

**पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, प्रसुति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको**  
**खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**  
**एवं परीक्षायोजना**

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजनगरिएको 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, General Health Issues, Academic Research and Teaching-Learning Practices	50	100	40	10 × 5 = 50 (Subjective)	1.30 hrs	2.15 hrs
		Part II: Technical Subject (Relevant Subject)	50			50 × 1 = 50 (Objective Multiple Choice)	45 min	
II	Technical Subject (Relevant Subject)			100	40	7 × 10 = 70 (Long answer) 2 × 15 = 30 (Critical Analysis)		3.00 hrs
<b>द्वितीय चरण (Second Phase)</b>								
	Interview			30		Oral		

**द्रष्टव्य :**

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रतिष्ठानको प्राज्ञिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको Part I को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर प्रथम पत्रको Part II र द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । प्रथम पत्रको Part II र द्वितीय पत्रको विषयवस्तु एउटै समूहको हकमा समान हुनेछ । परीक्षामा सोधिने प्रश्नसंख्या र अङ्कभार यथासम्भव सम्बन्धित पत्र, विषयमा दिईए अनुसार हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा 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 ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।

पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग  
प्राज्ञिक सेवा, प्रसूति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको  
खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- i. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- ii. पाठ्यक्रम लागु मिति : २०८१/२/३१

**Paper I: General Subject  
Part I:**

**पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, प्रसुति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको**  
**खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**  
**(Management, General Health Issues, Academic Research and Teaching-Learning Practices)**

**Section (A) - 25 Marks**

**1. Management**

- 1.1. Health care management system in Nepal and other parts of the world
- 1.2. Fundamental principles of healthcare institution and hospital management.
- 1.3. Effective hospital management principles
- 1.4. Purpose of medical and non-medical data and records
- 1.5. Ethics and responsibility of management
- 1.6. Concept of management and its application in health care including hospital
  - 1.7.1 Management: Concept, principles, functions, scope and role, level and skills of manager
  - 1.7.2 Planning: Concept, principles, nature, types, instruments and steps
  - 1.7.3 Leadership: Concept, function, leadership styles, leadership and management
  - 1.7.4 Coordination: Concept, types, techniques of effective coordination
  - 1.7.5 Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
  - 1.7.6 Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
  - 1.7.7 Participative management: Concept, advantage and disadvantage, techniques of participation
  - 1.7.8 Time management: Concept, essential factors and strategies for effective time management
  - 1.7.9 Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
  - 1.7.10 Stress management: Concept, causes and sources of stress, techniques of stress management
  - 1.7.11 Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
  - 1.7.12 Appreciative inquiry: Concept, basic principle and management
  - 1.7.13 Human resource management: Concept, functions and different aspects
  - 1.7.14 Health manpower recruitment and development
  - 1.7.15 Financial management: Concept, approaches, budget formulation and implementation, Auditing and topics related to fiscal administration

**2. General Health Issues**

- 2.1. Present constitution of federal republic of Nepal (including health and welfare issues)
- 2.2. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.3. Professional council and related regulations
- 2.4. National Health Policy
- 2.5. Health Service Act and Regulation
- 2.6. Second Long term health plan
- 2.7. Health Management Information System, forms, indicators, annual reports
- 2.8. Human Development Indices, Sustainable Development Goals

**पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, प्रसुति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको**  
**खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**

- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness
- 2.10. Local governance and community participation in health service delivery
- 2.11. Health Insurance and financing in health care
- 2.12. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.13. Indigenous and traditional faith health and health practices
- 2.14. International Health Agencies: Roles and responsibilities of WHO, UNICEF, UNFPA, Inter-agency relationships, Government-agency coordination: Joint Annual Review meeting
- 2.15. Supervision, types and its usage in health sector
- 2.16. Monitoring and evaluation system in health sector
- 2.17. National Health Training Centre
- 2.18. National and International Disaster Plan, Coordination
- 2.19. Patan Academy of Health Sciences Act, Mission, Goals, Organogram
- 2.20. Scope and function of Patan Academy of Health Sciences executive bodies (senate, executive committee, academic council, faculty board, hospital management committee, subject committee), various other committees

