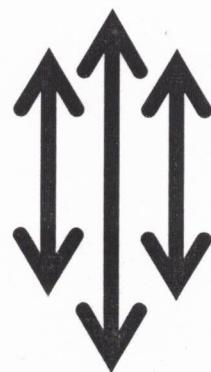


नेपाली सेना

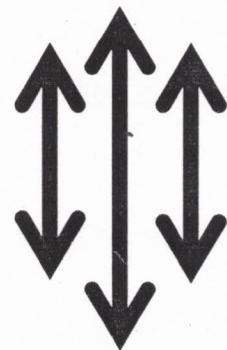
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,

जंगी अड्डा



प्रा.उ.से. Dental Hygienist (आन्तरिक) पदको लिखित

परीक्षाको पाठ्यक्रम



२०७९

नेपाली सेना

प्रा.उ.से. Dental Hygienist (आन्तरिक) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ४ घण्टा १५ मिनेट

पूर्णाङ्क: १५०
उत्तीर्णाङ्क: ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से.प्रा.उ.से. Dental Hygienist (आन्तरिक) पदका 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) बस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
- (ङ) बस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
- (च) बस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
- (छ) यो पाठ्यक्रम मिति २०७९/११ / १५ गतेबाट लागु हुनेछ ।

लिखित परीक्षाको योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या अङ्क	समय
पेशा सम्बन्धी	७५	६०	बस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्नx १ अङ्क=७५	१ घण्टा १५ मिनेट
	७५		विषयगत (Subjective)	छोटो उत्तर	९ प्रश्नx ५ अङ्क=४५	३ घण्टा
				लामो उत्तर	३ प्रश्नx १० अङ्क=३०	

नेपाली सेना

प्रा.उ.से.Dental Hygienist (आन्तरिक)

पदको लिखित परीक्षाको पाठ्यक्रम

SECTION -A

S.N.	Topic Content	Remark
1	1. Introduction Unit 1 : Definition and terminologies Define Anatomy, Histology, Osteology, Embryology and Physiology	
2	1. Explain Anatomical Terminologies: Mesial, Distal, Buccal, Labial, Lingual, Palatal, Occlusal, Incisal, Dorsal, Ventral etc. Sub unit 2: Skeleton System	
3	Maxilla 1. Describe structure and parts of maxilla Mandible 1. Explain structure and parts of mandible	
4	Sub unit 3: Muscular System 1. Enumerate facial muscles 2. List the functions of facial muscles 3. Enumerate muscles of mastication 4. Describe functions of muscles of mastication	
5	Sub unit 4: Temporo-Mandibular Joint 1. General Anatomy of the T.M.J.	
6	Sub unit 5: Oral cavity 1. Explain various parts of oral cavity 2. describe cheek, palate, floor of the mouth, vestibule, lips 3. Describe tongue, its structure and muscles of tongue 4. Describe taste buds and functions of tongue	
7	Sub unit 6: Alveolar bone 1. Describe alveolar bone 2. Explain properties and functions of alveolar bone	
8	Sub unit 7: Anatomy of tooth 1. List and describe the morphological parts of tooth 2. List the structural parts of tooth 3. Write down eruption and exfoliation sequence 4. Differentiate between deciduous and permanent dentition	

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Date: 08/08/2023
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9	Sub unit 8: Tooth numbering system 1. List the different tooth numbering system	
10	Sub unit 9: Salivary Gland 1. Parotid, sub mandibular and sublingual gland	
11	Sub unit 11: Skeleton system 1. Identify skeleton of the head and neck 2. Identify maxilla and mandible with their parts.	
12	Sub unit 15: Anatomy of tooth 1. Identify parts of tooth 2. Differentiate each tooth, deciduous and permanent 3. Draw diagrams of human dentition	

