

नेपाल सरकार  
गृह मन्त्रालय

सशस्त्र प्रहरी बल, नेपाल

प्राविधिक सशस्त्र प्रहरी नायब उपरीक्षक (विशेषज्ञ चिकित्सक) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

परीक्षा योजना (Examination Scheme) निम्नानुसार चरणमा हुनेछ :

चरण	विषय	पूर्णाङ्क	उत्तिर्णाङ्क
प्रथम चरण	प्रारम्भिक शारीरिक परीक्षण	-	-
द्वितीय चरण	शारीरिक सहिष्णुता परीक्षा	-	-
तृतीय चरण	विस्तृत स्वास्थ्य परीक्षण	-	-
चतुर्थ चरण	लिखित परीक्षा	२००	४०%
पाँचौ चरण	विशेष स्वास्थ्य परीक्षण	-	-
छैठौ चरण	अन्तर्वार्ता परीक्षा	३०	-

१. प्रथम चरण :- प्रारम्भिक शारीरिक परीक्षण

विवरण	पुरुष		महिला	
	उत्तीर्ण	अनुत्तीर्ण	उत्तीर्ण	अनुत्तीर्ण
उचाई	६२ ईन्च वा सो भन्दा माथी	६२ ईन्च भन्दा कम	६० ईन्च वा सो भन्दा माथी	६० ईन्च भन्दा कम
तौल	५० के.जी. वा सो भन्दा माथी	५० के.जी. भन्दा कम	४२ के.जी. वा सो भन्दा माथी	४२ के.जी. भन्दा कम
छाती	नफुलाउदा कम्तिमा ३१ ईन्च, फुलाउदा कम्तिमा ३३ ईन्च ।	नफुलाउदा कम्तिमा ३१ ईन्च भन्दा कम भएको ।	नपर्ने	नपर्ने
साधारण बियरिङ्ग	वियरिङ्गमा अनुत्तीर्ण हुने कारणहरु			
	अंगभंग/हात खुट्टा बाङ्गो-टिङ्गो र औलाहरु ठिक नभएको, घुडा Knee Lock भएको अथवा Rickets भई फाटिएको, धेरै चेष्टो पैताला भएको, प्रष्ट बोली नभएको/भकभके, लठ्ठौरो, दांत भरको/२ वटा भन्दा बढी दांत किराले खाएको, ढाड कुप्रो भएको, शरीर पूरा भुकाउन नसक्ने, जिउ कोल्टे परेको, दुबी भएको, एक तिहाई भन्दा बढी कपाल भरको, फुलेको वा रंगाएको, उचाई अनुसार हुनुपर्ने तौल भन्दा बढी तौल भएको, आँखा डेढो भएको, Colour blind भएको, शरीर मोटो तर हात खुट्टा भिनो देखिने, अनुहारमा १×१ से.मी. भन्दा ठुलो काटेको, पोलेको वा अन्य कुनै किसिमको दागहरु भएको, शरीरमा ट्याटु मार्क २.५×२.५ से.मी. भन्दा ठुलो बनाएको, नशा फुल्ने वा भेरिकोच भएको ।			

द्रष्टव्य:-

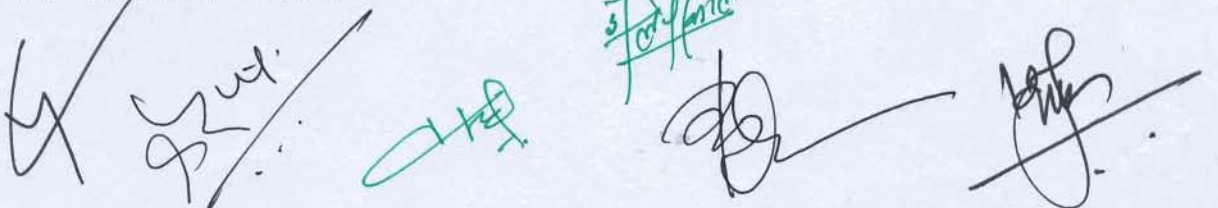
प्रथम चरणको प्रारम्भिक शारीरिक परीक्षणबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको शारीरिक सहिष्णुता परीक्षामा सम्मिलित गराइनेछ ।