**Section (B) - 25 Marks**

**3. Academic Research**

- 3.1 Ethics, Bio-ethics and Professionalism
- 3.2 Human dignity and Human Right
- 3.3 Benefit and Harm
- 3.4 Autonomy and Individual responsibility
- 3.5 Consent and capacity to consent
- 3.6 Privacy and confidentiality
- 3.7 Respect for humans and personal integrity
- 3.8 Non-discrimination and non-stigmatization
- 3.9 Respect for cultural diversity and pluralism
- 3.10 National Health Research Council (NHRC) and its guidelines
- 3.11 Research process: ethical research proposal development, research principles, methods and materials, conclusion/recommendation/lesson learnt, commonly used referencing styles
- 3.12 IRB/IRC forms, types, use, importance; getting IRB/IRC clearance
- 3.13 Ethics on research methodology: sample selection, sample size calculation, ensuring reliability and validity of the instruments as well as methods proposed for health research
- 3.14 Quantitative and Qualitative studies
- 3.15 Data analysis (data visualization, descriptive statistics, inferential statistics with statistical hypotheses and appropriate tools/methods for quantitative studies; theme and code generation, thematic analysis, content analysis, grounded theory for qualitative and triangulation for mixed method studies)
- 3.16 Research ethics on vulnerable and non-vulnerable population
- 3.17 Research proposal/protocol/publication:
- 3.18 Publication ethics, plagiarism including self-plagiarism

**4. Teaching-Learning, Assessment and Evaluation**

- 4.1 Lancet Commission Report on Education of Health Professionals

**पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, प्रसुति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको**  
**खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**

- 4.2 Adult learning: Theories, principles, use, importance and outcomes, Andragogy vs. Pedagogy
- 4.3 Conventional teaching-learning: Didactic lectures, Teacher centred approaches, use and importance
- 4.4 Surface learning, deep learning and metacognition
- 4.5 Integrated teaching: Genesis, use, importance and outcomes
- 4.6 Problem-based learning: Genesis, use, importance and outcomes
- 4.7 SPICES model its use, importance and outcomes
- 4.8 Socialization, self-directed learning, mentoring, role model
- 4.9 Community orientation/community posting, re-orientation of medical education camp, community based learning and community engaged teaching-learning methods/models, use, importance and outcomes
- 4.10 Outcome Based Education (Competency-based Medical/Health Professions Education): Genesis, use, importance and outcomes
- 4.11 Experiential learning, Reflective practice, Feedback and feed-forward, Situated learning, Co-operative learning, Communities of practice
- 4.12 Assessment of students
  - 4.12.1 Blueprinting (Table and specification) : use, importance and outcomes
  - 4.12.2 Bloom's taxonomy of cognitive, psychomotor and affective domains, use and importance
  - 4.12.3 Diagnostic, Formative, Summative and Professional exams
- 4.13 Assessment of knowledge: Selection methods like Multiple Choice Questions, Extended Matching Items and supply methods like Short Answer Question, Problem Based Question, Long Answer Question with or without model answers and marking schemes, unstructured, semi-structured and structured viva-voce examination, advantages and limitations, use and importance, outcomes and its use in quality control
- 4.14 Assessment of performance (in-vitro): Direct observation of skills in the simulated setting, lab, ward etc. with or without checklist, Objective Structured Practical Examination, Objective Structured Clinical Examination, Standardized patients, use and importance, analysis, quality assurance, outcomes and its use in quality control
- 4.15 Assessment of performance (in-vivo): Mini-Clinical Evaluation Exercise (Mini-CEX), Direct Observation of Procedural Skills (DOPS), Case-Based Discussion (CbD), OSATS/ PBA, Multi-Source feedback (360 degree evaluation) use and importance for competency based health professions education, analysis, quality assurance, outcomes and its use in quality control
- 4.16 Assessment of observable behaviours in small groups e.g. Problem Based Learning sessions, Community Based Learning and Education sessions, Clinical clerkship rotations
- 4.17 Evaluation: Difference between assessment and evaluation, theory of change and its use in health professions education, process and outcome evaluation, qualitative, quantitative and mixed methods used in evaluation of health professions education

पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग  
प्राज्ञिक सेवा, प्रसुति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको  
खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I

Part II: Technical Subject

Section (C) - 25 Marks

1. **OBSTETRICS**

- 1.1 **Anatomy:** Anatomy of abdomen and pelvis in relation to pregnancy and surgical procedure related to delivery and gynecological procedure.
- 1.2 **Physiology:** Physiological changes in normal pregnancy.
- 1.3 **Pathology:** Pathological changes in pregnancy.
- 1.4 **Pharmacology:** Drugs and medicines used during pregnancy and lactations. Pregnancy categorization of drugs and contraindication of drugs during pregnancy.
- 1.5 **Immunology:** Immunological changes in pregnancy. Fetal development of the immune system, with particular knowledge of rhesus and isoimmunization.
- 1.6 **Biochemistry:** Hormonal changes and glucose and electrolytes metabolism during pregnancy.
- 1.7 **Infection in pregnancy:** Infection in pregnancy and its effect on fetus. Epidemiology of the diseases prevalent and its diagnostic techniques, prophylaxis, immunization and the use of antibiotics and antiviral agents.
- 1.8 **Bio- 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, investigation, clinical trial design and medical audit.
- 1.9 **Diagnostic imaging:** Basic Abdominal and obstetric Ultrasound including Transvaginal ultrasound. Principle of computerized tomographic scanning (CT) and magnetic resonance imaging (MRI) of pelvis. Pathological findings in CT and MRI of different Gynecological disorders. Recent advances in diagnostic and therapeutic imaging in both obstetrics and gynecology.
- 1.10 **Genetics:** Knowledge of normal, abnormal karyotypes and the conditions occurring with the abnormal karyotypes. Inheritance of genetic disorders and of the genetic causes of early abortion
- 1.11 **Embryology:** Normal embryological, fetal development and its deviation. Demonstrate the ability to explain to patients and discuss its practical and ethical implications.
- 1.12 **Pregnancy:** Changes in maternal and fetal anatomy and physiology during normal pregnancy and its deviation. Preconception, antepartum, intrapartum and postpartum management.
- 1.13 **Analgesia and anesthesia:** management of pregnancy related aches and pain including painless delivery. Analgesia in pregnancy, delivery, CS and postoperative pain management in gynecology.
- 1.14 **Nutrition:** nutritional requirements during pregnancy and puerperium. Understand the importance of breast feeding and postpartum contraception.
- 1.15 **Abnormal pregnancy:** management of abnormality during pregnancy, labor and puerperium. Understand effects of pre-existing disease (obstetrical, gynecological medical or surgical) on pregnancy and demonstrate the ability to provide informative counseling before, during and after pregnancy.
- 1.16 **Medical/surgical disorders in pregnancy:** Basic concept of management of medical and surgical disorders in pregnancy. Management of medical disorders because of pregnancy e.g Gestational diabetes, eclampsia and HTN, jaundice during pregnancy etc.

**पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, प्रसूति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको**  
**खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**

- 1.17 **Trimester specific problem:** management of clinical situation related to different trimester of pregnancy. Hyperemesis in first trimester, PPORM and PROM and Antepartum hemorrhage.
- 1.18 **Infection during pregnancy:** management of infections during pregnancy and its vertical transmission.
- 1.19 **Deliveries:** conduct normal and instrumental deliveries. Management of shoulder dystocia and retained placenta.
- 1.20 **Operative Obstetrics:** repair of perineal tear, caesarean section, uterine rupture and peripartum hysterectomy.
- 1.21 **Critical care Obstetrics.** Management of PPH, amniotic fluid embolism and deep venous thrombosis and its consequences. Management of septic shock.
- 1.22 **Management of post-partum:** wound care, secondary PPH, puerperal sepsis and psychiatric disorder.
- 1.23 **Neonatal resuscitation:** Knowledge of neonatal resuscitation and of the principles of neonatal management like respiratory distress syndrome (RDS), prematurity and congenital abnormality.
- 1.24 **Counseling:** Preconception, antenatal, postnatal counseling, and breaking bad news

