

**काठमाडौं महानगरपालिका**  
**नगर कार्यपालिकाको कार्यालय**  
**प्रदेश नं.३, नेपाल**

**स्वास्थ्य सेवा, जनरल हेल्थ सर्भिसेज समूहको, मेडिकल अधिकृत, सातौं तहको करार सेवा पदको लागि पदपूर्तिको लिखित परीक्षाको पाठ्यक्रम**

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :  
प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १००  
द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २०

**प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)**

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	जनरल हेल्थ सर्भिसेज	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१००X१ = १००	१ घण्टा १५ मिनेट

**द्वितीय चरण**

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
- लिखित परीक्षाको दुवै पत्रको विषयवस्तु एउटै हुनेछ।
- प्रथम पत्रका 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

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको 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।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- यस पाठ्यक्रम योजना 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।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।

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प्रथम 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 Flu
- 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, Cardiac 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. Dermatology and STD:**

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(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 ileus, Acute Abdomen, Acute 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, Acute Retention of Urine, Suprapubic Cystostomy, 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, Cellulitis, Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Endocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Ectropion, 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

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Obstruction, Diphtheria, Tracheostomy, Carcinoma of Larynx, Wx in Ear, Haematoma  
Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otomycosis

**16. Dental:**

Casries, 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, 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 - 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  
Tact, 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, Rhumatic 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 Infection Diseases, Infectios Diseases, Bacterial, Viral, Fungal,

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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, Sponification, 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.

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**वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample Questions)**

1. A 12- year-old girl comes to you with severe pain in right ear since last night She is suffering form 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 yoy do myringotomy ?  
A) Anteriosuperior      B) Anterioinferior  
C) Posteriosuperior      D) Posterioinferior      **Correct Answer:- (D)**
2. In acute bdomen the frist 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 rublla      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 cquiring HIV  
C) Transmission can occur vie breast miok  
D) Risk of fetal trnsmission is inaffected by pre-partum antiviral agents

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**Correct Answer:- (C)**