

प्रदेश लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, कम्युनिटी नर्सिङ्ग अधिकृत पद, सातौं तहको खुला र आन्तरीक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- सामूहिक परीक्षण र अन्तर्वार्ता

पूर्णाङ्क:- ४०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	Basic Knowledge on Management, Applicable Legislations and Contemporary Issues	१००	४०	विषयगत (Subjective)	६x५=३०	२ घण्टा १५ मिनेट
	Nursing science सम्बन्धी			वस्तुगत बहुवैकल्पिक (MCQs)	७० X १=७०	
द्वितीय	Nursing science सम्बन्धी	१००	४०	विषयगत (Subjective)	१०X१०=१००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	२०	सामूहिक छलफल (Group Discussion)	३० मिनेट
अन्तर्वार्ता	३०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- माथि उल्लिखित समूहहरूको पाठ्यक्रमको प्रथम पत्रको विषयवस्तु एउटै हुनेछ । द्वितीय पत्रका विषयवस्तु समूह अनुसार फरक फरक हुनेछन् ।
- माथि उल्लिखित उपसमूहहरूको प्रथम पत्रको परीक्षा संयुक्त वा छुट्टाछुट्टै हुन सक्नेछ भने द्वितीय पत्रको परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ भने द्वितीय पत्रको प्रत्येक एकाईको प्रश्नसंख्या सम्बन्धित पाठ्यक्रममै उल्लेख गरिएको छ ।

प्रथम पत्रका एकाई	Part I	१	२	३	४	५						
प्रश्न सङ्ख्या		१	१	१	१	२						
प्रथम पत्रका एकाई	Part II	१	२	३	४	५	६	७	८	९	१०	११
प्रश्न सङ्ख्या		८	४	६	६	६	१०	४	१०	८	४	४

- वस्तुगत बहुवैकल्पिक 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १औं अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू सोध्न सकिने छ ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- 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 ।

१०. पाठ्यक्रम लागू मिति:-

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, कम्युनिटी नर्सिङ्ग अधिकृत पद, सातौं तहको खुला र आन्तरीक
प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

प्रथम पत्र:- नर्सिङ्ग विज्ञान

Part I - Basic Knowledge on Management, Applicable Legislations and Contemporary Issues

(6 × 5 Marks = 30Marks)

1. Basic Knowledge on Nepal and Bagamati State: (1 ×5 Mark = 5 Marks)

- 1.1 Physical, socio-cultural and economic geography and demography of Nepal
- 1.2 Geographical diversity, climatic conditions, and livelihood & lifestyle of people of Bagamati State
- 1.3 Current periodical plan of Bagamati State

2. Constitution of Nepal (1 ×5 Mark = 5 Marks)

3. Management Aspects and Governance (1×5 Mark = 5 Marks)

- 3.1 Management concepts:
 - Planning, organizing, directing, controlling, coordinating, budgeting,
 - Motivation & morale
 - Leadership
 - Decision making,
 - Supervision, Monitoring and Evaluation
- 3.2 Project Cycle
- 3.3 Good Governance

4. Relevant Cross Cutting Issues: (1 ×5 Mark = 5 Marks)

- 4.1 Sustainable Development Goals and Health
- 4.2 Climate change and environment,
- 4.3 Disaster Management
- 4.4 Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
- 4.5 Effectiveness of Service Delivery- Public Service Charter
- 4.6 Evaluation of public works by citizens: public hearings, social audit, public audit and third-party evaluations
- 4.7 Reservation and Positive Discrimination

5. Applicable Legislations: (2 ×5 Mark = 10 Marks)

- 5.1 The Public Procurement Act, 2063
- 5.2 The Public Procurement Rules, 2064 (2007)
- 5.3 The Prevention of Corruption Act, 2059 (2002 A.D)
- 5.4 Money Laundering Prevention Act, 2064 (2008)
- 5.5 Right to Information Act, 2064 (2007)
- 5.6 Provisions of State Civil Service Act and Regulation of Bagamati State
- 5.7 National Health policy,
- 5.8 Nepal Medical Council Act
- 5.9 Mother's milk Substitute Act,
- 5.10 Organ transplant Act
- 5.11 Legalization of abortion

