

बी.पी. कोइराला मेमोरियल क्यान्सर अस्पताल
प्राविधिक (स्वास्थ्य) सेवा, मेडिकल (चिकित्सक) समुह, सर्जिकलअंकोलोजी (इएनटी/हेड एण्ड नेक) उपसमुह,
अधिकृत दशौं तह, जुनियर कन्सल्टेण्ट पदको 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

परीक्षा योजना (Examination Scheme)

प्रथम चरण (First Phase) : लिखित परीक्षा

Paper	Subject	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	100	40	10 × 5 = 50 (Short answer) 5 × 10 = 50 (Long answer)	3.00 hrs
II	Technical Subject	100	40	6 × 10 = 60 (Long answer) 2 × 20 = 40 (Problem Solving)	3.00 hrs

द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination
Interview	30	Oral

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 ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा तोकिए अनुसार हुनेछ ।
- विषयगत प्रश्नमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७८/०३/०५

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Paper I: General Subject

Section (A): 40% Marks (4×5 marks, 2×10 marks)

1. Administration and Management

- 1.1. Public Administration: concept, scope, functions and challenges
- 1.2. Management: concept, scope, functions, principles, and its practices
- 1.3. Contemporary management issues and challenges
- 1.4. Hospital Management : concept, scope, function, principle and its practices
- 1.5. Human resource management: concept, functions and different aspects
- 1.6. Basic managerial skills: coordination and public relation, communication and counselling, problem solving and decision making, leadership, team building, rapport building, planning, organizing, monitoring and evaluation
- 1.7. Emerging management concepts and their application in the Nepalese Public Management: Time management, Resource management (human, financial and physical), Technology management, Performance management, Stress management, Conflict management, Risk management and Participative management
- 1.8. Planning: concept, principles, nature, types, instrument and steps
- 1.9. Motivation, appreciative inquiry and social responsibility
- 1.10. Positive attitude and self-development
- 1.11. Group dynamic and organizational behavior
- 1.12. Grievance redressal and settlement
- 1.13. Financial Management: Concept, Approaches, Budget Formulation and Implementation, Auditing and topics related to Fiscal administration

Section (B): 40% Marks (4×5 marks, 2×10 marks)

2. General Health Issues

- 2.1. Present Constitution of Nepal (health and welfare issues)
- 2.2. National Health Policy
- 2.3. Health sector in current periodical plan
- 2.4. Health Service Act, 2053 and Health Service Regulation, 2055
- 2.5. Professional council related acts and regulations
- 2.6. Act Regulating Narcotics
- 2.7. NMC and National Health Agencies
- 2.8. Indigenous and traditional faith healing and health practices
- 2.9. International health agencies: Role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
- 2.10. Health and Human Right including Women's Right, Children's Right, Professional's Right, Client Right and Informed consent
- 2.11. Gender issues and health
- 2.12. Urbanization and health impacts
- 2.13. National health training system
- 2.14. Supervision, types and its usage in Health Sector

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- 2.15. Monitoring and Evaluation System in Health
- 2.16. Health Management Information System
- 2.17. Health economics - basic terms, health insurance and financing in Health Care
- 2.18. Federal governance and decentralization in health
- 2.19. Evidence Based Medicine / Critical Appraisal of Scientific Literature
- 2.20. Principles of Research Methodology and Scientific paper writing/publication
- 2.21. Professional and medical ethics
- 2.22. Informed Consent and Medico legal Issues
- 2.23. Medical Audit and Quality Assurance
- 2.24. Information technology and Tele medicine
- 2.25. Drug act and regulation
- 2.26. Rational use of drugs, national drug policy and importance of essential drug list
- 2.27. Ethics, Integrity and Accountability of health professionals
- 2.28. Private sector health institution its regulation and management
- 2.29. Health institution development and management
- 2.30. Patient safety & Breaking Bad News
- 2.31. Cancer Registry: Hospital and Community Based Cancer Registry
- 2.32. Preventive Oncology
 - 2.32.1. Epidemiology
 - 2.32.2. Primary prevention (Cancer Awareness, Cancer Education, Vaccination)
 - 2.32.3. Secondary Prevention (Screening, Screening Methods)
- 2.33. Multidisciplinary Approach in Cancer Management

Section (C): 20% Marks (2×5 marks, 1×10 marks)

3. Organizational Knowledge

- 3.1. B.P.Koirala Memorial Cancer Hospital : History, organizational structure, functions, roles, services, possibilities, problems and challenges
- 3.2. Service provided by B.P.Koirala Memorial Cancer Hospital-service types, quality, technology, citizen engagement in service design
- 3.3. Relations between Government and other national and international related organizations
- 3.4. Health manpower recruitment and development in B.P.Koirala Memorial Cancer Hospital
- 3.5. B.P.Koirala Memorial Cancer Hospital related act and regulations

