

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग
प्राविधिक सेवा, डेन्टल समूह, तह ५, ओरल हाईजिनिष्ट पदको
आन्तरिक र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रम योजनालाई निम्नानुसारका दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क :- ३०

परीक्षा योजना(Examination Scheme)

१. प्रथम चरण : - लिखित परीक्षा						पूर्णाङ्क :- २००	
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	प्राविधिक विषय, र सम्बन्धित	100	40	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	४५ मिनेट
द्वितीय	कानूनहरु	100	40	विषयगत	प्रश्नोत्तर	१० प्रश्न X १०अङ्क	३ घण्टा
२. द्वितीय चरण : - अन्तर्वार्ता							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
अन्तर्वार्ता	30	-	मौखिक				

द्रष्टव्य :

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा) र द्वितीय चरण (अन्तर्वार्ता) गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईवाट प्रश्नहरु सोधिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको 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 उत्तरपुस्तिकाहरु हुनेछन् । परिक्षार्थीले प्रत्येक खण्डका प्रश्नहरुको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु 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 उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०८१/०२/३१

नोट: प्रथम पत्र र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।

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पत्र/विषय :-

प्राविधिकविषय, र सम्बन्धितकानूनहरु
(Technical Subject, General Knowledge and Related Legislation)

खण्ड (A): 80 Marks

1. Introduction

- 1.1 Definition and terminologies : Define Anatomy, Histology, Osteology, Embryology and Physiology
- 1.2 Explain anatomical terminologies: mesial, distal, buccal, labial, lingual, palatal, occlusal, incisal, dorsal, ventral etc.

2. Skeleton system

- 2.1 Review of skeleton of head and neck
 - 2.1.1 Enumerate and describe the skeleton of cranium
 - 2.1.2 Enumerate skeleton of vertebra with emphasis on cervicle vertebra
- 2.2 Maxilla
 - 2.2.1 Describe structure and parts of maxilla
 - 2.2.2 List the attachment to the maxilla
 - 2.2.3 Describe position and relations of maxilla
- 2.3 Maxillary sinus
 - 2.3.1 Describe anatomy and structure
 - 2.3.2 Enumerate functions of maxillary sinus
- 2.4 Mandible
 - 2.4.1 Explain structure and parts of mandible
 - 2.4.2 List the attachment to the mandible
 - 2.4.3 Describe position and relations of the mandible
- 2.5 Identify skeleton of the head and neck
- 2.6 Identify maxilla and mandible with their parts & attachment

3. Muscular System

- 3.1 Review on facial muscles
 - 3.1.1 Enumerate facial muscles
 - 3.1.2 List the functions of facial muscles
- 3.2 Muscles of mastication
 - 3.2.1 Enumerate muscles of mastication
 - 3.2.2 Describe origin, insertion and relation of muscles of mastication
 - 3.2.3 Describe functions of muscles of mastication
 - 3.2.4 Describe the role of buccinator & orbicularis oris
- 3.3 Identify facial muscles & muscles of mastication

4. Temporo-mandibular joint

- 4.1 Define T.M.J.
- 4.2 Explain Structure of T.M.J. with diagram
- 4.3 Describe movements of T.M.J.
- 4.4 Locate T.M.J.
- 4.5 Demonstrate movements of T.M.J

5. Oral cavity

- 5.1 Explain various parts of oral cavity

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- 5.2 Describe cheek, palate, floor of the mouth, vestibule, lips
- 5.3 Describe tongue, its structure and muscles of tongue
- 5.4 Describe taste buds and functions of tongue
- 5.5 Identify parts of oral cavity
- 5.6 Identify taste buds

- 6. **Periodontium**
 - 6.1 Gingiva
 - 6.1.1 Describe gingiva and gingival sulcus
 - 6.1.2 Explain structure and type of gingiva
 - 6.1.3 Explain Clinical feature of Gingiva
 - 6.2 Periodontal ligament
 - 6.2.1 Describe periodontal ligament
 - 6.2.2 Enumerate fibres of periodontal ligament
 - 6.2.3 Explain functions of periodontal ligament
 - 6.3 Cementum
 - 6.3.1 Describe cementum
 - 6.3.2 Enumerate types and functions of cementum
 - 6.4 Alveolar bone
 - 6.4.1 Describe alveolar bone
 - 6.4.2 Explain properties and functions of alveolar bone

