

प्रदेश लोक सेवा आयोग, बागमती प्रदेश
प्राविधिक तर्फ स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स पदको
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	५०X२=१००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

१. पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छन् ।

Course Unit	Number of Questions
A	4
B	8
C	10
D	14
E	8
F	2
G	2
H	2

२. वस्तुगत बहुवैकल्पिक प्रश्नहरूको सही उत्तर दिएमा प्रत्येक सही उत्तर बापत २ अङ्क प्रदान गरिनेछ भने 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 ।
३. लिखित परीक्षाको माध्यम भाषा अङ्ग्रेजी वा नेपाली अथवा अङ्ग्रेजी र नेपाली दुवै हुन सक्नेछ ।
४. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि 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 ।
५. पाठ्यक्रम लागू मिति:-

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A) . Structure and functions of the different systems and organs of Human Body

1. General concept: cell, tissue, membranes, main cavities
2. Musculoskeletal System
3. Digestive System
4. Circulatory System
5. Urinary System
6. Nervous System
7. Respiratory System
8. Endocrine System
9. Sensory Organs
10. Reproductive system
11. Lymphatic system

B). Fundamental of Nursing

1. History of nursing in Nepal: before 1972 and after 1972
2. Hospital: Types, functions
 - 2.1 Rules and Regulations of related hospital
 - 2.2 Admission and Discharge procedures in the hospital
3. Ethics and professional organizations
 - a. Ethical and legal responsibilities in nursing
 - b. International Council of Nursing (ICN)
 - c. Nepal Nursing Council (NNC)
 - d. Nursing Association of Nepal (NAN)
4. Maslow's hierarchy of basic need
5. Stress and coping strategies
6. Nursing process, and it's components
7. Promoting comfort: rest, sleep & exercise, bed making, positioning & preventing bedsores
8. Physical needs of client: oral care, sponge bath, nail care, pediculosis treatment, hair care & hair comb
9. Meeting safety needs: provision of safe environment, protective measures and techniques of turning and moving a client with impaired mobility
10. Patient's nutritional need and measures to meet the nutritional need
11. Fluid and Electrolyte balance
12. Infection prevention: concept of medical and surgical asepsis, hand washing, gowning and gloving technique, sterilization: purpose & methods
13. Exercises: active and passive, deep breathing and coughing
14. Hot and cold application: introduction, purposes, indication and methods.
15. Administration of drugs: rules, routes and nursing responsibilities
16. Pre and post operative nursing care

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17. First aid treatments: definition, principle, qualities of good first aider and first aid management of different conditions, CPR.

18. Care of the dead body

C) Midwifery

1. Antenatal care (ANC)

- 1.1 Midwifery : introduction and history
- 1.2 Female reproductive organs, structure and physiology
- 1.3 Fetal skull
- 1.4 Fetal and placental development
- 1.5 Fetal circulation
- 1.6 Function of placenta
- 1.7 Physiological changes during pregnancy
- 1.8 Diagnosis of pregnancy
- 1.9 Assessment of the pregnant women
- 1.10 Minor and major disorders during pregnancy and their management
- 1.11 High risk factors during pregnancy, complications and it's management
- 1.12 Health teaching during antenatal visit, follow up, PMTCT, VCT
- 1.13 Drugs used in obstetrics
- 1.14 Birth preparedness and complication readiness plan
- 1.15 Counselling on PFP (Postpartum family planning)

2 Intra-natal Care (Labour)

- 2.1 Labour: signs & symptoms, causes of onset of labour, mechanism of labour
- 2.2 Admission of women in labour
- 2.3 Maternal and fetal distress, management of 2nd stage of labour
- 2.4 Partograph
- 2.5 Episiotomy and its repairment
- 2.6 Examination of birth canal, placenta and membrane
- 2.7 Immediate newborn care, neonatal resuscitation and care after resuscitation
- 2.8 Examination of newborn, Complication of third stage of labour and its management, care within one hour of delivery
- 2.9 Mal position and mal presentation of the fetus and their management.
- 2.10 Obstetrical emergency and their management
- 2.11 Concept of Skill Birth Attendant and core skill of SBA

