

सशास्त्र प्रहरी बल
प्राविधिक सशास्त्र प्रहरी निरीक्षक (MBBS) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- ३०

१. प्रथम चरण : - लिखित परीक्षा				पूर्णाङ्क :- २००			
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	Technical Subject and General Awareness	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न (MCQs)	१०० प्रश्न X १ अङ्क	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत	छोटो उत्तर लामो उत्तर	६ प्रश्न X ५ अङ्क ४ प्रश्न X १० अङ्क	३ घण्टा
					समस्या समाधान	२ प्रश्न X १५ अङ्क	
२. द्वितीय चरण : - अन्तर्वार्ता							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
अन्तर्वार्ता	३०	-	मौखिक				

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरू सोधिनेछ ।
- 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 ।
- 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 भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७२/०२/२३ गते ।

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प्रथम तथा द्वितीय पत्र :- Technical Subject and General Awareness

Part I : Technical Subject

Aetiology, symptoms, signs, investigations and curative and preventive management of the following health related problems:

Section - (A)

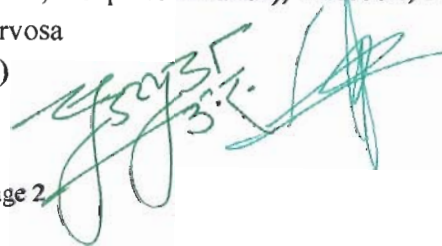
1. General Medicine:

- 1.1 **Respiratory Diseases:** Acute Bronchitis, Chronic Obstructive Airway Disease, Bronchial Asthma, Pneumonias, Tuberculosis, Bronchogenic Carcinoma, Bronchiectasis, Occupational Lung Diseases, Respiratory Failure, SARS, Pleural effusion, Pneumothorax, Bird Flue
- 1.2 **Cardiovascular Diseases:** Rheumatic Fever, Rheumatic Heart Disease (MS MR, AS, AR), Congestive Cardiac Failure, Acute LVF, Ischemic Heart Disease, Myocardial Infarction, Hypertension, Infective Endocarditis, Congenital Heart Diseases, Cardiomyopathies, Cor pulmonale, Cardiac arrhythmias, Cardiogenic Shock
- 1.3 **Gastrointestinal Diseases:** Acid Peptic Diseases, Cirrhosis of Liver and ascitis, Hepatitis, Hepatic Coma, Abdominal Tuberculosis, Pancreatitis, Worm Infestation, Ulcerative, Colitis, Carcinoma of Gastro Intestinal Tract, Gastroenteritis, H pylori, Gastro-oesophageal reflux
- 1.4 **Blood and Lymphoreticular Diseases:** Anaemia, Leukaemia, Purpura Agranulocytosis, Polycythemia, Reticulosis, Lymphomas
- 1.5 **Neurological Diseases:** Cerebro-Vascular Accident, Meningitis, Encephalitis, Parkinson's Disease, Paraplegia, Multiple Sclerosis, Myasthenia Gravis, Epilepsy, Neuro-cysticercosis, Bell's palsy, GBS, Neurosyphilis, Coma Headache, Spin bifida, Neurogenic Shock, Coma, Cerebral Malaria
- 1.6 **Endocrine and Metabolic Diseases:** Diabetes Mellitus, Non-ketotic Coma, Ketoacidosis, Thyrotoxicosis, Hypothyroidism, Cushing's Syndrome, Addison's Disease, Hyperparathyroidism, Tetany, Hypogonadism, Diabetes Insipidus
- 1.7 **Joint and Collagen Diseases:** Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus, Osteoarthritis, Osteomalacia and Osteoporosis, Ankylosing, Spondylitis
- 1.8 **Renal Diseases:** Urinary Tract Infection, Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalaemia, Kidney Transplantation
- 1.9 **Tropical Diseases:** Cholera, Enteric Fever, Malaria, Filariasis, Kala-azar, Leprosy, Chickenpox, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Tuberculosis, Food Poisoning, Tetanus, Scorpion Bite, Hornet Bite

2. Psychiatry:

- 2.1 Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa
- 2.2 Substance abuse (alcohol/drugs/ others)





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3. **Dematology and STD:**

- 3.1 **Dermatology:** Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Plannus, Pemphigoid, Pemphigus, Drug Eruption
3.2 **STD:** Syphilis, gonorrhoea, Non Specific Urethritis, HIV, AIDS including Universal Precaution

4. **Pharmacology:**

- 4.1 Poison and Toxicology - Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom poisoning, Drugs in pregnancy and lactation, Prescribing in children and elderly, Dosage, Preparation, Mode of action and side effects of drugs acting on different systems of body

5. **Emergency Medicine:**

- 5.1 Management of Acute poisoning, Coma, Acute pain abdominal & chest, Status Epilepticus, Acute severe asthma Breathlessness, Epistaxis, Vaginal bleeding, Shock including anaphylaxis, Multiple trauma including blunt abdominal injury, Haemoptysis, haematemesis and malaena, RTA, Trauma, Cut down Poisoning, Insect bite, Snake bite, Catheterisation, NG Tube Insertion

Section - (B)

6. **General Surgery:**

- 6.1 Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Malaena, Oesophageal Varices, Intestinal Obstruction, Paralytic ilius, Acute Abdomen, Ac Appendicitis, Typhoid Perforation, Perforated Peptic Ulcer, Lymphadenitis, Haemorrhoids, Gall Stones, Urinary Stones, Liver Abscess, Hydatid Cyst, cholecystitis, Biliary Obstruction, Pancreatitis, Pain Abdomen, Pneumothorax, Pleural Effusion, Haemothorax, Chylothorax, Bronchiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Carcinoma Penis, Hydronephrosis, Retention of Urine, Enlarge Prostrate, Incontinence of Urine, Vasectomy, Goiter, Tumours of Testis, Lymphomas, rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Hypovolemia, Oliguria, Ac Retention of Urine, Suprapubic Cystosmy, Wounds

7. **Ophthalmology Trachoma:**

- 7.1 Injuries of Eye, Foreign Body in Eye, Conjunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retinopathy, Stye, Chalazion, Blephritis, Cellulitis, Cellulitis, Corneal Ulcer, Keratomalacia, Scleritis and Episcleritis, Choroiditis, Eridocyclitis, Cataract, Glaucoma, Trachoma, Vitreous Haemorrhage, Optic Neuritis, Retinal Detachment, Myopia, Hypermetropia, Astigmatism, Presbyopia, Diplopia, Squint, Proptosis Ephiphora, Dacryocystitis, Dacryoadentis, Ocular Hazards in Agriculture and Industry

8. Ear, Nose and Throat:

8.1 Foreign Bodies in Ear, Nose and Throat, Otitis Media, Otitis Externa, Mastoiditis, Mastoid abscess Rupture of Tympanic Membrane, Meniere's Disease, Hearing Loss, Rhinitis Nasal Allergy, Polyp, Epistaxis, Sinusitis, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwig's Angina, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Diphtheria, Tracheostomy, Carcinoma of Larynx, Wx in Ear, Haematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otomycosis

9. Dental:

9.1 Caries, Extraction of teeth, Caries teeth, Gingivitis, Pulpitis, Root abscess, Leucoplakia carcinoma of gum, Pericoronitis, Dentigerous cyst

10. Bone and Joint Disease:

10.1 Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synactily, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy

11. Anaesthesiology and Emergency:

11.1 Principles of administering safe general anaesthesia, Local Anaesthesia, Pre-anaesthetic history, Pre-anaesthetic drugs, Anaesthetics, Post-anaesthetic complications, Basic life support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation

12. Pathology:

12.1 Interpretations of laboratory results, Normal values of biochemical and haematological tests, Aetiology, Pathogenesis, Microscopic and Macroscopic features of different disease entities listed under different subjects and mentioned under heading 1 to 5 and 8 to 11

Section - (C)

13. Obstetrics and Gynaecology:

13.1 Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyper emesis Gravidarum, Stages of labour, Retained Placenta, Ruptured Uterus, Foetal Distress, Maternal Distress, Prolonged Labour, Obstructed Labour Leucorrhoea, Ante partum and Postpartum Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tract, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning

14. Childhood Diseases:

14.1 ARI, Measles, Mumps, Pertussis, Poliomyelitis, Diphtheria, Tuberculosis, Enteric Fever, Diarrhoeal Diseases, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rhumatic Fever, Worm Infestations, Cyanotic Congenital Heart Disease, Cretinism, Protein-energy Malnutrition, Down's syndrome, Turner Syndrome, rickets, Vitamin A Deficiency, Mental Retardation

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Section - (D)

15. Community Medicine:

- 15.1 Principles of epidemiology and health care delivery
- 15.2 Concept and general principles of prevention of diseases and promotion of health
- 15.3 Organization of Nepal army health services, national health services, National health programmes (National Immunization Programme, Safe Motherhood Programme, National TB Control programme, Integrated management of childhood illnesses, Leprosy Control Programme, Elimination of Lymphatic Filariasis Programme, National Vitamin A supplementation programme, etc)
- 15.4 Nutrition, nutrients, nutritional requirements and the concept of balanced diet
- 15.5 Family planning methods
- 15.6 Principle of health care ethics and professionalism
- 15.7 Effects of environmental pollution and climate change on health

16. Forensic Medicine and Jurisprudence:

- 16.1 Role and Duties of Medical Practitioner, Post-mortem and its Legal Implication, Medical Ethics, Death, Rigor Mortis, Putrefaction, Mummification, Sponification, Wounds, Rape, Infanticide, Abortion, Homicide, Suicide, Procedure for Identifying living person and dead body

Part II : General Awareness

Section - (E)

17. सामान्य ज्ञान

- 17.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक र राजनैतिक अवस्था सम्बन्धी सामान्य जानकारी
- 17.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरु : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद, सूचना प्रविधि, पुरस्कार
- 17.3 विद्यमान नेपालको संविधानको सामान्य जानकारी
- 17.4 सशस्त्र प्रहरी बल र सुरक्षा निकाय सम्बन्धी सामान्य जानकारी
- 17.5 सशस्त्र प्रहरी ऐन, २०५८ र सशस्त्र प्रहरी नियमावली, २०७२

Section - (F)

18. विविध

- 18.1 नेतृत्व
- 18.2 उत्प्रेरण
- 18.3 द्वन्द्व व्यवस्थापन
- 18.4 समावेशीकरण
- 18.5 निर्णय प्रक्रिया

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प्रथम तथा द्वितीय पत्रमा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

प्रथम पत्र				
Part	Section	अङ्कभार	प्रश्न संख्या	
			वस्तुगत	विषयगत
I	A	२५	२५ प्रश्न X १ अङ्क = २५	-
	B	२५	२५ प्रश्न X १ अङ्क = २५	-
	C	१५	१५ प्रश्न X १ अङ्क = १५	-
	D	१५	१५ प्रश्न X १ अङ्क = १५	-
II	E	२०	२० प्रश्न X १ अङ्क = २०	-
	F	-	-	-
द्वितीय पत्र				
Part	Section	अङ्कभार	प्रश्न संख्या	
			विषयगत	समस्या समाधान
I	A	३०	४ प्रश्न X ५ अङ्क = २० ४ प्रश्न X १० अङ्क = ४०	२ प्रश्न X १५ अङ्क = ३०
	B	३०		
	C	२०		
	D	२०		
II	E	-	-	-
	F	१०	२ प्रश्न X ५ अङ्क = १०	-