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, कम्युनिटी नर्सिङ्ग अधिकृत पद, सातौं तहको खुला र आन्तरीक
प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

Part II Nursing science

1 Nursing concept & Principles		
1.1	Nursing Theory	
	1.1.1.	Henderson's need theory
	1.1.2.	Orem's self care theory
	1.1.3.	Roy's adaptation theory
	1.1.4.	Nightingale's environmental theory
	1.1.5	Abdellah's nursig problem theory
1.2.	Nursing Process	
	1.2.1	Steps of nursing process
1.3.	Pain and Stress management	
	1.3.1	Nursing management
	1.3.2	Medical management
1.4.	Holistic Health Care	
	1.4.1	Components of holistic health care
	1.4.2	Methods of holistic care
	1.4.3	Alternative medicines
1.5	Creativity in Nursing	
	1.5.1	Methods of creativity
	1.5.2	Barriers of creativity
1.6.	Professional Development	
	1.6.1	Nursing ethics
	1.6.2	Trends and issues
	1.6.3	Professional and clients right
	1.6.4	Legal right
	1.6.5	International Council of Nurses (ICN)
	1.6.6	International Confederation of Midwives (ICM)
	1.6.7	Nursing Association of Nepal (NAN)
	1.6.8	Nepal Nursing Council (NNC)
	1.6.9	Laws related to health and nursing
		1.6.9.1 Medico legal case
		1.6.9.2 Disposal of dead body
		1.6.9.3 Organ transplantation
		1.6.9.4 Narcotic drugs
		1.6.9.5 Abortion
2 Behavioral Science and Psychology applied in Nursing		
2.1	Major cultural groups and their health seeking behaviour.	
2.2	Factors affecting health of the people.	
	2.2.1	Social, cultural and economic conditions
	2.2.2	Education
	2.2.3	Politics
	2.2.4	Gender
	2.2.5	Physical environment

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, कम्युनिटी नर्सिङ्ग अधिकृत पद, सातौं तहको खुला र आन्तरीक
प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

2.3	Social problems in Nepal		
	2.3.1	Population explosion and migration	
	2.3.2	Poverty	
	2.3.3	Unemployment	
	2.3.4	Substance abuse	
	2.3.5	Prostitution	
	2.3.6	Violence	
	2.3.7	Child abuse / exploitation	
	2.3.8	Gender bias	
	2.3.9	Girls trafficking	
2.4	Psychology applied to Nursing		
	2.4.1	Characteristics of human behavior	
	2.4.2	Causes of behavioral changes	
	2.4.3	Emotional development	
	2.4.4	Control of emotions	
3 Education Science in Nursing			
3.1	Teaching and Learning		
	3.1.1	Principles	
	3.1.2	Factors affecting teaching / learning	
3.2	Roles and responsibilities of a teacher.		
3.3	Teaching methods and media		
3.4	In-service education		
3.5	Curriculum development		
3.6	Evaluation		
	3.6.1	Types	
	3.6.2	Characteristics of evaluation tools	
4 Health Care Management			
4.1			
4.2	Management:		
	4.2.1	Concept, principles, theories	
	4.2.2	Resource management	
4.3	Planning:		
	4.3.1	Elements, process	
	4.3.2 Benefits and Limitation		
4.4	Organization		
	4.4.1	Types, Principles, elements	
	4.4.2 Conflict management		
4.5	Leadership		
4.6 Supervision and monitoring			
4.7 Personnel development			
4.8 Human Recourse Development			

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, सातौं तहको नर्सिङ अधिकृत पदको खुला र आन्तरिक प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम

4.9 Health Economics	
4.9.1	Budget
4.9.2	Nursing audit
4.9.3	Inventory management
4.10 Health management information system (HMIS)	
4.11 Disaster management	
4.12 Quality assurance management	
4.13 Job description	
4.14 National plan and Policies	
4.14.1 National health policy	
4.14.2 Health issues of 15th five-year development plan	
4.14.3 Sustainable development goal and health	
4.14.4 Second long-term health plan	
5	Research & Statistics
5.1 Research Terminology	
5.1.1	Variables
5.1.2	Principles
5.1.3	Hypothesis
5.1.4	Operational definitions
5.1.5	Limitations & delimitations
5.1.6	Validity & reliability
5.2 Ethics & regulations in health & nursing research	
5.3 Methodology	
5.4 Importance of research in nursing services.	

