

प्रदेश लोक सेवा आयोग, बागमती प्रदेश

प्रदेश निजामती र स्थानीय सरकारी सेवा तर्फको स्वास्थ्य सेवा, जनरल नर्सिङ समूह, नवौं तह, अस्पताल नर्सिङ प्रशासक पदको अन्तर तह, अन्तरिक अन्तर सेवा र खुला तथा समावेशी प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइनेछ:-

प्रथम चरण: लिखित परीक्षा (Written exam)

पूर्णाङ्क: २००

द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: ३०

प्रथम चरण (First Phase) को लिखित परीक्षा योजना (Written exam scheme)

Paper	Subject	Section	Marks	Full Marks	Pass Marks	No. of Questions & Weightage	Time	Remarks
First Paper	General Subject	Part-I(A): management	50	100	40	6 × 5 = 30 (Short answer)	3 hrs.	Note: One long Question and four short questions must be asked from group A. One long Question and two short questions must be asked from group B.
		Part-I(B): Relevant Legislation and Cross Cutting Issues				2 × 10 = 20 (Long answer)		
		Part-II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)		
Second Paper	Technical Subject		100	100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3 hrs.	

द्वितीय चरण (Second Phase) को लिखित परीक्षा योजना (Written exam scheme)

Subject	Full Marks	Exam Type	Time allowed
Interview	30	Oral	

द्रष्टव्य:

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अङ्ग्रेजी अथवा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ।
- प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा तर्फ स्वास्थ्य सेवा अन्तर्गतको समूहहरू/ सबै उपसमूहहरूको पाठ्यक्रमको प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ। तर तर द्वितीय पत्रको पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ।
- प्रथम पत्रको लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकै दिन वा छुट्टाछुट्टै सिन पनि हुन सक्नेछ। द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ।
- प्रथम पत्रको Part-I (A), Part-I (B) र Part-II का लागि अलग अलग उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको प्रत्येक प्रश्नको लागि अलग अलग उत्तरपुस्तिका हुनेछ।
- यस पाठ्यक्रममा जे सुकै लेखिएका भएता पनि पाठ्यक्रममा परेका ऐन, नियमावली, नीति, नियमहरू परीक्षाका मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भइ) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- पाठ्यक्रम लागु मिति: २०८२/०४/०१

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आन्तरिक अन्तर सेवा र खुला तथा समावेशी प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र: General Subject

Part-I(A&B)

Marks: 50

Part-I(A): Management

A. Management

1. Management: - concept, principles, functions, level, and role of managers in context to Hospital Management.
2. Planning: concept, principles, quarterly / annual action plan
3. Leadership: concept, leadership styles, Qualities of leadership
4. Human resource management
5. Conflict / Stress/ Burnout: concept, causes, levels of conflict and strategies for conflict, stress and burnout syndrome prevention and management.
6. Supervision, monitoring and evaluation
7. Performance appraisal
8. Motivation
9. Quality assurance on health care services
10. Clinical Audit
11. Clinical protocols on relevant health services and procedures
12. Coordination, cooperation and communication
13. Health Management Information System (HMIS)
14. Budget formulation and implementation,
15. Accounting, auditing and inventory management
16. Research: Evidenced based practice on health care services, Design, methodology of research. ethical issues
17. Good Governance: concept and characteristics

Part-I(B): Relevant Legislations and Cross Cutting Issues

B. Relevant Legislations and Cross Cutting Issues

1. Provisions of Province Civil Service Act and Regulation of Bagamati Province
2. The Constitution of Nepal.
3. Current periodical plan of Bagamati Province
4. The Public Procurement Act, 2063
5. The Public Procurement Rules, 2064
6. The Prevention of Corruption Act, 2059
7. Money Laundering Prevention Act, 2064
8. Right to Information Act, 2064
9. Sustainable Development Goals.
10. Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
11. Social Inclusion, Reservation and Positive Discrimination
12. Public Health Service Act, 2075

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Part-II: General Health Issue

Mark: 50

C. General Health Issue

1. National Health Policy, 2076
2. Second long-term health plan (1997-2017)
3. Health services act 2053, health service regulation, 2055
4. Introduction of Ministry of Social Development of Bagamati Province
5. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
6. Concerned Professional Council and related Act, 2052
7. Health professional Code of Ethics and Code of Conduct.
8. Indigenous and traditional faith healing and health practices
9. Health insurance and financing in health care
10. Public health: air pollution, domestic pollution, noise pollution
11. Importance of water, sanitation and hygiene in public health
12. Disaster preparedness plan and policy in the hospital and Province level
13. Health volunteers' involvement in health service delivery
14. Community involvement in health service delivery
15. Programme and activities of Government and NGOs of Bagamati province for the guardianless and shelterless destitute persons staying in a very difficult situation
16. Impact of the COVID-19 pandemic
17. Health in all policies
18. One health concept
19. Health Issues of 16th Five Year Development Plan

Second Paper: Technical Paper

Mark: 100

1. General Nursing

- 1.1. History of nursing in Nepal
- 1.2. Theories and models in nursing
- 1.3. Trends and issues in Nursing
- 1.4. Effective Communication
- 1.5. Health Education and counselling to the clients: learning needs, methods and medias

2. Nursing Leadership and Management

- 2.1. Public relation in Nursing
- 2.2. Disaster/mass causality management
- 2.3. Conflict, stress and crisis management, Breaking bad news
- 2.4. Resource Management: Human, logistic, financial, inventories and others
- 2.5. Problem solving and decision-making process (rational decision-making model)
- 2.6. Nursing pre and post conferences and documentation
- 2.7. Job description of various categories of nursing personnel
- 2.8. Performance appraisal: methods, tools
- 2.9. In-service education, Induction training
- 2.10. Quality Assurance
- 2.11. Supervision, monitoring and evaluation
- 2.12. Nursing staff: assignment methods, attendance and leave
- 2.13. Disciplinary action, confidential report
- 2.14. Roles and responsibilities of Nursing and Social security Division, DoHS

3. Health Education and Counselling to the client, family and community

- 3.1. Identification of learning needs, areas of education
- 3.2. Planning and implementation of short-term education programme

4. General health problems related to each body system throughout life span

- 4.1. New born
- 4.2. Infant
- 4.3. Toddler
- 4.4. School age
- 4.5. Adolescence
- 4.6. Young adult hood
- 4.7. Adult hood
- 4.8. Early and late middle aged
- 4.9. Elderly
- 4.10. Terminal ill and hospice care

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5. Sexual Reproductive Maternal Newborn Adolescent and child health (SRMNACH)

- 5.1. National reproductive Health policies and strategies
- 5.2. Pre conceptional care
- 5.3. Antenatal care
- 5.4. Intra natal care
- 5.5. Post natal care
- 5.6. Newborn care
- 5.7. Adolescent reproductive Health
- 5.8. Safe Abortion Services: Legalization of abortion (Comprehensive abortion care and Post abortion care)
- 5.9. Family Planning
- 5.10. One Stop Crisis Management Centre (OCMC)
- 5.11. Gender mainstreaming in health

6. Health Indicators/ vital statistics

- 6.1. Demography and Socioeconomic
- 6.2. Reproductive health
- 6.3. Gender disaggregated data
- 6.4. Health management information system (HMIS)

7. Common Mental health problem in Nepal

- 7.1. Anxiety, depression, suicide,
- 7.2. Substance-abuse
- 7.3. Rehabilitation

8. Nursing Research

- 8.1. Purpose and scope of nursing research
- 8.2. Area of Nursing research
- 8.3. Components of research proposal
- 8.4. Evidence based practice
- 8.5. Utilization of nursing research