

දුරකථන) 0112669192 , 0112675011
 தொலைபேசி) 0112698507 , 0112694033
 Telephone) 0112675449 , 0112675280

ෆැක්ස්) 0112693866
 பெக்ஸ்) 0112693869
 Fax) 0112692913

විද්‍යුත් තැපෑල)
 மின்னஞ்சல் முகவரி)
 E-mail) postmaster@health.gov.lk

වෙබ් අඩවිය)
 இணையத்தளம்)
 Website) www.health.gov.lk



සුවසිරිපාය
 சுவசிரிபாய
SUWASIRIPAYA
 සෞඛ්‍ය අමාත්‍යාංශය
 சுகாதார அமைச்சு
Ministry of Health

මගේ අංකය)
 எனது இல.)
 My No.) CF/EXU/09/2023

ඔබේ අංකය)
 உமது இல.)
 Your No.)

දිනය)
 திகதி) 2023/02/21
 Date)

පොදු චක්‍රලේඛ ලිපි අංක :- 02 – 39 / 2023

පළාත් සෞඛ්‍ය ලේකම්වරුන්
 නියෝජ්‍ය අධ්‍යක්ෂ ජනරාල් - ශ්‍රී ලංකා ජාතික රෝහල, කොළඹ
 අධ්‍යක්ෂ - ජාතික රෝහල, මහනුවර
 ඊර්බීය අමාත්‍යාංශය යටතට ගැනෙන සියලුම රෝහල් අධ්‍යක්ෂවරුන්,
 පළාත් සෞඛ්‍ය සේවා අධ්‍යක්ෂවරුන්,
 ප්‍රාදේශීය සෞඛ්‍ය සේවා අධ්‍යක්ෂවරුන්,
 අදාල ආයතන ප්‍රධානීන් වෙත.

සෞඛ්‍ය අමාත්‍යාංශයේ MT-6-2006 (A) වැටුප් පරිමාණයේ අතුරු වෛද්‍ය සේවයේ අක්ෂි තාක්ෂණවේදී තනතුරට අදාළ I ශ්‍රේණියේ නිලධාරීන් සඳහා වන කාර්යක්ෂමතා කඩඉම් පරීක්ෂණය - 2023 (පළමු වාරය)

අතුරු වෛද්‍ය සේවයේ I ශ්‍රේණියේ අක්ෂි තාක්ෂණවේදී නිලධාරීන් සඳහා, I ශ්‍රේණියට උසස් වී වසර පහක් ගත වීමට පෙර සමත් විය යුතු කාර්යක්ෂමතා කඩඉම් විභාගය 2023/05/21 දින ඉංග්‍රීසි මාධ්‍යයෙන් පමණක් පවත්වනු ලබන බව මෙයින් නිවේදනය කරනු ලැබේ. විභාගය පවත්වනු ලබන ස්ථානය හා වේලාව ප්‍රවේශ පත්‍රයේ සඳහන් කරනු ඇත.

02. **සුදුසුකම්**
 මෙම විභාගයට අයදුම් කළ යුත්තේ අක්ෂි තාක්ෂණවේදී නිලධාරී I ශ්‍රේණියට පත්වීම් ලද හා පහත තුන ජේදයේ සඳහන් විධිවිධාන පරිදි මෙම විභාගයෙන් නිදහස් වන නිලධාරීන් හැර අනෙකුත් නිලධාරීන් පමණි.

03. **කාර්යක්ෂමතා කඩඉම් විභාගයෙන් නිදහස් කිරීම**
 රා.ප.ව 6/2006 අනුව 2016.09.27 දින රාජ්‍ය සේවා කොමිෂන් සභාව විසින් අනුමත කරනලද නව බඳවාගැනීමේ පරිපාටිය බලාත්මක වන දින එනම් 2016.01.01 දිනට I ශ්‍රේණියේ වසර පහක් (05) සතුටුදායක සේවා කාලයක් සම්පූර්ණ කර ඇති නිලධාරීන් සඳහා තුන්වන කාර්යක්ෂමතා කඩඉම සමත්වීමේ අවශ්‍යතාවයෙන් නිදහස් කරනු ලැබේ.

සැ.යු :- 2023/03/15 දිනට හෝ ඊට පෙර I ශ්‍රේණියට පත්කර අදාල පත්වීම් ලිපිය ලබා ඇති නිලධාරීන්ගේ අයදුම්පත් පමණක් මා වෙත එවීමට කටයුතු කරන්න.

04. **අයදුම්පත්**
 මෙම චක්‍රලේඛ ලිපියේ අවසානයේ දක්වා ඇති ආකෘතියට අනුව අයදුම්කරුවන් විසින් සකස් කර ගත යුතු අයදුම්පත් ආයතන ප්‍රධානියා මගින්, කොළඹ 10, පූජ්‍ය බද්දේගම විමලවංශ හිමි මාවත, අංක 385, “සුවසිරිපාය” සෞඛ්‍ය අමාත්‍යාංශය අධ්‍යක්ෂ (විභාග) වෙත 2023/03/15 දින හෝ ඊට පෙර ලැබෙන සේ ලියාපදිංචි තැපෑලෙන් එවිය යුතුය. ලියුම් කවරයෙහි වම්පස ඉහළ කෙළවරෙහි “අක්ෂි තාක්ෂණවේදී I ශ්‍රේණියේ නිලධාරීන් සඳහා වන කාර්යක්ෂමතා කඩඉම් පරීක්ෂණය 2023 (පළමු වාරය)” ලෙස සඳහන් කළ යුතුය. මෙම කාර්යක්ෂමතා කඩඉම් විභාගයට පෙනීසිටීමට අයදුම්කරු විසින් අවශ්‍ය සුදුසුකම් සපුරා ඇති බවට පෞද්ගලික ලිපිගොනු හාර විෂය නිලධාරියා විසින්ද, සෑම අයදුම්පතකම දක්වා ඇති තොරතුරු සියල්ල නිවැරදි බව ආයතන ප්‍රධානියා විසින්ද සහතික කර තිබීම අනිවාර්යය වේ. තම අයදුම්පත සමඟ රාජකාරි ලිපිනය හෝ පෞද්ගලික ලිපිනය ලියන ලද රු.110.00 ක් වටිනා මුද්දර ඇලවු “9X4” ප්‍රමාණයේ ලියුම් කවරයක් ද එවිය යුතුය. ප්‍රමාද වී ලැබෙන අයදුම්පත්ද, අසම්පූර්ණ හෝ වැරදි සහිත වන අයදුම්පත්ද කිසිදු දැනුම් දීමකින් තොරව ප්‍රතික්ෂේප කරනු ලැබේ.

