

प्रदेश लोक सेवा आयोग, बागमती प्रदेश  
नेपाल स्वास्थ्य सेवा, पेडियाट्रिक्स समूह, पेडियाट्रिक मेडिसिन उपसमूह, नवौं तह, कन्सल्टेण्ट पिडियाट्रिसियन पदको खुला र  
आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ३०

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

Paper	Subject		Marks	Full Marks	Pass Marks	No. of Questions & Weightage	Time	Remarks
I	General Subject	Part I A: Management	50	100	40	6X5=30 (Short answer) 2X10=20 (Long answer)	3 hrs	Note: One long Question and four short questions must be asked from group A. One long Question and two short questions must be asked from group B.
		B: Relevant Legislations and Cross Cutting Issues						
		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 hrs	

द्वितीय चरण:-

Subject	Full marks	Exam type	Time allowed
Interview	30	Oral	

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रदेश स्वास्थ्य सेवा अन्तर्गतका सबै समूह/उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्रको पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्रको लिखित परीक्षा समूह/उपसमूहहरूको लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।

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४. प्रथम पत्रको Part I मा **group A & group B** का लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ र Part II को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछ ।
५. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून ऐन नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
६. पाठ्यक्रम लागू मिति:-

## **Paper I: General Subject**

### **A. Management**

1. Management: - concept, principles, functions, level, and role of managers in context to Hospital Management.
2. Planning: concept, principles, quarterly / annual action plan
3. Leadership: concept, leadership styles, Qualities of leadership
4. Human resource management
5. Conflict / Stress/ Burnout: concept, causes, levels of conflict and strategies for conflict, stress and burnout syndrome prevention and management.
6. Supervision, monitoring and evaluation
7. Performance appraisal
8. Motivation
9. Quality assurance on health care services
10. Clinical Audit
11. Clinical protocols on relevant health services and procedures
12. Coordination, cooperation and communication
13. Health Management Information System (HMIS)
14. Budget formulation and implementation,
15. Accounting, auditing and inventory management
16. Research: Evidenced based practice on health care services, Design, methodology of research. ethical issues
17. Good Governance: concept and characteristics

### **B. Relevant Legislations and Cross Cutting Issues**

1. Provisions of Province Civil Service Act and Regulation of Bagamati Province
2. The Constitution of Nepal.
3. Current periodical plan of Bagamati Province
4. The Public Procurement Act, 2063
5. The Public Procurement Rules, 2064
6. The Prevention of Corruption Act, 2059
7. Money Laundering Prevention Act, 2064
8. Right to Information Act, 2064
9. Sustainable Development Goals.

10. Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
11. Social Inclusion, Reservation and Positive Discrimination
12. Public Health Service Act, 2075

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

1. National Health Policy, 2076
2. Second long-term health plan (1997-2017)
3. Health services act 2053, health service regulation, 2055
4. Introduction of Ministry of Social Development of Bagamati Province
5. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
6. Concerned Professional Council and related Act, 2052
7. Health professional Code of Ethics and Code of Conduct.
8. Indigenous and traditional faith healing and health practices
9. Health insurance and financing in health care
10. Public health: air pollution, domestic pollution, noise pollution
11. Importance of water, sanitation and hygiene in public health
12. Disaster preparedness plan and policy in the hospital and Province level
17. Health volunteers' involvement in health service delivery
18. Community involvement in health service delivery
19. Programme and activities of Government and NGOs of Bagamati province for the guardianless and shelterless destitute persons staying in a very difficult situation
20. Impact of the COVID-19 pandemic
21. Health in all policies
22. One health concept
23. Health Issues of 15th Five Year Development Plan

## **Paper II: Technical Subject**

### **1. The Field of pediatrics**

- 1.1 Quality and safety in health care for children
- 1.2 Ethics in pediatric care
- 1.3 Cultural issues in pediatric care
- 1.4 Maximizing children's Health: Screening, Anticipatory Guidance and Counseling.

### **2. Growth, Development and Behaviours**

- 2.1. Physical and psychosocial growth and development of normal child
- 2.2. Disorders of growth
- 2.3. Delay and deviations of development
- 2.4. Assessment of growth and development
- 2.5. Disorders of psychological development
- 2.6. Common behavioral problems of preschool children
- 2.7. Common speech disorders, Anxiety, Mood disorders, Eating disorders, Rumination And Picca, Autism Spectrum Disorders (ADHD), Dyslexia

### **3. Nutrition:**

- 3.1. Normal nutrition Requirements in infancy and childhood
- 3.2. Common nutritional disorders in childhood
- 3.3. Nutrition supplementation programs

### **4. Preventive pediatrics**

- 4.1. Immunizations
- 4.2 Immunology
- 4.3. Prevention and management of common disorders of childhood
- 4.4. Prevention and management of poisonings and accidents

### **5. Social pediatrics**

- 5.1. School health services
- 5.2. National health programmes related to maternal and child health
- 5.3. Community health services for the maternal and childhood
- 5.4. Organizing health care delivery and referral systems for children

### **6. Human Genetics and Metabolic Disorders**

- 6.1. Genetic and chromosomal disorders
- 6.2. Inborn errors of metabolism
- 6.3. Genetic counseling including antenatal diagnosis

### **7. Fetus and Neonatal Infants**

- 7.1. Management of normal, high risk and sick neonates
- 7.2. Monitoring and ventilatory support of the sick neonates
- 7.3. Foetal disorders
- 7.4. Perinatology
- 7.5. Preventive neonatology
- 7.6. Organization of neonatal care service in health institution of Nepal with Primary, secondary and tertiary level of care

**8. Infectious diseases: diagnosis of common infectious diseases in the pediatric age group**

**9. Immunology, allergic Disorders and rheumatic diseases of childhood.**

**10. System based pediatrics:**

Diagnosis and management of common disorders affecting digestive, hepatobiliary, cardiovascular, respiratory, endocrine system, blood and lymphoreticular system including malignancies, genitourinary, nervous, musculoskeletal system and skin.

