



BALUCHISTAN PUBLIC SERVICE COMMISSION

Samungli Road, Quetta Cantt.
(Examination Branch)


Dated Quetta, the 24th May, 2024

PRESS RELEASE

No.BPSC/EXAM/SYLLABUS/8/2022 25-29. It is notified for the information of candidates who have applied against the following posts that their **MCQs Test** would be held in accordance with the syllabus available at the official website of BPSC www.bpsc.gob.pk:-

S. No	NAME OF POSTS	DEPARTMENT
1.	i) Senior Registrar Neurology (B-18) ii) Associate Professor Neurology (B-18) iii) Senior Lecturer Neurology (B-18)	Health Department
2.	i) Senior Registrar Histopathology (B-18) ii) Associate Professor Histopathology(B-18) iii) Senior Lecturer Histopathology (B-18)	
3.	i) Senior Registrar Community Medicine (B-18) ii) Associate Professor Community Medicine (B-18) iii) Senior Lecturer Community Medicine (B-18)	

Note: The date and time of abovementioned test would be announced in due course of time.


Secretary
Balochistan Public Service
Commission

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BALUCHISTAN PUBLIC SERVICE COMMISSION

Samunqli Road, Quetta Cantt.

Syllabus for the post of Assistant Professor / Senior Registrar/ Senior Lecturer Histopathology (B-18) in the Health Department

Qualification:

- i. MBBS or Equivalent qualification recognized/ registered by PMDC
- ii. FCPS/MD/ M.Phil / Ph.D or other equivalent qualification recognized / registered with PMDC.

Syllabus:

A) General pathology:

1. Cell structure, function, cellular responses to injury, adaptation and death
2. Inflammation and repair
3. Genetic disorders
4. Neoplasia
5. Diseases of immune system
6. Diseases of infancy and childhood
7. Environmental and nutritional diseases

B) Systemic pathology:

1. Blood vessels and heart
2. Tumors of lung, head and neck, CNS, GIT, kidney, male and female genital tract, breast, skin, soft tissue and bones.
3. Non neoplastic lesions of lung, GIT, skin, Endocrine system and benign proliferative lesions of breast.

C) Cytopathology:

1. Bethesda Reporting guidelines for thyroid cytopathology
2. Bethesda Reporting guidelines for cervical cytology
3. Milan system for salivary gland cytology
4. Paris system for urine cytology
5. WHO reporting guidelines for lymph node cytology
6. Reporting of common breast, soft tissue swellings.

D) Histo/Cyto techniques:

1. Specimen collection protocols for histology and cytology
2. Common fixatives, decalcifiers
3. Quality control in histopathology and cytopathology
4. Tissue processing and staining protocols
5. Immunohistochemistry
6. Autopsy common practices

NOTE: BOOKS ALREADY RECOMMENDED BY PMC WITH EMPHASIS ON ABOVE MENTIONED SUBJECTS.



BALUCHISTAN PUBLIC SERVICE COMMISSION

Samunqli Road, Quetta Cantt.

Syllabus for the post of Assistant Professor/Senior Registrar/ Senior Lecturer Neurology (B-18) in the Health Department

Qualification:

- i. MBBS or equivalent qualification recognized/registered by the PMC.
- ii. FCPS/MS/MD in the respective specialty OR other equivalent qualification in the relevant specialty recognized/registered by the PMC.

Subjects:

1. Vascular disease of nervous system
 - Ischemia stroke
 - Intracerebral bleed
 - Intracranial Aneurysm + subarachnoid hemorrhage
 - Spinal cord vascular disease
 - CNS vasculitis
2. Neurological problems
 - Cranial nerve + facial pain
 - Brain stem syndrome
 - Cerebral Ataxia
 - Parkinson disease & others movements Disorders
 - Hemiplegia and monoplegia
 - Paraplegia and spinal cord syndrome
 - Proximal, distal and Generalized weakness
 - Muscles pain cramps
3. Investigations in Diagnosis and Management of Neurologic Diseases
4. Neuroimaging
 - CT scan brain
 - MRI brain + spinal cord
 - MRA
 - CTA
5. Infection of the Nervous Systems:
 - Bacterial meningitis
 - Viral encephalitis
 - Bacterial fungal diseases of nervous system
6. Autoimmune Disease:
 - Multiple sclerosis
 - NMO spectrum disorder
 - Anti MOG diseases
 - Autosomal encephalitis
 - Toxic and metabolic encephalopathy
 - Brain edema and disorders of CSF circulations
 - Mitochondrial disorders
 - Alzheimer's disease
 - Parkinson disease and others movements Disorders
 - Disorders of upper and lower motor neuron e. g (Amyotrophic lateral sclerosis)

7. Epilepsies

8. Muscle Disorders:

- Polymyositis
- Dermatomyositis
- Myasthenia Gravis
- Lambert Eaton syndromes

9. Peripheral Neuropathies:

- Acute inflammatory demyelinating Radiculoneuropathy AIDP
- (GBS)
- Chronic demyelinating neuropathy CIDP
- Mononeuropathies
- Hereditary neuropathies
- Charcot marrie tooth diseases
- Neurological Emergencies

NOTE: BOOKS ALREADY RECOMMENDED BY PMC WITH EMPHASIS ON ABOVE MENTIONED SUBJECTS.



