

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

प्राबिधिक प्रहरी नायब उपरिक्षक (चिकित्सक, MD Internal Medicine) समहूको खुल्ला प्रतियोगितात्मक  
परीक्षाको पाठ्यक्रम ।

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क:- २५०

द्वितीय चरण :- अन्तवार्ता (Interview)

पूर्णाङ्क:- ३५

प्रथम चरण (First Phase) :- लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject	Part	Marks	Full Marks	Pass Marks	No. and Weight of Question	Time
I	Hospital Administration and Management	I-Hospital Administration and Management	10	50	20	5X2=10 (Short Answer)-1	2.00 hrs.
		II- General Health Issues	40			2X15=30 (Long Answer) 1X10=10 (Long Answer)	
II	Service Specific	I-General Subject	25	150	60	1X15=15 (Critical Analysis) 1X10=10 (Long Answer)	4.00 hrs
		II- Technical Subject	125			4X20=80 (Critical Analysis) 3X15=45 (Problem Solving)	
तृतीय	सेवा सम्बन्धी	नेपाल प्रहरी सेवा सम्बन्धी	३०	५०	२०	वस्तुगत बहुउत्तर १५x२=३०	१ घण्टा
			२०			बिषयगत ४ x५=२०	

द्वितीय चरण (Second Phase) :-

परीक्षाको किसिम	पूर्णाङ्क	परीक्षा प्रणाली
ब्यक्तिगत अन्तवार्ता	३५	मौखिक

**द्रष्टव्य :**

- १) लिखित परीक्षाको प्रश्नहरू अंग्रेजी भाषामा हुनेछन् र उत्तर लेख्दा नेपाली वा अंग्रेजी अथवा नेपाली अंग्रेजी दुवै भाषामा लेख्न सकिनेछ ।
- २) पाठ्यक्रममा भएका यथासंभव सबै पाठ्यांशहरूबाट प्रश्न सोधिनेछन् ।
- ३) बस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा अङ्क प्रदान गरीनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २०% अङ्क कट्टा गरीनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइनेछैन र अङ्क कट्टा पनि गरिने छैन ।
- ४) प्राबिधिक प्रहरी नायब उपरिक्षकहरूको खुल्ला प्रतियोगिताको प्रथम पत्रको परीक्षा सबै उपसमुहलाई संयुक्त रूपमा एकै प्रश्नपत्रबाट एकैदिन हुनेछ ।
- ५) द्वितीया पत्रको परीक्षासमुह/उपसमुह अनुसार छुट्टाछुट्टै एकैदिन हुनेछ ।
- ६) तृतीया पत्रको परीक्षा सबै उपसमुहहरूलाई संयुक्तरूपमा एकै प्रश्नपत्रबाट एकैदिन हुनेछ ।
- ७) प्रथम पत्रका Part I को उत्तरपुस्तिका एउटामात्र हुनेछ भने Part I र द्वितीय पत्रको दुवै Part का लागि प्रत्येक प्रश्नको उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- ८) यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडि(संशोधन भएका वा संशोधित भई हटाइएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- ९) अन्तवार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र वढुवा गर्दा अपनाउनुपर्ने सामान्य सिद्धान्त २०६९ को अनुसुची-१९ मा ब्यबस्था भए बमोजिम हुनेछ ।

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## **Paper I: Hospital Administration, Management and General Health Issues**