සැ.යු. : ආදර්ශ අයදුම්පතෙහි ආකෘතියට අනුව අයදුම්පත A4 කඩදාසියක පළමු පිටුවේ අංක 01-02 දක්වාත් දෙවන පිටුවේ අංක 03-07 දක්වාත් සකස් කළ යුතුය. ඉහත ආකෘතියට අනුකූල නොවන සියලුම අයදුම්පත් දැනුම් දීමකින් තොරව ප්‍රතික්ෂේප කරනු ලැබේ.

05. විභාග ගාස්තු

- 4.1 විභාගයට පළමුවන වතාවට ඉදිරිපත් වන අයදුම්කරුවන් විභාග ගාස්තු වලින් නිදහස් කරනු ලැබේ. අනෙකුත් අයදුම්කරුවන් එක් විෂයකට රු. 25/- බැගින් අවලංගු නොකළ මුද්දර අයදුම් පත්‍රයේ අලවා තමන්ගේ අත්සන හා දිනය (යොදා ඒවා) නිසි ලෙස අවලංගු කළ යුතුය.
- 4.2 කිසිදු කරුණක් මත මෙසේ ගෙවන ලද විභාග ගාස්තු වෙනත් විභාගයක් සඳහා මාරු කිරීමක් හෝ ආපසු ගෙවීමක් සිදුකරනු නොලැබේ.

06. විභාගයට ඇතුළත් කර ගැනීම

- 5.1 පිළිගත් අයදුම්පත් සඳහා අපේක්ෂක / අපේක්ෂිකාවන්ට ප්‍රවේශපත් නිකුත් කරනු ලැබේ. එම ප්‍රවේශපත් නියමිත පරිදි සම්පූර්ණ කර විභාග ශාලාට පත් වීමට ඉදිරිපත් කළ යුතුය. එසේ නොමැතිව විභාගයට පෙනී සිටීමට ඉඩදෙනු නොලැබේ.
- 5.2 විභාග අපේක්ෂක / අපේක්ෂිකාවන් විසින් විභාග ශාලාව තුළදී විභාග ශාලාට පත්වීමට ස්වකීය අනන්‍යතාවය තහවුරු කළ යුතුය. ඒ සඳහා පහත දැක්වෙන ලියකියවිලි අතුරින් එකක් ඉදිරිපත් කළ යුතුය.
 - (අ) ජාතික හැඳුනුම්පත
 - (ආ) සෞඛ්‍ය අමාත්‍යාංශය හෝ ඊට අදාළ ආයතනයක් මගින් විධිමත් ලෙස නිකුත් කරන ලද හැඳුනුම්පත
 - (ඇ) වලංගු ඊයදුරු බලපත්‍රය
 - (ඈ) වලංගු විදේශ ගමන් බලපත්‍රය

07. විභාග පටිපාටිය

මෙම විභාගය තනතුරට අදාළ විෂයය දැනුම සම්බන්ධ රචනා මාදිලියේ ප්‍රශ්න පත්‍රයකින් සමන්විත වේ. එම ප්‍රශ්න පත්‍රය ප්‍රශ්න අටකින් (08) යුක්ත වන අතර ඉන් ඕනෑම ප්‍රශ්න පහකට (05) පිළිතුරු සැපයිය යුතු වේ. කාලය පැය තුනකි (03), මුළු ලකුණු 100කි. සමත්වීම සඳහා අවම වශයෙන් ලකුණු 40ක් ලබාගත යුතුය.

08. විෂය නිර්දේශය

විෂයානුබද්ධ ප්‍රශ්න පත්‍රය

Optometry

- Law that govern reflection & refraction
- Types of lenses

Visual Field

- Confrontation
- Lister Perimeter
- Tangent Screen
- Definition of Characteristics Field Detector
- Glaucoma
- Papillitis
- Nutritional Amblyopia
- Retinitis Pigmentosa
- Pituitary pressure on the optic chiasm
- Posterior neurological defect

Pharmacology

- Know the drugs commonly used in ophthalmic diagnosis, their action, dosage, duration, precautions
- Know the drugs commonly used in Glaucoma, action dosage precautions
- Compare the sympathetic and parasympathetic nervous system as to the actions of the organ they simulate
- Name the chemical transmitters in these systems and how their action is stopped
- Know the ocular side effects of these commonly used systemic drugs
- Extra ocular muscle actions
- Testing ocular movements
- The cover test
 - Cover, uncover test in manifest squints
- Types of convergence 1,2,3
- Classification of ET and XT
- Cover test latent squint
- Latent squint exophoria
- Management of phorias
- How to perform tests used to investigate squints
 - Bagolini striated lenses
 - Worth lights
 - Stereo tests
 - Major amblyoscope
- Grades of binocular vision
- How to check the visual acuity in small children and infants
- Tests used to measure squints –
 - Good vision in both eyes
 - Poor vision in one eye
- Types of amblyopia
- Treatment of types of amblyopia
- Investigation of content ET with :
 - NRC
 - ARC
- Draw and label prism
- Meaning of the snellen fraction
- Modifications of 6 meter chart for other distances
- Relate snellen fraction to visual tasks
- Theory of Retinoscopy

Use of the streak retinoscope

- The optical cross
- Custom in Prescription writing
- Prentice's rule: Lens prism relationship
- Diopter –
 - Focusing
 - Prism