S.N.	Topic Content	Remark
1	Sub Unit 1: Gingival inflammation. 1. Describe gingival Inflammation 2. Describe various stages of gingival inflammation 3. Describe gingivitis 4. Describe clinical features of gingivitis	
2	Sub Unit 2: Gingival Enlargement. 1. Describe types of gingival enlargement 2. Describe gingival enlargements associate with systemic diseases	
3	Sub Unit 4: Periodontitis. 1. Describe & classify periodontitis	
4	Sub Unit 5: Periodontal pocket 1. Define periodontal pocket 2. Classify periodontal pocket 3. Describe clinical features 4. Discuss sequelae of periodontal pocket	
5	Sub Unit 6: Periodontal Abscess And Cyst. 1. Explain Periodontal Abscess 2. Explain Periodontal Cyst	
6	Sub Unit 7: Clinical Examination Discuss case history taking 1. Perform clinical examination 2. Describe method of probing 3. Describe types of probes 4. Discuss routine investigative methods	
7	Sub Unit 8: Prognosis 1. Define prognosis in periodontics 2. Describe types of prognosis 3. Describe purpose and factors to be taken into consideration in individual and overall prognosis	

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	Sub Unit 9: Treatment	
8	<ol style="list-style-type: none"> 1. Define scaling and root planning 2. Discuss aims and objective of scaling and root planning 3. Discuss indications and contraindications of scaling and root planning 4. Discuss complications of improper scaling 5. Follow up 6. Perform tooth polishing 7. Referral 	
9	<p>Sub Unit 10: Periodontal ligament.</p> <ol style="list-style-type: none"> 1. Define periodontal ligament 2. Discuss role of dental plaque in periodontal disease 	
10	<p>Sub Unit 11: Dental calculus</p> <ol style="list-style-type: none"> 1. Define and classify dental calculus 2. Describe composition of dental calculus 3. Describe mechanism of formation of dental calculus 4. Etiologic significance of dental calculus 	
11	<p>Sub Unit 12: Plaque control</p> <ol style="list-style-type: none"> 1. Discuss importance of oral hygiene and its effect on general health 2. Discuss plaque control measures and its significance 3. Classify plaque control methods 4. Explain personal oral hygiene methods 5. Discuss importance of patient education on plaque control 6. Describe the use of disclosing agents 	
12	<p>Sub Unit 13: Gingivitis</p> <ol style="list-style-type: none"> 1. Describe gingivitis 2. Explain types of gingivitis 3. Explain Clinical feature of gingivitis 	
13	<p>Sub Unit 14: Periodontal ligament</p> <ol style="list-style-type: none"> 1. Describe periodontal ligament 2. Enumerate fibers of periodontal ligament 3. Explain functions of periodontal ligament 	

SECTION -B

S.N.	Topic Content	Remark
1.	<p>Unit 1: Introduction & biological consideration of dental materials</p> <ol style="list-style-type: none"> 1. Describe and enlist commonly used dental materials 2. Discuss requirement of shelf life and storage of dental materials 	
2.	<p>Sub unit 1: Gypsum Products</p> <ol style="list-style-type: none"> 1. Classify gypsum products and its application in dentistry 2. Explain manipulation process of gypsum products 	