**Section (D) –25 Marks**

2. **GYNECOLOGY**

- 2.1 **Prepubertalgynecology:** Knowledge of normal and abnormal sexual development
- 2.2 **Pediatricgynecology:** pathology and its management
- 2.3 **Adolescent gynecology:** Normal puberty, pubertal disorders and its management.
- 2.4 **Adolescent reproductive health:** counseling.
- 2.5 **Menstruation:** Physiology of normal menstruation, patho-physiology of menstrual disorders and their approach and management.
- 2.6 **Abdomino-pelvic mass:** Approach and management.
- 2.7 **Menopause:** Management and hormone replacement therapy.
- 2.8 **Infertility:** Causes, investigation and management of the infertile couple. Assisted reproductive techniques and surrogacy with its dilemma and ethical implications.
- 2.9 **Genital tract infection:** Sexually transmitted diseases including AIDS.
- 2.10 **Early pregnancy loss:** Cause of pregnancy loss, its management and complications. Management of ectopic gestation.
- 2.11 **Therapeutic abortion:** abortion law of the country.
- 2.12 **Gestational trophoblastic disease:** including neoplasia
- 2.13 **Contraception:** Various methods of permanent and temporary contraceptives, their use and side effect.
- 2.14 **Psycho-sexual disorders:** Psychosexual problems including puerperal psychosis and the psycho-social impact of violence against women.
- 2.15 **Uro-gynecology:** Surgical and non-surgical management of uro-gynecological problems.
- 2.16 **Gynecological oncology:** Epidemiology and etiology and the principles of carcinogenesis, tumor immunology and pathology. Diagnostic techniques and staging of gynecological tumors. Treatment including surgery, radiotherapy, chemotherapy, and terminal care of patients.
- 2.17 **Breast:** Problems of lactation and its management.

पाटन स्वास्थ्य बिज्ञान प्रतिष्ठान, सेवा आयोग  
प्राज्ञिक सेवा, प्रसूति तथा स्त्री रोग समूह, प्राध्यापक पद (११ औं) तहको  
खुल्ला र अन्तरिक प्रतियोगिता प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.18 **Laparoscopic surgery** in gynecology : Principles , methods, indications and Complications,
  - 2.19 **Gynecological surgery**: Principle of gynecological surgical procedures. Preoperative and post-operative care and follow up. Basic postoperative abdominal complication management and surgical wound management.
  - 2.20 **Palliative care**: Terminally ill patient care
  - 2.21 **Ethical and medico-legal aspects**: Basic ethical and legal issues involved in contemporary obstetrical and gynecological practice.
  - 2.22 **Sexual assault**: Examination recording and its medical implications.
  - 2.23 **Recent advances**: Uro-gynecology, Infertility, Gynecological oncology.
  - 2.24 **National/Community obstetrics and gynecology**:
    - 2.24.1 Existing national health system of the country and the policies and plan of the government.
    - 2.24.2 National Health Programmes related to maternal and child health, continuing health services for maternal and child health, organizing health care delivery and referral system.
    - 2.24.3 Future vision to reduce maternal and perinatal mortality and morbidity.
    - 2.24.4 Knowledge about basic community disease profile
    - 2.24.5 Definitions and causes of maternal, perinatal and neonatal morbidity and mortality.
    - 2.24.6 Effect of socio-cultural behavior in Reproductive health.
3. **COUNSELING**
- 3.1 Different modalities options in case management.
  - 3.2 Preoperative and postoperative counseling
  - 3.3 Breaking bad news