

पाटन स्वास्थ्य विज्ञानपाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग
प्राज्ञिक सेवा, इन्टर्नल मेडिसिन समूह, Medical Oncology 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 अन्तर्गत समान तहका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको Part I पाठ्यक्रमको विषयवस्तु एउटै हुनेछ र एकै पटक परीक्षा संचालन हुनेछ ।
- प्रथम पत्रको Part II र द्वितीयपत्रको पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्रको Part II र द्वितीय पत्रको विषयवस्तु एउटै समूह/उपसमूहहरूको हकमा समान हुनेछ ।
- प्रथम पत्रको Part II र द्वितीय पत्रको परीक्षा संचालन एकै दिन फरक समयमा हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत 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 उक्त उत्तर 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 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 उत्तिर्ण भई छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागु मिति : २०८१/१२/०४

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Paper I: General Subject

Part I:

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

Section (A) – 20 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. Management: Concept, principles, functions, scope and role, level and skills of manager
- 1.8. Planning: Concept, principles, nature, types, instruments and steps
- 1.9. Leadership: Concept, function, leadership styles, leadership and management
- 1.10. Coordination: Concept, types, techniques of effective coordination
- 1.11. Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
- 1.12. Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
- 1.13. Participative management: Concept, advantage and disadvantage, techniques of participation
- 1.14. Time management: Concept, essential factors and strategies for effective time management
- 1.15. Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
- 1.16. Stress management: Concept, causes and sources of stress, techniques of stress management
- 1.17. Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
- 1.18. Appreciative inquiry: Concept, basic principle and management
- 1.19. Human resource management: Concept, functions and different aspects
- 1.20. Health manpower recruitment and development
- 1.21. 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
- 2.11. Health Insurance and financing in health care

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- 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) - 30 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
- 4.3 Conventional teaching - learning: Didactic lectures, Teacher centred approaches, use and importance
- 4.4 Surface learning, deep learning and metacognition

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- 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

Paper I

Part II: Technical Subject
Section (C) - 25 Marks

1. Etiology of Cancer

- 1.1 Tobacco:
 - 1.1.1 Epidemiology of Tobacco and Cancer
 - 1.1.2 Carcinogens in tobacco products and processes of cancer development

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- 1.2 Oncogenic Viruses:
 - 1.2.1 Principles of Tumor Virology
 - 1.2.2 Papillomaviruses
 - 1.2.3 Epstein-Barr Virus
 - 1.2.4 Kaposi Sarcoma Herpes Virus
 - 1.2.5 Hepatitis Viruses
 - 1.3 Chemical Factors
 - 1.3.1 Initial Identification and characterization of carcinogens
 - 1.3.2 Determining Carcinogenicity
 - 1.3.3 Characteristics of chemical carcinogens
 - 1.4 Physical factors:
 - 1.4.1 Ionizing Radiation
 - 1.4.2 Ultraviolet Light
 - 1.4.3 Radiofrequency and Microwave radiation
 - 1.4.4 Electromagnetic Fields
 - 1.4.5 Asbestos
 - 1.5 Dietary factors:
 - 1.5.1 The role of individual food and nutrition in cancer etiology
 - 1.5.2 Dietary patterns
 - 1.5.3 Diet during childhood
 - 1.5.4 Diet after a diagnosis of cancer
 - 1.6 Genetic factors & hereditary cancer predisposition syndromes, Progression from gene mutation to cancer
 - 1.7 Immunodeficiency & cancer
 - 1.8 Obesity:
 - 1.8.1 Obesity and cancer risk
 - 1.8.2 Obesity and cancer related treatment related complication
 - 1.9 Physical Activity:
 - 1.9.1 Physical Activity and Cancer Risk
 - 1.9.2 Sedentary behavior
 - 1.9.3 Physical activity and cancer outcomes
2. **Epidemiology of cancer**
 - 2.1 Global Cancer incidence and Mortality.
 - 2.2 Nepal cancer Incidence and mortality
 - 2.3 Demographic Factors that affect Risk
 - 2.4 Cancer prevalence in Nepal
 3. **Cancer prevention and Screening**
 - 3.1 Prophylactic Cancer vaccines:
 - 3.1.1 Hepatitis Vaccines
 - 3.1.2 Human Papilloma virus Vaccines
 - 3.2 Cancer Screening:
 - 3.2.1 Introduction of Screening
 - 3.2.2 Screening Guidelines and Recommendations
 - 3.2.3 Breast cancer Screening
 - 3.2.4 Cervical Cancer Screening
 - 3.2.5 Colon Cancer Screening
 - 3.2.6 Lung Cancer Screening

