

प्रदेश लोक सेवा आयोग, बागमती प्रदेश  
प्रदेश र स्थानीय तह अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स पदको प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

प्रथम चरण: -लिखित परीक्षा पूर्णाङ्क:100 -  
द्वितीय चरण: -अन्तर्वार्ता उत्तीर्णाङ्क:40 -

प्रथम चरण: -लिखित परीक्षा योजना(Examination Scheme)

| विषय          | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली                       | प्रश्न संख्या x अङ्कभार | समय      |
|---------------|-----------|--------------|---------------------------------------|-------------------------|----------|
| सेवा सम्बन्धी | 100       | 40           | वस्तुगत बहुवैकल्पिक (Multiple Choice) | 50प्रश्न x 2अङ्क =100   | 45 मिनेट |

### द्वितीय चरण

| विषय         | पूर्णाङ्क | परीक्षा प्रणाली |
|--------------|-----------|-----------------|
| अन्तर्वार्ता | 20        | मौखिक           |

### द्रष्टव्यः

- यो पाठ्यक्रम योजनालाई लिखित परीक्षा र अन्तर्वार्ता गरी दुई चरणमा विभाजन गरिएको छ ।
- प्रश्नपत्र नेपाली भाषामा हुनेछ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली अंग्रेजी दुवै हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- लिखित परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

| एकाइ          | A | B | C | D  | E | F | G | H | I | J |
|---------------|---|---|---|----|---|---|---|---|---|---|
| प्रश्न संख्या | ४ | ४ | ६ | १० | ६ | ६ | ४ | ६ | २ | २ |

- आयोगबाट संचालन हुने परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापिन पाठ्यक्रममा परेका कानून, ऐन, नियम 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 लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति: २०७७/९/१२

**(A) Anatomy and Physiology**

1. Organs and functions of different body system
  - 1.1 General Concept (Cell, tissue embryology) Musculo-skeleton System
  - 1.2 Respiratory System
  - 1.3 Cardio-vascular System
  - 1.4 Gastro-intestinal System
  - 1.5 Urinary System
  - 1.6 Reproductive System
  - 1.7 Nervous System
  - 1.8 Special Sensory and Integumentary System
  - 1.9 Endocrine System
  - 1.10 Blood, Lymphatic and Immune System
2. Body temperature regulation
  - 2.1 Conduction
  - 2.2 Convection
  - 2.3 Radiation
  - 2.4 Excretion (excretion)
3. Organisms and Parasites
  - 3.1 Virus
  - 3.2 Bacteria
  - 3.3 Protozoa
  - 3.4 Helminths
  - 3.5 Fungi
4. Factors affecting micro organisms
  - 4.1 Aerobic
  - 4.2 Anaerobic
  - 4.3 Temperature
  - 4.4 Humidity
  - 4.5 Nutrients
5. Mechanism of acid-base balance
  - 5.1 Electrolyte
  - 5.2 Relationship with respiration
  - 5.3 Relation with excretion
6. Fluid and electrolyte replacement
  - 6.1 Oral rehydration solution
  - 6.2 Intra venous therapy
7. Pharmacokinetics
  - 7.1 Absorption of drugs
  - 7.2 Distribution of drugs
  - 7.3 Metabolism of drugs
  - 7.4 Excretion of drugs
8. Drugs acting on endocrine system Why only endocrine ???
  - 8.1 Insulin
  - 8.2 Oral antidiabetic drugs
  - 8.3 Thyroxine and antithyroid drugs
9. Uses of essential drugs in Nepal

**(B) Fundamentals of Nursing**

1. Basic needs of clients

\*Maslow's Hierarchy of need

2. Nursing process
3. Procedures used in physical assessment
  - 3.1 Vital signs
  - 3.2 Height and weight measurement
  - 3.3 Others (lab.exam, x-ray,USG, MRI, CT, endoscopy)
4. Administration of drugs
  - 4.1 Oral
  - 4.2 Parental
  - 4.3 Topical application
  - 4.4 Instillation of drugs into eye, ear and nose
  - 4.5 Oxygen administration
  - 4.6 Blood transfusion
  - 4.7 Steam inhalation and drug inhalation
5. First aid treatment
  - 5.1 Drowning
  - 5.2 Bites (Snake, insect and dog)
  - 5.3 Choking
  - 5.4 Hemorrhage and Shock
  - 5.5 Poisoning
  - 5.6 Burn
  - 5.7 Wound and Fracture
  - 5.8 Foreign body in ear,nose,eye and throat
6. Purposes, principles and methods of sterilization of different materials and equipments
7. Roles and responsibilities of nurses.
8. National and international professional organization related to nursing and its code of ethics
  - 8.1 International Council of Nurses(ICN)
  - 8.2 Nepal Nursing Council (NNC)
9. Stress and stress coping mechanism
10. Commonly used basic nursing procedures
  - 10.1 Art and principles of bed making and pressure sore area care
  - 10.2 Meeting personal hygiene needs (Oral, skin,hair, perineal care)
  - 10.3 Fluid and Electrolyte balance
  - 10.4 Elimination needs (catherization, enema,sitz bath)
  - 10.5 Infection prevention (IP measures, hand washing, gloveing and gowning techniques,IP process and sterilization process)
  - 10.6 Pre and post operative care
  - 10.7 Dressing and bandaging

**(C) Nursing care of Adult**

1. Medical/surgical nursing management of the diseases/disorders condition in different body system
  - 1.1 Nervous System
    - 1.1.1 Meningitis
    - 1.1.2 Encephalitis
    - 1.1.3 Tetanus
    - 1.1.4 Poliomyelitis
    - 1.1.5 Epilepsy

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- 1.1.6 Parkinson disease
- 1.1.7 Spinal cord injury
- 1.1.8 Head injury
- 1.2 Respiratory System
  - 1.2.1 Pleurisy
  - 1.2.2 Pneumothorax
  - 1.2.3 Influenza
  - 1.2.4 Bronchitis
  - 1.2.5 Pneumonia
  - 1.2.6 Pulmonary TB
  - 1.2.7 Bronchial asthma
  - 1.2.8 Pulmonary embolism
  - 1.2.9 COPD/ARDS
  - 1.2.10 Asthma
- 1.3 Urinary system
  - 1.3.1 Urinary Tract Infection(UTI)
  - 1.3.2 Nephrotic syndrome
  - 1.3.4 Renal and bladder calculi
  - 1.3.5 Renal failure (acute and chronic)
  - 1.3.6 Prostetic hyperplasia
  - 1.3.7 Hydronephrosis
  - 1.3.8 Glomerole nephritis (acute and chronic)
- 1.4 Gastro-intestinal System
  - 1.4.1 Gasritis and Peptic ulcer
  - 1.4.2 Oesophagial varices
  - 1.4.3 Hernias
  - 1.4.4 Appendicities
  - 1.4.5 Intestinal obstruction
  - 1.4.6 Peritonitisand ascities
  - 1.4.7 Tuberculosis ofabdomen
  - 1.4.8 Ulcerative colitis
  - 1.4.9 Hemorrhoids
  - 1.4.10 Hepatitis
  - 1.4.11 Cirrhosis of liver
  - 1.4.12 Cholecystitis and Cholelithiasis
  - 1.4.13 Pancreatitis
- 1.5 Cardiovascular, Blood and Lymphatic System
  - 1.5.1 Congestive cardiac failure
  - 1.5.2 Angina pectoris
  - 1.5.3 Cardiac arrest
  - 1.5.4 Vericose vein, thrombophlebitis
  - 1.5.5 Myocardial stenosis
  - 1.5.6 Rheumatic heart disease
  - 1.5.7 Cerbro-vascular accident
  - 1.5.8 Blood diseases (anemia, thalassemia, leukaemia)
  - 1.5.9 Hadgkin's disease nad lymphoma
  - 1.5.10 Hypertension
- 1.6 Endocrine System
  - 1.6.1 Hyper and hypothyroidism
  - 1.6.2 Diabetes insipidus
  - 1.6.3 Diabetes mellitus

2. Reproductive System and Breast disorder
  - 2.1 Disorder of uterine bleeding
  - 2.2 Cystocele and Rectocele
  - 2.3 Uterine prolapse
  - 2.4 Vesico Vaginal Fistula(VVF)  
Infection of genital tract
  - 2.5 Sexually Transmitted Infecxtion(STI)
  - 2.6 Human Immune Deficiency Virus andAcquired immune Deficiency Syndrome (HIV/AIDS)
  - 2.7 Orchitis, prostate problems,hydrocele
  - 2.8 Breast disorder
  - 2.9 Infertility or Sub-fertility
3. Eye Ear , Nose and Throat diseases and disorders
  - 3.1 Eye
    - 3.1.1 Conjunctivitisand sub-conjunctivaal haemorrhage
    - 3.1.2 Blephritis
    - 3.1.3. Corneal ulcer, xerophthalmia, night blindness
    - 3.1.4 Foreign body in eye
    - 3.1.5 Cataract
    - 3.1.6 Claucoma
  - 3.2 Ear
    - 3.2.1 Foreign body and impacted cerumen
    - 3.2.2 Otitis media  
Hearing impairment
    - 3.2.3 Mastoiditis
    - 3.2.4 Menier's disease
  - 3.3 Nose
    - 3.3.1 Foreign body
    - 3.3.2 Sinusitis
    - 3.3.3 Epistaxis
    - 3.3.4 Deviated nasal septum
    - 3.3.5 nasal polyp
  - 3.4 Throat
    - 3.4.1 Foreign body
    - 3.4.2 Laryngitis
    - 3.4.3 Tonsillitis
    - 3.4.4 Pharynxitis
4. Mental health problem in Nepal
5. Nurse's - responsibilities in helping the individual and family in crisis
6. Service afford to the disabled individual during the rehabilitation.
7. Problem caused by immobility and their prevention

**(D) Community Health Nursing**

1. Determinants of health
2. Primary health care (Definition, elements, principles)
3. Importance, advantages, principles and steps of home visit and Community bag technique
4. Nursing in community setting
  - 4.1 Maternal Child Health & Family Planning (MCH &FP)
  - 4.2 School health nursing
  - 4.3 Public health nursing

- 4.4 Industrial health nursing
- 4.5 Mental health nursing
- 4.6 Geriatric nursing
- 4.7 Rehabilitation nursing
5. Nutrition relation to health
  - 5.1 Classification, functions and sources of nutrients
  - 5.2 Nutritional assessment and deficiency disorders conditions
  - 5.3 Current nutritional programs in Nepal
    - 5.3.1 Vitamin A and K program
    - 5.3.2 Iodized salt supplementation program
    - 5.3.3 Distribution of iron folate tablet program
    - 5.3.4 Promotion of exclusive breast feeding
    - 5.3.5 Deworming
  - 5.4 Nutritional requirements in different stages of life
    - 5.4.1 Pre-conception
    - 5.4.2 Conception
    - 5.4.3 Infant and childhood
    - 5.4.4 Adolescent
    - 5.4.5 Adult
    - 5.4.6 Elderly
6. Communication (types, process/elements, barriers, principles of effective communication)
7. Epidemiology
  - 7.1 Commonly used terms
  - 7.2 Aims, uses and approaches
  - 7.3 Epidemiological triad (agent, host and environment)
  - 7.4 Modes of disease transmission
  - 7.5 Level of disease prevention and modes of intervention
8. Immunization
  - 8.1 Recommended immunization schedule for mothers and children by National Immunization program (NIP)
  - 8.2 Preparation, administration, storage and maintenance of Cold chain of vaccines
  - 8.3 Normal phenomena and side effects of vaccines and health teaching
9. Commonly used vital and health indicators
  - 9.1 Vital indicators (birth rate, death rate, population growth rate, life expectancy)
  - 9.2 Health indicators (neonate mortality rate, infant mortality, under 5 mortality rate, maternal mortality rate, fertility rate, abortion rate)
  - 9.3 Sources of statistical
10. Environmental sanitation
  - 10.1 Refuses disposal
    - 10.1.1 Sources and Methods of refuse disposal
    - 10.1.2 Methods of sewage disposal
  - 10.2 Water-sources, purification of water and water related diseases
  - 10.3 Human excreta disposal (methods of disposal and transmission of feacal borne diseases.
11. Health education

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- 11.1 Purposes and principles of health education
- 11.2 Methods and media of health education including its advantages and disadvantages
12. Family health nursing
  - 12.1 Functions and types of family
  - 12.2 Freeman's typology of family health problems (health threat, health deficit, foreseeable crisis)
  - 12.3 Roles and functions of community health nurse in family health care
13. Home delivery:
  - 13.1 Advantages, disadvantages and preparation for home delivery
  - 13.2 Care of the mother
  - 13.3 Care of the baby
14. Family planning
  - 14.1 Methods of Family planning with counseling, preparation, doses, duration, mechanism of action, side effects, health teaching
15. Nutritional deficiencies diseases/disorders
  - 15.1 Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia
16. Housing
17. Occupational health and safety measures for the protection of health of workers in different work setting
18. Community diagnosis and health action (purposes, process)
19. School health program
  - 19.1 Objectives and activities/aspects
  - 19.2 Common health problems of school children
  - 19.3 School health nurse (criteria of SHN, function, roles)

**(E)Midwifery**

1. Antenatal
  - 1.2 Types of female pelvic and their effect on birth baby
  - 1.3 Structure and function of female reproductive organs
  - 1.4 Normal reproductive age and menopause
  - 1.5 Development of fertilized ovum and foetus
  - 1.6 Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
  - 1.7 Signs and symptoms of pregnancy.
  - 1.8 Physical examination of antenatal mother
  - 1.9 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
  - 1.10 Growth of uterus and height in relation to gestation
  - 1.11 Purpose of antenatal care and 4 focussed visits and also 8 visits
  - 1.12 Need of pregnant mother.
  - 1.13 Minor disorders of pregnancy
  - 1.14 Bleeding in pregnancy
  - 1.15 Major disorders of pregnancy
  - 1.16 Disease associated with pregnancy
  - 1.17 Anaemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection.

