

प्रदेश लोक सेवा आयोग

बागमती प्रदेश

प्राविधिक तर्फ स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह, स्टाफ नर्स पदको खुला र आन्तरिक

प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ:-

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- २०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्याXअङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५०X२=१००	४५ मिनेट

द्वितीय चरण:-

विषय	पूर्णाङ्क	परीक्षाप्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- वस्तुगतबहुवैकल्पिक(Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यसबापत अङ्क दिइनेछैनरअङ्ककट्टापनिगरिनेछैन।
- कुनैपनि प्रकारकोक्याल्कुलेटर(Calculator)र विद्युतीयउपकरणहरू (Electronic devices)परीक्षाहलमालैजानरपरीक्षामा प्रयोग गर्न पाइनेछैन।
- पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छ:

Course Unit	Number of Questions
1	5
2	4
3	8
4	5
5	8
6	3
7	5
8	3
9	5
10	2
11	2

४. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।

५. पाठ्यक्रम लागू मिति:- २०७७/९/१३

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प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
पत्र/विषय:सेवासम्बन्धी

1. Fundamentals of Nursing:

- 1.1 Basic needs of clients
- 1.2 The nursing process
- 1.3 Nursing procedure used in cardinal assessment
- 1.4 Common nursing measures used in the hospital to meet the physical needs of client
- 1.5 Stress and coping mechanism including nurses role in meeting the emotional need
- 1.6 Protective measure to provide safety need of clients and principle of body mechanics
- 1.7 Measure to meeting the elimination need of the clients in different condition
- 1.8 Disease transmission cycle, infection prevention principle and process
- 1.9 Decontamination
- 1.10 Cleaning
- 1.11 High level disinfection
- 1.12 Sterilization
- 1.13 Standard precaution
- 1.14 Dressing, Bandaging and Sitz bath
- 1.15 Hot and cold application
- 1.16 Active and passive exercise including postural drainage
- 1.17 Administration of drugs
- 1.18 Methods of collecting different specimen for routine and culture test
- 1.19 Common first aid treatment in different condition
- 1.20 Pre and post-operative procedure including care of patient during this period

2. Applied Science

- 2.1 Anatomy and Physiology of all body systems or organs and drugs used in different system
- 2.2 Microbiology: various disease causing organism and its effect on human health and environment; investigation; common drugs used in infections disease its action and side effects
- 2.3 Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy
- 2.4 Mechanisms body or joint movement and relation with principle of lever; Friction, Gravity; Newton's Law; Force; Transfer of heat;
- 2.5 Mechanisms of respiration and Boyle's law
- 2.6 Mechanism of stimuli transmitted in nervous system and reflex action
- 2.7 Blood grouping, types Rhesus factors of human blood
- 2.8 Defense mechanism: various way of the body defense against injuries and harmful organism

3. Medical/Surgical Nursing

- 3.1 Developmental need and tasks, Application of nursing process, Common diagnostic procedures

- 3.2 Nursing management of common disease conditions including pre and post-operative care.
 - 3.2.1 Musculoskeletal disorder: Accidents, Soft tissue injuries, Fracture, Dislocation, Osteomyelitis, Osteoarthritis
 - 3.2.2 Disorder of nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Polyneuritis, Parkinson disease, Brain tumors
 - 3.2.3 Respiratory disorder: Bronchitis, Asthma, Pulmonary TB, Pleurisy, Rhinitis, Atelectasis, Influenza, Lungs abscess, Pneumonia, Thoracic empyema, Haemothorax / Pneumothorax, Pulmonary embolism
 - 3.2.4 Gastrointestinal and Nutritional Disorders: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Ulcerative colitis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Hepatic coma, Liver abscess
 - 3.2.5 Genitourinary Disorder: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Bladder stones, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure, Uremia, Neoplasm
 - 3.2.6 Cardiovascular Disorder: Pericarditis, Myocarditis, Endocarditis, Cor pulmonale, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, stenosis and incompetency of valve, Hypertension, Anemia, Leukemia, Hodgkin's disease, Gangrene, Thrombosis, Embolism, Aneurysm, Cerebral vascular accidents.
 - 3.2.7 Endocrine Disorders: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's Syndrome
 - 3.2.8 Alteration in Skin Integrity: Burn; Fluid replacement therapy and electrolyte balance
 - 3.2.9 Geriatric Problems: Depression, Suicidal tendency, Anxiety, Insomnia, Neurosis,, Social Isolation and Loneliness
 - 3.2.10 Conjunctivitis, cataract ,Glaucoma, foreign body in eye, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Menier's disease, Sinusitis, Epistaxis, Laryngitis, pharyngitis, Tonsillitis,
 - 3.2.11 Care of patient with common sensory disorders and nursing management
- 3.3 Preparation of patients for specific diagnostic investigation related to different system disorders
- 3.4 Nursing care patient with under water seal drainage, postural drainage and oxygen inhalation therapy and Tracheostomy
- 3.5 Physiological and emotional response of the body to stress and crisis; The way of helping the individual and families to cope with crisis of illness and nurses role to overcome from this situation
- 3.6 Disability; Rehabilitation and role of nurses in rehabilitation process; Care of patient with immobility problems
- 3.7 Specific Nursing management for individual with gastrointestinal disorder

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3.7.1 Meeting the nutritional needs by Nasogastric tube insertion, feeding and care

3.7.2 Colostomy feeding and care

3.7.3 Therapeutic Diets

3.8 Specific nursing management for the patient with Dialysis, Continuous urinary drainage and Bladder irrigation

3.9 Basic Life support, advance Life support and care of patient after resuscitation

3.10 Blood transfusion and care of the patient with before and after blood transfusion

3.11 Special nursing procedure and care of the patient with insulin administration and cortisone therapy

3.12 Importance of psychological knowledge and implication of psychological process in caring for the patients and themselves.