- 7. **Tooth**
 - 7.1 Growth and development of tooth
 - 7.1.1 Explain dental lamina & dental papilla
 - 7.1.2 Describe tooth bud
 - 7.1.3 Describe development of dentition and explain different stages of development
 - 7.1.4 Identify different stages of development of dentition
 - 7.1.5 Certificate in Dental Science, 200613
 - 7.1.6 Identify different stages of development of occlusion
 - 7.1.7 Find out the dental age of child
 - 7.2 Anatomy of tooth
 - 7.2.1 List and describe the morphological parts of tooth
 - 7.2.2 List the structural parts of tooth
 - 7.2.3 Write down eruption and exfoliation sequence
 - 7.2.4 Differentiate between deciduous and permanent dentition
 - 7.2.5 Identify parts of tooth
 - 7.2.6 Differentiate each tooth, deciduous and permanent
 - 7.2.7 Draw diagrams of human dentition
 - 7.2.8 Perform wax carving of prototypes of permanent teeth
 - 7.3 Occlusion
 - 7.3.1 Define occlusion
 - 7.3.2 Describe development of occlusion
 - 7.4 Tooth numbering system
 - 7.4.1 List the different tooth numbering systems
 - 7.4.2 Explain merits and demerits of Zigmondy- palmer System, ADA System, FDI System

8. **Physiology of mastication & deglutition**
 - 8.1 Define mastication
 - 8.2 Define deglutition
 - 8.3 Describe physiology of mastication, deglutition
 - 8.4 Differentiate between infantile swallow and mature swallow
9. **Salivary gland**
 - 9.1 Parotid, submandibular and sublingual gland
 - 9.1.1 Describe structure, position of parotid gland
 - 9.1.2 Describe structure, position of submandibular gland
 - 9.1.3 Describe structure, position of sublingual gland
 - 9.2 Saliva
 - 9.2.1 Define saliva
 - 9.2.2 List types of saliva
 - 9.2.3 Describe composition of saliva
 - 9.2.4 Explain functions of saliva
10. **Neurology**
 - 10.1 Enumerate cranial nerves and their functions
 - 10.2 Describe course, branches and functions of trigeminal nerve
 - 10.3 Explain course, branches and functions of facial nerve
11. **Dental Materials, Instruments & Dental Assisting**
 - 11.1 Introduction & biological consideration of dental materials
 - 11.1.1 Describe and enlist commonly used dental materials
 - 11.1.2 Discuss biological requirements of dental materials of dental materials
 - 11.1.3 Discuss on hazards from chemicals in dental materials
 - 11.1.4 Discuss on importance of disinfection of dental materials
 - 11.1.5 Discuss requirement of shelf life and storage of dental materials
 - 11.2 Gypsum Products
 - 11.2.1 Classify gypsum products and its application in dentistry
 - 11.2.2 Describe properties of gypsum products
 - 11.2.3 Explain manipulation process of gypsum products
 - 11.2.4 Calculate recommended water power ratio
 - 11.2.5 Explain process of disinfection of gypsum materials
 - 11.3 Impression materials
 - 11.3.1 Introduction
 - 11.3.1.1 Define impression material
 - 11.3.1.2 Classify impression materials
 - 11.3.1.3 Describe desirable properties of impression materials
 - 11.3.1.4 Describe process of disinfection of impression materials
 - 11.3.1.5 Describe the process of transfer of impression materials
 - 11.3.1.6 Describe the process of storage of impression materials
 - 11.3.2 Impression compound
 - 11.3.2.1 Define impression compound
 - 11.3.2.2 Describe ideal requirements of impression compound
 - 11.3.2.3 Explain manipulation process of impression compound
 - 11.3.3 Zinc oxide eugenol impression paste
 - 11.3.3.1 Describe zinc oxide eugenol impression paste

