

प्रदेश लोक सेवा आयोग

मधेश प्रदेश, जनकपुरधाम

स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूह, एघारौं (११) तहको खुला, समावेशी र अन्तरसेवा
प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम

Paper II: Technical Subject

1. Internal Medicine

1.1. Management of Common Diseases Prevalent in Nepal.

- 1.1.1. Common diseases of respiratory system.
- 1.1.2. Common diseases of GI System.
- 1.1.3. Common diseases of cardiovascular system.
- 1.1.4. Common diseases of nervous system.
- 1.1.5. Common diseases of genitourinary system.
- 1.1.6. Common diseases of blood and lympho-reticular system.
- 1.1.7. Common endocrine and metabolic disorders.
- 1.1.8. Common diseases of skin.
- 1.1.9. Common diseases of bones, joints and collagen.
- 1.1.10. Common disease of electrolyte imbalance.
- 1.1.11. Common mental disorders.
- 1.1.12. Common vector borne diseases.
- 1.1.13. Infectious & Non-Infectious disease.
- 1.1.14. Covid-19
- 1.1.15. Immune compromise diseases
- 1.1.16. Common geriatric health problems
- 1.1.17. NCD & PEN programme

1.2. Management of Common Medical Emergencies.

- 1.2.1 Common medical emergencies.
- 1.2.2 Management of altitude sickness.
- 1.2.3 Management of insects and snake bite emergencies
- 1.2.4 Management of common recent viral pandemics.
- 1.2.5 Management of poisoning cases
- 1.2.6 Disaster management

2. General Surgery

- 2.1. Swellings, Lumps and Bumps
- 2.2. Ulcers and wound care
- 2.3. Bleeding disorders
- 2.4. Traumas and RTA (Road Traffic Accidents)
- 2.5. Shock of different types
- 2.6. Common surgical GI disorders
- 2.7. Common surgical hepatobiliary disorders
- 2.8. Common surgical genitourinary disorders
- 2.9. Common ENT disease
- 2.10. Common ophthalmic diseases

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- 2.11. Common dental diseases
- 2.12. Common surgical emergencies
- 2.13. Common Neuro surgical emergencies

3. Paediatrics

- 3.1. Nutritional and development status of child
- 3.2. Growth disorders
- 3.3. Nutritional deficiencies and Malnutrition
- 3.4. Diarrhoeal disorders
- 3.5. Respiratory infections
- 3.6. Paediatric emergencies
- 3.7. Immunization schedule
- 3.8. Congenital anomalies
- 3.9. Neonatal care (NC)
- 3.10. Dental Problems
- 3.11. Pediatric and Adolescent psychological problems
- 3.12. Psychosocial problems of adolescent

4. Gynaecology and Obstetrics

- 4.1. Management of common obstetrical and gynaecological problems
 - 4.1.1. Common menstrual problems
 - 4.1.2. Abdominal/pelvic swellings
 - 4.1.3. Vaginal discharges & per vaginal bleeding disorder
 - 4.1.4. Uterus prolapse
 - 4.1.5. Urinary incontinence & retention of urine +VVF (Vesico Vaginal Fistula)
 - 4.1.6. Gynaecological causes and management of abdominal pain
 - 4.1.7. General/Common malignancies in female (Breast CA, Cervical CA)
- 4.2. Management of Pregnancy
 - 4.2.1. ANC and PNC
 - 4.2.2. Normal labour and delivery care (SNVD)
 - 4.2.3. Delayed and obstructed labour
 - 4.2.4. Foetal distress
 - 4.2.5. PPH
 - 4.2.6. retained placenta
 - 4.2.7. NC
 - 4.2.8. Comprehensive abortion care (CAC)
 - 4.2.9. Post abortion care (PAC)
 - 4.2.10. Safe abortion

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- 4.2.11. IVF
- 4.2.12. BEOC/CEOC
- 4.2.13. Pre-eclamsia & eclamsia
- 4.2.14. PIH
- 4.2.15. DM in Pregnancy

- 5. Medical Jurisprudence, Forensic Medicine:
 - 5.1. Duties and rights of medical practitioner
 - 5.2. Hippocratic oath and Geneva declaration
 - 5.3. Malpractice and medical negligence
 - 5.4. Medicolegal cases
 - 5.5. Autopsy
 - 5.6. Verbal autopsy
 - 5.7. Sexual assaults
 - 5.8. Drug Addictions

- 6. Disaster Management
 - 6.1. Mass casualty management: man made and natural disasters (Earthquake and Flood disaster)
 - 6.2. Basic elements of disaster planning
 - 6.3. TRIAGE, management and evaluation of relief works
 - 6.4. Role of GOS, NGOs and other related national and international organizations in disaster management
 - 6.5. Epidemics and outbreak management

- 7. Hospital infection control
 - 7.1. Infection prevention
 - 7.2. Quality assurance (QA)
 - 7.3. Total quality management (TQM)
 - 7.4. Hospital Waste Management
 - 7.5. Hospital acquired infections
 - 7.6. Community acquired infections
 - 7.7. Infection control committee and its role
 - 7.8. Management of dead body
 - 7.9. Medical record and its audit
 - 7.10. Recent advances in medical services