BALUCHISTAN PUBLIC SERVICE COMMISSION

Samunli Road, Quetta Cantt.

Syllabus for the post of Assistant Professor/ Senior Registrar/ Senior Lecturer Community Medicine (B-18) in the Health Department

Qualification:

- i. MBBS or equivalent qualification recognized/registered by the PMDC.
- ii. With FCPS/MS/MD in the respective specialty with OR other equivalent qualification in the relevant specialty recognized/registered by the PMDC.

Subjects:

CONTENTS OF CURRICULUM

SERIAL NO	TOPIC
1	Concept of Health & Disease
2	Introduction to Public Health and Health Systems in Pakistan
3	Epidemiology and disease control
4	Biostatistics
5	Demography and Population dynamics
6	Food and Nutrition
7	Reproductive and Child Health
8	Health of school age children
9	Environmental Health Sciences
10	Occupational Health
11	Arthropods and their public health importance
12	Prevention and control of Parasitic diseases of public health importance
13	Snake Bites: Personal protection and management
14	Mental Health
15	Behavioural Sciences and lifestyle
16	Information, Education and Communication (IEC)
17	Disaster
18	Medical Ethics

1. Concept of Health & Disease

1. Concept of health
2. Definition of health (Dimensions, physical, mental, social and spiritual)
3. Spectrum of health, Determinants of health.
4. Responsibility for health.
5. Indicators of health.
6. Concept of disease.
7. Concept of causation (all theories including ecological triad, (agent, host & environmental factors). Spectrum of disease. Iceberg phenomenon.
8. Natural history of disease.
9. Levels of prevention.
10. Disease elimination and eradication.
11. Disease surveillance

2. Introduction to Public Health and Health Systems in Pakistan

1. Background and Concepts.
2. Definitions and concepts in Public Health.
3. Development of Public Health in Pakistan.
4. Economics and Health.
5. Health Policy and planning in Pakistan. "Health for all", background, concepts and progress. "Primary Health Care": Concepts and progress.

6. The National Disease Control programmes; policies, strategies and operations.
7. Health System in Pakistan: The role of Federal and Provincial Governments in Health Care.
8. The District Health System, in the context of devolution.
9. The Physician as a manager:
10. Functions of manager, management of material, human and financial resources.
Leadership and motivation.
11. Partners in Health: The public and private sector. Non-governmental Organizations and International Agencies. Resources for health.
12. Community Mobilization.

3. Epidemiology and disease control

1. General Epidemiology and Research methodology.
2. Background and concepts, uses.
3. Basic measurements in epidemiology (morbidity, Mortality, disability and fatality).
Epidemiological methods (descriptive, analytic and experimental).
Epidemiological transition. Association and causation.
4. Investigation of an outbreak or an epidemic.
5. Screening for disease.
6. Community diagnosis.
7. Research and survey methodology.

Introduction to Qualitative research methodology

Prevention and control of Infectious diseases

- I. Definitions to differentiate between Infection, contamination, pollution, infestation
- II. Infectious disease, communicable disease, contagious disease
- III. Host, Immune and susceptible persons
- IV. Sporadic, Endemic, Epidemic, Pandemic
- V. Epizootic, Exotic, Zoonosis
- VI. Contact, fomites, Carriers, Insect Vectors, Reservoir of infection
- VII. Incubation period, Infective period, Generation time
- VIII. Cross infection, Nosocomial infection, Opportunistic infections,
- IX. Iatrogenic (Physician induced) disorders
- X. Surveillance control, Eradication, Elimination

Dynamics of infectious disease transmission

- I. Reservoir and source of infection, escape of organism, mode of transmission, entry into the body, susceptible host, immunity (different types of immunity and immunization)

Control of infection

- I. Controlling the reservoir-notification, early diagnosis treatment, isolation, quarantine, disinfections.
- II. Interruption of transmission.
- III. The susceptible host (active & passive immunization, Combined).
- IV. Chemoprophylaxis, Non-specific measures).
- V. Health advice to travellers.
- VI. National case management guide lines.

I. Epidemiology, control and prevention of infectious diseases of public health importance: -

1. Diseases transmitted through inhalation.
2. Diseases transmitted through Faeco-oral route.
3. Arthropod borne diseases.
4. Diseases of animals conveyed to man.
5. Diseases due to direct contact.