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- 11.3.3.2 Explain the Manipulation process eugenol impression paste
- 11.3.4 Alginate
 - 11.3.4.1 List and explain types of alginate
 - 11.3.4.2 Explain manipulation process of alginate
 - 11.3.4.3 Explain the process of loading alginate in the impression trays
 - 11.3.4.4 Describe the storage of alginate
- 11.3.5 Elastomeric impression materials
 - 11.3.5.1 Enumerate and classify elastomeric impression materials
 - 11.3.5.2 Describe silicon based impression material and its manipulation
 - 11.3.5.3 Describe agar impression material and its manipulation
 - 11.3.5.4 Describe storage of elastomeric impression materials
- 11.4 Composite resins
 - 11.4.1 Describe composite resins
 - 11.4.2 Enlist and explain types of composite resins
 - 11.4.3 Manipulation process of composite resins
 - 11.4.4 Explain the process of eye protection during light curing
- 11.5 Dental amalgam
 - 11.5.1 Describe dental amalgam
 - 11.5.2 Classify amalgam
 - 11.5.3 Describe composition of dental amalgam
 - 11.5.4 Explain manipulation process of amalgam
 - 11.5.5 Explain mercury hazard and wastage disposal methods of dental amalgam
- 11.6 Dental cements
 - 11.6.1 Zinc oxide-eugenol
 - 11.6.1.1 Describe Oxide-eugenol cement
 - 11.6.1.2 Describe composition of zinc oxide-eugenol cement
 - 11.6.1.3 Explain manipulation process of zinc oxide-eugenol cement
 - 11.6.2 Zinc phosphate
 - 11.6.2.1 Describe zinc phosphate cement
 - 11.6.2.2 Describe composition of zinc phosphate
 - 11.6.2.3 Explain manipulation process of zinc phosphate
 - 11.6.3 Glass ionomer
 - 11.6.3.1 Describe glass ionomer cement
 - 11.6.3.2 Classify glass ionomer cement
 - 11.6.3.3 Describe composition of glass ionomer cement
 - 11.6.3.4 Explain manipulation process of glass ionomer cement
 - 11.6.4 Zinc polycarboxylate
 - 11.6.4.1 Describe zinc polycarboxylate cement
 - 11.6.4.2 Describe composition of polycarboxylate cement
 - 11.6.4.3 Explain manipulation process of polycarboxylate cement
 - 11.6.5 Calcium hydroxide
 - 11.6.5.1 Describe calcium hydroxide cement
 - 11.6.5.2 Describe types of calcium hydroxide cement
 - 11.6.5.3 Describe composition of calcium hydroxide cement
 - 11.6.5.4 Explain manipulation process of calcium hydroxide cement
- 11.7 Dental waxes
 - 11.7.1 Describe dental waxes
 - 11.7.2 Enlist & explain types of dental waxes
 - 11.7.3 Explain manipulation process of modeling wax

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- 11.8 Dental models, cast and die materials
 - 11.8.1 Describe dental models, cast & die materials
 - 11.8.2 Enlist different dental materials used for making model, cast & die
 - 11.8.3 Discuss manipulation process of dental plaster, dental stone and die stone
 - 11.8.4 Describe laboratory process of pouring of cast
 - 11.8.5 Describe laboratory process of base forming of cast
- 11.9 Dental instruments
 - 11.9.1 Identification of instruments
 - 11.9.1.1 Describe and classify dental instruments
 - 11.9.1.2 Discuss the identification of common diagnostic, restorative, endodontic, prosthodontic, orthodontic and oral surgery instruments
 - 11.9.2 Impression Trays
 - 11.9.2.1 Describe and classify impression trays
 - 11.9.2.2 Identify various types of impression trays
 - 11.9.2.3 Discuss the methods of sterilization of impression trays
- 11.10 Dental assisting
 - 11.10.1 Dental chair
 - 11.10.1.1 Enlist and identify various parts of dental chair and their functions
 - 11.10.2 Chair-side assisting
 - 11.10.2.1 Demonstrate various positions of the operator and the assistant
 - 11.10.2.2 Describe various steps of patient preparation before operative procedure
 - 11.10.2.3 Describe patient preparation in special situations including the case of child patient, handicapped patient, apprehensive patient, medically compromised patient, pregnant patient etc.
 - 11.10.2.4 Describe role of dental assisting in special situations including medical emergencies
 - 11.10.2.5 Describe role of dental assisting in special situation like choking, or aspiration of dental instruments/materials by the patient
 - 11.10.2.6 Describe post treatment instructions after various dental procedures
 - 11.10.3 Saliva control and isolation
 - 11.10.3.1 Enlist different methods of saliva control & isolation
 - 11.10.3.2 Describe use of suction machine for saliva control
 - 11.10.3.3 Describe application of rubber dam for isolation of tooth
 - 11.10.3.4 Prepare cotton rolls for saliva control
- 12. **Maintenance of dental equipment and instruments**
 - 12.1 Cleaning
 - 12.1.1 Demonstrate cleaning of dental chair
 - 12.1.2 Demonstrate cleaning of dental equipment including suction apparatus, scaling machine, autoclave, light cure machine, compressor etc.
 - 12.1.3 Describe disinfection of water pipe, handpiece chord, drainage system of dental chair unit
 - 12.2 Maintenance and servicing of dental equipment
 - 12.2.1 Describe air servicing of dental chair unit