### **Part I: Hospital Administration and Management**

- 1. Introduction to Management**
  - 1.1 Management Process
  - 1.2 Managerial Roles & Skills
  - 1.3 Nature of Managerial work
- 2. Environmental Context**
  - 2.1 The external environment
  - 2.2 The internal environment
  - 2.3 Organizational Culture
  - 2.4 Organization environmental Relationship
  - 2.5 Environmental – organizations effectiveness
- 3. Managing Interpersonal & Communication**
  - 3.1 Interpersonal nature of Organization
  - 3.2 Forms of Communication
  - 3.3 Managing Organizational Communication
- 4. Planning & Organizing**
  - 4.1 Planning process
  - 4.2 Organizational goal
  - 4.3 Kinds of Organizational Plans
  - 4.4 Time frames for planning
- 5. Concept of Hospital Planning**
  - 5.1 Information and concept of Hospital planning
  - 5.2 Guiding Principles in Planning Hospital facilities & services
  - 5.3 Concept of Hospital unitization and its influencing factor
  - 5.4 Master plan
- 6. Background of Hospital**
  - 6.1 Distinguishing Characteristics of Hospital
  - 6.2 Complexities of Hospital
  - 6.3 Organogram of the Hospital
  - 6.4 Governing Board and its functions
- 7. Quality / Customer Service and Measuring Quality**
  - 7.1 Define Customer and Identify Customers
  - 7.2 Domains of Quality
  - 7.3 Customer Experience: Core Service & Delivery of Service
  - 7.4 Excellent Customer Service; Caring Service
  - 7.5 Individual Behavior: Stress, Communication and Interpersonal Relationship
- 8. Patient Satisfaction and Quality Audit**
  - 8.1 Setting Objectives and Agreeing upon Standards
  - 8.2 Assessment of Patient Satisfaction
  - 8.3 Feedback: Customers, Staff, Suppliers etc.
  - 8.4 Quality Audit and Review Techniques

## **9. Hospital Store, Planning & Distribution**

- 9.1 Definitions, Objectives, Importance
- 9.2 Material cycle
- 9.3 Integrative Material Management
- 9.4 Factors Affecting & types for distribution

## **10. Miscellaneous**

- 10.1 Problem solving & decision making models
- 10.2 Procurement, Receipt & Inspection in Hospital store
- 10.3 Equipment planning, selection, utilization
- 10.4. Import, maintenance & Audit of Hospital Equipments

### **Paper 1**

#### **Part II: General Health Issues**

1. National Health Policy, 2017
2. Guideline for Health Institutions Established Upgrade standard, 2017
3. Health and Human Right including Women's Right, Children's Right, Professional's Right, Client Right and Informed Consent
4. Gender Issues and Health
5. International Health Agencies: Role and Responsibilities of WHO, UNICEF, UNFPA and Interagency Relationships
6. Professional Council and Related Regulations
7. Medical Ethics
8. Health Management Information System (HMIS)
9. Health Insurance and Financing in Health Care
10. Continue medical Education (CME)

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द्वितीय पत्रको परीक्षाको पाठ्यक्रम ।

## **Paper II**

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

#### 1. Research Methodology

- 1.1. Planning and carrying out health research.
- 1.2. Methodology, design, variables, sampling, data collection, data entry, descriptive statistics, research reports, random number.
- 1.3. Interpretation of the results of health research.
- 1.4. Bio-statistics, Probability, probability distributions, hypothesis tests, estimation, parametric and non-parametric statistics, regression and correlation, longitudinal studies.
- 1.5. Dissemination of the results.
- 1.6. Principles of research paper and critical review of literature, types of papers, common headings, tables and graphs, reference writing
- 1.7. Ethics in health research.

#### 2. Medical education and training

- 2.1. Identification of learning resources to meet the learning objectives,
- 2.2. Teaching/Learning Methods
- 2.3. Teaching-Learning Aids: Use of overhead projectors, slides, models etc in the teaching learning objectives
- 2.4. Classroom Presentation skills
- 2.5. Basics of Educational medicine.
- 2.6. Evidence based medical practice
- 2.7. Problem oriented medical record

#### 3. Acts/Regulations related to Health

- 3.1. Human organ transplant act, Consumer protection act
- 3.2. Primary health care.
- 3.3. Rational use of drugs, drug policies.

#### 4. Epidemiology and control of communicable diseases:

- 4.1. Public health and epidemiology.
- 4.2. Problem and control of communicable disease, common terminology and principle.
- 4.3. TB Control.
- 4.4. HIV/AIDS control.
- 4.5. Malaria control.
- 4.6. Kala-azar control.

#### 5. Problem and control of non-communicable diseases and of accidents and poisoning:

- 5.1. Epidemiology and control of IHD
- 5.2. Epidemiology and control of hypertension
- 5.3. Epidemiology and control of diabetes
- 5.4. Epidemiology and control of chronic respiratory disease
- 5.5. Epidemiology and control of cancers
- 5.6. Epidemiology and control of accident
- 5.7. Disaster management
- 5.8. Epidemiology and prevention of poisoning including snake bite, poison information and networking.

