

**नेपाल सरकार**  
**गृह मन्त्रालय**  
**प्रहरी प्रधान कार्यालय**  
**(मानवश्रोत विकास विभाग, भर्ना तथा छनौट शाखा )**

प्राबिधिक प्रहरी नायव उपरीक्षक (चिकित्सक, एनेस्थेसियोलोजी) समूहको खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

भाग १ - लिखित परीक्षा

लिखित परीक्षा पूर्णाङ्क : २५०

भाग २ - अन्तर्वाता

पूर्णाङ्क : ३५

**परीक्षा योजना (Examination Scheme)**

Paper	Subject	Full Marks	Part	Marks	No. and weight of Question	Time
I	Administration and Management and General Health Issues	50	I-Administration and Management	10	5x2=10 ( Short answer) I	2.00 hrs
			II -General Health Issues	40	2x15=30 (Critical Analysis) 1x10=10 (Critical Analysis And Problem Solving)	
II	Service Specific	150	I General Subject	25	1x15 = 15 (critical Analysis) 1x10 = 10 (Long Answer)	4.00 hrs
			II Technical Subject	125	4x20 =80 (critical Analysis) 3x15 = 45 (critical Analysis and Long Problem solving)	
तृतीय	सेवा सम्बन्धी	५०	नेपाल प्रहरी सेवा सम्बन्धी	३०	वस्तुगत बहुउत्तर १५X२ = ३०	१ घण्टा
				२०	बिषयगत ४X५ = २०	

**द्वितीय चरण**

परिक्षाको कसिम	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वाता	३५	मौखिक

- १) लिखित परीक्षाको प्रश्नहरू अंग्रेजी भाषामा हुनेछन् र उत्तर लेख्दा नेपाली वा अंग्रेजी अथवा नेपाली अंग्रेजी दुवै भाषामा लेख्न सकिनेछ ।
- २) पाठ्यक्रममा भएका यथासम्भव सबै पाठ्यांशहरूबाट प्रश्न सोधिनेछन् ।
- ३) वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पूरा अङ्क प्रदान गरिनेछ भने 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 ।

- ४) प्रहरी नायव उपरीक्षकहरुको खुल्ला प्रतियोगिताको प्रथम पत्रको परीक्षा सवै उपसमूहलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकै दिन हुनेछ ।
- ५) द्वितीय पत्रको परीक्षासमूह/उपसमूह अनुसार छुट्टा छुट्टै एकै दिन हुनेछ ।
- ६) तृतीय पत्रको परीक्षा सवै उपसमूहलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकै दिन हुनेछ ।
- ७) प्रथम पत्रका **Part I** को उत्तरपुस्तिका एउटा मात्र हुनेछ भने **Part II** र द्वितीय पत्रको दुवै **Part** का लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरु छुट्टा छुट्टै हुनेछन् ।
- ८) यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरु, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्भन्नु पर्दछ ।
- ९) अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बहुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा व्यवस्था भए बमोजिम हुनेछ ।
- १०) पाठ्यक्रम लागू मिति :-

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**Paper 1 Administration, Management and General Health Issues**

**Part I: Administration and Management**

1. **Management:** Concept, Principles, Functions, Scope and Role, Level and Skills of Managers.
2. **Planning:** Concept, Principles, Nature, Types, Instruments, and Steps.
3. **Motivation:** Concept, Theories of Motivation, Reasons for low Productivity, Techniques of employee motivation.
4. **Leadership:** Concept, Functions, Leadership styles, Leadership and Management effectiveness.
5. **Coordination:** Concept, Need, Types, Techniques and Approaches of Effective Co-ordination.
6. **Communication and Counseling:** Concept, Communication Processes and Barrier to Effective Communication, Techniques for Improving Communication.
7. **Decision Making:** Importance, Types, Rational Process of Decision Making, Problem Solving Techniques, Improving Decision Making.
8. **Participative Management:** Concept, Advantages and Disadvantages, Techniques of Participation
9. **Time Management:** Concept, Essential factors and strategies for effective time management.
10. **Conflict Management:** Concept, Approaches to conflict, Levels of Conflict, Causes of Conflict and Strategies for Conflict Management
11. **Stress Management:** Concept, Causes and sources of stress, Techniques of stress management.
12. **Change Management:** Concept, Sources of organizational changes, Resistance to change, Management of resistance to change.
13. **Appreciative Inquiry:** Concept, Basic principles and management.
14. **Financial Management:** Concept, Approaches, Budget Formulation and Implementation, Auditing and topics related to Fiscal administration.
15. **Human Resource Management:** Concept, Functions and different aspects.

## 16. **Project Management:** Concept, Process, Techniques and Approaches

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### **Paper I**

#### **Part II: General Health Issues (Please see at its asterisk signs)**

1. Interim Constitution of Nepal – 2007 (Health and welfare issues)
2. National Health Policy, 1991
3. Second long term health plan (1997-2017)
4. Health sector in current five-year plan.
5. Health Service Act 2053, Health Service Regulation 2054
6. Organizational structure of Ministry of Health
7. Current Financial Administration Regulation
8. Health and Human Right including Women's Right, Children's Right, Professional's Right, Client Right and Informed consent.
9. Gender issues and health.
10. Local governance and decentralization in health
11. International health agencies: Role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
12. Professional council and related regulations
13. Medical ethics
14. Health institution development and management issues
15. Health manpower recruitment and development issues
16. Continuous medical education
17. National health training system
18. Indigenous & traditional faith healing & health practices
19. Supervision, types and its usage in Health Sector
20. Monitoring and Evaluation System in Health .
21. Health Management Information System
22. Health planning at district level
23. Health insurance and financing in Health Care.

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### **Part I: General Subject**

1. **Health legislation:** ilaj garneko mahal, police act, prison act, evidence act, narcotic drug control act,  
Drug act and regulation, disabled protection and welfare act, disaster relief act, children's act, government prosecution act, vehicle and transport act, compensation for torture act, consumer protection act, iodized salt act, human organ transplant act, breast milk substitute control act.
2. Technical cooperation between developing villages.
3. National drug policy-1995 and importance of essential drug list
4. Anaesthesia Related Information
  - 4.1.1. History of Anaesthesia of Nepal
  - 4.1.2. Society of Anaesthesiologists of Nepal
  - 4.1.3. South Asian Confederation of Anaesthesiologists.
  - 4.1.4. World Federation of Societies of Anaesthesiologists

### **Part II: Technical Subject**

#### **A. Clinical Practice of Anaesthesia (Including relevant basic sciences)**

1. History of Anaesthesia. From open to modern anaesthesia, balanced anaesthesia, dissociative anaesthesia and total intravenous anaesthesia.
2. Anaesthesia machines and circuits. Physics of pressure measurement, manometers and strain gauges.
3. Physiology of lung mechanics, compliance, resistance, surfactant. Physics of flow, laminar and turbulent, viscosity and density. Spirometers and rotameters.
4. Assessment of patients, effects on choice and technique of anaesthesia, Radiological assessment of lung disorders.
5. Pharmacokinetics of anaesthetic drugs.
6. Premedication, Pharmacology of premedicants.
7. Pharmacology of intravenous induction agents.
8. Inhalation anaesthetic agents. Vaporisers and humidification.
9. Oxygen therapy and toxicity. The physics of the gas laws.
10. Pharmacology of analgesics and opioids.
11. Neuromuscular blocking agents. Abnormal responses, pharmacogenetics.
12. Blood transfusion.
13. Pharmacology of local anaesthetic drugs. Nerve blocks. Epidural and spinal anaesthesia.
14. Resuscitation. Acid-base balance.
15. Blood gases. Pulse oximetry, capnography.
16. Emergency anaesthesia.
17. Drugs and the autonomic nervous system.
18. Drugs used in control of blood pressure.
19. Clinical trials. Use and misuse of statistics.

## **B. Clinical practice of Anaesthesia (Combined with relevant basic sciences)**

1. Adrenal, pituitary, thyroid function. Control of blood sugar. Abnormalities of function. anaesthesia in endocrine disease.
2. Glycolysis, protein binding, fat utilization, Stress, Nutrition.
3. Shock.
4. Acute and chronic pain control.
5. Anaesthesia for general surgery.
6. Obstetric anaesthesia / gynaecological surgery.
7. Paediatric anaesthesia.
8. Geriatric anaesthesia.
9. Anaesthesia for thoracic surgery.
10. Anaesthesia for neurosurgery. Cerebral blood flow and factors affecting.
11. Anaesthesia for vascular surgery.
12. Anaesthesia for trauma and orthopaedics.
13. Anaesthesia for burns and plastic
14. Anaesthesia for head and neck surgery.
15. Anaesthesia outside the operating theatre.

## **C. Additional subjects for level XI**

1. Prolonged artificial ventilation.
2. ICU organization, Special problems.
3. Foetal circulation, changes at birth, neonatal ventilation. Neonatal and paediatric ICU problems.
4. Anaesthesia for neonatal surgery.