

सामाजिक सुरक्षा कोष  
विविध सेवा, स्वास्थ्य समूह, आठौं तह, मेडिकल अधिकृत पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

## Second Paper: Health Management

### Section (A) : 50 Marks

This requires **definition, sign and symptoms, Laboratory investigation, diagnostic criteria, prevention and treatment** of various diseases or conditions of the following major headings:

#### 1. Diseases of Cardio-Vascular System

Hypertension, Rheumatic fever, Rheumatic heart diseases (MS , MR, AS, AR), Heart failure, Congenital heart diseases, , Coronary artery disease,, Cardiac arrhythmias, Infective endocarditis ,Pericardial effusion, Corpulmonale, Congestive heart failure, Ischemic Heart Disease, Myocardial Infarction, Cardiogenic Shock

#### 2. Diseases of Gastrointestinal System

Acid peptic disorder, Diarrhea, Constipation, Gastroenteritis, Irritable bowel syndrome, Jaundice, Dysphagia, GERD (Gastro Esophageal Reflex Disease), Ascites, Hepatitis, Cirrhosis of liver, Acute upper GI bleeding, Alcoholic liver disease, Food poisoning, Cholera, Inflammatory bowel disease, Pancreatitis, Portal hypertension, Cancer of GIT, Intestinal tuberculosis

#### 3. Diseases of Respiratory System

Bronchitis, Pneumonia, Asthma, Chronic obstructive airway diseases (COAD), Pulmonary tuberculosis, Pneumothorax, Pulmonary embolism, Upper and lower respiratory tract infection, Bronchiectasis, Empyema, Pleural effusion, High altitude sickness, Bronchogenic carcinomas, Occupational Lung Diseases, Hemoptysis, Acute Respiratory Distress Syndrome

#### 4. Infectious and Tropical diseases

Tuberculosis, Poliomyelitis, Pertussis, Diphtheria, Measles, Tetanus, Japanese encephalitis, Mumps, Chickenpox, Influenza, SARS, Swine flu, Malaria, Enteric fever, Kala-azar, Cholera, Infectious mononucleosis, Typhus, Leptospirosis, Amoebiasis, Worm infestations (helminthiasis), Filariasis, Dengue, Leprosy, Giardiasis, Cholera, Rabies, Bird flu, Covid-19

#### 5. Diseases of Blood and Reticulo-endothelial system

Anemias, Leukemias, Lymphomas, Bleeding disorders, Multiple myeloma, Platelet disorders, Splenomegaly, Polycythemia

#### 6. Diseases of Endocrinal systems and disorders of Metabolism

Diabetes mellitus, Diabetes insipidus, Hyperthyroidism (Thyrotoxicosis), hypothyroidism, acromegaly, Keto-acidosis, Cushing's Syndrome, Addison's disease, Tetany

#### 7. Diseases of Central Nervous System including Psychiatry

Meningitis, Encephalitis, Cerebro-Vascular Accident (CVA), Sub-Arachnoid Hemorrhage (SAH), Parkinson's disease, Epilepsy, Migraine, Alzheimer's disease, Anxiety, Schizophrenia, Depression, Psychosis, Substance abuse, Bell's Palsy, Gullain Barre Syndrome

## सामाजिक सुरक्षा कोष

विविध सेवा, स्वास्थ्य समूह, आठौं तह, मेडिकल अधिकृत पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

### 8. Diseases of Genito-urinary System

Urinary tract infection, Glomerulonephritis, Pyelonephritis, Nephrotic syndrome, Renal failure, Renal replacement therapy, Polycystic kidney disease, Urinary calculi, Acidosis, Alkalosis, Hyperkalemia

### 9. Emergency Medicine and Pharmacology

Poisoning, Acute abdomen, Acute Chest pain, Breathlessness, Vaginal Bleeding, Shock, Multiple trauma, Blunt abdominal injury, Melena, RTA, Snake bite, Dog bite, Retention of urine, High Blood Pressure, Pneumothorax, Cyanosis, Coma, Status epilepticus, Epistaxis, Anaphylaxis, Rational use of medicine, Contra-indications for medicines, Safe drugs in pregnancy, Essential medicine list, Dosage forms

### 10. Skin and Venereal Diseases

Herpes simplex, Herpes zoster, Common warts, Candidiasis, Pyogenic infections, Scabies, Pediculosis, Eczema, Dermatitis, Psoriasis, Pemphigus, Fixed drug eruption, Stevens - Johnson syndrome, Acne, Vitiligo, Dermatophytosis, Drug eruptions, STD: Syphilis, gonorrhoea, HIV, AIDS including Universal precaution

