

पाटन स्वास्थ्य विज्ञानपाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : **लिखित परीक्षा योजना (Written Examination Scheme)**

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage		Time Allowed
I	General Subject	Part I: Management, General Health Issues, Academic Research and Teaching-Learning Practices	50	100	40	10 × 5 = 50 (Subjective)	1.30 hrs	2.15 hrs
		Part II: Technical Subject (Relevant Subject)	50			50 × 1 = 50 (Objective Multiple Choice)	45 min	
II	Technical Subject (Relevant Subject)			100	40	7 × 10 = 70 (Long answer) 2 × 15 = 30 (Critical Analysis)		3.00 hrs
द्वितीय चरण (Second Phase)								
	Interview			30		Oral		

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रतिष्ठानको प्राज्ञिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको Part I को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर प्रथम पत्रको Part II र द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । प्रथम पत्रको Part II र द्वितीय पत्रको विषयवस्तु एउटै समूहको हकमा समान हुनेछ । परीक्षामा सोधिने प्रश्नसंख्या र अङ्कभार यथासम्भव सम्बन्धित पत्र, विषयमा दिईए अनुसार हुनेछ ।
- 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- 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 भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा 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 लागु मिति : २०८१/२/३१

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I: General Subject

Part I:

(Management, General Health Issues, Academic Research and Teaching - Learning Practices)

Section (A) - 25 Marks

1. Management

- 1.1. Health care management system in Nepal and other parts of the world
- 1.2. Fundamental principles of healthcare institution and hospital management.
- 1.3. Effective hospital management principles
- 1.4. Purpose of medical and non-medical data and records
- 1.5. Ethics and responsibility of management
- 1.6. Concept of management and its application in health care including hospital
 - 1.7.1 Management: Concept, principles, functions, scope and role, level and skills of manager
 - 1.7.2 Planning: Concept, principles, nature, types, instruments and steps
 - 1.7.3 Leadership: Concept, function, leadership styles, leadership and management
 - 1.7.4 Coordination: Concept, types, techniques of effective coordination
 - 1.7.5 Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
 - 1.7.6 Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
 - 1.7.7 Participative management: Concept, advantage and disadvantage, techniques of participation
 - 1.7.8 Time management: Concept, essential factors and strategies for effective time management
 - 1.7.9 Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
 - 1.7.10 Stress management: Concept, causes and sources of stress, techniques of stress management
 - 1.7.11 Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
 - 1.7.12 Appreciative inquiry: Concept, basic principle and management
 - 1.7.13 Human resource management: Concept, functions and different aspects
 - 1.7.14 Health manpower recruitment and development
 - 1.7.15 Financial management: Concept, approaches, budget formulation and implementation, Auditing and topics related to fiscal administration

2. General Health Issues

- 2.1. Present constitution of federal republic of Nepal (including health and welfare issues)
- 2.2. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.3. Professional council and related regulations
- 2.4. National Health Policy
- 2.5. Health Service Act and Regulation
- 2.6. Second Long term health plan
- 2.7. Health Management Information System, forms, indicators, annual reports
- 2.8. Human Development Indices, Sustainable Development Goals
- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness
- 2.10. Local governance and community participation in health service delivery

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.11. Health Insurance and financing in health care
- 2.12. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.13. Indigenous and traditional faith health and health practices
- 2.14. International Health Agencies: Roles and responsibilities of WHO, UNICEF, UNFPA, Inter-agency relationships, Government-agency coordination: Joint Annual Review meeting
- 2.15. Supervision, types and its usage in health sector
- 2.16. Monitoring and evaluation system in health sector
- 2.17. National Health Training Centre
- 2.18. National and International Disaster Plan, Coordination
- 2.19. Patan Academy of Health Sciences Act, Mission, Goals, Organogram
- 2.20. Scope and function of Patan Academy of Health Sciences executive bodies (senate, executive committee, academic council, faculty board, hospital management committee, subject committee), various other committees

