

Pokhara University Teaching Hospital
Curriculum for Medical Officer Level Examination

For Written Examination
Full Marks: 65

There shall be 4 hrs. written examination based on the following syllabus

Group A: Written Examination

65 Marks

Section: I (25)

1. General Medicine:

Respiratory diseases: Tuberculosis, SARS, Acute Bronchitis, Bronchial Asthma, Chronic Obstructive Airway Disease, Pneumonias, Bronchogenic Carcinoma, Bronchiectasis, Pleural effusion, Pneumothorax, COVID-19, Post COVID syndrome, Occupational Lung Diseases.

Cardiovascular diseases: Hypertension, Acute LVF, Ischemic Heart Disease, Myocardial Infarction, Infective/Endocarditis, Rheumatic Fever, Rheumatic Heart Disease and Valvular Heart Disease, Congestive Cardiac Failure, Congenital Heart Diseases, Cardiomyopathies, Cor pulmonale, Cardiac Arrhythmias, Cardiogenic Shock Dyslipidemia and Atherosclerosis.

Gastrointestinal Disease: Abdominal Tuberculosis, Inflammatory Bowel Disease, Parasitic Infestation, Carcinoma of Gastro Intestinal Tract, H pylori, Gastro-esophageal reflux disease, Cholecystitis. Acid Peptic Diseases, Cirrhosis of Liver and ascites, Hepatitis, Hepatic Encephalopathy, Pancreatitis,

Blood and Lymphoreticular Diseases: Anaemia, Pancytopenia, Purpura, Agranulocytosis, Polycythemia, Lymphomas, Myeloma, Hemoglobinopathies.

Neurological Diseases: Meningitis, Encephalitis, Epilepsy, Cerebro-Vascular Disease, Motor Neuron disease, Coma, Headache, Cerebral Malaria, Parkinson's Disease, Paraplegia, Multiple Sclerosis, Myasthenia Gravis, Neuro-cysticercosis, Bell's palsy, GBS, Neurosyphilis, Headache, Spina Bifida, Neurogenic Shock.

Endocrine and Metabolic Diseases: Diabetes Mellitus and related complications, Disorders of Thyroid/parathyroid/pituitary/ adrenal glands and gonads, Metabolic syndrome, Obesity.

Joint, Musculoskeletal and Connective tissue Diseases: Rheumatoid Arthritis, Gout, Ankylosing Spondylitis, Duchene Muscular Dystrophy, Osteogenesis imperfecta, Systemic Lupus Erythematosus

Tropical Diseases: Leprosy, Filariasis, Malaria, Kala-azar, Dengue, Tuberculosis, Cholera, Enteric Fever, scrub typhus, Leptospirosis, Tetanus, Amoebiasis, Mumps, Snakebite, Rabies, Insect bite, Scorpion Bite, Chikungunya

Renal disease Acute kidney injury, chronic kidney Disease, Glomerulonephritis, Acid Base disturbance, Electrolyte disturbances, Urinary Tract infection

2. **Psychiatry:** Emotional Disorders (Anxiety, depression, sleep disturbance), Neurosis, Psychosis and Psychosomatic Disorders. Eating disorders, Mass Conversion Disorder, Cognitive Behavioral Therapy Substance abuse.
3. **Dermatology and STD:** Urticaria, Scabies, Dermatophytosis, Herpes Simplex, Herpes Zoster, Psoriasis, Lichen Planus, Pemphigoid, Pemphigus, Drug Eruption, Acne vulgaris, Molluscum contagiosum, Skin malignancies, seborrheic dermatitis and HIV/AIDS including Universal Precaution.
4. **Pharmacology:** Poison and Toxicology- Organophosphorus, Barbiturates, Corrosives, Heavy metals, Mushroom poisoning, Drugs in pregnancy and lactation, prescribing in children and elderly, Dosage and Preparation, Mode of action and side effects of drugs acting on different systems of body
5. **Emergency Medicine:** Multiple traumas including blunt abdominal injury, Hemoptysis, hematemesis and melena, RTA, Trauma, drowning, Poisoning, Insect bite, Snake bite, Catheterization, NG Tube Insertion, Burn, Bullet injury. Management of Acute poisoning and Coma Acute pain abdominal & chest, Status Epilepticus and Acute severe asthma, Breathlessness, Epistaxis, Vaginal bleeding and Shock including anaphylaxis.

Section: II (20)

1. **General Surgery:** Acute Abdomen, Sinus, Fistula, Fissure, Polyp, Ulcer, Tumor, Hernia, Hydrocoele, Burn, Peptic Ulcer, Pyloric Stenosis, Hematemesis and Malena, esophageal Varices, Intestinal Obstruction, Typhoid Perforation, Lymphadenitis, Hemorrhoids, Gall Stones and biliary Obstruction, Liver Abscess, Hydatid Cyst, cholecystitis, Pancreatitis, Pneumothorax, Hemothorax, Chylothorax, Pulmonary Embolism, Lung Abscess, Thromboangitis obliterans, Chyluria, Deep Vein Thrombosis, Head Injuries, Phimosis, Para-Phimosis, Pinhole Meatus, Stricture Urethra, Carcinoma Penis, Hydronephrosis, Urinary Stones, Retention of Urine, Enlarge Prostate, Incontinence of Urine, Vasectomy, Tumors of Testis, Rupture spleen, Carcinoma of Bladder, Hydramnios, Breast abscess and Carcinoma breast, Suprapubic Cystostomy, Wounds, Abscess
2. **Ophthalmology:** Injuries of Eye, Foreign Body in Eye, Uveitis, Conjunctivitis, Refractive Error (Myopia, Hypermetropia, Astigmatism, Presbyopia), Diabetic and Hypertensive Retinopathy, Glaucoma, Trachoma, Cataract Vitamin A Deficiencies Ocular Hazards in Agriculture and Industry.
3. **Ear, Nose and Throat:** Foreign Bodies in Ear, Nose and Throat and Epistaxis, Otitis Media, Otitis External, Tonsillitis, Peritonsillar Abscess, Pharyngitis, Ludwig's Angina, Epiglottitis Hearing Loss, Rupture of Tympanic Membrane, Meniere's Disease Tracheostomy, Carcinoma of Larynx, Tonsillectomy, Rhinitis, Nasal Allergy, Polyp, Sinusitis, Hoarseness of Voice, Laryngotracheitis, Laryngeal Obstruction, Hematoma Auris, Septal abscess, Rhinophorids Otomycosis, vertigo
4. **Orthopedics Disease:** Fracture, Dislocation, Crush Injury, Compartment syndrome, Amputation, Osteomyelitis, Septic Arthritis, Rickets and Osteomalacia, Osteoporosis,