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- 12.2.2 Demonstrate oiling/lubrication of dental chair unit and compressor
- 12.2.3 Demonstrate oiling and storage of handpiece unit
- 12.2.4 Demonstrate changing of cartridge of handpiece unit
- 12.2.5 Demonstrate changing of bulb and cleaning of illumination panel
- 12.2.6 Demonstrate changing of fuse wire of various electrical dental appliance
- 12.3 Sterilization of dental instruments
 - 12.3.1 Define sterilization
 - 12.3.2 Enlist different methods of sterilization
 - 12.3.3 Describe the process of sterilization and disinfection of various dental instruments
 - 12.3.4 Describe sterilization dental handpiece
- 12.4 Dental waste disposal
 - 12.4.1 Define waste disposal
 - 12.4.2 Discuss the types of biological waste products in the dental operator
 - 12.4.3 Explain mercury waste in the dental operator
 - 12.4.4 Discuss the process of various biological and physical waste in the dental operator
- 13. **Oral Pathology**
 - 13.1 Introduction
 - 13.1.1 Define pathology
 - 13.1.2 Write down concept of disease
 - 13.1.3 Describe etiology and pathogenesis of disease
 - 13.1.4 Explain disease process
 - 13.1.5 Define atrophy, hypertrophy, cell injury, cell death, ulcer, regeneration, necrosis, dysplasia, metaplasia, abfraction etc.
 - 13.2 Inflammation
 - 13.2.1 Define inflammation
 - 13.2.2 Describe causes and types of inflammation
 - 13.2.3 Describe clinical features of inflammation
 - 13.2.4 Enumerate and explain cardinal signs of inflammation
 - 13.3 Abscess
 - 13.3.1 Define Abscess
 - 13.3.2 Explain causes of abscess
 - 13.3.3 Enumerate and explain types of abscess
 - 13.3.4 Describe clinical features of abscess
 - 13.3.5 Describe alveolar abscess
 - 13.3.6 Describe periodontal abscess
 - 13.4 Space infection
 - 13.4.1 Define Space and enumerate spaces of oro-facial region
 - 13.4.2 Describe cellulitis
 - 13.4.3 Enumerate common dental space infections
 - 13.4.4 Explain Ludwig's angina
 - 13.5 Cysts
 - 13.5.1 Define cyst
 - 13.5.2 Classify and enumerate common cystic lesions of the oral cavity
 - 13.5.3 Describe odontogenic cysts
 - 13.6 Tumors
 - 13.6.1 Define Tumor
 - 13.6.2 Classify and explain tumors

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- 13.6.3 Differentiate benign and malignant tumors
- 13.6.4 Enumerate common maxillofacial tumors
- 13.6.5 Discuss the mode of spread of tumors
- 13.6.6 Differentiate odontogenic & non-odontogenic tumors
- 13.7 Developmental anomalies
 - 13.7.1 Explain development anomalies of tooth
 - 13.7.2 Explain development anomalies of oral structures
 - 13.7.3 Describe and classify cleft lip and palate
 - 13.7.4 Describe incidence and causes cleft lip and palate
- 13.8 Regressive alteration of tooth
 - 13.8.1 Define Attrition
 - 13.8.2 Describe causes & clinical feature of attrition
 - 13.8.3 Define Abrasion
 - 13.8.4 Describe causes & clinical of feature of abrasion
 - 13.8.5 Define Erosion
 - 13.8.6 Explain causes & clinical feature of erosion
- 13.9 Dental Caries
 - 13.9.1 Define dental caries
 - 13.9.2 Explain etiology and clinical feature of dental Caries
 - 13.9.3 Describe sequelae of dental caries
 - 13.9.4 Describe prevention of dental caries
- 13.10 Diseases of pulp and periapical tissues
 - 13.10.1 Classify diseases of pulp
 - 13.10.2 Describe etiology, clinical features and sequelae of pulp
 - 13.10.3 Describe etiology, clinical features and sequelae of periapical tissues
- 13.11 Oral Lesion and Conditions
 - 13.11.1 Discuss common oral ulcerations afflicting oral cavity
 - 13.11.2 Discuss common oral lesions afflicting oral cavity
 - 13.11.3 Discuss in brief about common viral lesions afflicting oral cavity
 - 13.11.4 Discuss in brief about common vesiculo-bulous lesions afflicting oral cavity
 - 13.11.5 Enumerate and explain various precancerous lesions and conditions
- 13.12 Systemic diseases and their oral manifestations
 - 13.12.1 Discuss oral manifestations of diabetes mellitus
 - 13.12.2 Discuss oral manifestations of leukemia, anemia
 - 13.12.3 Discuss oral manifestations of syphilis, tuberculosis, AIDS etc.
 - 13.12.4 Discuss candidiasis and oral thrush
 - 13.12.5 Discuss hepatitis and its types
 - 13.12.6 Discuss HIV/AIDS, its prevention, mode of infection and oral manifestations
 - 13.12.7 Define infective endocarditis, list down risk factors
 - 13.12.8 Describe clinical features & prophylaxis of infective endocarditis
- 14. **Oral Microbiology**
 - 14.1 Discuss oral microbiology
 - 14.2 Discuss normal oral flora of human being from birth to old age
 - 14.3 Describe micro-organisms in relation to dental caries
 - 14.4 Describe micro-organisms in relation to periodontal disease
 - 14.5 Enumerate microorganisms causing contamination and disease related to dentistry