Section (B) - 25 Marks

3. Academic Research

- 3.1 Ethics, Bio-ethics and Professionalism
- 3.2 Human dignity and Human Right
- 3.3 Benefit and Harm
- 3.4 Autonomy and Individual responsibility
- 3.5 Consent and capacity to consent
- 3.6 Privacy and confidentiality
- 3.7 Respect for humans and personal integrity
- 3.8 Non-discrimination and non-stigmatization
- 3.9 Respect for cultural diversity and pluralism
- 3.10 National Health Research Council (NHRC) and its guidelines
- 3.11 Research process: ethical research proposal development, research principles, methods and materials, conclusion/recommendation/lesson learnt, commonly used referencing styles
- 3.12 IRB/IRC forms, types, use, importance; getting IRB/IRC clearance
- 3.13 Ethics on research methodology: sample selection, sample size calculation, ensuring reliability and validity of the instruments as well as methods proposed for health research
- 3.14 Quantitative and Qualitative studies
- 3.15 Data analysis (data visualization, descriptive statistics, inferential statistics with statistical hypotheses and appropriate tools/methods for quantitative studies; theme and code generation, thematic analysis, content analysis, grounded theory for qualitative and triangulation for mixed method studies)
- 3.16 Research ethics on vulnerable and non-vulnerable population
- 3.17 Research proposal/protocol/publication:
- 3.18 Publication ethics, plagiarism including self-plagiarism

4. Teaching - Learning, Assessment and Evaluation

- 4.1 Lancet Commission Report on Education of Health Professionals
- 4.2 Adult learning: Theories, principles, use, importance and outcomes, Andragogy vs. Pedagogy

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 4.3 Conventional teaching - learning: Didactic lectures, Teacher centred approaches, use and importance
- 4.4 Surface learning, deep learning and metacognition
- 4.5 Integrated teaching: Genesis, use, importance and outcomes
- 4.6 Problem-based learning: Genesis, use, importance and outcomes
- 4.7 SPICES model its use, importance and outcomes
- 4.8 Socialization, self-directed learning, mentoring, role model
- 4.9 Community orientation/community posting, re-orientation of medical education camp, community based learning and community engaged teaching-learning methods/models, use, importance and outcomes
- 4.10 Outcome Based Education (Competency-based Medical/Health Professions Education): Genesis, use, importance and outcomes
- 4.11 Experiential learning, Reflective practice, Feedback and feed-forward, Situated learning, Co-operative learning, Communities of practice
- 4.12 Assessment of students
 - 4.12.1 Blueprinting (Table and specification) : use, importance and outcomes
 - 4.12.2 Bloom's taxonomy of cognitive, psychomotor and affective domains, use and importance
 - 4.12.3 Diagnostic, Formative, Summative and Professional exams
- 4.13 Assessment of knowledge: Selection methods like Multiple Choice Questions, Extended Matching Items and supply methods like Short Answer Question, Problem Based Question, Long Answer Question with or without model answers and marking schemes, unstructured, semi-structured and structured viva-voce examination, advantages and limitations, use and importance, outcomes and its use in quality control
- 4.14 Assessment of performance (in-vitro): Direct observation of skills in the simulated setting, lab, ward etc. with or without checklist, Objective Structured Practical Examination, Objective Structured Clinical Examination, Standardized patients, use and importance, analysis, quality assurance, outcomes and its use in quality control
- 4.15 Assessment of performance (in-vivo): Mini-Clinical Evaluation Exercise (Mini-CEX), Direct Observation of Procedural Skills (DOPS), Case-Based Discussion (CbD), OSATS/ PBA, Multi-Source feedback (360 degree evaluation) use and importance for competency based health professions education, analysis, quality assurance, outcomes and its use in quality control
- 4.16 Assessment of observable behaviours in small groups e.g. Problem Based Learning sessions, Community Based Learning and Education sessions, Clinical clerkship rotations
- 4.17 Evaluation: Difference between assessment and evaluation, theory of change and its use in health professions education, process and outcome evaluation, qualitative, quantitative and mixed methods used in evaluation of health professions education

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I

Part II: Technical Subject

Section (C) Internal Medicine- 25 Marks

1. Anatomy

1.1 Neuro-Anatomy

- 1.1.1 Neuron and its structure
- 1.1.2 Supportive cell type structure, cellular and myelin sheaths
- 1.1.3 Synapsis, neuro-effective junctions and receptors
- 1.1.4 Cerebrum: morphology, cerebral cortex, cortical neurons, cortical layers
- 1.1.5 Motorsystem: structure, corticospinal, rubrospinal, vestibulospinal and reticulospinal tracts
- 1.1.6 Basalganglia: structure
- 1.1.7 Cerebellum: morphology, cellular structure and organization
- 1.1.8 Brainstem: general organization
- 1.1.9 Spinal cord and ganglia: morphology, motor and sensory organization in the spinal cord

1.2 Anatomy of neuro-muscular system

- 1.2.1 LMN, structuring of voluntary muscles, motor units, types of muscle fibres
- 1.2.2 Muscle spindles and other muscles & tendon receptors
- 1.2.3 Sensory system
- 1.2.4 Reflex pathways: involving cranial nerves, and limb and trunk
- 1.2.5 Cranial nerves and special senses: pathways and structure of special sense organs
- 1.2.6 Anatomy of ventricular system and CSF production
- 1.2.7 Anatomy of meninges
- 1.2.8 Autonomic nervous system
- 1.2.9 Arterial and venous cerebral circulation
- 1.2.10 Blood brain barrier