6. 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 fecal borne diseases.
- 11. Health education
 - 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,

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, सातौँ तहको नर्सिङ अधिकृत पदको खुला र आन्तरिक प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम

- mechanism of action, side effects, health teaching
15. Nutritional deficiencies diseases/disorders
 - 15.1 Kwashiorkor, 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)

7 Mental Health	
7.1 Concept of mental health / illness	
7.1.1 Neuroses	
7.1.2 Psychoses	
7.1.3 Mental retardation	
7.1.4 Epilepsy	
7.1.5 Alcohols and substance abuse	
7.1.6 Psychosexual problems	
7.2 Role and responsibilities of nurse in:	
7.2.1 Primordial prevention	
7.2.2 Primary prevention	
7.2.3 Secondary prevention	
7.2.4 Tertiary prevention	
7.3 Modality of treatment	
7.3.1 Drug therapy	
7.3.2 Electroconvulsive therapy (ECT)	
7.3.3 Counseling	
7.3.4 Diversional therapy	
7.3.5 Emergency management of violent patient	
7.4 Common Mental Health problems in Nepal	

8. 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 fetus
- 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 focused visits and also 8 visits
- 1.12 Need of pregnant mother.

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, सातौं तहको नर्सिङ अधिकृत पदको खुला र आन्तरिक प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम

- 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 Anemia, 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, IV stages of labour
- 2.4 Mechanism of normal labour
- 2.5 Nursing care of mother during each stage of labour
- 2.6 Signs and symptoms of second stage, third stage of labour and its 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 Complications of puerperium
- 3.6 Breast feeding
- 3.7 Examination of new born baby
- 3.8 Congenital abnormalities

9. नेपालको संविधान र सान्दर्भिक कानून तथा सम्बद्ध विविध विषय

८ अङ्क

क) नेपालको संविधान

२ अङ्क

१. नेपालको संविधान

ख) सान्दर्भिक कानून

४ अङ्क

२. भ्रष्टाचार निवारण ऐन, २०५९

३. बागमती प्रदेशको प्रदेश निजामती सेवा ऐन तथा नियमावली

४. कर्मचारी समायोजन ऐन, २०७५

५. बागमती प्रदेशको प्रदेश लोक सेवा आयोग ऐन, २०७६

ग) विविध विषय

२ अङ्क

६. बागमती प्रदेशको भौगोलिक, आर्थिक तथा सामाजिक क्षेत्रको जानकारी

७. बागमती प्रदेश सरकार अन्तर्गतका निकायहरू मन्त्रालय, विभाग र कार्यालयहरू

10. नेपाली र अङ्ग्रेजी भाषाको योग्यता परीक्षण

८ अङ्क

१. नेपाली भाषा शुद्धा शुद्धिको योग्यता परीक्षण:

४ अङ्क

नेपाली भाषामा स्तरीय शुद्ध शब्द, वाक्यांश र वाक्य लेखनको लागि आवश्यक पर्ने ह्रस्व दीर्घ, ब र व, तथा श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित शुद्ध शब्द, वाक्यांश र वाक्य लेखनसहितको नेपाली भाषाको शुद्धाशुद्धिको ज्ञान

(नेपाली भाषा शुद्धसँग लेख्ने सीप र लेखाइको योग्यता परीक्षण गर्ने ४ प्रश्नहरू सोधिने छन्।)

