

**Paper II: Service Specific**

**Part I: General Subject**

**25 Marks**

1. Definition of health, factors influencing health, measurement of health and wellbeing
2. Primary health care, aims and its components
3. Professional councils and its functions
4. Evidence based medical practice
5. Nepal Health Sector Support Program
6. Decentralization in health care
7. External Development Partners and their priorities (WHO, UNICEF, UNFPA, USAID, GIZ, DFID, Kfw)
8. Health planning and management-approaches, methods, planning cycle, types of planning PME, decentralization
9. National Ayurved health policy, 2052
10. Health care financing
11. Biodiversity and herbal medicines of Nepal
12. Present status of Ayurvedic medical practice and ayurvedic education in Nepal with possible areas of improvement
13. Principles of Medical Ethics and Medical Informatics
14. Principles of Research Methodology and Scientific Writing
15. Principles of Medical Education
16. Principle of Communication and Patient Counseling

**Part II: Technical Subject**

**100 Marks**

**1. Introduction of public health medicine**

**(35 Marks)**

- 1.1 Epidemiology:
  - 1.1.1 propose of epidemiology, epidemiological methods
  - 1.1.2 measurements of health and disease
  - 1.1.3 source of infection, investigation of epidemics of communicable and non-communicable diseases and disease surveillance
- 1.2 Public Health:
  - 1.2.1 introduction of public health and its importance
  - 1.2.2 primary health care system in Nepal
- 1.3 Immunization:
  - 1.3.1 type of immunity
  - 1.3.2 type of vaccines
  - 1.3.3 national immunization program in Nepal
  - 1.3.4 polio eradication and measles elimination
- 1.4 Epidemiology, prevention and management of communicable diseases: cholera, enteric fever, STD and HIV/AIDS, viral hepatitis, tuberculosis, leprosy, malaria, kalaazar, Japanese encephalitis and scabies

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, एकीकृत चिकित्सा समूह, एघारौं ( ११ ) तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 1.5 Epidemiology of non-communicable diseases: cancer, hypertension, cardiovascular diseases, diabetes mellitus, COPD, epilepsy, snake bite and rheumatic heart diseases
- 1.6 Family Planning:
  - 1.6.1 temporary and permanent methods
  - 1.6.2 complications and side effects
- 1.7 Women's Health:
  - 1.7.1 reproductive health
  - 1.7.2 antenatal and postnatal care
  - 1.7.3 causes of maternal mortality and its preventions
  - 1.7.4 menopause, infertility and adolescent health
- 1.8 Neonatal and pediatric health:
  - 1.8.1 major neonatal health problems and their management
  - 1.8.2 breast-feeding and complimentary feeding
  - 1.8.3 IMCI and IMNCI
- 1.9 Nutrition:
  - 1.9.1 nutritional disorders, prevalence, prevention and management
  - 1.9.2 obesity
  - 1.9.3 school health
- 1.10 Environmental health:
  - 1.10.1 safe drinking water, sanitation and food hygiene
  - 1.10.2 vector and rodent control
- 1.11 Disaster management:
  - 1.11.1 concept, types, prevention and management
- 1.12 Family Health: safe motherhood, FCHV, PHC, ORC and gender violence
- 1.13 Health Management Information System
- 1.14 Logistic Management System
- 1.15 Demography:
  - 1.15.1 Population trend – Nepal and Global
  - 1.15.2 Population dynamics
  - 1.15.3 Factors affecting fertility, mortality and life expectancy
  - 1.15.4 Urbanization and migration
- 1.16 National Population Policy
- 1.17 National Demographic Health Survey
- 1.18 Essential health care services(EHCS )
  - 1.18.1 EHCS at the district level and below
  - 1.18.2 EHCS in sub-urban and urban area, and role of local government

**2. Clinical Subjects**

**(30 Marks)**

- 2.1 Common medical and surgical diseases
  - 2.1.1 Clinical evaluation, disease diagnosis, and primary management of common medical and surgical problems at district hospital level

## लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, एकीकृत चिकित्सा समूह, एघारौं ( ११ ) तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 2.1.2 Common diseases of respiratory system: ARI, pneumonia, COAD, broncheal asthma, pleural effusion, pneumothorax
- 2.1.3 Common diseases of GI system: oesophagitis, gastritis, peptic ulcer disease, GI bleeding, pancreatitis, Jaundice, viral hepatitis
- 2.1.4 Common problems of cardio-vascular system: Shock, hypertension, rheumatic fever, ischemic heart diseases
- 2.1.5 Common diseases of urinary system: UTI, Haematuria
- 2.1.6 General infections, malaria, dengue, HIV/ AIDS, food poisoning
- 2.1.7 Common surgical emergencies as Acute appendicitis, acute cholecystitis, intestinal obstruction
- 2.2 Child health
  - 2.2.1 New born resuscitation, Neonatal sepsis, Breast feeding
  - 2.2.2 Convulsion disorder, Meningitis, Encephalitis, Mental retardation
- 2.3 Obstetric and gynaecological problems:
  - 2.3.1 Early diagnosis of pregnancy, bleeding in early pregnancy, bleeding in late pregnancy, post-partum haemorrhage, pre-eclampsia and eclampsia
  - 2.3.2 Induction and augmentation of labour, partograph, prolong and obstructed labour
  - 2.3.3 Pelvic organ prolapsed
  - 2.3.4 Basics of cervical cancer

### 3. Ayurveda

(35 Marks)

- 3.1 Non-communicable diseases, Ayurvedic lifestyle (Pathya-Apathyaahara, Vihara, Dincharya, Ritucharya, Yoga, Meditation, etc) with their impact in health
- 3.2 Urges (शारीरिक वेगहरु) : type, definition and importance in health
- 3.3 Four tires of treatment (चिकित्साका ४ पादहरु) and their qualities as described in Ayurveda
- 3.4 Definition of health in Ayurveda by different authors
- 3.5 Panchakarma : principles, indications and contra-indications
- 3.6 Rasayana and Vajeekarana
- 3.7 Janapadod hwansa and Epidemic diseases
- 3.8 AstabidhaShalya karma, kshar karma, kshar sutra
- 3.9 Ayurveda/ traditional medicine system and western health system (Allopathic) in National and international aspect
- 3.10 Treatment of chronic diseases ( Amlapitta shwasa, kasa, vataj vikar vatarakta kamala, madhumeha) according to Ayurvedic principles with scientific analysis

-----

### Sample Questions:

1. Describe mal-nutrition, its types, causes and its prevention & treatment. Is malnutrition is public health problem in Nepal, if yes, what are the control measures has been taken by the GoN?