1.3 Pulmonology

- 1.3.1 Gross anatomy of upper and lower respiratory tracts, lungs with lobes and fissures with surface marking
- 1.3.2 Concept of bronchopulmonary segments and lobule or acinus aerated by a terminal bronchiole
- 1.3.3 Histology of alveolar lining cells
- 1.3.4 Pulmonary vascular bed
- 1.3.5 Pleura and pleural space, functions and histology
- 1.3.6 Mediastinum and their structures
- 1.3.7 Thoracic cage and primary and secondary muscles of respiration
- 1.3.8 The diaphragm its attachments, nerve supply and function
- 1.3.9 Lymphatic drainage of lungs and pleura
- 1.3.10 Innervation of the lungs
- 1.3.11 Thoracic receptors

1.4 Cardiovascular system

- 1.4.1 Gross anatomy of the heart and circulatory system
- 1.4.2 Histology of the cardiac muscles
- 1.4.3 Embryology of the heart and circulation

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 1.4.4 Coronary and pulmonary circulation
- 1.5 **Gastrointestinal tract**
 - 1.5.1 Gross anatomy of the gastrointestinal tract at different levels
 - 1.5.2 Gross anatomy of the hepatobiliary system and pancreas
 - 1.5.3 Histological aspects of GI tract at different levels
 - 1.5.4 Blood supply and development aspects of GI tract and hepatobiliary system
- 1.6 **Kidney and urinary tract**
 - 1.6.1 Gross anatomy of the kidney and urinary tract
 - 1.6.2 Structure of nephron and function at different level
 - 1.6.3 Development of kidney and urinary tract
 - 1.6.4 Renal circulation
- 1.7 **Endocrinal organs**
 - 1.7.1 Gross anatomy of different endocrinal organs and their development
 - 1.7.2 Histology of different endocrinal organs
2. **Physiology**
 - 2.1 Homeostatic behaviors of different fluid compartment in the body and implications during common clinical situations of burn, blood loss, diarrhea, vomiting, etc.
 - 2.2 Role of pH in normal and in abnormal conditions e.g., diarrhea, vomiting, airway obstruction, medication, etc
 - 2.3 Functions of micro/macro molecular, organelles and other structures of the cell
 - 2.4 Nutritional requirements of normal people (different ages, male, female) and ill patients of all categories with their modality of supplement
 - 2.5 Mechanisms of metabolic response to trauma and infection
 - 2.6 Function of hemopoietic /R.E.system
 - 2.7 Blood groups, methods of transfusion of blood & blood products & their hazards
 - 2.8 Mechanism of haemostasis, fibrinolysis & methods to control haemorrhage
 - 2.9 Types of excitable tissues and methods of recording their activity e.g., EMG, EEG, ECG, etc
 - 2.10 Cellular communication, chemical/neuronal/ electrical/synaptic transmission
 - 2.11 Autonomic nervous system
 - 2.12 Neuro transmitters, their synthesis and metabolism
 - 2.13 Drugs affecting neurotransmitter activity
 - 2.14 Cardiac and smooth muscles
 - 2.15 Calcium metabolism
 - 2.16 Pain and the mechanism of pain
 - 2.17 Physiology of consciousness and sleep mechanism
 - 2.18 Effect of injury to neurons
 - 2.19 Different methods of monitoring of the heart functions
 - 2.20 Drugs used for inotropic & chronotropic effects
 - 2.21 Mechanism of blood pressure regulation
 - 2.22 Physiology of circulation of different organ in the body
 - 2.23 Pathophysiology of shock and principle of their management
 - 2.24 Capillary exchange
 - 2.25 Assess vascular functions
 - 2.26 Respiration & cause of breathlessness
 - 2.27 Measure blood flow
 - 2.28 Measure/ assess blood gas