- Nature of light : distance diopter
- Distance and vergence change, concept, lens addition thick, lens back vertex distance
- Eye as an optical instrument
- The different kinds of refractive error
- Clinical signs and symptoms of :
 - Myopia
 - Hypermetropia
 - Astigmatism presbiopia
- Relate these conditions to age
- Describe the physiological reaction of the visual system to these
- Draw and label the interval of strum
- Subjective refraction – 5 steps
- Prescribing for visual defects
- Case example
- Management of the low vision patient
- The 2 causes of visual problems in anisometropia and rule of thumb in dealing with it
- Describe :
 - meridional magnification
 - meridional anisometropia
- Calculate induced prism as a result of anisometropia and suggest solution
- Rule of thumb for lens induced prism
 - a. 2 Vertical
 - b. 3 Base in
 - c. 4 Base out
- Aphakia :
 - Discuss importance of BVD
 - Expected refractive error and cylinder
 - Subjective problems the patient will encounter
 - Discuss minimization of the problems
 - Describe how BVD can be used to help with reading in single vision in Aphakia specs suppression
- Relate intermittent squints to AC/A ratio
- Management of Intermittent squint
 - a. Convergence excess ET
 - b. Fully accommodative ET
- Sherrington's law
- Hering's law
- Parlytic Sequence
- Testing ocular movement in paralytic squints
 - Cover test
 - BSV
 - Hess

09. විභාග සම්බන්ධ රෙගුලාසි අනුගමනය කිරීම

අපේක්ෂකයින් විසින් වෙනත් අපේක්ෂකයෙකුගේ උත්තර පත්‍රයකින් හෝ කුමන හෝ පොතකින්, හෝ කවර ආකාරයක සටහන් සහිත කොලයකින්, හෝ වෙනත් කිසිවකින් හෝ ගෙන බලා උත්තර ලිවීම තහනම්ය. වෙනත් අපේක්ෂකයෙකුගේ උත්තර පත්‍රය දෙස බැලීමද, නොකළ යුතුය. එසේම වෙනත් අයදුම්කරුවෙකුට උදව් කිරීමෙන් හෝ වෙනත් අයදුම්කරුවකුගෙන් හෝ පුද්ගලයකුගෙන් උදව් ලබාගැනීමෙන්ද වැළකී සිටිය යුතුය. තවද ජංගම දුරකථන හා ඒ හා සමාන සන්නිවේදන හා විද්‍යුත් උපකරණද භාවිතා කිරීමෙන් වැළකී සිටිය යුතුය. මෙම නීති කඩ කරනු ලබන ඕනෑම අපේක්ෂකයෙකු දඬුවම් ලැබීමට යටත් වනු ඇත.

10. කරුණාකර මෙම වක්‍රලේඛ ලිපියේ අඩංගු දෑ ඔබ ආයතනයේ සේවයේ නියුතු අක්ෂි තාක්ෂණවේදී තනතුරේ I ශ්‍රේණියේ නිලධාරීන්ගේ දැනගැනීමට සලස්වන්න.

(මෙම තොරතුරු www.health.gov.lk වෙබ් අඩවියෙන්ද ලබාගත හැකිය.)

Web Path :- www.health.gov.lk → Staff Access → Admin → Circulars

සැ.යු. - මෙම වක්‍රලේඛ ලිපියේ සිංහල, දෙමළ හා ඉංග්‍රීසි නිවේදනයන්හි පාඩ අතර යම් අනනුකූලතාවයක් මතු වුවහොත් සිංහල මාධ්‍ය විභාග නිවේදනය බලපැවැත්වේ.

වාමික විචි. ගමගේ
නියෝජ්‍ය අධ්‍යක්ෂ ජනරාල් (පාලන) II
සෞඛ්‍ය අමාත්‍යාංශය
"පුබුද්ධිපාය"
කොළඹ 10.

4 Damay
වාමික විචි ගමගේ
නියෝජ්‍ය අධ්‍යක්ෂ ජනරාල් (පාලන) II
ලේකම් වෙනුවට

ආදර්ශ අයදුම්පත

සෞඛ්‍ය අමාත්‍යාංශයේ MT-6-2006 (A) වැටුප් පරිමාණයේ අතරු වෛද්‍ය සේවයේ අත්ති තාක්ෂණවේදී තනතුරට අදාළ I ශ්‍රේණියේ නිලධාරීන් සඳහා වන කාර්යක්ෂමතා කඩඉම් පරීක්ෂණය - 2023 (පළමු වාරය)

01. (අ) (i) අයදුම්කරුගේ සම්පූර්ණ නම (සිංහලෙන්) :

(ii) අයදුම්කරුගේ සම්පූර්ණ නම (ඉංග්‍රීසි කැපිටල් අකුරින්):

(iii) මුලකරු සමඟ නම (සිංහලෙන්) :

(iv) මුලකරු වලින් හැඳින්වෙන නම (ඉංග්‍රීසි කැපිටල් අකුරින්)

(අ) (i) අදාළ ශ්‍රේණියට පත්වීමේ දිනය :

පත්වීම් ලිපි අංකය :

(ii) දැනට ලබන වාර්ෂික වැටුප :

(iii) ජංගම දුරකථන අංකය

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(iv) ජාතික හැඳුනුම්පත් අංකය

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(iv) විද්‍යුත් තැපෑල :

02. (අ) දැනට සේවය කරන ආයතනය (සිංහලෙන්)

(ඉංග්‍රීසියෙන්)

(අ) වය අයත් දිස්ත්‍රික්කය

(අ) වම සේවා ස්ථානය අයත් වන්නේ

- මධ්‍යම රජයටද

- පළාත් සභාවටද

(අ) පළාත් සභාවේ නම් අදාළ පළාත

(ඉ) විභාග ප්‍රවේශ පත්‍රය වචිත සඳහා නිවැරදිව හා පැහැදිලිව ලිපිනය ලියන ලද 9" X 4" ප්‍රමාණයේ රු. 110.00 ක මුද්දර ඇලවු ලියුම් කවර 01ක් අයදුම්පතට අමුණන ලද්දේද?

(ඊ) (i) තැපැල් ලිපිනය (සිංහලෙන්)

(ii) තැපැල් ලිපිනය (ඉංග්‍රීසි කැපිටල් අකුරින්)

03. (අ) මීට ප්‍රථම මෙම විභාගයට පෙනී සිටියේද?

(ආ) අයදුම්පත ඉදිරිපත් කරන්නේ ප්‍රථම වරට නොවේ නම් මුද්දර අලවා තිබේද?