Osteoarthritis PIVD, Cauda Equina Syndrome Physiotherapy, Tendonitis, Bone Tumors (Osteosarcoma, simple bone cyst, ABC, Ewings Sarcoma).

- 5. Anesthesiology & Emergency:** Principles of administering safe general anesthesia, Local Anesthesia, Pre-anesthetic history, Pre-anesthetic drugs, Anesthetics, Post-anesthetic complications, Pain Management Basic Life Support and cardiopulmonary resuscitation, Lumbar Puncture, Intubation.

Section: III (10)

- 1. Obstetrics and Gynecology:** ANC, Natal and PNC care, Pregnancy Induced Hypertension, Eclampsia, Diabetes Mellitus and Rheumatic Heart Diseases in Pregnancy, Hyper emesis Gravidarum, Stages of labor, Retained Placenta, Ruptured Uterus, Fetal Distress, Maternal Distress, Prolonged Labor, Obstructed Labor Leucorrhoea, Ante partum and Postpartum Hemorrhage, Multiple Pregnancy, Hydramnios, Fetal Malformation, prenatal screening (Chorionic villi sampling, amniocentesis), Cervical Cancer screening program, Endometriosis, Malignancies of reproductive system, Ovarian cyst, Fibroid, Genital prolapse, Family Planning, Pre and post abortion care, Infertility and menstrual disorders, Fistula, Ectopic Pregnancy, PCOS.
- 2. Childhood Diseases:** Vitamin A Deficiency, Diarrheal Diseases, Protein-energy Malnutrition, Parasitic Infestations, ARI, Measles, Mumps, Pertussis, Diphtheria, Poliomyelitis, Tuberculosis, Enteric Fever, Pneumonias, Lung Abscess Cellulitis, Candidiasis, Meningitis, Rheumatic Fever, Cyanotic Congenital Heart Disease, Cretinism, Down's syndrome, Turner Syndrome, Rickets, Mental Retardation, Childhood obesity, Inborn error of metabolism.

Section: IV (10)

- 1. Community Medicine:** Demography, Sociology and social determinants of health, Social Problems and Social Changes, Effective doctor patient relationship, Sociological research methods, Epidemiology and Disaster Management, Outbreak/Epidemic Investigation, Problem Solving Exercise on the Epidemic of Infectious Diseases, Epidemiology of Non- infectious and Chronic Diseases, Methods and Media and Health Education, Health Care Delivery System in Nepal (Problems, Situation in federal Context), Management and Administrative Requirement of the Job Descriptions as drawn up by the Ministry for Medical Offices Emerging and reemerging diseases
- 2. National Health Programs:** Nutrition Program, RH and Safe Motherhood, Expanded program on immunization, Community Based- IMNCI, Facility Based IMNCI and School Health Program
- 3. Forensic Medicine and Jurisprudence:** Post-mortem and its Legal Implication, Death, Rigor Mortis, Putrefaction, Mummification, Saponification, Procedure for Identifying living person and dead body and Age estimation, Infanticide, Abortion, Homicide and Suicide, Wounds and Types, Injury and its documentation, Rape and Gender Based Violence, Medical ethics, Role and Duties of Medical Practitioner
- 4. Acts related to Health and Medical Profession:** National Health Policy, Nepal Health Services Act 2075, Nepal Health Service Regulation 2077, Nepal Medical Council Act, Basic

Essential Health Care Package, Legalization of abortion, Organ Transplant Act, other health related acts.

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For Practical Examination
Full Marks: 35

Practical examination based on the following syllabus

Group B: Practical Examination

35 Marks

- 1. Cardio pulmonary resuscitation (CPR) / Advanced Cardiac Life support**
- 2. Procedures:** Thoracocentesis, Lumbar Puncture, Catheterization, Ascitic Fluid Tapping, Chest tube insertion, suturing of wound, Incision and drainage of abscess, Application of Slab, Splinting of Fractured Limbs, Arterial Blood Sampling Application of Local Anesthesia, Management of Labor – Stage 1, Stage 2, Stage 3.
- 3. Oxygen Delivery Devices**
- 4. Read x-ray and identify Lesion**
- 5. Case Scenario (Approach to different cases):** Status Epilepticals, Case of Polytrauma, Acute Abdomen, Pre-Eclampsia/ Eclampsia, PPH, Acute Chest pain, Poisoning, Snake bite, Acute Mountain Sickness, Acute Dyspnea, Shock, Pre-anaesthetic care, Other related Emergency Conditions.