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.29 Mechanism of respiratory control
 - 2.30 Mechanism of transport
 - 2.31 Use of oxygen as therapy
 - 2.32 Mechanism of absorption from gut and physiology of gastrointestinal motility
 - 2.33 Composition of GI and hepatobiliary secretions and methods for their assessment
 - 2.34 Normal functions of the liver
 - 2.35 Formation of urine
 - 2.36 Mechanism of osmoregulation
 - 2.37 Normal thermoregulation
 - 2.38 Mechanism of hormone synthesis, secretion, metabolism
3. **Pathology**
- 3.1 Concept of cell injury, different types of degeneration & trauma
 - 3.2 Principles of inflammation and the results of various types of inflammation
 - 3.3 Acute and chronic inflammation
 - 3.4 Tissue regeneration, wound healing and healing process
 - 3.5 Various types of disorder of growth
 - 3.6 Principles of neoplasia
 - 3.7 Benign and malignant tumor
 - 3.8 Mechanism of thrombosis, and embolism and their effects
 - 3.9 Ischemia & infarction
 - 3.10 Mechanism of blood clotting and different types of bleeding disorders
 - 3.11 Principle of blood grouping system & complications of blood transfusion
 - 3.12 Principle of shock
 - 3.13 Principle of genetics and apply its concept in hereditary diseases
 - 3.14 Principle of immune response
 - 3.15 Humoral and cell mediated immunity
 - 3.16 Principle of organ transplantation and causes of its rejection
 - 3.17 Principle of Host Parasite relationship
 - 3.18 Different types of micro-organism (Bacteria, Fungus, Parasite, and Virus)
 - 3.19 Pathogenic and non-pathogenic micro-organisms
 - 3.20 Principle of asepsis & antisepsis, sterilization and disinfection
 - 3.21 Principle of antibiotic and chemotherapy
 - 3.22 Microbes that cause wound infection
 - 3.23 Principle of Hospital infection (Nosocomial infection)
4. **Clinical Pharmacology**
- 4.1 **General clinical pharmacology**
 - 4.1.1 Pharmacokinetics, pharmacodynamics, adverse drug reactions, drug interactions, drug use in childhood, pregnancy, lactation, and old age
 - 4.1.2 Clinical trials
 - 4.1.3 Rational drug use
 - 4.2 **Neurosensory and musculoskeletal systems**
 - 4.2.1 Parasympathomimetics and parasympatholytics, adrenergic and antiadrenergic drugs, narcotic and non-narcotic analgesics, non-steroidal anti-inflammatory drugs, alcohol, sedative/hypnotics, anti-parkinsonism drugs, anesthetics (general and local), appetite suppressants
 - 4.2.2 Drugs for psychiatric disorder, gout and rheumatoid arthritis, vertigo, and eye,

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

ENT, and skin diseases

4.3 **Cardiovascular system**

4.3.1 Drugs for the treatment of heart failure, cardiac arrhythmias, angina pectoris, hypertension, shock, thromboembolic disorders, myocardial infarction, anemia

4.3.2 Hemostatics, anti-coagulants, and lipid-lowering drugs

4.4 **Gastrointestinal system**

4.4.1 Drugs for peptic ulcer, diarrhoea, constipation

4.4.2 Antispasmodics, antiemetics

4.5 **Respiratory system**

4.5.1 Drugs for bronchial asthma

4.5.2 Antihistamines and other antiallergic agents

4.5.3 Cough preparation, nasal decongestants, and respiratory stimulants

4.6 **Reproductive/Endocrine systems**

4.6.1 Anti-diabetics, thyroid and anti-thyroid drugs, corticosteroids, sex hormones and antagonists, hypothalamic and pituitary hormones

4.6.2 Drugs used in labor and puerperium

4.7 **Renal/Electrolyte system**

4.7.1 Drugs for edema, and fluid/electrolyte and acid/base disturbances

4.8 **Infections**

4.8.1 General principle of chemotherapy

4.8.2 Antibacterial, antiprotozoal, anthelmintic, antifungal, and antiviral drugs

4.9 **Miscellaneous drugs**

4.9.1 Drugs for malignant diseases and immunosuppression

4.9.2 Vaccines

4.9.3 Vitamins and minerals

4.9.4 Antidotes

5. **Recent Advances in Internal Medicine and Emergencies**

5.1 Recent advances in all disciplines of Internal Medicine

5.2 Cardiovascular emergencies: Cardiac arrest, Acute MI, Cardiogenic shock, Cardiacarrhythmias, Pulmonary edema, Hypertensive crisis, Acute cardiac tamponade, DVT & pulmonary embolism

5.3 Respiratory emergencies: Hemoptysis, Acute respiratory failure, Pneumothorax, Statusasthmaticus, ARDS

5.4 Gastrointestinal emergencies: G.I. bleeding, Acute gastroenteritis and food poisoning, Acute pancreatitis, Hepatic failure, Acute abdomen

5.5 Neurological emergencies: CVA including SAH, Hypertensive encephalopathy, Meningitis, Encephalitis, Unconscious patient, Status epilepticus, Myastheniagravis

