

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश स्वास्थ्य सेवा तथा स्थानीय सरकारी सेवा, जनरल हेल्थ नर्सिङ समूह, सहायकस्तर पाँचौ तह,
जनरल हेल्थ नर्स पदको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार 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 संख्या x अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x २ अङ्क = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- लिखित परीक्षामा यथासम्भव सवै इकाइबाट निम्नानुसार प्रश्नहरू सोधिनेछ ।

एकाइ	1	2	3	4	5	6	7	8
प्रश्न संख्या	5	5	12	6	8	6	2	6

- 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 ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको विज्ञापन हुदाँका वखत (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्भन पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :-

1. Anatomy and physiology/ Basic applied science

- 1.1. Descriptive terminologies of anatomy and physiology
- 1.2. Organs and functions of different body system
 - 1.2.1. Introduction to Cell, tissue and embryology
 - 1.2.2. Respiratory System
 - 1.2.3. Cardio-vascular System
 - 1.2.4. Musculo skeletal system
 - 1.2.5. Gastro-intestinal System
 - 1.2.6. Urinary System
 - 1.2.7. Reproductive System
 - 1.2.8. Nervous System
 - 1.2.9. Special Sensory and Integumentary System
 - 1.2.10. Body temperature regulation
 - ❖ Conduction
 - ❖ Convection
 - ❖ Radiation
 - 1.2.11. Evaporation Endocrine System
 - 1.2.12. Blood, Lymphatic and Immune System
- 1.3. Fluid and electrolyte
 - 1.3.1. Fluid compartments
 - 1.3.2. Fluid and Electrolyte balance
 - 1.3.3. Fluid and Electrolyte replacement
 - 1.3.4. Mechanism of acid-base balance
 - 1.3.5. Relationship with respiration
 - 1.3.6. Relation with excretion
- 1.4. Microbiology
 - 1.4.1. Classification of microorganism and factors affecting them
 - ❖ Bacteria, Virus, protozoa, fungi and helmenthths
 - 1.4.2. Immunology (cells and organs of immune system, defense mechanism of body, antigen and antibody, hypersensitivity reaction)
- 1.5. Biochemistry
 - 1.5.1. Types of solution, osmosis and diffusion
 - 1.5.2. Biomolecules and enzymes
 - 1.5.3. Blood coagulation mechanism
 - 1.5.4. Organ function test
- 1.6. Pharmacology
 - 1.6.1. Pharmacokinetics and pharmacodynamics
 - 1.6.2. Drugs acting on gastrointestinal, cardiovascular, renal, respiratory, musculoskeletal reproductive, central nervous system, skin, endocrine and hormonal drugs
 - 1.6.3. Drugs used in infection
 - 1.6.4. Essential drugs used in different health care institution in Nepal

2. Fundamentals of Nursing

- 2.1. Basic needs of clients
 - 1.6.5. Maslow's Hierarchy of need
 - 1.6.6. Florence Nightingales' needs
 - 1.6.7. Henderson's needs

- 2.2. Nursing process
 - 2.3. Nursing measures related to physical need of patients/clients
 - 2.4. Vital signs and factors affecting vital signs
 - 1.6.8. Measurements of height and weight
 - 1.6.9. laboratory investigation and radiological diagnosis (x-ray, USG, MRI, CT scan, endoscopy)
 - 2.5. Administration of drugs
 - ❖ Oral
 - ❖ Parental
 - ❖ Topical application
 - ❖ Instillation and inhalation
 - ❖ Oxygen inhalation
 - ❖ Blood transfusion
 - ❖ Steam inhalation and drug inhalation
 - 2.6. First aid Management
 - ❖ Drowning
 - ❖ Bites (Snake, insect, dog and frost bite)
 - ❖ Choking
 - ❖ Hemorrhage and Shock
 - ❖ Poisoning
 - ❖ Burn
 - ❖ Wound and Fracture
 - ❖ Foreign body in ear, nose, eye and throat
 - ❖ fracture
 - ❖ Epistaxi
 - 2.7. Purposes, principles and methods of sterilization of different materials and equipments
 - 2.8. Roles and responsibilities of nurses.
 - 2.9. Professional and clients right
 - 2.10. Code of ethics
 - 2.11. Stress and stress coping mechanism
 - 2.12. Nursing measures related to meeting need of clients
 - ❖ Nutritional needs (Fluid and Electrolyte balance, tube feeding,
 - ❖ Elimination needs (catheterization, enema, sitz bath)
 - ❖ Comfort and safety need
 - 2.13. Infection prevention (IP measures, hand washing, gloving and gowning techniques, IP process and sterilization process, isolation, hospital waste management)
 - ❖ Pre and post-operative care,
 - ❖ Pain management
 - ❖ Wound care
 - ❖ Hot and Cold application
 - 2.14. Care of dead body, legal considerations
- 3. Nursing care of Adult I and II**
- 3.1. Stress and crisis
 - ❖ Body response to stress and crisis
 - 3.2. Rehabilitation
 - ❖ Disability
 - ❖ Rehabilitation