नेपालको संविधानमा भएको व्यवस्थाबमोजिम नेपाली भाषा सरकारी काम काजको भाषा भएको हुँदा सरकारी सेवाका कर्मचारीले सरकारी काम काजमा लेखिने सरकारी कामकाजको नेपाली भाषाको लेखाइ विशेष गरी पत्राचार, निर्देशन, आदेश, टिप्पणी र आदेश, परिपत्र, प्रेस विज्ञप्ति, सूचना, विज्ञापन, राजपत्र, प्रतिवेदन, वार्षिक प्रतिवेदन, ऐन, नियमावली तथा कार्यविधि, बैठकको माइन्ट तथा निर्णय, प्रशंसा पत्र, निमन्त्रणा पत्र, करारनामा, सम्झौता, कबुलियतनामा, बयान, वेबसाइटको लेखाइ लगायत सबै प्रकारका नेपाली भाषाका लिखत कागजातहरू व्याकरण अनुरूप शुद्धसँग लेख्ने सीप र शुद्धा शुद्धि लेखाइको योग्यता परीक्षण गर्ने।)

11 . English Language Competence Test:

4 Marks

English proficiency- 2 questions from Comprehension and 1 question each from Vocabulary and Syntactic ability)

2.1 Comprehension:

2 Marks

Questions will be asked on the passage given. The questions will try to accommodate the following areas: Fact finding, inferential, core theme, true/false identification, issues raised, and language based.

2.2 Vocabulary:

1 Mark

Questions will be asked to assess their grasp on the English language vocabulary. The questions will be of the following nature:
Meaning of the words (literal/figurative/contextual), single word for expressions, synonyms/antonyms, derivatives and homonyms/ homophones.

2.3 Syntactic ability:

1 Mark

Questions will be asked to assess the syntactic ability of the candidates. The questions will be based on the following categories:
Agreement, tense aspect, parallel structures, clauses, modifier, conditionals, phrasal expressions, shifts (tense, number, person), transformations, varieties, prepositions/conjunctions, and parts of speech.

Note: The above **English Language Competence Test** syllabus is devised for assessing the proficiency of the English language of candidates. With the view to assess the candidates' language competence, the syllabus aims:

- To test the understanding of their language through reading comprehension,
- To map the range of their vocabulary,
- To examine their syntactic ability.

The nature and standard of questions in English Language Competence Test will be such that an educated class XII level person will be able to answer them without any specialized study.

द्रष्टव्य: प्रथम पत्र सामान्य सचेतनाको बहुवैकल्पिक प्रश्न पाठ्यक्रम एकाइहरूबाट यथासम्भव Level I का ६० प्रतिशत र Level II का ४० प्रतिशत गरी प्रश्नहरू सोधिनेछ।

द्वितीय पत्र:- कम्युनिटी/पब्लिक हेल्थ नर्सिङ्ग सम्बन्धी विषय

Section A - 30 Marks

- 1. Concept of health/disease/ illness continuum 10%**
- 1.1 Definition of health , Diseases , illness and sick
 - 1.2 Determinants of health
Dynamics of disease transmission: Source or reservoir, Modes of transmission
 - 1.3 and susceptible host
Responsibilities of Individual, family, group, & community in promotion of
 - 1.4 health
 - 1.5 Primary health care (PHC)
 - 1.5.1 Concept of PHC
 - 1.5.2 Principles of PHC
 - 1.5.3 Elements of PHC
 - 1.5.4 strategies and obstacles to achieve the goal of PHC in Nepal
- 2. Community diagnosis and community participation 10%**
- 2.1 Concept, purpose and steps of Community diagnosis
Community resources : Concept, process, importance and type of community
 - 2.2 resources
Community participation: concept, levels , and barriers of community
 - 2.3 participation
- 3. Community health nursing management 10%**
- 3.1 Home visit: process, principle and importance, Bag technique
 - 3.2 Assessment of health needs, demand and resources
 - 3.3 Planning of health activities - long term, short term
 - 3.4 Implementation of health activities
 - 3.5 Monitoring and evaluation of the programme
 - 3.6 Health Management Information System (HMIS)
 - 3.7 Environment Health & Healthcare Waste Management