Paper II : Technical Subject
Section (A) – 50 % Marks

1. Principles of Surgery

- 1.1 Knowledge of the General principle of the practice of Surgery
 - 1.1.1 Imaging techniques/interventional Radiology
 - 1.1.2 Endoscopy/Laproscopy
 - 1.1.3 Surgery at extremes of life
 - 1.1.4 Theatre techniques
 - 1.1.4.1 Aseptic techniques – sterilization
 - 1.1.4.2 Anaesthesia in general, maintenance of homeostasis
 - 1.1.4.3 Basic techniques – suturing material dressing plaster
 - 1.1.4.4 Diathermy
 - 1.1.5 Wound healing, dehiscence, scar, contractures
 - 1.1.6 Post-operative complication and management
 - 1.1.7 Sepsis in surgery
 - 1.1.7.1 Acute and Chronic, inflammation
 - 1.1.7.2 Wound infliction and septicemia
 - 1.1.7.3 Antiseptic, Antibiotic policies

2. Ear

- 2.1 Anatomy and Physiology of Ear
- 2.2 Otitis Externa
- 2.3 Impacted Wax, Foreign Body
- 2.4 Acute Otitis Media
- 2.5 Glue Ear
- 2.6 CSOM
- 2.7 Vertigo
- 2.8 Ototoxicity
- 2.9 Congenital and Acquired Deafness
- 2.10 Tumors of the Ear

3. Nose

- 3.1 Anatomy and Physiology of Nose
- 3.2 Rhinitis
- 3.3 Sinusitis
- 3.4 F.B. Nose
- 3.5 Epistaxis
- 3.6 Nasal Polyp
- 3.7 DNS
- 3.8 Tumours of the Nose and Paranasal Sinuses

4. Throat

- 4.1 Anatomy & Physiology of Throat
- 4.2 Tonsillitis
- 4.3 Laryngitis

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4.4 Foreign Body Throat

4.5 Acute Epiglottitis

4.6 Cut Throat

4.7 CA Larynx

5. Head and Neck

5.1 Functional Anatomy of cerebellum and brainstem

5.2 Raised intracranial tension-causes, diagnosis, management with particular reference to otitis hydrocephalus

5.3 Head injuries and I.C. Haemorrhage

5.4 Pituitary gland, anatomy, physiology hypo and hyper pituitarism, new growths

5.5 Intracranial venous sinuses and their affections

6. Investigations

6.1 Radiographic anatomy of the ear, nose, throat and imaging

6.2 Bacteriology in relation to Otorhinolaryngology

6.3 The principles of cancer immunology with particular reference to head and neck cancer

6.4 Principles of chemotherapy in head and neck cancer

6.5 Anaesthesia for Otolaryngology

Section (B) – 50 % Marks

7. Surgical Oncology

7.1 History of Surgery

7.2 Principles of Surgical Oncology

7.3 Vascular Access in Cancer Patients

7.4 Basics of surgical techniques - head and neck

7.5 Combined treatments: with radiotherapy, chemotherapy, and hormone therapy.

7.6 Pathology, clinical features, diagnosis and principles of management of common Head and Neck cancers

7.7 Principles of cancer treatment by surgery

7.8 Psychological effects of surgery and bereavement

7.9 Medical/legal ethics and medico-legal aspects of surgery

7.10 Health service management and economic aspects of surgical care

8. Neoplasms of Head and Neck

8.1 Head and Neck Cancer

8.2 Odontogenic Tumors

9. Neoplasms of Thorax

9.1 Thymomas and Thymic Tumors

10. Oncologic Emergencies

11. Manifestation of complications of cancer and cancer treatment in various systems and their management

11.1 Infection and sepsis

11.2 Para- Neoplastic syndrome

11.3 CNS complications

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11.4 Metabolic Complications

11.5 Neuromuscular complications

12. Cancer Diagnostics

12.1 Radiological diagnostics

12.2 Biochemical Diagnostics

12.3 Tumor markers, IHC (Immunohistochemistry), Flowcytometry

12.4 Basics of Radiation Oncology

12.5 Basics of Surgical Oncology

13. Recent Advances in cancer management

13.1 Essentials of Molecular Biology

13.2 Molecular Biology of cancer

13.3 Newer approaches in cancer; Immunotherapy, Biotherapy, Genetherapy

14. Palliative Care

14.1 Introduction and basic concept including definition

14.2 Guidelines for palliative care

14.3 Different pharmacologic & non-pharmacologic methods

14.4 Pain assessment and management, WHO ladder, balanced use of opioids

14.5 Common symptom management

14.6 Palliative anticancer medicine

14.7 Ethical issues in Palliative care

14.8 Psychosocial issues

14.9 End of life care

14.10 Supportive care and quality of life

14.11 Rehabilitation of cancer patient

14.12 Palliative radiotherapy

14.13 Palliative chemotherapy

14.14 Home care

14.15 Hospice care