## Section (B) : 50 Marks

### 11. Diseases of Eye and Ear, Nose and Throat

Conjunctivitis, Trachoma, Refractive error, Stye, Chalazion, Blepharitis, Corneal ulcer, Cataract, Glaucoma, Dacryocystitis, Retinopathy, Injuries of Eye, Foreign body in the eye, Keratomalacia, Squint, Wax in ear, Foreign body in the ear, nose and throat, Furunculosis in air canal, Otitis media, Mastoiditis, Hearing loss, Rhinitis, Nasal allergy, Nasal Polyp, Epistaxis, Sinusitis, Tonsillitis, Pharyngitis, Tracheostomy, Meniere's disease

### 12. Obstetrics and Gynecology including Contraceptive methods

Ante-natal care, Post natal care, Pregnancy induced hypertension, Pre-eclampsia, Eclampsia, conducting normal labour, Vaginal delivery, Placenta praevia, Malpresentations of foetus, Obstetric Interventions, Induction & Augmentation of Labour, Assisted vaginal Delivery (Forceps, Vacuum), Caesarean Section, Obstetric Emergencies, Rupture of uterus, Post-partum haemorrhage, Ectopic pregnancy, Obstructed Labour, Amenorrhoea, Dysmenorrhoea, Postmenopausal bleeding, Abortion, Post-menopausal syndrome, Natural methods of contraception, Barrier methods, Hormonal contraception, Intra-uterine contraceptive device, Emergency contraception, Male contraception, Surgical methods for male and female sterilization

### 13. Surgical and Dental Conditions including Anesthesiology

Ulcer, Sinus, Fistula, Fissure, inflammation, Superficial wounds, Laceration, Bruises, Oesophageal varices, Peritonitis, Lymphadenitis, Acute abdomen, Paralytic ileus, Spleen rupture, Intestinal obstruction, Hernia, Haemorrhoids, Hydatid cyst, Cholecystitis, Gall stone, Pancreatitis, Phimosis, Calculi in the genito urinary tract, Benign enlargement of prostate, Hydrocoele, Head injuries, Breast abscess, Lung abscess, Varicose veins, Burns and Scalds, Acute Appendicitis, Typhoid Perforation, Perforated Peptic ulcer, Liver Abscess, Biliary

## सामाजिक सुरक्षा कोष

विविध सेवा, स्वास्थ्य समूह, आठौं तह, मेडिकल अधिकृत पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
obstruction, Pyloric stenosis, Dental caries, Gingivitis, Principles of general anesthesia, inhalation agents, Neuromuscular blocking agents, local anesthetics, Spinal, epidural and regional nerve blocks, Airway management and devices, Transport of unconscious patient, Fluid and electrolyte balance

### 14. **Bone and Joint Diseases**

Fracture, Dislocation, Sprain, Osteomyelitis, Rickets, Congenital anomalies, Osteoarthritis, Rheumatoid arthritis, Ankylosing spondylitis, Carpal tunnel syndrome, Gout, SLE, Osteomalacia, Osteoporosis, Physiotherapy

### 15. **Pediatrics**

Normal and abnormal growth and development, Acute respiratory infections, Nutritional deficiency disorders, PCM, Immunization schedule, Diarrhoeal diseases, Vitamin A deficiency, Neonatal resuscitation, Prematurity, LBW infants, Neonatal sepsis, Hypoglycaemia, Cleft lip, Cleft palate, Down's syndrome, Turner's syndrome, Measles, Mumps, Pertussis, Enteric Fever, Pneumonias, rickets

### 16. **Occupational Diseases**

Asbestosis, Pneumoconiosis, Silicosis, Farmer's lungs, Tenosynovitis, Bursitis, Carpal Tunnel Syndrome, Arsenicosis, Contact dermatosis and various conditions related to exposure to recognized agents, Musculoskeletal disorders due to long professional exposure, Insecticide and Pesticides related conditions, Hyperpyrexia, heat exhaustion, Electrical burn, Post-Traumatic Stress Disorder, Frost bite, chilblains, Trench foot

### 17. **Geriatric Conditions**

Problems due to ageing process, Problems associated with long term illness, Psychological Problems, Conditions due to professional hazards, Various diseases of elderly, Rehabilitation, Palliative care

### 18. **Procedures and Skills**

Basic life support (BLS), Advanced life support (ALS), Oxygen therapy, Cardio-pulmonary resuscitation, Endotracheal intubation, Abdominal tapping, Chest tube insertion, joints aspiration, Lumbar puncture, Catheterization, Episiotomy, Blood transfusion, Universal precaution, Sterilization, Declaring death, Post mortem examination, Referral