## **Part II : Technical Subject**

1. Pharmacology, poisoning and critical care medicine
  - 1.1. Principles of pharmacology therapy
  - 1.2. Pharmacology of different medicines
  - 1.3. Acute and chronic poisoning and their management
  - 1.4. Principles of critical care medicine
  - 1.5. Oxygen delivery
  - 1.6. Major manifestations, monitoring and management of critical illness
  - 1.7. Nutrition
  
2. Infection
  - 2.1. Basic of infection
  - 2.2. Major manifestations of infections
  - 2.3. Principles of management of infection, including different antimicrobial agent and prevention of infection.
  - 2.4. Diseases due to different organism like virus, bacteria, protozoa, helminthes
  
3. Diabetes and nutritional and metabolic disease and other endocrine disease
  - 3.1. Diabetes mellitus: Classification, epidemiology, aetiology, pathophysiology, clinical feature, diagnosis, management, acute and long-term complications of diabetes, special problems in management, prospects in diabetes.
  - 3.2. Obesity
  - 3.3. Nutritional factors in health and disease
  - 3.4. Other metabolic disorders
  - 3.5. Thyroid disease: functional anatomy, physiology, investigation and major manifestations, management and prevention
  - 3.6. Other endocrine disease, including functional anatomy, physiology, investigations, major manifestations, management and prevention.
  
4. Cardiovascular system and disease as required for General Physicians
  - 4.1. Functional anatomy, physiology and investigations
  - 4.2. Major manifestation and heart disease
  - 4.3. Disorders of heart rate, rhythm and conduction
  - 4.4. Ischemic heart disease
  - 4.5. Vascular disease
  - 4.6. Diseases of heart valves
  - 4.7. Congenital heart disease
  - 4.8. Diseases of the myocardium
  - 4.9. Diseases of the pericardium
  
5. Respiratory system and diseases as required for General Physicians
  - 5.1. Functional anatomy, physiology and investigations
  - 5.2. Major manifestations of lung disease
  - 5.3. Obstructive pulmonary diseases
  - 5.4. Infections of the respiratory system
  - 5.5. Tumors of the bronchus and lung
  - 5.6. Interstitial and infiltrative pulmonary disease, including occupational lung disease
  - 5.7. Pulmonary vascular disease
  - 5.8. Diseases of the nasopharynx, larynx and trachea
  - 5.9. Disease of the pleura, diaphragm and chest wall

6. GI and liver system & diseases as required for General Physicians
  - 6.1. Functional anatomy, physiology and investigations
  - 6.2. Major manifestation of gastrointestinal and liver disease
  - 6.3. Diseases of the mouth and salivary glands
  - 6.4. Diseases of the esophagus
  - 6.5. Diseases of the stomach and duodenum
  - 6.6. Diseases of the small intestine, colon, rectum and anal canal
  - 6.7. Diseases of the pancreas
  - 6.8. Diseases of the liver
  - 6.9. Gall bladder and other biliary diseases
  - 6.10. Disease of the peritoneal cavity
  
7. Water, electrolyte and acid-base balance and nephrology system and disorders as required for General Physicians
  - 7.1. Physiology and electrolytes, water and acid-base
  - 7.2. Major electrolyte and acid-base disorders
  - 7.3. Functional anatomy, physiology and investigations of the kidneys and urinary system
  - 7.4. Major manifestations of renal disease
  - 7.5. Renal vascular disease
  - 7.6. Glomerular disease
  - 7.7. Tubulo-interstitial disease
  - 7.8. Congenital abnormalities of the kidneys
  - 7.9. Renal involvement in systemic diseases
  - 7.10. Infections of the kidney and urinary tract
  - 7.11. Obstruction of the urinary tract
  - 7.12. Urinary tract calculi and nephrocalcinosis
  - 7.13. Drugs and the kidney
  - 7.14. Tumors of the kidney and genitourinary tract
  
8. Hematology, immunology and joint, bone and connective tissue system and disease
  - 8.1. Inflammation
  - 8.2. Organization and function of the immune system
  - 8.3. Hematopoiesis, physiology of the blood and clotting
  - 8.4. Investigations of diseases of the blood
  - 8.5. Major manifestations of blood diseases
  - 8.6. Anemias
  - 8.7. Lymphoproliferative and myeloproliferative disorders
  - 8.8. Bleeding disorders
  - 8.9. Venous thrombosis
  - 8.10. Blood transfusion
  - 8.11. Functional anatomy, physiology and investigation of the diseases of the connective tissues, joints and bones.
  - 8.12. Diseases of the connective tissues, joints and bones
  
