

nf\$; j f cfoflj
gkfn : j f:Yo ; j f, hg/n xllj ; le{ h ; dXsfj; ftf}tx kbsf]vhf k|tofl]utflds
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kf7dqmdsf]k/vf M- o; kf7dqmdsf]cfwf/df lgDgfg; f/ b0{r/Ofdf k/Llff ln0g] 5 M
 kyd r/Of M- lnvt k/Llff kOff{ M- @))
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kyd r/Of – lnvt k/Llff oflhgf (Examination Scheme)

kq	lj ifo	kOff{	pQLOff{	k/Llff kOffnl	kZg ; Wof xcÍef/	; do
kyd	hg/n xllj ; le{ h	!))	\$)	j :tut axpQ/ (Multiple Choice)	!))x! Ö !))	! 306f !% ldgð
lätlo		!))	\$)	lj ifout -Subjective_	!)x!) Ö !))	# 306f

lätlo r/Of

lj ifo	kOff{	k/Llff kOffnl
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! = lnvt k/Llffsf]dfwod effif cuhl j f gkfnl cyj f cuhl / gkfnl bj }xg ; Sg\$.

@ = lnvt k/Llffsf]bj }kqsf]lj ifoj :t' Pp6}xg\$ / kf7dqmdsf Psf0x?af6 ; flwg]kZgx?sf] ; Wof lgDgfg; f/ xg\$ M

kyd kqsf Psf0{	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
kZg ; Wof	10	10	10	10	10	5	5	5	5	5	5	5	5	5	5	5	5
lätlo kqsf Psf0{	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
kZg ; Wof	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

= kyd / lätlo kqsf]lnvt k/Llff 5sf5\$}xg\$.

\$ = kyd kqdf j :tut axpQ/ (Multiple Choice) kZgx?sf]pQ/ ; xl lbPdf k|to\$; xl pQ/ afkt ! -Ps_ cÍ kbf g ul/g\$ eg]unt pQ/ lbPdf k|to\$ unt pQ/ afkt @) k|tzt cyf(\)= cÍ s\$ ul/g\$. t/ pQ/ glbPdf To; afkt cÍ lb0g]5g / cÍ s\$ klg ul/g]5g .

% = lätlo kqsf]lj ifout kZgx?sf]:j ?k lgDgfg; f/ xg ; Sg\$ M

%! = nfd]pQ/ lbg]!) c\$sf k/f kZgx? ; flwg ; lsg\$.

%@ = Pp6}kZgnf0{b0{j f b0{egbf a9l efudf -Two or more parts of a single question_ lj efhg u/L ; flwg ; lsg\$.

%# = Pp6f kZg cGtut b0{j f a9l l6kk0flx? -Short notes_ ; flwg ; lsg]5 .

^ = kyd r/Ofsf] lnvt k/Llffaf6 5gf6 ePsf pDd]j f/x?nf0{ dfq lätlo r/Ofsf] cGtj ftf{df ; lDdlnt u/f0g\$.

& = o; kf7dqmddf h] s]n]vPsf]ePtf klg kf7dqmddf k/}\$f Pj, lgodx? k/Llffsf]ldlt egbf # -tlg_ dlxgf cuf]8 -; zflwg ePsf j f ; zflwg e0{x6f0Psf j f yk u/L ; zflwg e0{ sfod /x\$fnf0{o; kf7dqmddf /x\$} ; Demg' kb\$.

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kyd / lätlo kq M- hg/n xly ; le{ h

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

- 1. General Medicine: 10%**
 - 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 Flu
 - 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 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
 - 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, Spina 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, Hypoparathyroidism, 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, Hyperkalemia, 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. General Surgery: 10%**
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, Pneuemothorax, Pleural Effusion, Haemothrorax, Chylothorax, Brochiectasis, Pulmonary Embolism, Lung Abscess, Bronchogenic Carcinoma, Thrombo-angitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosi, Para-Phimosi, 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
- 3. Obstetrics and Gynaecology: 10%**
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 Disteress, Maternal Disteress, Prolonged Labour, Obstructed Labour Leucorrhoea, Ante partum and Postpartum Haemorrhage, Abortion, Multiple Pregnancy, Hydramnios, Foetal Malformation, Endometriosis, Tumours of Genital Tact, Ovarian cyst, Fibroid, Genital prolapsed, Family Planning
- 4. Childhood Diseases: 10%**
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
- 5. Community Medicine: 10%**
Demography, Sociology and social understanding of health, Socio-cultural patterns, Social Problems and Social Changes, Health Economics, Gender and Environmental issues, Effective doctor patient relationship Sociological research methods, Epidemiology, Investigation of an Epidemic in District, Problem Solving Exercise on the Epidemic of Infection Diseases, Infectios Diseases, Bacterial, Viral, Fungal, Protozoal, Metazoals, Cestode, Nematode, Epidemiology of Non- infectious and Chronic Diseases, Bio- statistics, Safe Water and Sanitation, Food Sanitation, Insects and Rodent Control, Housing, Concept of Health Education, Principles of Behavior Change Communication, Group Dynamics, Methods and Media and Health Education, Nutrition and Health, Breast Feeding, Complementary Feeding, Food Hygiene, Adulteration and Food Processing, Nutritional Education and Surveys, RH and Safe Motherhood, CBR. EPI, IMCI, Growth monitoring, School Health, Occupational health, Health Care Delivery System in Nepal, Problem of the Health Care Delivery system,