5.6 Endocrine and metabolic emergencies: DKA and coma, Hypoglycemia, Hyperosmolar non ketotic diabetic coma, Thyroid crisis, Myxoedema coma, Pheochromocytoma, Acuteadrenocorticalcrisis, Hypopituitarism

5.7 Hematological emergencies: Aplastic anaemia, Agranulocytosis, Acutethromocythpenicpurpur, Leukemia, Hemophiliaandallieddisorders

5.8 Renal emergencies: Renalcolic, Renalfailure, Hematuria

5.9 Miscellaneous emergencies:

5.9.1 Emergencies in fluid and electrolyte balance

5.9.2 Acute emergencies in infectious and tropicaldisease

5.9.3 Malaria

प्राञ्जिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 5.9.4 Septicemia
- 5.9.5 Tetanus
- 5.9.6 Snakebite
- 5.9.7 Dog bite & rabies
- 5.9.8 Poisonings
- 5.9.9 Drowning
- 5.9.10 Electrocution
- 5.9.11 High altitude sickness

6. Principles and Practice of Internal Medicine

6.1 Gastroenterology

- 6.1.1 Acid peptic diseases
- 6.1.2 Gastrointestinal bleeding: upper (nonvariceal/variceal) and lower
- 6.1.3 Gastroesophageal reflux disease (GERD)
- 6.1.4 Dysphagia in relation to malignancy and achalasia
- 6.1.5 Malabsorption syndrome
- 6.1.6 IBD: ulcerative colitis and Crohn's disease
- 6.1.7 Diverticular diseases
- 6.1.8 Irritable bowel syndrome
- 6.1.9 Acute abdomen
- 6.1.10 Ascites
- 6.1.11 Liver disorders
- 6.1.12 Hepatitis: acute and chronic
- 6.1.13 Cirrhosis with special reference
- 6.1.14 Hepatic cellular cancer
- 6.1.15 Jaundice: obstructive and non-obstructive
- 6.1.16 Liver failure: acute and chronic
- 6.1.17 Pancreas
- 6.1.18 Acute, recurrent & chronic pancreatitis
- 6.1.19 Pancreatic tumor (exocrine & endocrine)
- 6.1.20 Cystic fibrosis & other childhood disorder of the pancreas
- 6.1.21 Hereditary pancreatitis
- 6.1.22 Pancreatic transplantation

6.2 Respiratory Medicine

- 6.2.1 Anatomy and applied physiology of the respiratory system
- 6.2.2 Understanding of basic pathophysiology and be able to manage the disease processes mentioned below considering the relevant differential diagnosis:
 - 6.2.2.1 Pneumonias
 - 6.2.2.2 Lung abscess
 - 6.2.2.3 Tuberculosis
 - 6.2.2.4 Fungal infections
 - 6.2.2.5 Bronchial asthma
 - 6.2.2.6 Chronic bronchitis, emphysema and cor-pulmonale
 - 6.2.2.7 Cystic fibrosis
 - 6.2.2.8 Pulmonary eosinophilia
 - 6.2.2.9 Bronchiectasis (including its postural drainage management)
 - 6.2.2.10 Pulmonary oedema (cardiogenic and non-cardiogenic including ARDS)
 - 6.2.2.11 Interstitial lung disease (including fibrosingalveolitis, extrinsic)

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

veolitis, lung fibrosis, sarcoidosis and pneumoconiosis)

6.2.2.12 Carcinoma lung and other neoplasms

6.2.2.13 Mediastinal masses

6.2.2.14 Pleural diseases(e.g.,drypleurisy, pleural effusion,empyema)

6.2.2.15 Pneumothorax

6.2.2.16 Sleepapnoea syndrome

6.2.2.17 Acute and chronic respiratory failure

6.3 Hematology

6.3.1 Physiology and pathophysiology of bloodcell formation and haemostasis

6.3.2 Pathophysiology, causes and management of:

6.3.2.1 Anaemia: iron deficiency (with iron metabolism), megaloblastic, haemolytic anaemia and aplastic anaemia

6.3.2.2 Haemoglobinopathy and Polycythemia

6.3.2.3 Leukaemia: myeloid (acute and chronic) and lymphoid (acute and chronic)

6.3.2.4 Myeloproliferative diseases

6.3.2.5 PV(Polycythemia Vera)

6.3.2.6 Myelofibrosis

6.3.2.7 Essential thrombocytosis

6.3.2.8 Bleeding Disorders

6.3.2.9 Plateletes Disorders

6.3.2.10 Lymphomas: Hodgkin's and NonHodgkin's

6.3.3 Explain the underlying principles and complications of:

6.3.3.1 Blood Transfusion, Blood group and Rh factor, Principles of cross match, Hazards of transfusion, Blood-platelets component, Bone MarrowTransplantation

