

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

**प्राविधिक प्रहरी नायव उपरीक्षक (MD Gynae & Obs) 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) 2X20=40 (Problem Solving)	3 hrs

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 उत्तर पुस्तिकामा 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. Health science research and research process
- 1.2. Institutional review board functioning
- 1.3. Plan and conduct research work
- 1.4. Writing paper for journals and critical review on scientific articles
- 1.5. Impact factor
- 1.6. Evidence based medicine
- 1.7. Basic medical statistics
- 1.8. Basics in research methodology including search and critical review of medical literature, selection of appropriate study design, analysis of findings.
- 1.9. Problem oriented medical record.

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. समसामयिक 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. Obstetrics

- 1.1. **Anatomy:** Knowledge of anatomy of abdomen and pelvis applied to surgical procedures undertaken by the obstetrician and gynaecologist.
- 1.2. **Pathology:** Infection, inflammation therapeutic intervention (especially by the use of irradiation, cytotoxic drugs and hormones), disturbances in blood flow, loss of body fluids and neoplasia. Knowledge about changes in haemostasis in health and disease of a pregnant women.
- 1.3. **Pharmacology:** Knowledge of those drugs used in obstetrics and gynaecology Hormonal contraceptives in pregnancy and gonadotrophins and drugs contraindicated in pregnancy.
- 1.4. **Immunology:** Immunological changes in pregnancy; fetal development of the immune system, with particular knowledge of rhesus and isoimmunisations.
- 1.5. **Infectious diseases:** Knowledge of infectious diseases affecting pregnant and non-pregnant woman and fetus in utero. Knowledge of epidemiology, diagnostic techniques, prophylaxis, immunization and the use of antibiotics and antiviral agents.
- 1.6. **Epidemiology and statistics:** Collect data apply methods of statistical analysis. Knowledge of setting up clinical trials and the ability to interpret data through commonly used terms and techniques, interpretation of results of research, investigations, clinical trials design and medical audit.
- 1.7. **Diagnostic imaging:** Understand the application of ultrasound, computerized tomographic scanning and magnetic resonance imaging.
- 1.8. **Radiodiagnosis:** Basic chest skull and abdominal radiography in different views. Contrast radiography of different organs like IVP, Ba-series, Hysterosalpingography. Radiology of bones and joints. Recent advances in radiology like CT, MRI and radioisotope scanning Genetics and embryology. Detailed knowledge of normal and abnormal karyotypes, of the inheritance of genetic disorders and of the genetic causes of early abortion to diagnosis fetal abnormality, intrauterine treatment of the fetus genetics and embryology. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.
- 1.9. **Normal pregnancy:** Changes maternal and fetal physiology during normal pregnancy, antepartum care its, aim and methods changes of implementation, i.e. organization of intrapartum care, including obstetrical analgesia and anesthesia and anesthesia, and of the normal puerperium. Importance of Nutrition during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.
- 1.10. **Abnormal pregnancy:** Knowledge of all aspects of abnormality during pregnancy, labor and puerperium and their management. Understand effects of pre-existing disease (obstetrical, gynaecological medical or surgical) on pregnancy and demonstrate the ability to provide informative counseling before, during and after pregnancy. Knowledge of neonatal resuscitation and of the principles of neonatal management, Respiratory distress syndrome (RDS), prematurity and congenital abnormality.

2. Gynaecology

- 2.1. **Prepubertal gynaecology:** Knowledge of normal and abnormal sexual development paediatric pathology and its management, normal puberty, and its disorders and their management.
- 2.2. **Adolescent gynaecology:** Disorder of behaviour and sexual function counseling for safe living.
- 2.3. **Menstruation:** Physiology of normal menstruation, pathophysiology of menstrual disorders their investigation and management. Menopause and its management.
- 2.4. **Infertility:** Causes of infertility, investigation and management of the infertile couple, techniques involved in assisted reproduction.
- 2.5. **Infection: Sexually transmitted diseases including AIDS.**
- 2.6. **Abortion:** Cause of abortion, its management, complication of therapeutic abortion and its legal aspects.
- 2.7. **Contraception:** Various method of permanent and temporary contraceptives, their uses and side effect.
- 2.8. **Psychosexual medicine:** Management of psychosexual problems including puerperal psychosis and the psycho social impact of violence against women
- 2.9. **Urogynaecology:** Surgical and non- surgical management urogynaecological problems.
- 2.10. **Gynaecological oncology:** Epidemiology and aetiology and the principles of carcinogenesis, tumour immunology and pathology. Diagnostic techniques and staging of gynaecological tumors. Treatment including surgery, radiotherapy, chemotherapy, and terminal care of patients dying due to gynaecological malignancy.
- 2.11. **Breast:** Problems of lactation and its management, Breast Lump and its management.
- 2.12. **Obstetrical and Gynaecological surgery:** Principle of obstetric and gynaecological (surgery) procedures preoperative assessment and post-operative care.
- 2.13. **Ethics and the law:** Basic ethical and legal issues involved in contemporary obstetrical and gynecological practice, Introduction to ethical theories, medical ethics, Professional ethics, Ethics in research, Ethics in health policy.
- 2.14. **Recent advances and subspeciality:** Uro-gynaecology, Infertility, Gynaecology oncology,
- 2.15. **Community obstetrics and gynaecology:**
 - 2.15.1. Knowledge about basics community disease profile
 - 2.15.2. Definitions and causes of maternal morbidity and mortality and perinatal mortality, neonatal mortality and infant mortality rate.
 - 2.15.3. Effect of socio cultural behavior in Reproductive health.
 - 2.15.4. National Health Programmes related to Maternal and child health, continuing health services for maternal care and child health, organizing health care delivery and referral system.
 - 2.15.5. Future vision to reduce maternal morbidity and mortality and perinatal mortality.

-समाप्त-