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

<table>
<thead>
<tr>
<th>Paper</th>
<th>Subject</th>
<th>Full Marks</th>
<th>Pass Marks</th>
<th>System of Examination</th>
<th>Number of Questions and Marks</th>
<th>Time allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Subject related (Health)</td>
<td>100</td>
<td>40</td>
<td>Multiple Choice Questions</td>
<td>50*2 = 100</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Second</td>
<td>Social Security related</td>
<td>100</td>
<td>40</td>
<td>Subjective</td>
<td>8<em>10 = 80 1</em>20 = 20</td>
<td>3 hours</td>
</tr>
</tbody>
</table>

Second step: Interview

<table>
<thead>
<tr>
<th>Method</th>
<th>Subject</th>
<th>Full Marks</th>
<th>System of Examination</th>
<th>Time allotted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interview</td>
<td></td>
<td>30</td>
<td>Oral</td>
<td>-</td>
</tr>
</tbody>
</table>

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

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**

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**

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**

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**


**Diseases of Blood and Reticulo-endothelial system**

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

**Diseases of Endocrinial systems and disorders of Metabolism**

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

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, and Guillain Barre Syndrome.

Diseases of Genito-urinary System


Emergency Medicine and Pharmacology


Diseases of Skin


Diseases of Eye and Ear, Nose and Throat

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

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

**Surgical and Dental Conditions including Anesthesiology**

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, Phimosis, Calculi in the genito urinary 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**

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

**Pediatrics**

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**

Anthracosis, Asbestosis, Pneumoconiosis, Siderosis, Silicosis, Farmer’s lungs, Tenosynovitis, Bursitis, Bogassosis, Epicondylitis, Carpal Tunnel Syndrome, Ionizing radiation, Arsenicosis, Byssinosis, COAD due to chronic exposure to various agents, Contact dermatitis 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**

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

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

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

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

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

**A. General Concept of Social Security**

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**

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
7. Medical Ethics

**C. Health related Policy and related frameworks**

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**

1. योगदानमालाधारित सामाजिक सुरक्षा कोष २०७५ तथापनियमाली २०७५ (Contribution based Social Security Fund Act 2074 and Regulations 2075)
2. योगदानमालाधारित सामाजिक सुरक्षा कोषको कर्मचारी प्रशासनमित्रित्वनियमाली
3. सामाजिक सुरक्षा योजना संचालनकार्यविधि २०७५
4. Payment mechanism for insurance