

नेपाली सेना

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प्रा.उ.से. अकुपेशन थेरापिस्ट (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

समय : २ घण्टा ३० मिनेट

पूर्णाङ्क : १००

उत्तीर्णाङ्क : ४०

यो पाठ्यक्रम नेपाली सेनाको विभिन्न ईकाईहरूमा रिक्त रहेको प्रा.उ.से. अकुपेशन थेरापी (खुला) पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धि विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईने छ ।
- (ग) प्रश्न पत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई समेटिनेछ ।
- (घ) नेपाली सेनाको आवश्यकता तथा विविध परिस्थितमा नेपाली सेना अनुकुल हुने गरी उल्लेखित विवरणहरूमा हेरफेर हुन सक्नेछ ।
- (ङ) पाठ्यक्रमको रूपरेखा देहायमा उल्लेख गरे अनुसार हुनेछ ।
- (च) पाठ्यक्रम लागु मिति २०७३/५/०१ गते ।

लिखित परीक्षा योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या X अङ्क	समय
पेशा सम्बन्धी	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	४० प्रश्न X १ अङ्क = ४०	२ घण्टा ३० मिनेट
			विषयगत (Subjective)	छोटो उत्तर	६ प्रश्न X ५ अङ्क = ३०	
				लामो उत्तर	३ प्रश्न X १० अङ्क = ३०	

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पेशा सम्बन्धी विषयको पाठ्यक्रम

(SYLLABUS FOR OCCUPATIONAL THERAPIST)

1. Human Anatomy and Physiology

1.1 Human Anatomy

- 1.1.1 Thorax: Ribs, Vertebrae, Intercostal space, intercostal nerve, pleural, reflection, outline of respiratory system as a whole. Mediastina surface of lungs, Broncho-pulmonary segments, Mediastinum
- 1.1.2 Heart & Coronary vessels
- 1.1.3 Vertebral column & its applied anatomy
- 1.1.4 Abdomen & Pelvis: Lumbar vertebral, Sacrum, Bony Pelvis, Ant Abdominal wall, Inguinal canal & hernia, Testes, Scrotum
- 1.1.5 General outline of digestive system, Liver, gall bladder, kidney, uretger, Suprarenal glad, urinary bladder, prostate, urethra, male and female reproductive organs, joints and pelvis
- 1.1.6 Superior Extremity: Bones in detail Branchial Plexus including applied anatomy, Main muscle groups and their action, joints and their applied anatomy, Axillary lymphnodes and lymphatic drainage of mammary gland venous drainage of upper limb
- 1.1.7 Inferior Extremity: Bones in detail, lumber and sacral plexus, main nervesd and muscles. Arches of foot and its applied anatomy, Arterial anastomosis around knee joint venos drainage, Inguinallymphnodes joints & their applied anatomy
- 1.1.8 Brain & Spinal Cord: Connection & main functions of each part, internal capsule, and blood supply
- 1.1.9 Surface Anatomy: Bony landmarks and surface anatomy of important structures

1.2 Human Physiology

- 1.2.1 Tissues and their functions
- 1.2.2 Cardio Vascular System
- 1.2.3 Neuromuscular
- 1.2.4 Nerve system
- 1.2.5 Digestive system
- 1.2.6 Genito-Urinary system
- 1.2.7 Endocrine system

2. Pathology including Bacteriology & Pharmacology

2.1 Pathology and Bacteriology

- 2.1.1 Meaning of terms, etiology, pathogenesis and lesions
- 2.1.2 Various causes of disease and an approach to laboratory studies and diagnosis of diseases and clinical pathology
- 2.1.3 Brief and diagnosis of diseases and clinical pathology
- 2.1.4 Inflammation

