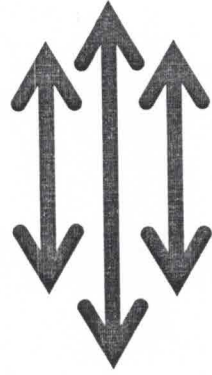
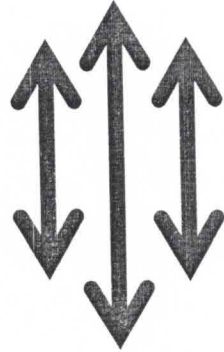


नेपाली सेना  
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,  
जंगी अड्डा



प्रा.उ.से. एम.बि.बि.एस. डाक्टर (खुला) पदको लिखित  
परीक्षाको पाठ्यक्रम



२०७७

## नेपाली सेना

### प्रा.उ.से. एम.बि.बि.एस. डाक्टर (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ४ घण्टा

पूर्णाङ्क : १५०

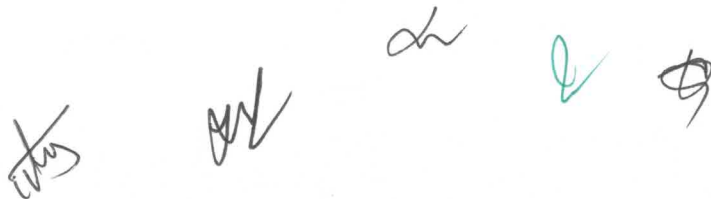
उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से. एम.बि.बि.एस. डाक्टर (खुला) पदको उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईनेछ ।
- (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई यथासंभव समेटिनेछ ।
- (घ) वस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
- (ङ) वस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
- (च) वस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
- (छ) यो पाठ्यक्रम मिति २०७७/०५/०५ गतेबाट लागु हुनेछ ।

### लिखित परीक्षाको योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या अङ्क	समय
पेशा सम्बन्धि	७५	६०	वस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा
	७५		विषयगत (Subjective)	छोटो उत्तर	९ प्रश्न x ५ अङ्क = ४५	३ घण्टा
				लामो उत्तर	३ प्रश्न x १० अङ्क = ३०	



## लिखित परीक्षाको पाठ्यक्रम

### **1. Human Anatomy:**

General principles and basic structural concept of gross anatomy of skin, fascia, muscles, joints, heart, stomach, intestines, liver, and gallbladder, lungs, spleen, kidneys, uterus, ovary, testes, pituitary, thyroid, parathyroid and adrenal glands. Human osteology including musculoskeletal system. Gross anatomy and organization of various systems: gastrointestinal and hepatobiliary, respiratory, cardiovascular, genitourinary and reticulo-endothelial system. Gross anatomy of nervous system: subdivisions and their functions, neurons, nerve fibres and synapses

### **2. Human Physiology and Biochemistry:**

Neurophysiology: sensory receptors, reticular formation, cerebellum and basal ganglia. Reproduction: regulation of functions of male and female gonads. Cardiovascular system: mechanical and electrical properties of heart including ECG, regulation of cardio-vascular functions. Gastro intestinal and hepatobiliary system: bilirubin metabolism, liver function tests, digestion and absorption of fats, metabolism of carbohydrates. Haematology: hemoglobin synthesis, abnormal hemoglobin synthesis, abnormal hemoglobins. Respiration: regulation of respiration. Renal physiology: tubular function, regulation of pH. Nucleic acids: RNA, DNA, genetic code and protein synthesis. Fluids and electrolytes balance and their regulation

### **3. Pathology and Microbiology:**

Principles of inflammation, principles of carcinogenesis and tumour spread, coronary heart disease, infective disease of liver and gall bladder, pathogenesis of tuberculosis. Immune system, immunological and serological tests for collagen vascular disease. Etiology and laboratory diagnosis of disease caused by streptococcus, Salmonella, shigella, vibrio, meningococcus and hepatitis virus. Life cycle and laboratory diagnosis of entamoeba histolytica, malaria parasite, ascariasis and hookworms

### **4. Community Medicine:**

Principles of epidemiology and health care delivery, Concept and general principles of prevention of diseases and promotion of health, 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). Nutrition, nutrients, nutritional requirements and the concept of balanced diet. Family planning methods. Principle of health care ethics and professionalism. Effects of environmental pollution and climate change on health