මුද්දර කොටුව

04. අයදුම්කරුගේ සහතිකය

මගේ දැනුම හා විශ්වාසය පරිදි

(i) මෙම අයදුම් පත්‍රයේ සඳහන් කර ඇති තොරතුරු සත්‍ය බවත්, මෙම විභාගයට මා පෙනී සිටින්නේ ප්‍රථම වතාවට බැවින් විභාග ගාස්තු ගෙවීම අනවශ්‍ය බවත් / ප්‍රථම වතාවට නොවන බැවින් රු. ක් වටිනා මුද්දර අලවා ඇති බවත්, මෙම අයදුම් පත්‍රයට මා විසින් අලවා ඇති මුද්දර අවලංගු කිරීමට පෙර වලංගු වූ පාවිච්චි නොකරන ලද මුද්දර බවත් ප්‍රකාශ කරමි.

(ii) සෞඛ්‍ය අමාත්‍යාංශය විසින් විභාග පිළිබඳව පනවා ඇති නීතිරීති වලට එකඟව ක්‍රියාකිරීමටත්, මෙම විභාගය පිළිබඳ ව්‍යවස්ථාව අනුව මා නුසුදුස්සකු බව පෙනී ගියහොත්, මගේ විභාගාපේක්ෂකත්වය අවලංගු කිරීමට ගනු ලබන කවර හෝ තීරණයකට මම එකඟ වන බවත් මෙයින් සහතික කරමි.

දිනය අයදුම්කරුගේ අත්සන

05. පෞද්ගලික ලිපිගොනු භාර විෂය නිලධාරීවරයා / නිලධාරිනියගේ සහතිකය

මෙම අයදුම්පත් ඛාර ගන්න අවසාන දිනයට පෙර මා වෙත ඛාරදුන් බවත්, පෞද්ගලික ලිපිගොනුවේ ඇති තොරතුරුවලට අනුව අයදුම්කරු විසින් නිවැරදිව මෙම අයදුම්පත සම්පූර්ණකර ඇති බවත්, I ශ්‍රේණියේ නිලධාරීන් සඳහා වන කාර්යක්ෂමතා කඩඉම් විභාගයට පෙනී සිටීමට අවශ්‍ය සුදුසුකම් සපුරා ඇති බවත් මෙම අයදුම්පතේ පිටපතක් පෞද්ගලික ලිපි ගොනුවට ගොනුකළ බවත් සහතික කරමි.

දිනය තම සහ අත්සන

06. ආයතන ප්‍රධානියාගේ සහතිකය

..... මහතා/මහත්මිය/මෙනවිය නිලධාරියෙකු වශයෙන් මෙම ආයතනයේ සේවය කරන බවටත්, අයදුම්පතේ ඇතුළත් කර ඇති තොරතුරු නිවැරදි බවත්, අයදුම්කරු විභාගයට පෙනී සිටින්නේ ප්‍රථම වතාවට බවත් / නොවන බවත්, රු. 25ක් වටිනා මුද්දර මෙම අයදුම්පත්‍රයට අලවා ඇති බවද, විභාගයට පෙනී සිටීමට සුදුසුකම් ලබා ඇති බවත්, අයදුම්පතේ දී තිබෙන තොරතුරු අයදුම්කරුගේ පෞද්ගලික ලිපිගොනුවේ ඇති තොරතුරු අනුව නිවැරදි බවත්, මා ඉදිරිපිටදී අත්සන් කළ බවත් සහතික කරමි.

දිනය ආයතන ප්‍රධානියාගේ අත්සන
[රබර් මුද්‍රාව තැබිය යුතුය]

07. විමධ්‍යගත කොට්ඨාශ / විශේෂිත ව්‍යාපාර* ප්‍රධානියාගේ සහතිකය

..... මහතා / මහත්මිය / මෙනවිය, I ශ්‍රේණියේ අක්ෂි තාක්ෂණවේදී නිලධාරියෙකු වශයෙන් මගේ ආයතනයේ සේවය කරන බවත්, අයදුම්පතේ දී තිබෙන තොරතුරු අයදුම්කරුගේ පෞද්ගලික ලිපිගොනුවේ ඇති තොරතුරු අනුව නිවැරදි බවත්, මෙම විභාගයට පෙනී සිටීමට ඔහුට / ඇයට සුදුසුකම් ඇති බවත් සහතික කරමි.

දිනය විමධ්‍යගත කොට්ඨාශ / විශේෂිත ව්‍යාපාර ප්‍රධානියාගේ අත්සන
[රබර් මුද්‍රාව තැබිය යුතුය]

(* - අනවශ්‍ය කොටස් කපා හරින්න.)

දුරකථන) 0112669192, 0112675011
தொலைபேசி) 0112698507, 0112694033
Telephone) 0112675449, 0112675280

තැපෑල) 0112693866
பெக்ஸ்) 0112693869
Fax) 0112692913

විද්‍යුත් තැපෑල) postmaster@health.gov.lk
மின்னஞ்சல் முகவரி)
E-mail)

වෙබ් අඩවිය) www.health.gov.lk
இணையத்தளம்)
Website)



සුවසිරිපාය
சுவசிரிபாய
SUWASIRIPAYA

සෞඛ්‍ය අමාත්‍යාංශය
சுகாதார அமைச்சு
Ministry of Health

මගේ අංකය)
எனது இல.)
My No.) CF/EXU/09/2023

ඔබේ අංකය)
உமது இல.)
Your No.)

දිනය)
திகதி) 2023/02/21
Date)

பொது சுற்றுநிருப கடித இலக்கம் :- 02 – 39 / 2023

மாகாண சுகாதார செயலாளர்கள்
பிரதிப் பணிப்பாளர் நாயகம் - இலங்கைத் தேசிய வைத்தியசாலை
பணிப்பாளர்- தேசிய வைத்தியசாலை- கண்டி
மத்திய அரசின் கீழ் நிர்வகிக்கப்படும் சகல வைத்தியசாலைகளின் பணிப்பாளர்கள்
மாகாண சுகாதார சேவைப் பணிப்பாளர்கள்
பிரதேச சுகாதார சேவைகள் பணிப்பாளர்கள்
உரிய நிறுவனத் தலைவர்கள்

சுகாதார அமைச்சின் MT-6-2006 (A) சம்பள அளவுத்திட்டத்திற்கான துணை மருத்துவச் சேவை தரம் I கண் தொழிநுட்பவியலாளர் வினைத்திறமைகாண் தடைப் பரீட்சை - 2023 (முதலாவது தடவை)

துணை மருத்துவ சேவையின் தரம் I கண் தொழிநுட்பவியலாளர் தரம் I ந்கு பதவி உயர்வு பெற்று 5 வருடங்கள் நிறைவடைவதற்கு முன்னர் சித்தியடைய வேண்டிய வினைத்திறமைகாண் தடைப் பரீட்சை 2023/05/21 ஆம் திகதியில் ஆங்கில மொழியில் மட்டும் நடாத்தப்படும் என்பது இத்தாள் அறியத்தரப்படுகின்றது. இடம் மற்றும் நேரம் என்பன பரீட்சை அனுமதி அட்டையில் குறிப்பிட்டு அனுப்பி வைக்கப்படும்.