२. द्वितीय चरण :- शारीरिक सहिष्णुता परीक्षा

विवरण	पुरुष		महिला	
	उत्तीर्ण	अनुत्तीर्ण	उत्तीर्ण	अनुत्तीर्ण
३०० मीटर दौड	६० सेकेन्ड सम्म	६० सेकेन्ड भन्दा माथी	७० सेकेन्ड सम्म	७० सेकेन्ड भन्दा माथी
सिट-अप	१० पटक वा सो भन्दा माथी	१० पटक भन्दा कम	३ पटक वा सो भन्दा माथी	३ पटक भन्दा कम
पुस-अप	१० पटक वा सो भन्दा माथी	१० पटक भन्दा कम	३ पटक वा सो भन्दा माथी	३ पटक भन्दा कम
१ माईल दौड (१६०० मीटर)	१० मीनेट सम्म	१० मीनेट भन्दा माथी	१२ मीनेट सम्म	१२ मीनेट भन्दा माथी

द्रष्टव्य:-

द्वितीय चरणको शारीरिक सहिष्णुता परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र तृतीय चरणको विस्तृत स्वास्थ्य परीक्षणमा सम्मिलित गराइनेछ ।





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३. तृतीय चरण :- विस्तृत स्वास्थ्य परीक्षण

सशस्त्र प्रहरी बल प्रधान कार्यालयद्वारा तोकिएको चिकित्सकबाट निम्नानुसारको परीक्षण गरिनेछ ।

1. General personality observation
2. Medical
3. General Physic (Surgical)
4. Dental
5. Chest (X-ray report)
6. ENT
7. Eye test (DV/CV)
8. BP
9. Blood (HB,TC,DC,ALB,SUG,M/E)
10. Pregnancy (For Female Candidate Only)

४. चतुर्थ चरण :- लिखित परीक्षा

लिखित परीक्षा तथा नतिजा प्रकाशन लोक सेवा आयोगद्वारा सम्पन्न हुनेछ । लोक सेवा आयोगले प्रयोगमा ल्याएको नेपाल स्वास्थ्य सेवा सबै समुह र सम्बन्धीत उप समुह नवौ (९) तहको निम्न बमोजिमको परीक्षा योजना रहेको पाठक्रम अनुसार लिखित परीक्षा संचालन गरिने छ ।

Paper	Subject	Marks	Full Marks	Pass Marks	No. Questions and Weightage	Time Allowed
I	General Subject	50	100	40	6X5=30 (Short Answer) 2X10=20 (Long Answer)	3.00 hrs
	Part II : General Health Issues	50			4X5=20 (Short Answer) 3X10=30 (Long Answer)	
II	Technical Subject		100	40	4X15=60 (Critical Analysis) 2X20=40 (Problem Solving)	3.00 hrs

५. पाचौं चरण :- विशेष स्वास्थ्य परीक्षण परीक्षा

सशस्त्र प्रहरी बल नेपाल प्रधान कार्यालयद्वारा तोकिएको चिकित्सकबाट निम्नानुसारको परीक्षण गराउनु पर्नेछ ।

१. एच.आई.भि.
२. हेपाटाईटिस वि.
३. लागू औषध दुर्व्यसनी परीक्षण

६. छैटौं चरण :- अन्तर्वार्ता परीक्षा

सशस्त्र प्रहरी सेवा आयोगका पदाधिकारीहरूद्वारा अन्तर्वार्ता मार्फत उम्मेदवारहरूको विषयवस्तु सम्बन्धी ज्ञान, तर्कशक्ति, अभिव्यक्ति क्षमता तथा व्यक्तित्व परीक्षण गरिनेछ ।