District Health System, Management and Administrative Requirement of the Job Descriptions as drawn up by the Ministry for Medical Offices

- 6. Forensic Medicine and Jurisprudence: (Units 6& 7 = 10%)**
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
- 7. Psychiatry:**
Emotional Disorders (anxiety, depression, sleep disturbance), Neurosis, Psychosis, Psychosomatic Disorders, Anorexia nervosa. Substance abuse (Alcohol/drugs/ others)
- 8. Dematology and STD: (Units 8& 9 = 10%)**
(i) Dermatology: Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Plannus, Pemphigoid, Pemphigus, Drug Eruption (ii) STD: Syphilis, gonorrhoea, Non Specific Urethritis. HIV, AIDS including Universal Precaution
- 9. Ophthalmology Trachoma:**
Injuries of Eye, Foreign Body in Eye, Cojunctivitis, Refractive Error, Malignancy of Eye, Diabetic and Hypertensive Retionapathy, Stye, Chalazion, Blephritis, Celluitis, Cellulitis, Corneal Ulcer, Karatomalacia, 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
- 10. Ear, Nose and Throat: (Units 10& 11 = 10%)**
Foreign Bodies in Ear, Nose and Throat, Otitis Media, Otitis Externa, Mastoiditis, Mastold abscess Rupture of Tympanic Membrane, Meniere's Disease, Hearing Loss, Rhinotis Nasal Allergy, Polyp, Epistaxis, Sinusities, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwing's Angina, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Diptheria, Tracheostormy, Carcinoma of Larynx, Wx in Ear, Haematoma Auris, Furunculosis, Septal abscess, Rhinosporidiosis Otomycosis
- 11. Bone and Joint Disease:**
Fracture, Dislocation, Crush Injury, Amputation, Osteomyelitis, Tubercular Spine, Septic Arthritis, Erb's palsy, Synadactily, Poliomyelitis, Rickets, Artificial Limbs, Spondylosis, Physiotherapy
- 12. Anaesthesiology & Emergency: (Units 12,13 & 14 = 10%)**
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
- 13. Pathology:**
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

14. 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

15. Emergency Medicine: (Units 15, 16 & 17 = 10%)

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

16. Dental:

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

17. 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.

j :tut axpQ/ gdf kZgx? (Sample Questions)

1. A 12- year-old girl comes to you with severe pain in right ear since last night She is suffering form Ac. coryza for last 5 days, for which she had some treatment. On Otoscopy right eardrum is red and bulging. In which quadrant of eardrum will you do myringotomy ?
A) Anterosuperior B) Anterioinferior
C) Posteriosuperior D) Posterioinferior
Correct Answer:- (D)
2. In acute abdomen the first imaging of importance is:
A) Plain X-ray Abdomen B) Barium Meal X-ray
C) CT scan of Abdomen D) MRI of abdomen
Correct Answer:- (A)
3. All are true about pressure sores except
A) Occur over bony Prominence B) Are common in Paraplegics
C) Are caused by injury D) Are also called decubitus ulcers
Correct Answer:- (C)
4. Ringer lactate contains all except
A) Sodium B) Potassium
C) Bicarbonate D) Chloride
Correct Answer:- (C)
5. Live Vaccines are usually used for active immunization against
A) Pertussis B) Typhoid fever
C) Mumps, Measles and rubella D) Heparitis B
Correct Answer:- (C)
6. In HIV infection
A) 80% of vertically transmitted infections are transplacental
B) A child born to an infected mother has a 90% chance of acquiring HIV
C) Transmission can occur via breast milk
D) Risk of fetal transmission is unaffected by pre-partum antiviral agents
Correct Answer:- (C)

lj ifout gdf kZgx? (Sample questions)

1. Describe full form of HIV and AIDS, What are the routes of transmission ?
2. How you will manage a case of epistaxis in primary health care centre ?
3. How you will manage a patient with severe chest pain in district Hospital ?
4. Why maternal mortality rate is so high in Nepal ? What will be your steps to bring it down ?