9. Nervous system and Psychiatric disorders as required for General Physicians
  - 9.1. Functional anatomy, physiology and investigations of neurology
  - 9.2. Major manifestations of nervous system and psychiatric disease
  - 9.3. Diseases of the nervous system
  - 9.4. Diseases of the spine and spinal cord
  - 9.5. Diseases of the nerves and muscles
  - 9.6. Classification and etiology of psychiatric disorders
  - 9.7. The clinical interview
  - 9.8. The psychiatry disorders and syndromes and their management

10. Genetics, Oncology & Palliative care, Geriatrics and Skin system and disorders as required for General Physicians
  - 10.1. Genetics and disease, particularly molecular features of infective disease
  - 10.2. Investigation of the molecular basis of disease
  - 10.3. Modern molecular methods in human disease
  - 10.4. Types of genetic disease
  - 10.5. Genetic factors in common diseases
  - 10.6. Epidemiology, etiology, clinical presentations, investigations and management of the oncology diseases.
  - 10.7. Palliative anticancer medicine
  - 10.8. Normal ageing
  - 10.9. Major manifestations of disease in frail older people
  - 10.10. Rehabilitation
  - 10.11. Functional anatomy and physiology of the skin
  - 10.12. Major manifestations and investigations of skin disease
  - 10.13. Skin diseases
  - 10.14. The skin and systemic disease
11. Recent advances



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## नेपाल प्रहरी सेवा सम्बन्धी

खण्ड “क” वस्तुगत बहुउत्तर

(१५×२=३०)

### १. प्रहरी परिचय

- (क) नेपाल प्रहरीको ऐतिहासिक पृष्ठभूमि
- (ख) नेपाल प्रहरी सेवाको प्रकार
- (ग) नेपाल प्रहरीको दर्ज्यानी चिन्ह
- (घ) नेपाल प्रहरी सेवाको पद तथा श्रेणी
- (ङ) नेपाल प्रहरीका भू.पू.प्रहरी महानिरीक्षकहरूको नामावली
- (च) नेपाल प्रहरीको संयुक्त राष्ट्रसंघमा सहभागिता
- (छ) प्रहरी ऐन, २०१२ तथा प्रहरी नियमावली, २०७१ (संशोधन सहित) सामान्य जानकारी

### २. सेवा, शर्त र सुविधा सम्बन्धी

- (क) नेपाल प्रहरी कर्मचारीले प्राप्त गर्ने सेवा सुविधा
- (ख) नेपाल प्रहरी कर्मचारीको काम-कर्तव्य र अधिकार
- (ग) नेपाल प्रहरीमा भर्ना छनौट तथा नियुक्ति प्रक्रिया

### ३. संगठनात्मक स्वरूप

- (क) नेपाल प्रहरीकोकार्यालयको स्थापना र कार्यालय प्रमुख सम्बन्धी व्यवस्था
- (ख) प्रहरी प्रधान कार्यालयको मातहतमा रहने प्रहरी कार्यालयहरू
- (ग) क्षेत्रीय प्रहरी कार्यालयको मातहतमा रहने प्रहरी कार्यालयहरू

खण्ड “ख” छोटो उत्तर

(४×५=२०)

- (क) नेपाल प्रहरी सेवाको ऐतिहासिक पृष्ठभूमि र वर्तमान संगठनात्मक स्वरूप
- (ख) नेपाल प्रहरीको आचरण र नागरिकसंगको सम्बन्ध
- (ग) अपराध अनुसन्धान, परिचय, महत्व र प्रविधिको प्रयोग
- (घ) नेपाल प्रहरीमा प्राविधिक प्रहरी कर्मचारीको महत्व र आवश्यकता
- (ङ) विपद व्यवस्थापन र नेपाल प्रहरी
- (च) नेपाल प्रहरीमा प्राविधिक प्रहरी कर्मचारीको सेवा प्रवेश विधि (भर्ना छनौट तथा नियुक्ति प्रक्रिया)