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3.	<p>Sub unit 2: Composite resins</p> <ol style="list-style-type: none"> 1. Describe composite resins 2. Enlist and explain types of composite resins 3. Manipulation process of composite resins 4. Explain the process of eye protection during light curing 	
4.	<p>Sub unit 3: Dental Amalgam</p> <ol style="list-style-type: none"> 1. Describe dental amalgam 2. Classify amalgam 3. Describe composition of dental amalgam 4. Explain manipulation process of amalgam 5. Explain mercury hazard and wastage disposal methods of dental amalgam 	
5.	<p>Sub unit 4: Dental cements</p> <p>Sub unit 1: Zinc oxide -eugenol</p> <ol style="list-style-type: none"> 1. Describe Oxide-eugenol cement 2. Describe composition of zinc oxide-eugenol cement 3. Explain manipulation process of zinc oxide-eugenol cement 	
6.	<p>Sub unit 5: Zinc phosphate</p> <ol style="list-style-type: none"> 1. Describe zinc phosphate cement 2. describe composition of zinc phosphate 3. explain manipulation process of zinc phosphate 	
7.	<p>Sub unit 6: Glass ionomer</p> <ol style="list-style-type: none"> 1. Describe glass ionomer cement 2. Classify glass ionomer cement 3. Describe composition of glass ionomer cement 4. Explain manipulation process of glass ionomer cement 	
8.	<p>Sub unit 7: Calcium hydroxide</p> <ol style="list-style-type: none"> 1. Describe calcium hydroxide cement 2. Describe types of calcium hydroxide cement 3. Describe composition of calcium hydroxide cement 4. Explain manipulation process of calcium hydroxide cement 	
9.	<p>Sub unit 8: Dental waxes</p> <ol style="list-style-type: none"> 1. Describe dental waxes 2. Enlist types of dental waxes 	
10.	<p>Sub unit 9: Dental Instruments</p> <p>Identification of instruments</p> <ol style="list-style-type: none"> 1. Describe and classify dental instruments 2. Discuss the identification of common diagnostic, restorative, endodontic, prosthodontic, orthodontic and oral surgery instruments. 	
11.	<p>Sub unit 10: Dental Assisting</p> <p>A. Dental Chair</p> <ol style="list-style-type: none"> 1. Enlist and identify various parts of dental chair and their functions 2. Demonstrate the operation of dental chair units into various positions 	
12.	<p>B. Chair-side Assisting</p> <ol style="list-style-type: none"> 1. Demonstrate various positions of the operator and the assistant 2. Describe various steps of patient preparation before operative procedure 	

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	<ul style="list-style-type: none"> 3. Describe patient preparation in special situations including the case of child patient, handicap patient, apprehensive patient, medically compromised patient, pregnant patient etc. 4. Describe role of dental assisting in special situations including medical emergencies 5. Describe role of dental assisting in special situation like choking or aspiration of instruments/materials by the patient 6. Describe post treatment instruction after various dental procedures. 	
13.	<p>C. Saliva control and isolation</p> <ul style="list-style-type: none"> 1. Enlist different methods of saliva control & isolation 2. Describe use of suction machine for saliva control 3. Prepare cotton rolls for saliva control 	
14.	<p>Sub unit 11: Maintenance of dental equipment and instruments</p> <p>A. Cleaning</p> <ul style="list-style-type: none"> 1. Demonstrate cleaning of dental chair 2. Demonstrate cleaning of dental equipment including suction apparatus, amalgamator, machine, autoclave, light cure machine, compressor etc. 3. Demonstrate disinfection of water pipe, hand piece chord, drainage system of dental chair unit 	
15.	<p>B. Maintenance and servicing of dental equipment</p> <ul style="list-style-type: none"> a. Identify air servicing of dental chair unit b. Demonstrate oiling/lubrication of dental chair unit and compressor c. Demonstrate oiling and storage of hand piece unit d. Demonstrate changing of cartridge of hand piece unit e. Demonstrate changing of bulb and cleaning of illumination panel f. Demonstrate changing of fuse wire of various electrical dental appliance 	
16.	<p>Sub unit 1: Dental waste disposal</p> <ul style="list-style-type: none"> 1. Define waste disposal 2. Discuss the types of biological waste products in the dental operatory 3. Explain mercury waste in the dental operatory 4. Discuss the process of various biological and physical waste in the dental operatory 	
17.	<p>Sub unit 2: Infection Control</p> <ul style="list-style-type: none"> 1. Define infection control 2. Enumerate and explain various levels of infection control 3. Define sterilization 4. Define disinfection <p>Describe antiseptic and asepsis with example</p>	

SECTION -C

S.N.	Topic Content
1.	<p>Sterilization of Dental instrument</p> <ul style="list-style-type: none"> 1. Define Sterilization 2. Enlist different methods of Sterilization 3. Describe the process of Sterilization and disinfection of various dental instruments 4. Describe sterilization dental hand piece and instruments