3.3. Medical/surgical nursing management of the diseases/disorders condition in different body system and its diagnostic investigation

3.3.1. Nervous System

- ❖ Meningitis
- ❖ Encephalitis
- ❖ Tetanus
- ❖ Poliomyelitis
- ❖ Epilepsy
- ❖ Parkinson disease
- ❖ Spinal cord injury
- ❖ Head injury
- ❖ Poliomyelitis
- ❖ Epilepsy

3.3.2. Respiratory System

- ❖ Pleurisy
- ❖ Pneumothorax
- ❖ Influenza
- ❖ Bronchitis
- ❖ Pneumonia
- ❖ Pulmonary TB
- ❖ Bronchial asthma
- ❖ Pulmonary embolism
- ❖ COPD/ARDS
- ❖ Asthma
- ❖ Pneumothorax
- ❖ Pleural effusion
- ❖ Pulmonary tuberculosis

3.3.3. Urinary system

- ❖ Urinary Tract Infection(UTI)
- ❖ Nephrotic syndrome
- ❖ Renal and bladder calculi
- ❖ Renal failure (acute and chronic)
- ❖ Prostatic hyperplasia
- ❖ Hydronephrosis
- ❖ Glomerular nephritis (acute and chronic)
- ❖ Acidosis and alkalosis

3.3.4. Gastro-intestinal System

- ❖ Gastritis and Peptic ulcer
- ❖ Esophageal varices
- ❖ Hernias
- ❖ Appendicitis
- ❖ Intestinal obstruction
- ❖ Ascites
- ❖ Tuberculosis of abdomen
- ❖ Ulcerative colitis
- ❖ Hemorrhoids
- ❖ Hepatitis
- ❖ Cirrhosis of liver
- ❖ Cholecystitis and Cholelithiasis

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- ❖ Pancreatitis
- 3.3.5. Cardiovascular, Hematologic and Lymphatic System disorder
 - ❖ Congestive cardiac failure
 - ❖ Angina pectoris
 - ❖ Cardiac arrest
 - ❖ Varicose vein, thrombophlebitis
 - ❖ Myocardial stenosis
 - ❖ Rheumatic heart disease
 - ❖ Cerbro-vascular accident
 - ❖ Blood diseases (anemia, thalassemia, leukemia)
 - ❖ Hodgkin's disease and lymphoma
 - ❖ Hypertension
 - ❖ Myocardial infraction
 - ❖ RHD
 - ❖ Anemia
 - ❖ Leukemia
- 3.3.6. Endocrine System
 - ❖ Hyper and hypothyroidism
 - ❖ Diabetes insipidus
 - ❖ Diabetes mellitus
 - ❖ Hypo and hyper pituitarism
 - ❖ Addison's disease
 - ❖ Cushing's syndrome
- 3.3.7. Reproductive System and Breast disorder
 - ❖ Disorder of uterine bleeding
 - ❖ Cystocele and Rectocele
 - ❖ Uterine prolapse
 - ❖ Vesico Vaginal Fistula(VVF) Infection of genital tract
 - ❖ Sexually Transmitted Infection(STI)
 - ❖ Human Immune Deficiency Virus and Acquired Immune Deficiency Syndrome(HIV/AIDS)
 - ❖ Orchitis, prostate problems, hydrocele
 - ❖ Breast disorder
 - ❖ Infertility or Sub-fertility
- 3.3.8. Skin disorders
 - ❖ Acne vulgaris
 - ❖ Herpes simplex
 - ❖ Dermatitis
 - ❖ Eczema
 - ❖ Scabies
 - ❖ Injuries to skin: burn, gangrene
 - ❖ Neoplasm of skin
 - ❖ Burn
 - ❖ Gangrene
- 3.3.9. Eye Ear, Nose and Throat diseases and disorders
 - ❖ Eye
 - Conjunctivitis and sub-conjunctival hemorrhage
 - Blepharitis
 - Corneal ulcer, xerophthalmia, night blindness