**10. Eye, ear, nose and throat:**

Diagnosis and management of common disorders of eye, ear, nose and throat in the pediatric age group

**11. Pediatric surgery:**

Diagnosis and supportive management of common surgical disorders of neonates, infants and children and appropriate referral

**12. Pediatric emergencies:**

Diagnosis and management of common pediatric emergencies such as coma, convulsions, shock, syncope, asthmatic attacks, cyanotic spells, poisonings, accidents, Acute Mountain Sickness(AMS), burn injuries etc. Pediatric advance life support skills, pediatric anesthesia, ventilatory support, cardiovascular support and stabilization

**13. Pediatric dermatology:**

Structure and function of skin, examination of skin, Infective dermatosis (bacterial, fungal, viral, parasitic), Non-infective dermatoses (congenital, eczema, immunological, nutritional and miscellaneous), Sexually transmitted diseases, HIV/AIDS.

**14. Neoplastic disorders and tumors:**

Epidemiology, Molecular and Cellular biology, principles of diagnosis and treatment, leukaemias, lymphomas, neuroblastoma, renal neoplasms, soft tissue sarcoma, retinoblastoma, benign tumors and rare tumours

**15. Behavioural and psychiatric Disorders**

- 15.1. Assessment and interview
- 15.2. Epidemiology and etiology of psychiatric disorders in children
- 15.3. Behavioural and emotional disorders
- 15.4. Neurotic, stress related and somatoform disorders
- 15.5. Mood disorders
- 15.6. Suicide and attempted suicide
- 15.7. Psychosis in childhood
- 15.8. Gender identify disorders in childhood
- 15.9. Psychiatric aspects of mental retardation
- 15.10. Treatment of psychiatric problems of children
- 15.11 Children with Special Needs: Adoption, Foster and Kinship care, Violence in Children, Abused and Neglected Children, Failure to Thrive, Chronic Illness in Children, Palliative care in Children.

**16. Radiodiagnosis:**

- 16.1. Interpretation of
  - 16.1.1. Basic chest and abdominal and abdominal radiography in different views

16.1.2. Contrast radiography of different organs like IVP, MCUG, Barium-series and myelogram

16.1.3. Radiology of bones and joints

16.1.4. Ultrasonography of brain, abdomen and other organs

16.1.5. Echocardiography

16. 2. Recent advances in radiology like CT, MRI, and USG, radioisotope scanning and PET

**17. Research methodology:**

17.1.1. Bio-statistics

17.1.2. Critical review of Literature, selection of appropriate study design.

17.1.3. Problem oriented medical record

**18. Medical education:**

18.1. Components of curriculum, teaching learning methods and media, lesson plan methods of evaluation.

18.2. Identification of learning resources to meet the learning objectives

**19. Medical ethics:**

19.1. Introduction to ethical theories

19.2. Medical ethics

19.3. Professional ethics

19.4 Ethics in health policy

**20. Recent advance in pediatric physiology, molecular biology and genetics as well in the different diagnostic and therapeutic approaches in child health.**

**21. Adolescent Medicine:**

21.1. Adolescent Development.

21.2. Epidemiology and Delivery of health care to Adolescent.

21.3. Violent Behaviors and Substance Abuse

21.4. Menstrual problems, Contraception, Adolescent Pregnancy, Rape and Sexually Transmitted Infection (STI), Chronic Fatigue Syndrome

**22. Sports Medicine**

22.1 Epidemiology and prevention of injuries

22.2 Management of Musculoskeletal Injury

22.3 Sport Related Trauma/ Injury

22.4 Female Athletes: Menstrual problems and Osteopenia

**23. Rehabilitation Medicine**

23.1 Principles of Rehabilitation Medicine

23.2. Evaluation of the child for Rehabilitative Services

23.3 Management and Ambulation Assistance of Brain injury, Spinal cord, Spasticity, Spina Bifida, Cerebral Palsy and other Disabilities

**24. Environmental Health Hazards**

24.1 Biological Effect of Radiation on Children

24.2 Chemical Pollution

24.3. Heavy Metal Intoxication

24.4. Lead Poisoning

24.5. Non bacterial Food Poisoning

24.6. Animals and Human Bite

## **25. Skeletal Dysplasia and Metabolic Bone Disease**

- 25.1. Disorders Involving cartilage matrix proteins, Transmembrane Receptors, Ion Transporter, Transcription Factors, Defective Bone Resorption,
- 25.2 Osteogenesis Imperfecta
- 25.3 Marfans Syndrome.
- 25.4 Hypophosphatasia/ Hyperphosphatasia
- 25.5 Osteoporosis