

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

**प्राविधिक प्रहरी नायव उपरीक्षक (MD Internal Medicine) पदको खुला प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम**

सेवा: नेपाल प्रहरी

उपसमूह: स्वास्थ्य, चिकित्सक

समूह: प्राविधिक प्रहरी

श्रेणी: राजपत्राङ्कित द्वितीय

परीक्षा योजना (Examination Scheme)

क्र.सं.	परीक्षा चरण	विवरण	पूर्णाङ्क
१.	प्रथम चरण	प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण	-
२.	द्वितीय चरण	लिखित परीक्षा	२००
३.	तृतीय चरण	विशेष स्वास्थ्य परीक्षण	-
४.	चतुर्थ चरण	अन्तरवार्ता	३०

प्रथम चरण:- प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण

- प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-६ र ८ बमोजिम हुने ।

द्वितीय चरण:- लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject	Part	Marks	Full Marks	Pass Marks	No. and Weight of Question	Time
I	Professional and Service Specific Test (PSST)-I	General Subject-I	25	100	40	5X5= 25 (Short Answer)	3 hrs
		Hospital Administration and Management-II	30			1X10=10 (Critical Analysis) 4X5=20 (Short Answer)	
		General Health Issues-III	35			2X10=20 (Critical Analysis) 3X5=15 (Short Answer)	
		नेपाल प्रहरी सेवा सम्बन्धी-IV	10			2X5= 10 (Short Answer)	
II	Professional and Service Specific Test (PSST)-II	Technical Subject	100	100	40	6X10=60 (Critical Analysis)	3 hrs
						2X20=40 (Problem Solving)	

तृतीय चरण:- विशेष स्वास्थ्य परीक्षण

- प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-९ बमोजिम हुने ।

चतुर्थ चरण:- अन्तरवार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तरवार्ता	३०	मौखिक

१. यो पाठ्यक्रमको योजना अनुसार दुई पत्रको लिखित परीक्षा हुनेछ ।
२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
३. प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
४. प्रथम र द्वितीय पत्रको विषयगत प्रश्नका लागि तोकिएका १० अङ्क र २० अङ्कका प्रश्नहरूको हकमा १० अङ्क र २० अङ्कका एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
५. प्रथम पत्रको पाठ्यक्रमलाई ४ वटा खण्ड/एकाईमा विभाजन गरिएको छ । ४ वटा खण्ड/एकाईको लागि ४ वटै उत्तरपुस्तिका दिइनेछ र परीक्षार्थीले प्रत्येक खण्ड/एकाईका प्रश्नहरूको उत्तर सोही खण्ड/एकाईको उत्तरपुस्तिकामा लेख्नु पर्नेछ ।
६. 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 ।
७. यस भन्दा अगाडि लागू भएका माथि उल्लेखित समूहको पाठ्यक्रम खारेज गरिएको छ ।

पाठ्यक्रम लागू मिति:- २०७९/१०/१९ गते ।

प्रथम पत्र (Paper I)
General Subject, Hospital Administration and Management, General Health
Issues र प्रहरी सेवा सम्बन्धी

Part-I
General Subject

5X5= 25 Marks (Short Answer)

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

Hospital Administration and Management: 30 Marks

1X10=10 (Critical Analysis)

4X5=20(Short Answer)

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. Concept of Hospital Planning

- 4.1. Information and concept of Hospital planning
- 4.2. Guiding Principles in Planning Hospital facilities & services
- 4.3. Concept of Hospital unitization and its influencing factor
- 4.4. Master plan

5. Background of Hospital

- 5.1. Distinguishing Characteristics of Hospital
- 5.2. Complexities of Hospital
- 5.3. Organogram of the Hospital
- 5.4. Governing Board and its functions

6. Quality / Customer Service and Measuring Quality

- 6.1. Define Customer and Identify Customers
- 6.2. Domains of Quality
- 6.3. Customer Experience: Core Service & Delivery of Service
- 6.4. Excellent Customer Service; Caring Service
- 6.5. Individual Behavior: Stress, Communication, and Interpersonal Relationship