II. Epidemiology, control and prevention of non-infectious diseases of public health importance.

1. Hypertension.
2. Coronary heart disease.
3. Cancers.
4. Injuries.
5. Diabetes mellitus.
6. Obesity.
7. Acute Rheumatic fever and heart disease.

4. Biostatistics

- A. Concepts and uses.
- B. Data and its types.
- C. Rates, ratios and proportions.
- D. Crude, specific and standardized rates.
- E. Collection and registration of vital events in Pakistan.
- F. Sources of health-related statistics.
- G. Measures of central tendency, (Mean, Median, Mode),
- H. Measures of dispersion (Range, Standard deviation, Standard error)
- I. Normal curve.
- J. Methods of data presentation (tables, graphs & diagrams).
- K. Interpretation of data (t-test and Chi-square test).
- L. Sampling and its various techniques.
- M. Health Management Information System.

5. Demography and Population dynamics

- A. Concept, demographic principles and demographic processes.
- B. Census, definition, methodology, types.
- C. Determinants of fertility, mortality.
- D. Population Pyramid, and its interpretation.
- E. Demographic Transition, Demographic Trap and its public health importance.
- F. Demographic and social implication of high population growth.
- G. Social Mobilization.
- H. Urbanization.

6. Food and Nutrition

- A. Concepts (Nutrition, Nutrient, Food, Diet). Food groups and their functions. Role of fibre in diet. Balanced Diet.
- B. Malnutrition at all stages of life its types causes and prevention. Common nutritional problems of public health importance and their prevention and control.
- C. Dietary requirements of normal human being at different stages of life.
- D. Food hygiene, Pasteurization, fortification, additives & adulteration and preservation.
- E. Food Poisoning.
- F. Assessment of nutritional status of a community.

7. Reproductive and Child Health

- A. Safe motherhood, and its components. (Ante-natal, Post-natal, Family Planning & Emergency Obstetric Care).
- B. Maternal mortality, causes and prevention.
- C. Infant care: Growth and development. Breast feeding, common causes of morbidity and mortality, their prevention and control.
- D. Child Care: Health promotion strategies. Common ailments, home accidents, child mortality prevention. Strategic approaches of Integrated Management of Childhood Illness (IMCI).
- E. Adolescent health.
- F. Reproductive tract infections: guidelines for management of STD's.

8. Health of school age children

- A. Role of teachers and role of doctor in maintenance of health.
- B. Procedures for determining health status of school age children.
- C. Common health problems of school children.

9. Environmental Health Sciences

- A. **Air:** Composition of air. Causes of Air pollution. Purification of Air. Diseases caused by impurities in air and their prevention.
- B. **Water:** Sources of Water. Daily water requirement. Water pollution its causes and prevention. Purification of Water. Water quality Standards. Diseases due to polluted water.
- C. **Waste disposal:** Contents, hazards and safety measures for solid and liquid; Domestic, Industrial and Hospital waste.
- D. **Climate:** Climate and weather. Global environmental concerns (Greenhouse effect, depletion of ozone layer, Acid rains). Effect of extremes of temperature, humidity, atmospheric pressure on human health and their prevention.
- E. **Radiation:** Sources, types, causes, hazards and prevention.
- F. **Healthful housing.** Urban and rural slums. Refugee camps and Hostels.
- G. **Noise:** Definition, causes, acceptance level, hazards and control.

10. Occupational Health

- A. Concepts, of occupational health, occupational medicine and occupational hygiene. Ergonomics and its importance.
- B. Occupational hazards. Principles of control.
- C. General principles of occupational disease prevention.
- D. Organization of occupational health services.
- E. Health Insurance and Social Security Schemes.

11. Arthropods and their public health importance

- A. Common arthropod borne diseases
- B. Control of arthropods of medical importance
- C. Insecticides and their public health importance

12. Prevention and control of Parasitic diseases of public health importance

13. Snake Bites: Personal protection and management

14. Mental Health

- A. Concept. Common mental health problems, their causes, prevention and control.
- B. Juvenile delinquency.

15. Behavioural Sciences and lifestyle

- A. Concept, attitudes, health and illness behaviour.
- B. Drug abuse, addiction and smoking.
- C. Child abuse and child labour.
- D. Role of physical exercise in health and disease.

16. Information, Education and Communication (IEC)

- A. Concept. Aims and objectives.
- B. Approaches used in public health.
- C. Contents, principles and stages of health education.
- D. Communication methods, barriers and Skills in health education.
- E. Planning, organizing and evaluating a health education programme.
- F. Social Marketing.

17. Disaster

- I. Definition, Classification, (Natural disasters like earthquake, floods.
- II. Epidemic of communicable diseases, Man Made Disasters.
- III. Accidents, Thermonuclear warfare, causes and prevention).
- IV. Magnitude and effects of disaster and Public Health consequences.
- V. Disaster: preparedness and management.

18. Medical Ethics

- I. Background Concepts and components.
- II. National recommended guidelines.
- III. Code of Medical Ethics.

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