6.3.3.2 Infectious and Tropicaldiseases

6.3.4 Understanding of the following procedures:

6.3.4.1 Peripheral blood smear

6.3.4.2 Splenicaspiration

6.3.4.3 Z- N staining

6.3.4.4 Gram's staining

6.3.4.5 Bone marrow examination

6.3.4.6 Stool examination

6.3.4.7 Aldehyde test

6.3.4.8 Liver biopsy

6.3.5 Microbiological aspects of various infectious disease

6.3.6 Underlying pathogenesis of various infectious/tropical disorders

6.3.7 Basic pharmacokinetics of drugs used for treatment of tropical and infectious diseases

6.3.8 Diagnose and manage following emergencies:

6.3.8.1 Septicemia, septic shock

6.3.8.2 Cerebral malaria/black waterfever

6.3.8.3 Tetanus/gasgangrene

6.3.8.4 Acute viral encephalitis

6.3.8.5 Hepatic Encephalopathy

6.3.8.6 Enteric Encephalopathy

6.3.8.7 HIV&AIDS

प्राञ्जिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

6.4 Rheumatology

- 6.4.1 Common clinical presentations of rheumatic disease
- 6.4.2 Systemic perspective of rheumatic diseases in different systems
- 6.4.3 Genetics and rheumatic diseases
- 6.4.4 Inflammatory arthritides (RA, SpA, crystal arthritis and others)
- 6.4.5 Infection and joints (Septic arthritis and others)
- 6.4.6 Connective tissue diseases (SLE, systemic sclerosis and others)
- 6.4.7 Vasculitides
- 6.4.8 Diseases of bones and cartilages (osteoarthritis, osteoporosis and others)
- 6.4.9 Regional musculoskeletal pain syndromes
- 6.4.10 Miscellaneous conditions (autoinflammatory diseases, sarcoidosis & others)
- 6.4.11 Bone marrow aspiration
- 6.4.12 Bone marrow biopsy
- 6.4.13 Z-N staining
- 6.4.14 Muscle biopsy
- 6.4.15 Skin biopsy
- 6.4.16 Arthrocentesis
- 6.4.17 Intra-articular injections
- 6.4.18 Anatomical and physiological aspects of joints muscle and blood vessels in relation to rheumatologic conditions
- 6.4.19 Basis of cellular and humoral immune response, autoimmunity and gene therapy in rheumatological disorders
- 6.4.20 Interpret the results of various tests such as LE cell, ANF, anti-DNA, electrophoresis, complement system
- 6.4.21 Analysis of synovial fluid
- 6.4.22 Interpret the X-ray findings of bones and joints
- 6.4.23 Interpretation of the results of:
 - 6.4.23.1 Muscle biopsy
 - 6.4.23.2 Skin biopsy
 - 6.4.23.3 Kidney biopsy
- 6.4.24 To diagnose and manage rheumatologic emergencies

6.5 Endocrinology and metabolic diseases

- 6.5.1 Understanding of the following procedures:
 - 6.5.1.1 Arterial puncture for blood gas analysis
 - 6.5.1.2 Use of glucometer and stripes for blood sugar
 - 6.5.1.3 Urine examination for sugar, Ketones, Specific gravity
- 6.5.2 Interpret the findings of the following procedures/tests:
 - 6.5.2.1 Arterial blood gas analysis
 - 6.5.2.2 Pulse oximetry
 - 6.5.2.3 Thyroid function tests
 - 6.5.2.4 Pituitary function tests
 - 6.5.2.5 Parathyroid function tests
 - 6.5.2.6 Adrenal gland function tests
 - 6.5.2.7 G.T.T
 - 6.5.2.8 Sex hormone analysis
 - 6.5.2.9 Plain X-ray of various parts concerned
- 6.5.3 Interpret the finding of:
 - 6.5.3.1 FNAC report of thyroid gland