7. Patient Satisfaction and Quality Audit

- 7.1. Setting Objectives and Agreeing upon Standards
- 7.2. Assessment of Patient Satisfaction
- 7.3. Feedback: Customers, Staff, Suppliers etc.
- 7.4. Quality Audit and Review Techniques

8. Hospital Store, Planning & Distribution

- 8.1. Definitions, Objectives, Importance

- 8.2. Material cycle
- 8.3. Integrative Material Management
- 8.4. Factors Affecting & types for distribution

Part-III
General Health Issues: 35 marks

2X10=20 (Critical Analysis)
3X5=15(Short Answer)

1. National Health Policy, 2076
2. Guideline for Health Institutions Established Upgrade version
3. Health and Human Right including 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. Nepal Medical 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)

Part-IV
सामान्य ज्ञान तथा नेपाल प्रहरी सेवा सम्बन्धी:10 Marks

2X5= 10 (Short Answer)

- क. नेपालको भूगोल सम्बन्धी सामान्य जानकारी (भौगोलिक अवस्था, स्वरूप, किसिम र विशेषताहरू, हावापानी किसिम र विशेषता, जल सम्पदा: स्थिति र महत्व, वन सम्पदा: अवस्था र महत्व, संरक्षण क्षेत्रहरू तथा वन विनाशका कारण र संरक्षणका उपायहरू, नेपालका प्रमुख हिमशिखरहरू, तालतलैया, झरना, भञ्ज्याङ ।
- ख. इतिहास र संस्कृति सम्बन्धी सामान्य जानकारी (आधुनिक नेपालको इतिहास (पृथ्वीनारायण शाह देखी हालसम्म), नेपालको सांस्कृतिक, धार्मिक एवं मौलिक परम्परा, जातजाति, भाषाभाषी, कला र साहित्य सम्बन्धी सामान्य जानकारी ।
- ग. नेपालको वर्तमान संविधान २०७२ (भाग १, ३, ४, ५, २८ र अनुसूचीहरू)
- घ. जनसंख्या र वातावरण सम्बन्धी सामान्य जानकारी (जनसंख्या, शहरीकरण, बसोवास (बँसाईसराई), जैविक विविधता, जलवायु परिवर्तन, वातावरण तथा प्रदुषण)
- ङ. समसामायिक घटना तथा नविनतम् विषयवस्तुहरू: (राष्ट्रिय तथा अन्तर्राष्ट्रिय महत्वका राजनैतिक, सामाजिक, आर्थिक, वैज्ञानिक, सांस्कृतिक, खेलकूद, पुरस्कार, कला साहित्य, संगीत सम्बन्धी)
- च. नेपाल प्रहरीको पृष्ठभूमि (वि.स. २००७ साल देखि हालसम्म) र वर्तमान अवस्था ।
- छ. प्रहरी ऐन, २०१२ र प्रहरी नियमावली, २०७१ (संशोधन सहित) का मुख्य-मुख्य व्यवस्थाहरू (संगठनात्मक स्वरूप, सेवाको प्रकार, दर्ज्यानी चिन्ह, पद तथा श्रेणी सेवा, शर्त र सुविधा, प्रहरी आचरण, नियुक्ति र अवकाश, प्रहरी कर्मचारीको काम-कर्तव्य अधिकार, नेपाल प्रहरीमा प्राविधिक प्रहरी कर्मचारीको महत्व र आवश्यकता, नेपाल प्रहरी कार्यालयको स्थापना र कार्यालय प्रमुख सम्बन्धी व्यवस्था)

ज. विविध:- सुरक्षा समिति (केन्द्र, प्रदेश र जिल्ला), नेपाल प्रहरी र अन्य सुरक्षा निकायहरू (नेपाली सेना, सशस्त्र प्रहरी बलनेपाल र राष्ट्रिय अनुसन्धान विभाग) संगको सम्बन्ध, अपराध परिचय, महत्व र प्रविधिको प्रयोग, विपद व्यवस्थापनमा नेपाल प्रहरी, सार्क, संयुक्त राष्ट्रसंघ, इन्टरपोल सम्बन्धी जानकारी ।

द्वितीय पत्र (Paper-II): Technical Subject

Full Marks: 100

(Critical Analysis) 6X10=60

(Problem Solving) 2X20=40

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 basic 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 in internal medicines**

-समाप्त-