02 தகைமைகள்

கண் தொழிநுட்பவியலாளர் உத்தியோகத்தர் சேவையின் தரம் I ந்கு நியமனம் பெற்றுள்ள கீழே 03ம் பந்தியில் குறிப்பிடப்படும் விதிகளுக்கு அமைவாக பரீட்சையில் இருந்து விடுவிக்கப்படும் உத்தியோகத்தர்களைத் தவிர ஏனையவர்கள் அனைவரும் இப்பரீட்சையின் பொருட்டு விண்ணப்பிக்க முடியும்.

03 வினைத்திறமைகாண் தடைப் பரீட்சையில் இருந்து விடுவித்தல்

அரசாங்க நிருவாக சுற்று நிருப இல: 6/2006 இன் பிரகாரம் 2016.09.27 ஆம் அரசாங்க சேவைகள் ஆணைக்குழுவினால் அனுமதிவழங்கப்பட்டுள்ள புதிய ஆட்சேர்ப்புத் திட்டம் அமுலுக்கு வரும் தினத்துடன் 2016.01.01 ஆம் திகதியுடன் I ஆம் தரத்தில் 5 வருட திருப்திகரமான சேவைக் காலத்தினை நிறைவு செய்துள்ள உத்தியோகத்தர்கள் மூன்றாவது வினைத்திறமைகாண் தடைப் பரீட்சையினை பூர்த்திசெய்ய வேண்டிய அவசியத்திலிருந்து விடுவிக்கப்படுகின்றனர்.

கவனிக்கவும் : 2023/03/15 ம் திகதியன்று I ம் வகுப்பிற்கு நியமிக்கப்பட்டு உரிய நியமனக்கடிதம் கிடைக்கப்பெற்றுள்ள உத்தியோகத்தர்களது விண்ணப்பங்களை மாத்திரம் எனக்கு அனுப்பி வைக்க நடவடிக்கை எடுக்கவும்.

04 விண்ணப்பங்கள்

இச் சுற்று நிருபத்தின் இறுதியில் காட்டப்பட்டுள்ள மாதிரிக்கு அமைவாக தயாரிக்கப்பட்டு பூரணப்படுத்தப்பட்டுள்ள விண்ணப்பதாரர்களின் விண்ணப்பங்கள் தங்களினுடைய திணைக்களத் தலைவரின் ஊடாக பணிப்பாளர் (பரீட்சைகள்), சுகாதார அமைச்சு, “சுவசிரிபாய” , இலக்கம் - 385, வணக்கத்திற்குரிய பத்தேகம விமலவங்ச தேரர் மாவத்தை, கொழும்பு - 10 என்னும் முகவரிக்கு 2023/03/15 ம் திகதிக்கு முன்னர் கிடைக்கக்கூடியவாறு அனுப்பி வைத்தல் வேண்டும்.

கடித உறையில் இடது பக்க மேல் மூலையில் விண்ணப்பிக்கும் பரீட்சையின் பெயர் "கண் தொழிநுட்பவியலாளர் தரம் I உத்தியோகத்தர்களுக்கான வினைத்திறமைகாண் தடைப் பரீட்சை - 2023 (முதலாவது தடவை)" என குறிப்பிடுதல் வேண்டும். வினைத்திறமைகாண் தடைப்பரீட்சைக்கு தோற்றுவதற்கு விண்ணப்பதாரி சகல தகைகைகளையும் புர்த்தி செய்துள்ளார் என்பதை தனிநபர் கோவைகளை பேணும் உத்தியேகைத்தரும் விண்ணப்பத்தில் வழங்கப்பட்டுள்ள அனைத்து தகவல்களும் சரியானவை என திணைக்கள தலைவரினால் உறுதிப்படுத்தப்பட்டு இருக்க வேண்டும். தங்களது விண்ணப்பப் பத்திரத்துடன் விண்ணப்பதாரியின் முகவரியிடப்பட்ட ரூபா. 110 பெறுமதியுடைய முத்திரை ஒட்டப்பட்ட ("9x4") கடித உறைகள் 01 இனையும் (இதில் விண்ணப்பதாரி தனது சொந்த முகவரியினையோ, அல்லது அலுவலக முகவரியினையோ குறிப்பிடலாம்) இணைத்து அனுப்பி வைக்க வேண்டுமென விண்ணப்ப முடிவுத்திகத்திக்கு. பின்னராக கிடைக்கும் விண்ணப்பங்கள் எதுவித அறிவித்தலும் இன்றி நிராகரிப்படும்.

கவனிக்கவும் : மாதிரி விண்ணப்பப் படிவத்திற்கு அமைய விண்ணப்பம் A4 தாளின் இரண்டு பக்கங்களையும் உபயோகித்து தயாரிக்கப்படவேண்டும். முதற் பக்கத்தில் இலக்கம் 01 - 02 தொடக்கமும் இரண்டாம் பக்கத்தில் 03 - 07 தொடக்கமும் அமையும் வண்ணம் விண்ணப்பம் தயாரிக்கப்படல் வேண்டும். மேற்படி தகவல்களுக்கு அமைய தயாரிக்கப்படாத விண்ணப்பங்கள் எதுவித அறிவித்தலுமின்றி நிராகரிக்கப்படும் என்பதை கவனத்தில் கொள்ளவும்.

05 பரீட்சைக் கட்டணம்

- 4.1 முதன் முறையாக பரீட்சைக்கு விண்ணப்பிக்கும் விண்ணப்பதாரிகள் பரீட்சைக்கட்டணங்களிலிருந்து விடுவிக்கப்பட்டுள்ளனர். ஏனைய விண்ணப்பதாரிகள் ஒவ்வொரு விடயத்திற்கும் ரூபா.25 வீதம் இரத்துச் செய்யப்படாத முத்திரையினை ஒட்டி அதன் மீது தமது கையொப்பத்தினை இட்டு இரத்துச் செய்யப்பட்டிருத்தல் வேண்டும்.
- 4.2 எக் காரணத்தினைக் கொண்டும் இவ்வாறு செலுத்தப்பட்ட பரீட்சைக் கட்டணமானது வேறு பரீட்சைகளின் பொருட்டு மாற்றப்படுதலோ, அல்லது மீள்ப் பெறுதலோ மேற்கொள்ள இடமளிக்கப்படமாட்டாது.

06 பரீட்சையின் பொருட்டு உட்படுத்திக் கொள்ளுதல்

- 5.1 ஏற்றுக்கொள்ளப்பட்ட விண்ணப்பங்களின் பொருட்டு விண்ணப்பதாரிகளுக்கு பரீட்சை அனுமதி அட்டைகள் அனுப்பிவைக்கப்படும். அப் பரீட்சை அனுமதிப் பத்திரத்தினை உரிய முறையில் பூரணப்படுத்தி பரீட்சை குழுவின் தலைவரிடம் கையளிக்க வேண்டும். அவ்வாறு மேற்கொள்ளப்படவில்லையாயின் பரீட்சைக்கு தோற்றுவதற்கு இடமளிக்கப்படமாட்டாது.
- 5.2 பரீட்சையின் பொருட்டு விண்ணப்பித்துள்ள விண்ணப்பதாரிகளின் பொருட்டு பரீட்சைக் குழுவின் தலைவருக்கு தங்களினது ஆள் அடையாளத்தினை உறுதிப்படுத்திக் கொள்ளுவதன் பொருட்டு கீழ்க்குறிப்பிடப்பட்டுள்ள ஆவணங்களில் ஒன்றினை கொண்டு வருதல் வேண்டும்.
 - (அ) தேசிய அடையாள அட்டை
 - (ஆ) சுகாதார அமைச்சு மற்றும் அதனுடன் ஏற்புடைய நிறுவனங்களினால் முறைப்படி வழங்கப்பட்ட அடையாள அட்டை
 - (இ) செல்லுபடியான சாரதி அனுமதிப்பத்திரம்
 - (ஈ) செல்லுபடியான கடவுச் சீட்டு

07 பரீட்சை திட்டம்

இப் பரீட்சை பதவியுடன் தொடர்பான விடய அறிவுடன் தொடர்புடைய கட்டுரை வினாக்களைக் கொண்ட வினாப்பத்திரத்தினைக் கொண்டமைந்துள்ளது. அவ்வினாத்தாள் 08 வினாக்களைக் கொண்டமைந்துள்ளதுடன் அவற்றில் விரும்பிய 05 வினாக்களுக்கு மாத்திரம் விடையளிக்க வேண்டும். நேரம் 03 மணித்தியாளம். மொத்தப்பள்ளிகள் 100. சித்தியடைவதன் பொருட்டு குறைந்தது 40 புள்ளிகளைப் பெற்றுக்கொள்ள வேண்டும்.

Optometry

- Law that govern reflection & refraction
- Types of lenses

Visual Field

- Confrontation
- Lister Perimeter
- Tangent Screen
- Definition of Characteristics Field Detector
- Glaucoma
- Papillitis
- Nutritional Amblyopia
- Retinitis Pigmentosa
- Pituitary pressure on the optic chiasm
- Posterior neurological defect

Pharmacology

- Know the drugs commonly used in ophthalmic diagnosis, their action, dosage, duration, precautions
- Know the drugs commonly used in Glaucoma, action dosage precautions
- Compare the sympathetic and parasympathetic nervous system as to the actions of the organ they simulate
- Name the chemical transmitters in these systems and how their action is stopped
- Know the ocular side effects of these commonly used systemic drugs
- Extra ocular muscle actions
- Testing ocular movements
- The cover test
 - Cover, uncover test in manifest squints
- Types of convergence 1,2,3
- Classification of ET and XT
- Cover test latent squint
- Latent squint exophoria
- Management of phorias
- How to perform tests used to investigate squints
 - Bagolini striated lenses
 - Worth lights
 - Stereo tests
 - Major amblyoscope
- Grades of binocular vision
- How to check the visual acuity in small children and infants

- Tests used to measure squints – Good vision in both eyes
Poor vision in one eye
- Types of amblyopia
- Treatment of types of amblyopia
- Investigation of content ET with : NRC
ARC
- Draw and label prism
- Meaning of the snellen fraction
- Modifications of 6 meter chart for other distances
- Relate snellen fraction to visual tasks
- Theory of Retinoscopy

Use of the streak retinoscope

- The optical cross
- Custom in Prescription writing
- Prentice's rule: Lens prism relationship
- Diopter – Focusing
Prism
- Nature of light : distance diopter
- Distance and vergence change, concept, lens addition thick, lens back vertex distance
- Eye as an optical instrument
- The different kinds of refractive error
- Clinical signs and symptoms of :
Myopia
Hypermetropia
Astigmatism presbiopia
- Relate these conditions to age
- Describe the physiological reaction of the visual system to these
- Draw and label the interval of strum
- Subjective refraction – 5 steps
- Prescribing for visual defects
- Case example
- Management of the low vision patient
- The 2 causes of visual problems in anisometropia and rule of thumb in dealing with it
- Describe : meridional magnification
meridional anisometropia
- Calculate induced prism as a result of anisometropia and suggest solution
- Rule of thumb for lens induced prism
 - a. 2 Vertical
 - b. 3 Base in
 - c. 4 Base out

- Aphakia :
 - Discuss importance of BVD
 - Expected refractive error and cylinder
 - Subjective problems the patient will encounter
 - Discuss minimization of the problems
 - Describe how BVD can be used to help with reading in single vision in Aphakia specs suppression
- Relate intermittent squints to AC/A ratio
- Management of Intermittent squint
 - a. Convergence excess ET
 - b. Fully accommodative ET
- Sherrington's law
- Hering's law
- Parlytic Sequence
- Testing ocular movement in paralytic squints
 - Cover test
 - BSV
 - Hess

09 பரீட்சை தொடர்பான ஒழுங்கு விதிகளைக் கடைப்பிடித்தல்.

பரீட்சார்த்திகள் குறிப்புக்களை தன்னிடத்தில் வைத்து பார்த்து எழுதுதல் தடைசெய்யப்பட்டுள்ளது. ஏனைய பரீட்சார்த்திகளின் விடைத்தாளினை பார்த்து எழுதுதலும் தடைசெய்யப்பட்டுள்ளது. ஒருவருக்கொருவர் உதவிசெய்தலை தவிர்த்துக்கொள்ளல் வேண்டும். மேலும் கையடக்கத் தொலைபேசி மற்றும் அதனுடன் தொடர்புடைய தொடர்பாடல், இலத்திரணியல் உபகரணங்களை பயன்படுத்தாதிருத்தல் வேண்டும். இவ்விதிகளை மீறும் எந்தவொரு பரீட்சார்த்தி மீதும் நடவடிக்கை எடுக்கப்படும்.

10 தயவு செய்து இச்சுற்று நிருபத்தில் உள்ளடக்கப்பட்டுள்ள விடயங்களை உங்களது நிறுவனத்தில் கடமையாற்றும் கண் தொழிநுட்பவியலாளர் தரம் I உத்தியோகத்தர்களுக்கு அறியத் தரவும். இந்த விபரங்களை www.health.gov.lk என்னும் இணையத் தளத்திலும் பெற்றுக்கொள்ளலாம்.

Web Path :- www.health.gov.lk → Staff Access → Admin → Circulars

கவனிக்கவும் (சிங்களம், தமிழ், ஆங்கில மொழியிலான சுற்றுநிருபங்களுக்கிடையே ஏதாவது ஒவ்வாமைகள் காணப்படுமாயின் சிங்கள மொழியிலான சுற்றுநிருபமே வலுவுடையதாகும்.

Chamika H. Gamage
Deputy Director General (Administration) II
Ministry of Health
"Suwasiripaya"
Colombo 10.

சாமிக எச் கமகே

சாமிக எச் கமகே
பிரதிப் பணிப்பாளர் நாயகம் (நிர்வாகம்) II
செயலாளருக்காக

දුරකථන) 0112669192 , 0112675011
දුරකථන) 0112698507 , 0112694033
Telephone) 0112675449 , 0112675280

ෆැක්ස්) 0112693866
ෆැක්ස්) 0112693869
Fax) 0112692913

විද්‍යුත් තැපෑල) postmaster@health.gov.lk
மின்னஞ்சல் முகவரி)
E-mail)

වෙබ් අඩවිය) www.health.gov.lk
இணையத்தளம்)
Website)



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சுவசிரிபாய

SUWASIRIPAYA

සෞඛ්‍ය අමාත්‍යාංශය
சுகாதார அமைச்சு
Ministry of Health

මගේ අංකය)
எனது இல.)
My No.) CF/EXU/09/2023

ඔබේ අංකය)
உமது இல.)
Your No.)

දිනය)
திகதி) 2023/02/21
Date)

General Circular Letter No: 02 – 39 / 2023

Provincial Health Secretaries
Deputy Director General – National Hospital of Sri Lanka
Director – National Hospital, Kandy
All Hospital Directors under the Line Ministry
Provincial Directors of Health Services
Regional Directors of Health Services
Heads of Departments

Efficiency Bar Examination for Ophthalmic Technologists Grade I in the Paramedical Service belonging to the salary scale MT-6- 2006 (A) of the Ministry of Health – 2023 (1st Term)

It is hereby notified that the Efficiency Bar Examination which should be passed by Ophthalmic Technologists in Grade I before expiration of 05 years from the date of promotion to Grade I, will be held on **21/05/2023** in the **medium of English**. The venue and the time of examination will be notified in the admission card.

02. Qualifications

Only the Ophthalmic Technologists in Grade I and the Officers who are not exempted from the Efficiency Bar Examination according to paragraph 03 below will apply for this examination.

03. In terms of the new scheme of recruitment

As per the PA circular 6/2006 the new SOR related to the above post approved by Public Service Commission which is effective from 27.09.2016, the officers who have completed a satisfactory period of service of five (05) years in for the effective date of 01.01.2016 Grade 1 are exempted from the requirement of passing the third Efficiency bar Examination.

N.B - Take necessary actions to send applications of the officers only who has been promoted to grade I by 15/03/2023 and already received their appointment letters.

04. Applications

Applications prepared by the candidates as per specimen appended to this letter should be sent under Registered cover to reach the Director (Examinations) No.385, "Suwasiripaya" Ven. Baddegama Wimalawansa Thero Mawatha, Colombo 10, on or before **15/03/2023** through their Heads of Institutions.

The name of the examination applied for should be mentioned as **"Efficiency Bar Examination for Ophthalmic Technologists Grade I – 2023 (1st Term)"** on the top left corner of the envelop. **It is mandatory that the subject officer in charge of the personal files and the head of the institution certify that all the information provided in each application is correct that the applicant meets the required qualifications to appear for this efficiency bar examination.** One self-addressed envelope (Candidates can write their official or private address) in the size of "9 x 4" inches, affixed with stamps to the value of Rs. 110.00 should be sent along with the application. **Applications received after the closing date, incomplete or inaccurate will be rejected without notice.**

N.B.: Applications be prepared in compliance with the specimen form of application in the size of A4 using in such a way that No: 01 to 02 appear on the first page whilst the No: 03 to 07 appear on the second page. Applications that do not comply with the specimen will be rejected without notice.

05. Examination fees

4.1 Candidates who sit the examination for the first time are exempted from paying examination fees. Other candidates should affix stamps to the value of Rs. 25/= per subject in the application and cancel the same by placing his/her signature and the date.

4.2 The examination fees paid will not be transferred to any other examination or refunded under any circumstance.

06. Admission to the Examination

5.1 Admission cards are issued to the candidates whose applications are accepted. The admission card should be duly completed and submitted to the supervisor of the examination centre. Otherwise, they will not be allowed to sit for the examination.

5.2 Candidates should prove their identity to the Supervisor at the Examination Hall. For this purpose, one of the following documents will be accepted.

- a) National Identity Card
- b) A formal Identity Card issued by the Ministry of Health or a relevant institution
- c) Valid Driving License
- d) Valid Passport

07. Scheme of the Examination

This examination consists of an essay type question paper on subject knowledge relevant to the post. Duration is 03 hours. The question paper consists of 08 and 05 questions should be answered. Total Marks 100. Minimum 40 marks should be obtained to pass the examination.

08. Syllabus of the Examination

Subject Related Paper

Optometry

- Law that govern reflection & refraction
- Types of lenses

Visual Field

- Confrontation
- Lister Perimeter
- Tangent Screen
- Definition of Characteristics Field Detector
- Glaucoma
- Papillitis
- Nutritional Amblyopia
- Retinitis Pigmentosa
- Pituitary pressure on the optic chiasm
- Posterior neurological defect

Pharmacology

- Know the drugs commonly used in ophthalmic diagnosis, their action, dosage, duration, precautions
- Know the drugs commonly used in Glaucoma, action dosage precautions
- Compare the sympathetic and parasympathetic nervous system as to the actions of the organ they simulate
- Name the chemical transmitters in these systems and how their action is stopped
- Know the ocular side effects of these commonly used systemic drugs
- Extra ocular muscle actions
- Testing ocular movements
- The cover test
 - Cover, uncover test in manifest squints
- Types of convergence 1,2,3
- Classification of ET and XT
- Cover test latent squint
- Latent squint exophoria
- Management of phorias
- How to perform tests used to investigate squints
 - Bagolini striated lenses
 - Worth lights
 - Stereo tests
 - Major amblyoscope
- Grades of binocular vision

- How to check the visual acuity in small children and infants
- Tests used to measure squints – Good vision in both eyes
Poor vision in one eye
- Types of amblyopia
- Treatment of types of amblyopia
- Investigation of content ET with : NRC
ARC
- Draw and label prism
- Meaning of the snellen fraction
- Modifications of 6 meter chart for other distances
- Relate snellen fraction to visual tasks
- Theory of Retinoscopy

Use of the streak retinoscope

- The optical cross
- Custom in Prescription writing
- Prentice's rule: Lens prism relationship
- Diopter – Focusing
Prism
- Nature of light : distance diopter
- Distance and vergence change, concept, lens addition thick, lens back vertex distance
- Eye as an optical instrument
- The different kinds of refractive error
- Clinical signs and symptoms of :
Myopia
Hypermetropia
Astigmatism presbiopia
- Relate these conditions to age
- Describe the physiological reaction of the visual system to these
- Draw and label the interval of strum
- Subjective refraction – 5 steps
- Prescribing for visual defects
- Case example
- Management of the low vision patient
- The 2 causes of visual problems in anisometropia and rule of thumb in dealing with it
- Describe : meridional magnification
meridional anisometropia
- Calculate induced prism as a result of anisometropia and suggest solution
- Rule of thumb for lens induced prism
a. 2 Vertical
b. 3 Base in
c. 4 Base out

- Aphakia :
 - Discuss importance of BVD
 - Expected refractive error and cylinder
 - Subjective problems the patient will encounter
 - Discuss minimization of the problems
 - Describe how BVD can be used to help with reading in single vision in Aphakia specs suppression
- Relate intermittent squints to AC/A ratio
- Management of Intermittent squint
 - a. Convergence excess ET
 - b. Fully accommodative ET
- Sherrington's law
- Hering's law
- Parlytic Sequence
- Testing ocular movement in paralytic squints
 - Cover test
 - BSV
 - Hess

09. To follow the Regulations Related to Examination Procedure

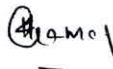
Candidates are warned against copying or attempting to copy from the script of another candidate or from any book or paper or notes whatsoever. No candidate should attempt to look at the script of another candidate and should not help any candidate either help another candidate or obtain help from another candidate or person. Further mobile phones & the similar electronic equipments should not be used. Any candidate who disregards this rule is liable to punishment.

10. Please bring the contents of this circular to the notice of all relevant officers in your Division / Specialized Campaign / Institution. (This information can also be obtained from the web site – www.health.gov.lk)

Web Path :- www.health.gov.lk → Staff Access → Admin → Circulars

N.B. – Sinhala medium notification on examination will be effected if any contradictory is arisen in the examination notifications published in Sinhala, Tamil and English mediums.

Chamika H. Gamage
Deputy Director General (Administration) II
Ministry of Health
"Suvastripaya"
Colombo 10.


Chamika H. Gamage
Deputy Director General (Admin) II
For Secretary

03. (a) Whether you sit for the examination for the first time:
(b) If not so, have you affixed stamps to the application?

Stamp Cage

04. **Certificate of the candidate**

- (i) I do hereby certify that the particulars furnished by me in this application are true and accurate to my knowledge and I need not affix stamps since I sit the Examination for the first time / have affixed stamps to the value of Rs. since I repeat the Examination,* and the stamps affixed by me to the application are genuine and not used before.
- (ii) I agree to abide by the rules and regulations stipulated by the Ministry of Health for the conduct of this Examination and if I was found ineligible in accordance with the scheme of the Examination I agree with whatever decision taken for the cancellation of my candidature.

Date:

.....

Signature of the candidate

05. **Certification of the officer who have handle the personal files**

I certify that this application has been delivered to me before the last date of receipt and that the applicant has correctly completed this application as per the information in the personal file and that he has met the qualifications required to appear for the Grade I Efficiency bar examination and that a copy of this application has been filed in the personal file.

Date:

.....

Name and Signature

06. **Certification of Head of Institution**

I certify that Mr./Ms. serves as a in this institution, and the particulars furnished by him/her in the application are correct in accordance with the particulars available in his/her personal file, and he/she sit the examination for the first time and he/she is eligible to sit for the examination and he/she placed his/her signature in my presence.

Date:

.....

Signature of the Head of Institution

(Rubber Stamp)

07. **Certificate of the Head of Decentralized unit / specialized Campaign**

*Mr./Ms. serves as a **Ophthalmic Technologists** Grade I in my Division / Campaign* and the particulars furnished by her in the Application are correct in accordance with the particulars available in his/her personal file and he/she is eligible to sit for the Examination.

Date:

.....
Signature of Head of Decentralized Unit /
Specialized Campaign
(Frank/Rubber stamp)

*- Delete words which are inapplicable