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- 3.3 Genetic Counseling:
 - 3.3.1 Who is a candidate for Cancer Genetic Counseling?
 - 3.3.2 Issues in Cancer Genetic Counseling.
 - 3.3.3 Future Direction
- 4. **Anti-Cancer drugs:**
 - 4.1 Radiation therapy
 - 4.2 Alkylating Agents
 - 4.3 Platinum Analogs
 - 4.4 Antimetabolites
 - 4.5 Cancer Immunotherapies
 - 4.6 Tyrosine kinase inhibitors
 - 4.7 Immune checkpoint inhibitors
 - 4.8 Bone marrow transplantation
 - 4.9 Monoclonal antibodies

Section (D) - 25 Marks

- 5. **Practice of Oncology:**
 - 5.1 The knowledge of the following for the common cancers listed below:
 - 5.1.1 Incidence and Etiology of cancers.
 - 5.1.2 Anatomy and Pathology
 - 5.1.3 Control of the cell cycle
 - 5.1.4 Cell life & death
 - 5.1.5 Immunology & cancer
 - 5.1.6 Management of the high risk patient
 - 5.1.7 Screening and prevention
 - 5.1.8 Diagnosis & diagnostic tools in cancer
 - 5.1.9 Staging and prognostic scores
 - 5.1.10 Management by stage
 - 5.1.11 Management of Metastatic Disease
 - 5.1.12 Palliative/ hospice care
 - 5.1.13 Cancers in the elderly
 - 5.1.14 Special issues in pregnancy with cancer
 - 5.1.15 Follow-up
 - 5.2 List of Cancers:
 - 5.2.1 Cancer of the Thoracic Cavity:
 - 5.2.1.1 Non-Small cell Lung Cancer
 - 5.2.1.2 Small-Cell lung Cancer & Neuroendocrine tumors of Lung
 - 5.2.1.3 Tumors of the pleura & mediastinum
 - 5.2.2 Neoplasm of the Mediastinum:
 - 5.2.2.1 Thymic Neoplasms
 - 5.2.2.2 Germ cell tumors
 - 5.2.2.3 Thymoma
 - 5.2.3 Cancers of the Gastrointestinal Tract:
 - 5.2.3.1 Cancer of the Esophagus
 - 5.2.3.2 Cancer of the Stomach
 - 5.2.3.3 Cancer of the Pancreas
 - 5.2.3.4 Cancer of the Liver & biliary tree
 - 5.2.3.5 Colorectal cancer,

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- 5.2.3.6 Gastrointestinal Stromal Tumor
 - 5.2.4 Cancer of the Genitourinary System:
 - 5.2.4.1 Cancer of the Kidney
 - 5.2.4.2 Cancer of the Bladder, Ureter and Renal Pelvis:
 - 5.2.4.3 Cancer of the Prostate
 - 5.2.4.4 Cancer of the Testis
 - 5.2.5 Gynecologic Cancer:
 - 5.2.5.1 Cancer of the Cervix, vagina and vulva, uterus
 - 5.2.5.2 Gestational Trophoblastic Neoplasia
 - 5.2.5.3 Ovarian Cancer
 - 5.2.6 Skin cancers: Basal cell cancer, Squamous cell cancer, Melanoma, etc
 - 5.2.7 Breast cancer
 - 5.2.8 Sarcomas of soft tissues & bone
 - 5.2.9 Cancers with unknown primary
 - 5.2.10 HIV associated malignancies
 - 5.2.11 Hematological and lymphoid malignancies
 - 5.2.12 Cancers of the endocrine system
 - 5.2.13 Head and Neck cancer:
 - 5.2.13.1 Soft Tissue Sarcoma and Bone Cancer:
 - 5.2.13.2 Cancer of the Central Nervous System:
 - 5.2.14 Second malignant neoplasms
6. **Oncologic Emergencies & other conditions**
Clinical presentation, Pathophysiology, Diagnostic work up and management of the following:
- 6.1 Superior Vena Cava Syndrome
 - 6.2 Increased Intracranial Pressure
 - 6.3 Spinal cord Compression
 - 6.4 Metabolic Emergencies:
 - 6.4.1 Tumor lysis syndrome & Hyperurecemia
 - 6.4.2 Hyponatremia, Hypercalcemia
 - 6.5 Paraneoplastic syndromes
 - 6.6 Fever in neutropenic cancer patient
 - 6.7 Infections in severely immunocompromised patients
 - 6.8 Diagnosis & management of metastases to bone, brain, lung, liver etc
 - 6.9 Cardiac effects of cancer therapy
 - 6.10 Endocrine complications
 - 6.11 Reproductive complications