- 2 Labour
  - 2.1 Labour and its stages
  - 2.2 Signs and symptoms of onset of true labour
  - 2.3 Normal course of I, II, III,IVstages of labour
  - 2.4 Mechanism of normallabour
  - 2.5 Nursing care of mother during each stage of labour
  - 2.6 Signs and symptoms of second stage, third stage of labour and it's management
  - 2.7 Apgar score
  - 2.8 Immediate care of new born baby
  - 2.9 Signs & symptoms of separation of placenta
  - 2.10 Complications of 3rd and 4th stage of labour.
  - 2.11 Needs and care of mother and newborn
  - 2.12 Prolonged labour and its appropriate management
- 3 Postnatal
  - 3.1 Definition and duration of puerperium
  - 3.2 Principles of care in puerperium
  - 3.3 Need of postnatal mother
  - 3.4 Minor disorders of puerperium.
  - 3.5 Complicastions of puerperium
  - 3.6 Breast feeding
  - 3.7 Examination of new born baby
  - 3.8 Congenital abnormalities

### **(F) Nursing Care of Children**

1. Definition of terms
  - 1.2 Neonate
  - 1.3 Infant
  - 1.4 Toddler
  - 1.5 Preschool
  - 1.6 School age
  - 1.7 Adolescence
2. Developmental characteristic and milestones
3. Adolescent changes and problems
4. Six major killer disease????
  - 4.1 Diarrhoea
  - 4.2 Measles
  - 4.3 Tetanus
  - 4.4 Tuberculosis
  - 4.5 Malnutrition
  - 4.6 Acute Respiratory Infection(ARI)
5. Role of nurses in reduction of mortality rate
6. Common health problems of children in Nepal and its nursing management and prevention
  - 6.1 Dysentery
  - 6.2 Worminfestation
  - 6.3 Imperforatedanus
  - 6.4 Undiscended Testis
  - 6.5 Phimosiis
  - 6.6 Hemophilia



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- 6.7 Rheumatic fever
  - 6.8 Rheumatic heart disease
  - 6.9 Hair-lip
  - 6.10 Cleft palate
7. Common health hazards of children in Nepal and its prevention

**(G) Behavioural Science**

1. Factors and theories of effective learning
2. Characteristic of mentally healthy person
3. Components of mental health assessment
4. Common mental health problem:
  - 4.1 Psychosis
  - 4.2 Neurosis
  - 4.3 Personality disorder
  - 4.4 Mental retardation
  - 4.5 Substances and alcohol abuse
  - 4.6 Suicide

**(H) Leadership and Management in Nursing**

**1 Leadership and Management**

- 1.1 Principle of Management
- 1.2 Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
- 1.3 Leadership Style; personal and professional development
- 1.4 Nursing process in relation to hospital unit management
- 1.5 Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction
- 1.6 Resources Management: Human, material, finance and time
- 1.7 Organizational Change
- 1.8 Conflict management
- 1.9 Stress management
- 1.10 Health related fundamental rights and duties of Constitution of Nepal
- 1.11 Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal
- 1.12 Organizational structure of Government health services:
- 1.13 Ministry of Health and Population
- 1.14 Health related activities of Ministry Social Development
- 1.15 Health related aspects of Sustainable Development Goals
- 1.16 National health planning and concept of national health system
- 1.17 Policies, rules and regulations in management of different level of hospitals and health centers
- 1.18 Communication Process.
- 1.19 Job description of various health personal working at different level of institution
- 1.20 Disaster management
- 1.21 Cooperative and health
- 1.22 Health provisions in current periodic plan of Bagamati Province

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- I. अङ्ग्रेजी:** :Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:
- a. Parts of Speech:
1. Noun
  2. Pronoun
  3. Adjective
  4. Determiner
  5. Verb
  6. Adverb
  7. Preposition
  8. Conjunction and
  9. Interjection
- b. Infinitive and gerund, reported speech and tense
- J. नेपाली:** नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । यसका लागि निम्न विषयमा ध्यान केन्द्रित गर्ने:
- वर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, वाच्य, पदवर्ग, अनुकरणात्मक शब्द, कारक र विभक्ति, वचन, पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यायवाची शब्द, तत्सम शब्द, तद्भव शब्द, आगन्तुक शब्द, उपसर्ग लागेर निर्मित शब्दहरू, प्रत्यय लागेर निर्मित शब्दहरू, समास भएर निर्मित शब्दहरू, द्वित्व भएर निर्मित शब्दहरू, ह्रस्व दीर्घ, श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित विषयहरू सहितको नेपाली शुद्धाशुद्धिको ज्ञान ।