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 6.5.3.2 CT scan reports of various endocrine organs
- 6.5.4 Diagnose and manage following emergencies:
 - 6.5.4.1 D.K.A. and coma and hyperosmolar non ketotic coma
 - 6.5.4.2 Hypoglycaemia
 - 6.5.4.3 Thyroid crisis
 - 6.5.4.4 Myxoedema coma
 - 6.5.4.5 Pheochromocytoma
 - 6.5.4.6 Hypopituitarism
 - 6.5.4.7 Hypocalcaemia
 - 6.5.4.8 Acute adrenocortical crisis
 - 6.5.4.9 Hypopituitarism
- 6.5.5 Explain the structural and functional basis:
 - 6.5.5.1 Various endocrine glands, homeostatic control mechanism of hormone regulation, and the genetic basis of various endocrine disorders
- 7. **Cardiology**
 - 7.1 Diagnose order and interpret appropriate investigations and manage the following clinical conditions:
 - 7.1.1 Acute Rheumatic Fever
 - 7.1.2 Valvular heart disease: rheumatic and non-rheumatic
 - 7.1.3 Common congenital heart diseases
 - 7.1.4 Hypertension and hypertensive heart disease
 - 7.1.5 Ischaemic heart disease:
 - 7.1.5.1 Stable and unstable angina
 - 7.1.5.2 Acute myocardial infarction
 - 7.1.6 Cardiomyopathies: dilated cardiomyopathy, hypertrophic cardiomyopathy, restrictive cardiomyopathy
 - 7.1.7 Pericardial diseases: pericarditis, pericardial effusion and constrictive pericarditis
 - 7.1.8 Diseases of great arteries: coarctation of aorta, aortitis, aneurysm
 - 7.1.9 Deep vein thrombosis: thromboembolism & pulmonary embolism
 - 7.1.10 Arrhythmias
 - 7.1.10.1 Bradyarrhythmia (SA, AV blocks)
 - 7.1.10.2 Tachyarrhythmias (SVT, VT, VF, WPW, AF, AVF)
 - 7.1.10.3 Infective Endocarditis
 - 7.2 Interpret the investigative of following procedures:
 - 7.2.1 ECG with various arrhythmias
 - 7.2.2 Stress electrocardiomyopathy
 - 7.2.3 Echocardiogram of common acquired and congenital heart disease
 - 7.2.4 Cardiac enzymes, pericardial fluid analysis
 - 7.3 Diagnose and manage
 - 7.3.1 Pulmonary oedema and cardiogenic shock
 - 7.3.2 Dyslipidaemias
 - 7.3.3 Cor pulmonale and pulmonary arterial hypertension
 - 7.3.4 Electrolyte imbalance
 - 7.3.5 Basic science applied to cardiology
 - 7.3.6 Fetal circulation
 - 7.3.7 Coronary circulation
 - 7.3.8 Pulmonary circulation

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 7.3.9 Embryogenesis of congenital heart diseases
- 7.3.10 Valvular apparatus
- 7.3.11 Conduction system
- 7.3.12 Pharmacology of cardiac drugs
- 7.3.13 Exercise physiology
- 7.3.14 Etiopathogenesis and pathophysiology of various cardiac diseases in relation to clotting system, lipid abnormalities, infectious diseases
- 7.3.15 Hemodynamics (exercise, high altitude, metabolic and hormonal disorders, fetal circulation)

8. **Neurology**

- 9.1 Perform following procedures independently:
 - 9.1.1 Lumbar puncture
 - 9.1.2 Intrathecal injection
 - 9.1.3 Administration of IV contrast agent
- 9.2 Understanding of the following procedures
 - 9.2.1 EEG, EMG, Nerve conduction studies
- 9.3 Interpretation of the findings of:
 - 9.3.1 CT scan / MRI scan of:
 - 9.3.1.1 Subdural haematoma
 - 9.3.1.2 Intracranial haemorrhage including subarachnoid haemorrhage
 - 9.3.1.3 Infarction
 - 9.3.1.4 Obstructive hydrocephalus
 - 9.3.2 Myelogram:
 - 9.3.2.1 Complete obstruction
 - 9.3.2.2 Intramedullary compression
 - 9.3.2.3 Extramedullary compression
 - 9.3.3 Interpretation of the results of:
 - 9.3.3.1 Muscle biopsy
 - 9.3.3.2 Nerve biopsy
 - 9.3.3.3 EEG
 - 9.3.3.4 EMG
 - 9.3.3.5 Nerve conduction study
 - 9.3.3.6 Carotid and vertebral angiogram
 - 9.3.3.7 CT myelography
- 9.4 Diagnose and management the following neurological emergency:
 - 9.4.1 CVA including subarachnoid haemorrhage
 - 9.4.2 Meningitis
 - 9.4.3 Encephalitis
 - 9.4.4 Unconscious patient
 - 9.4.5 Status epilepticus
 - 9.4.6 Myasthenia gravis
 - 9.4.7 Increased Intracranial pressure
 - 9.4.8 Guillain–Barre syndrome
 - 9.4.9 Hypoxic encephalopathy

