

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

प्राविधिक प्रहरी नायव निरीक्षक , फिजियोथेरापी समूह को खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- १५०

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- २५

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या र अङ्कभार	समय
प्रथम	सम्बन्धित विषय सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५०X२ = १००	४५ मिनेट
द्वितीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	वस्तुगत बहुउत्तर	१५X२ = ३०	१ घण्टा
				विषयगत	४X५ = २०	

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२५	मौखिक

१. लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।

२. पाठ्यक्रमको प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ: भने द्वितीय पत्रका प्रश्न संख्या द्वितीय पत्रको पाठ्यक्रममा उल्लेख गरिएको छ ।

पाठ्यक्रमका एकाइ	१	२	३	४	५
प्रश्न संख्या	५	१०	१०	१०	१५

३. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा 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. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।

५. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

६. पाठ्यक्रम लागू मिति- २०७०।। गते ।

1. Introduction to physiotherapy

- 1.1 Definition of physiotherapy
- 1.2 Scope of physiotherapy in the context of Nepal
- 1.3 Fields of physiotherapy
- 1.4 Disability awareness

2. Applied Anatomy

- 2.1 Muscular system
- 2.2 Skeletal system
- 2.3 Cardio respiratory system
- 2.4 Neurology & Neurosurgery
- 2.5 Dermatology
- 2.6 Obstetrics & gynaecology

3. Electrotherapeutic Modalities

- 3.1 Shortwave diathermy
- 3.2 Microwave Diathermy
- 3.3 Infrared Therapy
- 3.4 Transcutaneous electrical Nerve stimulation
- 3.5 Therapeutic muscle stimulator
- 3.6 Ultrasonic therapy
- 3.7 Continuous passive motion
- 3.8 Paraffin wax bath
- 3.9 Hot packs and superficial heating modalities
- 3.10 Traction unit

4. Therapeutic Exercise/Treatment planning

- 4.1 Strengthening Exercise
- 4.2 Stretching exercise
- 4.3 Re-education and Co-ordination exercises
- 4.4 Therapeutic massage
 - 4.4.1 Neck
 - 4.4.2 Back
 - 4.4.3 Upperlimb
 - 4.4.4 Lowerlimb
 - 4.4.5 Face

5. Rehabilitation (Institutional &community)

- 5.1 Skeletal system
 - 5.1.1 Fractures, dislocation & subluxation
 - 5.1.2 Deformities- acquired and congenital
 - 5.1.3 Inflammatory, degenerative and pathological condition – Arthritis
 - 5.1.4 Amputation-upper/lowerlimbs
- 5.2 Muscular System
 - 5.2.1 Muscles injuries- strain, tendinitis
 - 5.2.2 Muscular dystrophy
 - 5.2.3 Ligament injuries - sprain
- 5.3 Neurological
 - 5.3.1 Peripheral Nerve injuries
 - 5.3.2 Cerebro vascular Accident

5.3.3 Spinal cord injuries

5.3.4 Epilepsy

5.3.5 Inflammatory disease:- meningitis, encephalitis, Poliomyelitis

5.3.6 Parkinsonism

5.3.7 Cerebral palsy

5.4 Cardio-respiratory

5.4.1 Chest physiotherapy-Breathing exercise/postural drainage

5.5 Dermatology

5.5.1 Leprosy

5.5.2 Burns & plastic surgery

रेडियोग्राफर वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample Questions)

1. Ultrasound can be used to treat

- A) Osteomyelitis
B) Soft tissue injuries
C) Open fractures
D) All of the above

Correct Answer:- (B)

2. Continuous passive motion apparatus is used to

- A) Increase range of motion
B) Maintain range of motion
C) Strengthen knee muscles
D) All of the above

Correct Answer:- (A)

3. Interferential therapy is not used for

- A) Muscle stimulation
B) Pain relief
C) Muscle re-education
D) Wound healing

Correct Answer:- (D)

4. Biceps Brachi acts as a

- A) Flexor of knee
B) Extensor of elbow
C) Flexor of elbow
D) Extensor of knee

Correct Answer:- (C)

5. Colle's fracture occurs at?

- A) Distal $\frac{1}{3}$ rd of radius
B) Proximal $\frac{1}{3}$ rd of radius
C) Olecranon process of ulna
D) Distal $\frac{1}{3}$ rd of ulna

Correct Answer: - (A)

6. Measurement of axillary crutches?

- A) 5cm below posterior axillary and 15 cm laterally with patient in supine lying
B) 7cm below anterior axilla and 10 cm laterally with patient in standing position
C) 4cm below anterior axilla and 10cm medially with patient supine lying
D) 5cm below post axilla and 12cm laterally with patient standing

Correct Answer:- (A)

7. Shoulder dislocation is caused by vigorous

- A) Flexion with internal rotation
B) Flexion with external rotation
C) Abduction with External rotation
D) Abduction with internal rotation

Correct Answer:- (C)

8. Poliomyelitis is caused by viral infection in

- A) Posterior horn cell
B) Anterior horn cell
C) Muscle
D) Peripheral Nerves

Correct Answer:- (B)

9. Degenerative bone disease is called as ?

- A) Osteoarthritis
B) Rheumatoid Arthritis
C) Gouty arthritis
D) Synovitis

Correct Answer:- (A)

10. Parkinsonism is a disease affecting?

- A) Cerebellum
B) Spinal cord
C) Basal ganglia
D) Medulla

Correct Answer:- (C)

11. Pneumothorax is defined as a collection of

- A) Air in the lung
- B) Fluid in the lung
- C) Pus in the lung
- D) Blood in the lung

Correct Answer:- (A)

12. Postural Drainage is contraindicated in case of?

- A) Increased intracranial pressure
- B) Secretion in the chest
- C) Amputation
- D) Coronary artery by pass surgery

Correct Answer: - (A)

13. Circumductory gait is seen in?

- A) Hemiplegic patient
- B) Paraplegic patient
- C) Quadriplegic patient
- D) All of the above

Correct Answer:- (A)

14. Passive Stretching is done to treat

- A) Contractures
- B) Spasticity
- C) Rigidity
- D) All of the above

Correct Answer:- (D)

15. Strengthening exercise helps to improve?

- A) Mobility of Joints
- B) Power of muscle
- C) Flexibility of Joints
- D) None of the above

Correct Answer:- (B)

16. Physiotherapy does not include the use of

- (A) Massage
- (B) Electromagnetic Energy
- (C) Ultraviolet Rays
- (D) Needling

Correct Answer:- (D)

17. Physiotherapy is a paramedical Science which deals with

- (A) Medicine
- (B) Physical Agents
- (B) Therapeutic Exercise
- (D) Therapeutic Exercise and Physical agents

Correct Answer:- (D)

18. Neonatal Disability is not treated by

- (A) Physical Therapist
- (B) Neonatologist
- (C) Rehabilitator
- (D) Radiologist

Correct Answer:- (D)