Section B - 30 Marks

- 4. Family Health & Reproductive Health (RH) 20%**
- 4.1 Concept of family health , family centered care and family health nursing ,
 - 4.2 Typology of family health problem
 - 4.3 Types of nurse family contact
 - 4.4 Role and responsibilities of the nurse in family health care
 - 4.5 Reproductive health
 - 4.5.1 Concept, background and Components
 - 4.5.2 Life span reproductive health care
 - 4.5.3 Reproductive health policy and strategy of Nepal
 - 4.5.4 Adolescence RH problems in Nepal
 - 4.6 Child Health and Immunization
Safe Motherhood and Newborn Health (SMNH)
- 5. Domiciliary midwifery services & responsibilities 10 %**
- 5.1 Domiciliary midwifery services
 - 5.1.1 Birth preparedness package
 - 5.1.2 Basic emergency obstetric care
 - 5.1.3 Clean home delivery services
 - 5.1.4 Supervision and guidance in domiciliary midwifery service
 - 5.1.5 Post abortion care
 - 5.2 Maternal and neonatal health status of Nepal
 - 5.3 Job description of community health nurse working at various

levels of health care delivery system

- 5.4 Role and Responsibilities of following professionals
- 5.4.1 Regional Health Director (RHD)
 - 5.4.2 Senior Public Health Nurse
 - 5.4.3 Public Health Nurse
 - 5.4.4 Staff Nurse
 - 5.4.5 Auxiliary Nurse Midwife /Auxiliary Health Worker
 - 5.4.6 Maternal Child Health Worker
 - 5.4.7 Female Community Health Volunteer
 - 5.4.8 Village Health Worker.

Section C - 20 Marks

6. Epidemiology and vital health statistics 10%

- 6.1 Epidemiological triad, Epidemiological approach
- 6.2 Methods of epidemiological study: Descriptive and analytical.
- 6.3 Risk approach, relative risk, magnitude of disease
- 6.4 Vector Borne and Neglected Tropical Diseases
- 6.5 Non-communicable Diseases & Mental Health
- 6.6 Epidemiology and Disease Outbreak Management
- 6.7 Surveillance and Research

7. Occupational Health 10%

- 7.1 Occupational health hazards
- 7.2 Safety measures in various occupational health hazards
Provisions relating to Occupation Safety and Health under
- 7.3 Labour Act, 2048
- 7.4 School health programme
- 7.5 One school one nurse programme

Section D - 20 Marks

8. Special health program in Nepal 10%

- Food adulteration, food additives and food fortification,
- 8.1 preservation of nutritive value
- 8.2 Nutritional programme in Nepal
- 8.3 Nutritional monitoring guidelines
Nutritional target, indicators and different nutritional
- 8.4 supplementation programme of Nepal
Acute Respiratory Infection (ARI) & Control of Diarrhoeal Disease
- 8.5 (CDD) programme
Community Based Integrated Management Neonatal and Childhood
- 8.6 Illness (CB-IMNCI)
- 8.7 Aama surakchha programme
- 8.10 National health insurance programme

9. Common communicable and Non-communicable diseases 10%

- 9.1 Nepal Major infectious diseases
 - 9.1.1 Pulmonary tuberculosis
 - 9.1.2 Malaria, Kalazar, Encephalitis
 - 9.1.3 HIV/AIDS, STI
 - 9.1.4 Hepatitis 'B'
 - 9.1.5 Water borne diseases
 - 9.1.6 COVID- 19

प्रदेश लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, क.न./प.हे.न. समूह, सातौं तहको नर्सिङ अधिकृत पदको खुला र आन्तरिक प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम

- 9.2 Non-communicable diseases
9.2.1 Heart Disease
9.2.2 Diabetes
9.2.3 Cancer
9.2.4 Mental Problems
9.2.5 Hypertension

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका एकाई	A			B		C		D	
द्वितीय पत्रका एकाई	1	2	3	4	5	6	7	8	9
प्रश्न संख्या	1	1	1	1	1	1	1	2	1

प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र लिइने सामूहिक परीक्षण (Group Test) को लागि

सामूहिक परीक्षण (Group Test)

यस प्रयोजनको लागि गरिने परीक्षण २० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ । दिइएको प्रश्न वा का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति गर्नु पर्नेछ

- आयोगका सदस्य - सदस्य
मनोविज्ञ - सदस्य
दक्ष/विज्ञ (१ जना) - सदस्य

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणका लागि ऊर्जा संकट, गरिबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता topics मध्ये कुनै एक topic मात्र दिइनेछ ।