लिखित परीक्षाको प्राप्ताङ्क र अन्तर्वार्ता परीक्षाको प्राप्ताङ्क जोडी कुल प्राप्ताङ्कको आधारमा योग्यताक्रम अनुसार अन्तिम नतिजा प्रकाशन गरिनेछ ।

पाठ्यक्रम लागू मिति :- २०७६।०५।९ गते ।

*(Handwritten signatures and dates)*  
2066/05/09  
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लोक सेवा आयोग  
नेपाल स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको  
लागि पाठ्यक्रम

एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

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

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

द्वितीय चरण (Second Phase)

Paper	Subject	Full Marks	Time Allowed
	Interview	30	Oral

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र को लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागु मिति: २०७३/०७/०१

**Paper I: General Subject  
(Management and General Health Issues)**

**Part I: Management**

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
12. Leadership: concept, functions, leadership styles, leadership and management effectiveness
13. Coordination: concept, need, types, techniques, and approaches of effective coordination
14. Communication: concept, communication process and barrier to effective communication, techniques for improving communication

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## Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2071
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Regional and District and Below
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices
10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery

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**Paper II: Technical Subject**

- 1. Clinical: (20 Marks)**  
(Definition, Pathophysiology, Epidemiology, Features of History, Examination findings, Differential Diagnosis, Investigations indicated, detailed initial management and principles of ongoing management (counselling, lifestyle, medical, surgical, care setting and follow up)
- 1.1 Coronary artery Diseases
  - 1.2 Rheumatic Fever and Rheumatic Heart Diseases
  - 1.3 Congenital Heart diseases
  - 1.4 Vascular Disorders
  - 1.5 Pulmonary Thrombo-embolism and Pulmonary Hypertension
  - 1.6 Systemic Hypertension
  - 1.7 Systemic Diseases involving Heart and its Vessels
  - 1.8 Heart Muscle Diseases
  - 1.9 Tumors of Heart
  - 1.10 Genetics, molecular biology and immunology related to Cardiology
  - 1.11 Geriatric heart diseases
  - 1.12 General Anaesthesia and non-cardiac surgery in heart patients
  - 1.13 Pregnancy and heart diseases
  - 1.14 Epidemiology, preventive and rehabilitative cardiology
  - 1.15 Pericardial Diseases
  - 1.16 Cardiac Arrhythmias
  - 1.17 Approach to common cardiac symptoms like Chest pain, Shortness of Breath and Syncope.
- 2. Core Procedures and Investigations: (50 Marks)**
- 2.1 Basic Investigations:**  
(Investigations for the diagnosis and assessment of patients with cardiac disease - Level 3)
- 2.1.1 Electrocardiograms
  - 2.1.2 Ambulatory ECG
  - 2.1.3 Exercise Testing
  - 2.1.4 CXR
  - 2.1.5 Ambulatory BP
- 2.2 Echocardiography (Core)**
- 2.2.1 Role of echocardiography in the management of patients with cardiac disease (Level 3)
  - 2.2.2 To be able to satisfactorily perform, interpret and report transthoracic echocardiography for the diagnosis & assessment of adult patients (Level 3)
  - 2.2.3 To recognise the indications for advanced echocardiography, e.g. transoesophageal and stress echocardiography (Level 1 and 2)
  - 2.2.4 Demonstrate knowledge of:

## लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, मेडिसिन समूह, कार्डियोलोजी उपसमूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 2.2.4.1 Indications for echocardiography in emergency, in-patient and out patient settings. Ethics and sensitivities of patient care.
- 2.2.4.2 Basic principles of ultrasound imaging, spectral and colour flow Doppler. Basic instrumentation and scanning. Standard methods of measurement and analysis.
- 2.2.4.3 the echocardiographic assessment of ventricular structure and function in normal and abnormal cases
- 2.2.4.4 the echocardiographic assessment of the cardiac valves in normal and abnormal cases, including prosthetic heart valves
- 2.2.4.5 Echocardiographic assessment of the thoracic aorta in normal (e.g. screening) and abnormal cases
- 2.2.4.6 Use of echocardiography to assess the right heart; measurement of pulmonary artery pressure
- 2.2.4.7 Role and echocardiographic assessment of patients with suspected or confirmed endocarditis, intracardiac mass, pericardial disease
- 2.2.4.8 Indications for and limitations of advanced echocardiography: tissue Doppler/strain analysis, contrast echo, 3D echocardiography, transoesophageal echocardiography, stress echocardiography, perioperative echocardiography

### 2.3 Nuclear cardiology (Core):

- 2.3.1 To be able to define the indications for nuclear Cardiology investigations
- 2.3.2 To understand the clinical significance and limitations of the results of nuclear Cardiology investigations having participated in stress, imaging, and reporting sessions
- 2.3.3 Knowledge on : the indications for MPS and ERNV, the importance of radiation protection IRMER, the methods of stress used in MPS Exam, the radiopharmaceuticals and protocols used in MPS and ERNV Exam, the equipment and techniques used in nuclear Cardiology imaging IRMER, the clinical value of MPS and ERNV in different clinical settings

### 2.4 CMR Resonance (core)

- 2.4.1 To have a basic understanding of the role of CMR and its capabilities, including its indications
- 2.4.2 To have a basic understanding of how the procedures are carried out, in particular the safety issues
- 2.4.3 To have a basic understanding of image analysis, post-processing and interpretation of images and data with emphasis on patient management
- 2.4.4 Knowledge on : the indications and contra-indications to CMR Exam, the basics of CMR safety, the basics of CMR image acquisition and image processing, the basics of CMR imaging protocols (anatomical imaging and functional imaging) The limitations of CMR

### 2.5 Cardiac CT (core)

- 2.5.1 Cardiac Computed Tomography Techniques including contrast administration
- 2.5.2 Modalities: Ultra-fast CT and Coronary angiogram (including grafts and stents)
- 2.5.3 Indications for: Calcium score Exam and CT coronary angiography

लोक सेवा आयोग  
नेपाल स्वास्थ्य सेवा, मेडिसिन समूह, कार्डियोलोजी उपसमूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक  
लिखित परीक्षाको पाठ्यक्रम

**2.6 Heart Rhythm Training (core):**

- 2.6.1 Common cardiac arrhythmia particularly in emergency setting like supra ventricular tachycardia, atrial fibrillation, ventricular tachycardia and do temporary pacing
- 2.6.2 Basic concepts, and theoretical knowledge of different rhythm management procedures like permanent pacing, AICD, CRT etc.

**2.7 Invasive and Interventional Cardiology (core)**

- 2.7.1 Basic understanding, indications, contraindications and technical aspects of various invasive diagnostic procedures like, coronary angiography, right heart catheterization, left heart catheterization, hemodynamic study, Pericardiocentesis, electrophysiological study and others.
- 2.7.2 Basic understanding, indications, contraindications and technical aspects of temporary and permanent pacemaker implantation.
- 2.7.3 Basic understanding, indications, contraindications and technical aspects of coronary angioplasty, mitral balloon valvoplasty and other non-coronary percutaneous interventions.

**2.8 Pericardiocentesis:** Candidates must be capable of performing pericardiocentesis

**3. General Internal Medicine:**

**(30 Marks)**

- 3.1 Specialist level competence in the diagnostic evaluation and management of life threatening acute medical conditions including Advanced Cardiac Life Support (ACLS)
- 3.2 Specialist level competence in general internal medicine including the evaluation, diagnosis and management of major clinical conditions related to pulmonary, renal, gastrointestinal, musculoskeletal, endocrine, hematologic, nervous system and infectious diseases
- 3.3 Principle of Geriatric Medicine and Palliative Care

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