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- 2.1.5 Repair
- 2.1.6 Circulatory disturbances with emphasis on ischemia, thrombosis, embolism, infraction
- 2.1.7 General approach to bacterial and mycotic viral infections, emphasis on tuberculosis, syphilis, leprosy, fungal infections and parastic infections
- 2.1.8 General approach to immunity and hypersensitivity
- 2.2 **Pharmacology**
 - 2.2.1 General action of drugs
 - 2.2.2 Drug allergy
 - 2.2.3 Drug toxicity
 - 2.2.4 Method of administration
 - 2.2.5 Drugs acting on central nervous system
 - 2.2.6 Drugs acting on peripheral nervous system Drugs acting on nervour muscular junction and muscles
 - 2.2.7 Drugs acting on cardiovascular system
 - 2.2.8 Drugs acting on respiratory system
 - 2.2.9 Chemotherapeutic agents
 - 2.2.10 Hormones and drugs affecting endocrine functions
- 3. **Psychology**
 - 3.1 **General Psychology**
 - 3.1.1 Nature of psychology
 - 3.1.2 Fields of psychology: Introspective and Experimental method
 - 3.1.3 Heredity and Environment : Physical, Psychological and Social
 - 3.1.4 Motivation – Kinds of motives, Physiological, Psychological, Interest
 - 3.1.5 Emotion : Theory of emotions
 - 3.1.6 Conflict and Frustration – Common defensive mechanisms
 - 3.1.7 Learning – Types of learning and role of learning in human life
 - 3.1.8 Memory and its types
 - 3.2 **Social Psychology**
 - 3.2.1 Nature and scope of social psychology
 - 3.2.2 Social interaction – Primary and social stimulation
 - 3.2.3 Psychology groups and their classification
 - 3.2.4 Socialization of the individual
 - 3.2.5 Morals, customs, fashions, propaganda – its technique
 - 3.2.6 Leadership – functions, role and qualities
 - 3.2.7 Attitudes and prejudice
 - 3.2.8 Crowds and Public opinion
 - 3.2.9 Social change and progress
- 4. **Principles of Occupational Therapy**
 - 4.1 History and development of Occupational Therapy
 - 4.2 Definition and scope of Occupational Therapy
 - 4.3 Occupational Therapy as a link in total rehabilitation

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- 4.4 Exercises and Activities as a basis of Occupational Therapy
 - 4.5 Therapeutic Activities
 - 4.6 Activities of daily living –definition, classification, characteristics and scope
 - 4.7 Purposeful activities
 - 4.8 Human Development process
 - 4.9 Proprioceptive Neuro-muscular facilitation – Basic principles
 - 4.10 Hand Evaluation and functional testing.
 - 4.11 Hand Splinting
5. **Bio-mechanics and Kinesiology**
- 5.1 Definition of kinesiology and Bio-Mechanics
 - 5.2 General Principles, force, axis and planes, center of gravity, levers, classification of force system
 - 5.3 Origin of human movement and its significance
 - 5.4 Forms of human movements, their characteristics and factors affecting them
 - 5.5 Analysis of movement
 - 5.6 Bio-Mechanics of spine, lower extremity & upper extremity
 - 5.7 Gait analysis-gait deviations
6. **Occupational Therapy in Medical Conditions**
- 6.1 Introduction: Brief review of medical conditions and treatment and role of occupational therapy in the rehabilitation of paring with various diseases
 - 6.2 Therapeutic activities and techniques in Occupational Therapy
 - 6.3 Methods of evaluation in Occupational Therapy.
 - 6.4 Therapeutic management of
 - 6.4.1 Rheumatoid arthritis
 - 6.4.2 Leprosy
 - 6.4.3 Cerebro- Vascular accidents
 - 6.4.4 Cardiac diseases (Congenital and acquired)
 - 6.4.5 Geriatric conditions
 - 6.4.6 Cerebral palsy
 - 6.4.7 Acute infections of nervous system
 - 6.4.8 Poliomyelitis
 - 6.4.9 Epilepsy
 - 6.4.10 Common affections of peripheral, spinal and cranial nerves, Myopathy
 - 6.4.11 Lesion of Pyramidal, extra pyramidal, cerebella systems
 - 6.4.12 Motor neuron diseases
 - 6.4.13 Degenerative Neurological conditions, Parkinsonism, Syringomyelia, etc.
 - 6.4.14 Multiple sclerosis
 - 6.5 Assessment and diagnostic functions of occupational therapy
 - 6.6 Home care programme in severely disabled and A.D.L. in adults and children

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7. Occupational Therapy in Surgical Conditions