4 Community Health Nursing

4.1 Concepts of primary health care, communication skill, health education

4.2 Epidemiological concepts and approaches

4.3 Nutrition, Nutritional deficiency diseases and its management

4.4 Immunization, Family planning and Under five clinic

4.5 Communicable disease (Scabies, worm- infestation, Malaria, Dengue fever, Kalazar, Typhoid, Paratyphoid, Cholera, HIV/AIDS/ STI infection and Covid-19)

4.6 Non communicable burden of diseases and its management

4.7 Health Indicators/ vital statistics

4.8 Family health nursing and School health nursing

5 Midwifery

5.1 Safe motherhood, SBA policy and core competency and strategies of Nepal

5.2 Fetal development and fetal circulation

5.3 Physiological changes during pregnancy, labour and puerperium

5.4 Diagnosis of pregnancy and calculation of expected date of delivery(EDD) and period of gestation (POG)

5.5 Antenatal, natal and postnatal care of a mother

5.6 Mal presentation and mal position

5.7 Management of high risk mothers; Pregnancy induce hypertension and Eclampsia

5.8 Management of minor and major disorders during pregnancy and postpartum period

5.9 Common sexually transmitted infection and their management during pregnancy

5.10 Medical disorder associated with pregnancy and its management

5.11 Post term pregnancy; Induction and Augmentation of Labour

5.12 Physiology and mechanism of labour; Conduction of normal delivery; Obstetrical emergency: basic essential obstetric care(BEOC) and Comprehensive emergency obstetric Care (CEOC); Abnormal labour and Instrumental Delivery

5.13 Physiological change in a new born and adaptation to extra uterine environment

5.14 Care of new born baby with observation and assessment including Newborn Resuscitation

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5.15 Breast feeding, Breast care, Problem in breast feeding and its management

5.16 Minor and Major problems of Newborn; congenital anomalies and its Management

5.17 Common drugs used during pregnancy, labour and postpartum period

6 Nursing Care of Gynecological Problems

6.1 Malformation and Malposition female reproductive organ: Cystocele and Rectocele; Uterine Prolapse, Vesico Vaginal Fistula

6.2 Abnormal Menstrual bleeding; Dysfunctional Uterine Bleeding (DUB)

6.3 Breast cancer; Cervical cancer

6.4 STD/HIV/AIDS

6.5 Male and female Infertility/ sub fertility

6.6 Preparation of patient for various investigation of gynecological and breast problems

7 Nursing Care the children

7.1 Major developmental milestones and tasks of different stages of children

7.2 Promoting optimum development of children

7.3 Basic and special need of sick children

7.4 Adolescent changes and problems

7.5 Major killer diseases { Diarrheal disease, Acute respiratory Infection (ARI), measles, Malnutrition, Malaria, Tuberculosis, Tetanus }

7.6 Community based Integrated management of neonatal and childhood illness (CB-IMNCI)

7.7 Common health problems in children and their nursing management

7.8 Common childhood emergencies condition, their prevention and management (fall, Burn, Drowning, Foreign body aspiration & asphyxiation, Poisoning, Accidents & sharp instrument injuries)

7.9 Congenital disorders/disabilities and its management

7.10 Role of nurses in reduction of mortality rate of children

7.11 Nursing care of critically ill children

8 Mental Health

8.1 Management of clients with mental disorders

8.2 Characteristics of mentally ill patient

8.3 Classification of mental disorders

9 Leadership and Management

9.1 Principle of Management

9.2 Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation

9.3 Leadership Style; personal and professional development

9.4 Nursing process in relation to hospital unit management

9.5 Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction

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- 9.6 Resources Management: Human, material, finance and time
- 9.7 Organizational Change
- 9.8 Conflict management
- 9.9 Stress management
- 9.10 Health related fundamental rights and duties of Constitution of Nepal
- 9.11 Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal
- 9.12 Organizational structure of Government health services:
- 9.13 Ministry of Health and Population
- 9.14 Health related activities of Ministry Social Development
- 9.15 Health related aspects of Sustainable Development Goals
- 9.16 National health planning and concept of national health system
- 9.17 Policies, rules and regulations in management of different level of hospitals and health centers
- 9.18 Communication Process.
- 9.19 Job description of various health personal working at different level of institution
- 9.20 Disaster management
- 9.21 Cooperative and health
- 9.22 Health provisions in current periodic plan of Bagamati Province

१० अंग्रेजी: Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:

- a. Parts of Speech:
 - i. Noun
 - ii. Pronoun
 - iii. Adjective
 - iv. Determiner
 - v. Verb
 - vi. Adverb
 - vii. Preposition
 - viii. Conjunction and
 - ix. Interjection
- b. Infinitive and gerund, reported speech and tense

11. 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, तद्रव 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.