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15. Sterilization

15.1 Infection control

15.1.1 Define infection control

15.1.2 Enumerate and explain various levels of infection control

15.1.3 Define sterilization

15.1.4 Define disinfection

15.1.5 Describe antiseptic and asepsis with example

15.2 Different methods of Sterilization

15.2.1 Classify and explain different methods of sterilization

15.2.2 Describe Physical methods of sterilization including dry heat, moist heat, gas, vapor and radiation sterilization

15.2.3 Describe boiling and autoclaving methods of sterilization

15.2.4 Describe chemical methods of sterilization including alcohol, glutaraldehyde and chlorine compounds

15.2.5 Explain fumigation procedure

15.2.6 Explain Safety factors

15.3 Universal precaution

15.3.1 Define universal precaution

15.3.2 Describe procedures followed in universal precaution

15.4 Hand scrubbing

15.4.1 Explain process of hand scrubbing in operator with their significance

15.5 Self-protection

15.5.1 Describe self-protection in operator

15.5.2 Explain process of wearing face mask, gloves and gowns with their clinical significance

15.6 Decontamination

15.6.1 Explain process of decontamination of gloves, linens and surgical drapes

15.6.2 Decontamination process of dental equipment and instruments including dental chair, handpiece, suction apparatus, x-ray films etc.

16. Clinical waste management

16.1 Explain clinical waste

16.2 List and explain the types of waste management

16.3 Discuss clinical wastes of dental operator

16.4 Explain procedure of waste management of dental operator

16.5 Explain dental amalgam waste management.

17. Miscellaneous

17.1 X-rays used in the dentistry

17.2 Anti-microbial agents used in the dentistry

खण्ड (B): 20 Marks

1. ऐन नियमहरू

1.1 पाटन स्वास्थ्यविज्ञानप्रतिष्ठान ऐन, २०६४

1.2 पाटन स्वास्थ्यविज्ञानप्रतिष्ठानको कर्मचारी सेवाकाशर्त र सुविधा सम्बन्धीनियमावली, २०६७

1.3 पाटन स्वास्थ्यविज्ञानप्रतिष्ठानआर्थिक प्रशासननियमावली, २०६७

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग
 प्राविधिक सेवा, डेन्टल समूह, तह ५, ओरल हाईजिनिष्ट पदको
 आन्तरिक र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 1.4 पाटनअस्पताल संचालनविनियमावली, २०६७
- 1.5 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवानियमावली, २०५५
- 1.6 नेपाल स्वास्थ्यव्यवसायी परिषद् ऐन, २०५३
- 1.7 Computer and its applications: Windows basic, Word processing, Electronic spreadsheets, Presentation system, Multimedia, E-mail and Internetबारे जानकारी

प्रथमतथाद्वितीयपत्रमायथासम्भवनिम्नानुसार प्रश्नहरू सोधिनेछ ।

प्रथमपत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगत
A	८०	४० प्रश्नX २ अङ्क= ८०	-
B	२०	१० प्रश्नX २ अङ्क= २०	-
जम्मा		५० प्रश्नX २ अङ्क= १००	-
द्वितीयपत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगतप्रश्न
A	१००	-	१० प्रश्नX १० अङ्क= १००
B	-	-	-
जम्मा			१० प्रश्नX १० अङ्क= १००

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