- 7.1 Introduction: Brief review of surgical conditions and treatment and role of occupational therapy in the rehabilitation of paring with various diseases including
 - 7.1.1 Amputations – Pre & Post-operative occupational therapy
 - 7.1.2 Fractures, dislocations and soft tissues injuries – upper extremity, lower extremity and spine.
 - 7.1.3 Deformities – Congenital and acquired deformities of upper extremity, lower extremity and spine
 - 7.1.4 Inflammatory conditions of joints and bones
 - 7.1.5 Degenerative conditions
 - 7.1.6 Hand injuries
 - 7.1.7 Burns – emphasis on management in respect of rehabilitation.
 - 7.1.8 Thoracic surgery
 - 7.1.9 Plastic Surgery
 - 7.1.10 Supportive and corrective appliance in the rehabilitation
 - 7.1.11 Adoptive devices in the rehabilitations of surgical cases
 - 7.1.12 Activities of daily living testing and training in A.D.L.

8. Occupational Therapy in Psychiatric Conditions

- 8.1 Aims and Principle of occupational therapy in psychiatric conditions
 - 8.1.1 Schizophrenia
 - 8.1.2 Paranoia
 - 8.1.3 Depressive Psychosis
 - 8.1.4 Hysteria
 - 8.1.5 Obsessive compulsive Reaction
 - 8.1.6 Anxiety
 - 8.1.7 Behavior disorders due to brain damage
- 8.2 Types and Functions of occupational therapy
 - 8.2.1 Dynamic therapy
 - 8.2.2 Supportive therapy
 - 8.2.3 Milieu Therapy
- 8.3 Group Therapy
- 8.4 Arts and Activity therapy
- 8.5 Recreational Therapy

9. Disability Prevention and Rehabilitation

- 9.1 Definition concerned in the phases of disability process
- 9.2 Definition concerned with causes of impairment, functional limitation, and disability
- 9.3 Rehabilitation and disability prevention
- 9.4 Present rehabilitation services
- 9.5 Reservation & Legislation for rehabilitation services for the disabled
- 9.6 Community and Rehabilitation
- 9.7 Basic principles of administration, budget, approach, personnel and space

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- 9.8 Contribution of social worker towards rehabilitation
- 9.9 Vocational evaluation and goals for disabled.
- 9.10 Rural rehabilitation incorporated with Primary Health centers.
- 9.11 Prosthetics & Orthotics
 - 9.11.1 Definition & basic principles
 - 9.11.2 Designing and construction of upper and lower extremity orthosis and spinal orthosis
 - 9.11.3 Upper extremity and lower extremity prosthesis prescription, fitting and checking
- 9.12 Prescription and design of footwear & modifications
- 9.13 Wheel Chairs
- 9.14 Design and construction of adaptive devices

10. Ethics and Management Studies

- 10.1 Professional ethics and legal issues
 - 10.1.1 The implications of and confirmation to the rules of professional conduct
 - 10.1.2 Legal responsibility for their actions in the professional context and understanding liability and obligations in case of medico-legal action
 - 10.1.3 A wider knowledge of ethics relating to current social and medical policy in the provision of health care
 - 10.1.4 National and international professional bodies: as a professional association and education body- Difference between scientific association (Professional body) and statutory body
 - 10.1.5 The role of international health agencies such as WHO, WFOT and WCPT
- 10.2 Management studies for occupational therapy
 - 10.2.1 Definition – Branches of management – Principles health sector management
 - 10.2.2 General principles of management - Theories management
 - 10.2.3 Personnel management – Policies and procedure Basic concepts and theories
 - 10.2.4 Financial issues including budget and income generation
 - 10.2.5 Principles of an organizational chart
 - 10.2.6 Organization of a department – Planning, space manpower materials, basic requirements
 - 10.2.7 Resource and quality management – Planning with change and coping with change

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यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

एकाई नं. (Unit No.)	अङ्कभार (Weightage)	बहुवैकल्पिक प्रश्न (MCQs) को संख्या	छोटो उत्तर प्रश्नको संख्या	लामो उत्तर प्रश्नको संख्या
१	३०	१०	६ प्रश्न X ५ अङ्क	३ प्रश्न X १० अङ्क
२				
३				
४	२०	१०		
५				
६	३०	१०		
७				
८				
९	२०	१०		
१०				
जम्मा	१००	४० प्रश्न x १ अङ्क = ४० अङ्क	६ प्रश्न X ५ अङ्क = ३० अङ्क	३ प्रश्न X १० अङ्क = ३० अङ्क