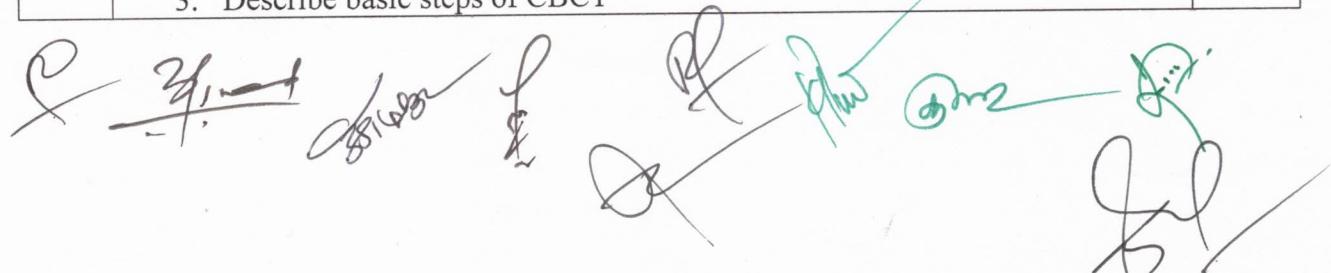
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2.	Unit 1: Oral Pathology 1. Define Pathology 2. Write down concept of Disease	
3.	Sub Unit 2: Inflammation 1. Describe cause and types of inflammation 2. Describe clinical features of inflammation 3. Enumerate and explain cardinal signs of inflammation	
4.	Sub unit 3: Abscess 1. Define Abscess 2. Explain cause of abscess 3. Enumerate and explain types of abscess 4. Describe clinical features of abscess 5. Describe alveolar abscess 6. Describe periodontal abscess	
5.	Sub unit 4: Space infection 1. Define space and Enumerate spaces of oral-facial region 2. Describe Cellulitis 3. Enumerate common Dental Space Infections 4. Explain Ludwig's Angina	
6.	Sub unit 5: Cysts 1. Define cyst 2. Enumerate common cystic lesions of the oral cavity 3. Describe odontogenic cysts	
7.	Sub unit 6: Tumors 1. Define tumor 2. Differentiate benign and malignant tumors	
8.	Sub unit 7: Developmental anomalies 1. Explain development anomalies of tooth 2. Explain development anomalies of oral structures 3. Describe and classify cleft lip and palate 4. Describe incidence and cause cleft lip and palate	
9.	Sub unit 8: Chronic Injuries of the teeth 1. Define Attrition, Abrasion and Erosion 2. Describe causes & clinical features and Treatment of Attrition, Abrasion and Erosion	
10.	Sub unit 9: Dental Caries 1. Define dental caries 2. Explain etiology and clinical feature of dental caries 3. Describe sequel of dental caries 4. Describe prevention of dental caries	
11.	Sub unit 10: diseases of pulp and peri apical tissues 1. Classify diseases of pulp 2. Describe etiology, clinical features and sequela of pulpitis and peri apical infection	
12.	Sub unit 12: Systemic diseases and their oral manifestations 1. Identify Oral manifestations of Common systemic conditions.	

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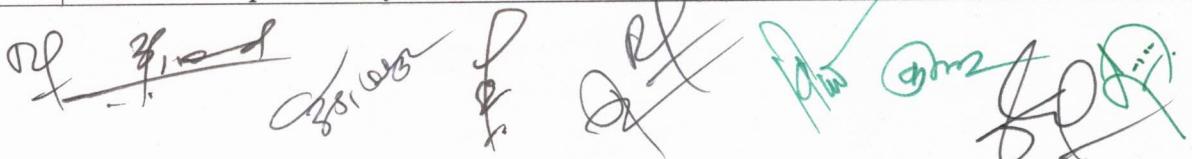
13.	Sub unit 3: Universal precaution 1. Define universal precaution 2. Describe procedures followed in universal precaution	
14.	Sub unit 4: Hand scrubbing 1. Explain process of hand scrubbing in operatory with their significance	
15.	Sub unit 5: Self protection 1. Describe self-protection in operatory 2. Explain process of wearing face mask, gloves and gowns with their clinical significance	
16.	Sub unit 6: Decontamination 1. Explain process of decontamination of gloves, linens and surgical drapes 2. Decontaminate process of decontamination of dental equipment and instruments including dental chair, hand piece, suction apparatus, X-ray films etc.	
17.	Unit 7: Clinical waste management 1. Explain clinical waste 2. List and explain the types of waste management 3. Discuss clinical wastes of dental operatory 4. Explain procedure of waste management of dental operatory 5. Explain dental amalgam waste management	