9. **Oncology**

- 10.1 Etiopathogenesis of cancer
- 10.2 Epidemiology of cancer

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 10.3 Cancer prevention & screening
 - 10.4 Diagnosis & diagnostic tools in cancer
 - 10.5 Principles of cancer management
 - 10.6 Common cancers: Oesophagus, stomach, colorectum, hepatocellular cancer, cancers of the biliary tree, pancreas, breast, lung, renal cell carcinoma, prostate, testicular, GIST, ovarian, endometrial, hematological & lymphoid malignancies, cancers of the endocrine system, HIV-associated cancers, tumors of the mediastinum etc
 - 10.7 Oncological emergencies & paraneoplastic syndromes
 - 10.8 Anticancer therapeutics
10. **Dermatology**
- 11.1 Scabies
 - 11.2 Superficial mycoses
 - 11.3 Superficial bacterial infections
 - 11.4 Diagnosis and management of drug induced cutaneous eruptions
11. **Psychiatry**
- 12.1 Diagnose anxiety neurosis, depression and schizophrenia
 - 12.2 Differentiate between functional and organic psychoses (simple and uncomplicated)
 - 12.3 Treat cases of anxiety neurosis and depression
 - 12.4 Diagnose and manage substance abuse

Section (D) Nephrology - 25 Marks

1. Normal structure and function of kidneys

- Embryology of the kidney
- Anatomy of the kidney
- The renal circulation and glomerular ultrafiltration
- Metabolic basis of solute transport
- Transport of sodium, chloride, and potassium
- Aldosterone regulation of ion transport
- Transport of calcium, magnesium and phosphate
- Renal handling of organic solutes
- Renal acidification mechanisms
- Urine concentration and dilution
- The cell biology of vasopressin action
- Vasoactive molecules and the kidney
- Arachidonic acid metabolites and the kidney

2. Disorders of body fluid volume and composition

- Disorders of sodium balance
- Disorders of water balance
- Disorders of acid base balance
- Disorders of potassium balance

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- Disorders of calcium, magnesium and phosphate balance

3. Epidemiology and risk factors in kidney disease

- Epidemiology of kidney disease
- Demographics of kidney disease
- Risk factors and chronic kidney disease
- Nephron endowment
- Aging and kidney disease

4. Evaluation of a patient with a kidney disease

- Approach to a patient with a kidney disease
- Laboratory assessment of kidney disease: glomerular filtration rate (GFR), urinalysis, proteinuria
- Interpretation of electrolytes and acid base parameters in blood and urine
- Diagnostic kidney imaging
- The renal biopsy
- Biomarkers in acute and chronic kidney diseases

5. Disorders of kidney structure and function

- Acute kidney injury
- Primary glomerular disease
- Secondary glomerular disease
- Overview of therapy of glomerular disease
- Microvascular and macrovascular diseases of the kidneys
- Tubulointerstitial diseases
- Urinary tract infections in adults
- Urinary tract obstruction
- Diabetic nephropathy
- Nephrolithiasis
- Renal neoplasia
- Renal disease in cancer patients

6. Genetics of kidney diseases

- Genetic basis of kidney disease
- Inherited disorders of the glomerulus
- Inherited disorders of the renal tubule

प्राञ्जिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- Cystic diseases of the kidneys

7. Hypertension and the kidney

- Primary and secondary hypertension
- Renovascular hypertension and ischaemic nephropathy
- Hypertension and kidney disease in pregnancy
- Antihypertensive drugs
- Diuretics

8. The consequences of advanced kidney disease

- Adaptation of nephron loss and mechanisms of progression in chronic kidney disease
- Mechanisms and consequences of proteinuria
- The pathophysiology of uraemia
- Chronic kidney disease-mineral bone disorder
- Cardiovascular aspects of kidney disease
- Haematologic aspects of kidney disease
- Endocrine aspects of chronic kidney disease
- Neurologic aspects of chronic kidney disease
- Dermatologic conditions in kidney disease

9. Conservative management of kidney disease

- Dietary approaches to kidney diseases
- Stepped care approach to the management of chronic kidney disease
- Vitamin D, calcimimetic agents and phosphate binders
- Prescribing drugs in kidney disease

10. Dialysis and extracorporeal therapies

- Hemodialysis
- Peritoneal dialysis
- Critical care nephrology
- Plasmapheresis
- Extracorporeal treatment of poisoning
- Interventional nephrology

11. Kidney transplantation

पाटन स्वास्थ्य विज्ञानपाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग

प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, **Nephrology** उपसमूह सहायक प्राध्यापक पद, नौ ख (९ ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- Transplantation immunobiology
- Donor and recipient issues
- Clinical management

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग