, conducting normal labour, Vaginal delivery, Placenta praevia, Malpresentations of foetus, Obstetric Interventions, Induction & Augmentation of Labour, Assisted vaginal Delivery (Forceps, Vacuum), Caesarean Section, Obstetric Emergencies, Rupture of uterus, Post-partum haemorrhage, Ectopic pregnancy, Obstructed Labour, Amenorrhoea, Dysmenorrhoea, Postmenopausal bleeding, Abortion, Menopausal syndrome, Genital prolapse, Genito-urinary fistula, Cancer cervix, Natural methods of contraception, Barrier

methods, Hormonal contraception, Intra-uterine contraceptive device, Emergency contraception, Male contraception, Surgical methods for male and female sterilization

Surgical and Dental Conditions including Anesthesiology 8

Ulcer, Sinus, Fistula, Fissure, inflammation, Superficial wounds, Laceration, Bruises, Oesophageal varices, Peritonitis, Lymphadenitis, Acute abdomen, Paralytic ileus, Spleen rupture, Intestinal obstruction, Hernia, Haemorrhoids, Hydatid cyst, Cholecystitis, Gall stone, Pancreatitis, Phimosi, Calculi in the genitourinary tract, Benign enlargement of prostate, Hydrocoele, Head injuries, Hydrocephalus, space occupying lesion of brain and spinal cord, Breast abscess, Lung abscess, Varicose veins, Burns and Scalds, Acute Appendicitis, Typhoid Perforation, Perforated Peptic ulcer, Urinary Stones, Liver Abscess, Biliary obstruction, Pyloric stenosis, Dental caries, Gingivitis, Principles of general anesthesia, inhalation agents, Neuromuscular blocking agents, local anesthetics, Spinal, epidural and regional nerve blocks, Airway management and devices, Transport of unconscious patient, Fluid and electrolyte balance, Basic life support (BLS), Advanced life support (ALS), Oxygen therapy and oxygen delivery devices, Cardio-Pulmonary Resuscitation

Bone and Joint Diseases 4

Fracture, Dislocation, Sprain, Osteomyelitis, Rickets, Congenital anomalies, Osteoarthritis, Rheumatoid arthritis, Ankylosing spondylitis, Carpal tunnel syndrome, Gout, SLE, Osteomalacia, Osteoporosis, Physiotherapy

Pediatrics 4

Normal and abnormal growth and development, Acute respiratory infections, Nutritional deficiency disorders, PCM, Immunization schedule, Diarrhoeal diseases, Vitamin A deficiency, Neonatal resuscitation, Prematurity, LBW infants, Neonatal sepsis, Hypoglycaemia, Cleft lip, Cleft palate, Down's syndrome, Turner's syndrome

Occupational Diseases 10

Anthraxosis, Asbestosis, Pneumoconiosis, Siderosis, Silicosis, Farmer's lungs, Tenosynovitis, Bursitis, Boggassosis, Epicondylitis, Carpal Tunnel Syndrome, Ionizing radiation, Arsenicosis, Byssinosis, COAD due to chronic exposure to various agents, Contact dermatosis and various conditions related to exposure to recognized agents, Extrinsic allergic alveolitis, Musculoskeletal disorders due to long professional exposure, Insecticide and Pesticides related conditions, Hyperpyrexia, heat exhaustion, Electrical burn and radiation related conditions, Occupational Cancer, Mental and behavioral disorders due to recognized factors including Post-traumatic Stress Disorder, Frost bite, chilblains, Trench foot, Diseases due to chemicals and solvents, Diseases due to metals and their compounds, Diseases caused by physical agents, Diseases caused by biological agents including infectious agents and parasites, Conditions of eye, ear, nose and throat and heart due to long exposure to identified agents, Mountaineering related conditions

Geriatric Conditions 4

Problems due to ageing process, Problems associated with long term illness, Psychological Problems, Conditions due to professional hazards, Various diseases of elderly, Rehabilitation, Palliative care

Community Medicine**4**

Epidemiology, Demography, Sociology, Health economics, Safe water and sanitation, Food hygiene, Rodent Control, Safe housing, Behaviour change communication, Group dynamism, Geriatric services, Human resource management, Occupational health, Job description, Health policies , Health in various national development plans, Planning of health activities, Evaluation of health programs

Health Care Delivery System and Major National Health programs**4**

Health care delivery system of Nepal, Organogram of Ministry of Health and Population, Health Insurance Board and its function, Basic Health Care Services, Safer motherhood Program, Family Planning Program, Immunization Program, Tuberculosis Control Program, Lymphatic Filariasis Control Program, Malaria control program, Kala-azar Elimination Program, HIV control Program, Nutrition Program, FCHV Program, Leprosy Elimination Program, Trachoma Elimination Program

Procedures and Skills**4**

Basic life support (BLS), Advanced life support (ALS), Oxygen therapy, Cardio-pulmonary resuscitation, Vasectomy, Abdominal tapping, Chest tube insertion, joints aspiration, Lumbar puncture, Catheterization, Episiotomy, Blood transfusion, Dilatation and curettage, Universal precaution, Sterilization, Declaring death, Referral

Medico-legal aspects of health and Forensic Medicine**4**

Medico-legal aspects of health services in various acts and regulations, Professional conduct, Post mortem examination, Documentation and Examination of wounds and rape victims, Infanticide, Homicide, Suicide

Curriculum for the Second paper

100 Marks

A. General Concept of Social Security

20

1. Health and Welfare rights mentioned in the Constitution of Nepal
2. Labor Act 2074 and regulations 2075
3. Social security Concept and modalities
4. Global and regional perspectives in Social security
5. Current periodic plan (chapter on Health)

B. Health and Insurance Schemes

40

1. Health related Acts and their Regulations (Basic Health Services Act 2075, Safe Motherhood and Reproductive Health Act 2075, Immunization Act 2073, Health Insurance Act 2074 and Regulation 2075
2. Current Financial Rules and Regulations
3. Financing in health care
4. Health Insurance schemes
5. Basic Health care services and their characteristics
6. Professional Councils (Nepal Medical Council, Nepal Nursing Council, Nepal Health professional, Nepal Ayurvedic Council, Nepal Pharmacy Council and Nepal health Research Council), Acts and Regulations
7. Medical Ethics

C. Health related Policy and related frameworks

20

1. National Health Policy – 2071
2. Management of Hospital and Services
3. Governance of Health Sector in Nepal
4. International Health Agencies working in Nepal
5. Management Information systems under ministry of health including Financial management system

D. Social Security Fund

20

1. योगदानमाआधारित सामाजिक सुरक्षाकोष २०७५ तथानियमावली २०७५ (Contribution based Social Security Fund Act 2074 and Regulations 2075)
2. योगदानमाआधारित सामाजिक सुरक्षाकोषको कर्मचारी प्रशासनविनियमावली
3. सामाजिक सुरक्षा योजना संचालनकार्यविधि २०७५
4. Payment mechanism for insurance