S.N.	Topic Content
1.	Sub unit 1: Types of radiographs and IOPA X-ray taking procedure 1. Describe various position of X-ray Tube (cone) during IOP X-ray taking 2. Explain the relation between >-ray cone and film distance and film holding methods 3. Discuss the X-Ray taking methods of upper centrals & Laterals incisors. 4. Discuss the X-ray taking methods of upper canines 5. Discuss the X-ray taking methods of upper premolars 6. Discuss the X-ray taking methods of upper molars 7. Discuss the X-ray taking methods of upper III Molars 8. Discuss the X-ray taking methods of Lower centrals & laterals 9. Discuss the X-ray taking methods of Lower canines 10. Discuss the X-ray taking methods of Lower Premolars 11. Discuss the X-ray taking methods of Lower Molars 12. Discuss the X-ray taking methods of Lower III Molars
2.	Sub unit 2: OPG and CBCT 1. Describe difference between intra oral and extra oral radiography 2. Describe basic steps of OPG 3. Describe basic steps of CBCT


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SECTION D

S.N.	Topic Content
1	Sub unit 1: School Dental Health programs 1. Describe a school dental health program 2. List and briefly discuss the aspects of school health services 3. List and discuss the important elements of school dental health program
2	Sub unit 2: Dental Manpower and Dental Auxiliary Personnel 1. Define dentist, dental specialist 2. Define dental auxiliary and briefly discuss its classification
3	Prosthetics Sub unit -3: Impression trays, materials 1. Define impression material 2. Classify impression materials 3. Describe desirable properties of impression materials 4. Describe process of disinfection of impression materials 5. Describe the process of transfer of impression materials 6. Describe the process of storage of impression materials 7. Describe and classify impression trays 8. Identify various types of impression trays 9. Discuss the methods of sterilization of impression trays
4	Sub unit 4: Impression compound 1. Define impression compound 2. Describe ideal requirements of impression compound 3. Explain manipulation process of impression compound
5	Sub unit 5: Alginate 1. List and explain types of alginate 2. Explain manipulation process of alginate 3. Explain the process of loading alginate in the impression trays 4. Describe the storage of alginate
6	Sub unit 6: Dental models cast and die materials 1. Describe dental models, cast & die materials 2. Enlist different dental materials use for making model, cast & die 3. Discuss manipulation process of dental plaster, dental stone and die stone 4. Describe laboratory process of pouring of cast 5. Describe laboratory process of base forming of cast
7	Types of Cavity & Restoration
8	Minor Surgery Sub unit 1 : Extraction Indication Contraindications Complication Sub unit 2: Operculectomy Indication Contraindications Complication Sub unit 3: Apicoectomy Indication Contraindications Complication


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9	Unit 11 : Assisting in Oral Surgical Procedures Subunit 1: Protocols for Minor and Major Surgeries Subunit 2: Arrangement and handling of Instruments and patients Subunit 3: Post-Operative Care	
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माथि उल्लेखित पाठ्यक्रमका एकाइहरुबाट सोधिने प्रश्नहरुको संख्या निम्नानुसार हुनेछ

SECTION	MCQS	LONG ANSWER QUESTIONS	SHORT ANSWER QUESTIONS
A	25x1	1x10	2x5
B	15x1	-	2x5
C	10x1	1x10	2x5
D	25x1	1x10	3x5
DISTRIBUTION	75questions x 1 marks each 75MARKS	3 questions x 10 marks each 30MARKS	9 questions x 5marks each 45 MARKS
TOTAL			

प्रयोगात्मक परिक्षाको पाठ्यक्रम

समय: ६० मिनेट

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

S.N.	Topic Content	Full Mark	Remark
1	History Taking	10	
2	Clinical/ Laboratory / Radiology/Assisting Procedure	20	
3	Spotters	10	
4	Viva	10	
	Total	50	