3 Postnatal care

- 3.1 Definition, principles and purpose of postnatal care
- 3.2 Post natal assessment of mother and new born, postnatal visit
- 3.3 Minor disorders of mother and newborn during puerperium and their management
- 3.4 Breast feeding
- 3.5 Breast problems and it's management
- 3.6 Birth injuries
- 3.7 Congenital abnormalities

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D) Community Health Nursing

1. Determinants of health, mode of disease transmission
2. Communicable diseases and non-communicable diseases
3. Primary health care (PHC) , principles and element
4. Reproductive Health: Components of RH, National RH policy and strategies
 - RH problems
 - RH services
5. Environmental sanitation ,Excreta disposal: importance, methods of disposal and types of latrines
6. Safe and wholesome water and it's uses
7. Water pollution, methods of purification of water in small and large scale
8. Air pollution: sources of air pollution, prevention
9. Anthropometrical measurement: height, weight and mid upper arm circumference (MUAC)
10. Nutritional deficiency disorders, their prevention and management
11. Food adulteration, food additives and food fortification
12. Method and media of health education
13. Communication: elements, barriers and techniques of communication
14. Home visit: purpose, principle, advantages & steps, Primary health care outreach clinic, Urban health clinic
15. Social health security, school health nurse.
16. Female community health volunteers (FCHVs) and Mother's group
17. Noise pollution and its effects on health
18. Epidemiological triad: agent, host and environment
19. Community diagnosis: importance and process of community diagnosis, role of FCHV
20. Family planning: temporary, permanent and natural methods
21. Immunization:
 - a. National Immunization Programme (NIP) National Immunization Schedule, and procedure
 - b. Signs and symptoms, causes and management of major killer diseases of children and its prevention
 - c. Maintenance of vaccine potentiality, cold chain
22. Growth and development of children from infancy to adolescence
23. Factors influencing growth and development
24. Community Based Integrated Management of Neonatal and Childhood Illness (CB-IMNCI)
25. Control of diarrhoeal diseases (CDD), Acute Respiratory Diseases, National programme on nutrition

E). Leadership and Management

- a. Principle of Management
- b. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation

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- c. Leadership Style; personal and professional development
- d. Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction
- e. Resources Management: Human, material, finance and time
- f. Organizational Change
- g. Conflict management
- h. Stress management
- i. Organizational structure of Government health services:
- j. Ministry of Health and Population
- k. Health related aspects of Sustainable Development Goals
- l. National health planning and concept of national health system
- m. Policies, rules and regulations in management of different level of hospitals and health centers
- n. Job description of various health personal working at different level of institution
- o. Disaster management

F. सान्दर्भिक कानून तथा सम्बद्ध विविध विषय

१. नेपाल स्वास्थ्य सेवा ऐन, २०५३ र नेपाल स्वास्थ्य सेवा नियमावली, २०५५
२. स्थानीय सरकार सञ्चालन ऐन, २०७४ को परिच्छेद – १ देखि ४, र परिच्छेद – ११
३. नेपालको संविधान (भाग १ देखि १५ र १३ देखि २० तथा अनुसूचीहरू)
४. स्वास्थ्य बीमा ऐन, २०७४
५. भ्रष्टाचार निवारण ऐन, २०५९
६. प्रदेश लोक सेवा आयोग, बागमती प्रदेश सम्बन्धी जानकारी।
७. बागमती प्रदेश सरकार अन्तर्गतका निकायहरू मन्त्रालय, विभाग र कार्यालयहरू ।

G. अंग्रेजी

- a. Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:
- b. Parts of Speech:
 - Noun
 - Pronoun
 - Adjective
 - Determiners: articles, demonstratives, possessive determiners, cardinal numerals, quantifiers, distributive determiners and interrogative determiners
 - Verb
 - Adverb
 - Preposition
 - Conjunction and
 - Interjection

C Infinitive and gerund phrases, reported speech and tenses

- H) नेपाली:** नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप नेपाली भाषाको शुद्धशुद्धिको ज्ञान