### **5. Forensic Medicine and Jurisprudence:**

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

### **6. Pharmacology:**

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





## 7. General Medicine:

Respiratory Diseases: Acute Bronchitis, Chronic Obstructive Airway Disease, Bronchial Asthma, Pneumonias, Tuberculosis, Bronchogenic Carcinoma, Bronchiectasis, Occupational Lung Diseases, Respiratory Failure, SARS, Pleural effusion, Pneumothorax

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

Gastrointestinal Disease: 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

Blood and Lymphoreticular Diseases: Anaemia, Leukaemia, Purpura, Agranulocytosis, Polycythemia, Reticulosis, Lymphomas

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, Spina bifida, Neurogenic Shock, Cerebral Malaria

Endocrine and Metabolic Diseases: Diabetes Mellitus, Non-ketotic Coma, Ketoacidosis, Thyrotoxicosis, Hypothyroidism, Cushing's Syndrome, Addison's Disease, Hyperparathyroidism, Tetany, Hypogonadism, Diabetes Insipidus

Joint and Collagen Diseases: Rheumatoid Arthritis, Gout, Systemic Lupus Erythematosus, Osteoarthritis, Osteomalacia and Osteoporosis, Ankylosing Spondylitis

Renal Diseases: Urinary Tract Infection, Acute Glomerulonephritis, Nephrotic Syndrome, Urinary Calculi, Renal Failure, Tuberculosis, Neoplasm, Acidosis, Alkalosis, Hyperkalaemia, Kidney Transplantation

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

## 8. General Surgery:

Sinus, Fistula, Fissure, Polyp, Ulcer, Tumour, Hernia, Hydrocoele, Burn, Shock, Peptic Ulcer, Pyloric Stenosis, Haematemesis and Melaena, Oesophageal Varices, Intestinal Obstruction, Paralytic ileus, Acute Abdomen, Acute 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, Enlarged Prostate, Incontinence of Urine, Vasectomy, Goiter, Tumours of Testis, Lymphomas, ruptured spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Hypovolemia, Oliguria, Acute Retention of Urine, Suprapubic Cystostomy, Wounds

## 9. Obstetrics and Gynaecology:

Antenatal, Natal and Postnatal care, Pregnancy Induced Hypertension, Eclampsia, Tuberculosis, Diabetes Mellitus and Rheumatic Heart Diseases in relation to Pregnancy, Hyperemesis 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

**10. Pediatrics:**

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

**11. Ophthalmology:**

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

**12. Ear, Nose and Throat:**

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, Wax in Ear, Haematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis, Otomycosis

**13. Orthopedics:**

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

**14. Anaesthesiology & Emergency:**

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

**15. Psychiatry:**

Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa. Substance abuse (Alcohol/drugs/ others)

**16. Dermatology and STD:**

Dermatology: Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption. STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution

**17. Emergency Medicine:**

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 melaena, RTA, Trauma, Cut down, Poisoning, Insect bite, Snake bite, Catheterisation, NG Tube Insertion

**18. Dental:**

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

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**19. Acts related to Health and Medical Profession:**

Nepal Health Services Act, Nepal Health Service Regulation, National Health Policy, Second Long Term Health Plan, Nepal Medical Council Act, Mother's Milk Substitute Act, Legalization of abortion, Organ Transplant Act, other health related acts.

माथि उल्लेखित पाठ्यक्रमका एकाइहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ

Section number	MCQs number	Long answer question	Short answer question
1.	10	-	2 x 5 = 10
2.			
3.			
4.			
5.			
6.			
7.	15	3 x 10 = 30	3 x 5 = 15
8.	15		
9.	15		
10.			
11.	20	-	4 x 5 = 20
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
Total	75x1=75	3 x 10 = 30	9x5=45

**प्रयोगात्मक परिक्षाको पाठ्यक्रम**

समय : ६० मिनेट

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

SN	Topic	Full marks	Time
1	History taking	10	10
2	Examination of patient	10	10
3	Provisional diagnosis	3	5
4	Differential diagnosis	3	5
5	Investigations	3	5
6	Final diagnosis	3	5
7	Referral note	3	5
8	Viva	15	15
Total		50	60

The End