- Foreign body in eye
- Cataract
- Glaucoma
- Trachoma
- ❖ Ear
 - Foreign body and impacted cerumen
 - Otitis media
 - Hearing impairment
 - Mastoiditis
 - Meniere's disease
- ❖ Nose
 - Foreign body
 - Sinusitis
 - Epistaxis
 - Deviated nasal septum
 - nasal polyp
- ❖ Throat
 - Foreign body
 - Laryngitis
 - Tonsillitis
 - Pharyngitis
- 3.4. Operation theatres nursing
 - 3.4.1. Pre, immediate, intra and post-operative care
 - 3.4.2. Medico legal and ethical consideration
 - 3.4.3. Responsibilities of scrub, circulating and recovery nurse
 - 3.4.4. Aseptic technique
- 3.5. Problem caused by immobility and their prevention
- 3.6. Oncology nursing
 - 3.6.1. risk factors
 - 3.6.2. types
 - 3.6.3. diagnostic investigations
 - 3.6.4. treatment modalities
 - 3.6.5. palliative management and care during terminal illness
- 3.7. Common geriatric problems in Nepal and nursing roles and responsibilities of nurses on aging people.
 - 3.7.1. common needs of elderly
 - 3.7.2. Stages of grief and loss

4. Community Health Nursing I /II

- 4.1. Primary health care (Definition, elements, principles)
- 4.2. Concept of health and illness
- 4.3. Level of prevention/ intervention and screening
- 4.4. PHCRD in Nepal
- 4.5. Steps of home visit and community diagnosis
 - ❖ PRA
 - ❖ RRA
 - ❖ Data processing
 - ❖ Sampling

- 4.6. Roles and responsibilities of public health nurse
- 4.7. Nutrition relation to health
- ❖ Classification, functions and sources of nutrients
 - ❖ Balanced diet, nutritional assessment and deficiency disorders (micro and macronutrient deficiency disorders)
 - ❖ Current nutritional programs in Nepal
 - Vitamin A and K program
 - Iodized salt supplementation program
 - Distribution of iron folate tablet program
 - Promotion of exclusive breast feeding
 - Deworming
 - Sarbottam pitho
 - ❖ Nutritional requirements in different stages of life
 - ❖ Pre-conception
 - ❖ Conception
 - ❖ Infant and childhood
 - ❖ Adolescent
 - ❖ Adult
 - ❖ Elderly
 - ❖ Vitamin and mineral deficiency
- 4.8. Milk pasteurization
- 4.9. Family
- ❖ Types
 - ❖ Factors affecting family health
 - ❖ Nurse family contact
- 4.10. Communication (types, process/elements, barriers, principles of effective communication)
- 4.11. Epidemiology :
- ❖ Commonly used terms, aims, uses and approaches
 - ❖ epidemiological triad, modes of disease common communicable disease
- 4.12. immunity
- ❖ Immunization
 - Recommended immunization schedule for mothers and children by National Immunization program (NIP)
 - Preparation, administration, storage and maintenance of Cold chain of vaccines
 - Normal phenomena and side effects of vaccines and health teaching
- 4.13. Vital health indicators and statistics
- ❖ Vital indicators (birth rate, death rate, population growth rate, life expectancy)
 - ❖ Health indicators (neonate mortality rate, infant mortality, under 5 mortality rate, maternal mortality rate, fertility rate, incidence rate prevalence rate, abortion rate, contraceptive prevalence rate)
 - ❖ Sources of statistics
- 4.14. Environmental sanitation
- ❖ Refuses, sewage and excreta disposal
 - ❖ Water-sources, purification of water and water related diseases
 - ❖ Human excreta disposal
 - ❖ water born disease

- 4.15. Health Education: Purposes and principles, methods and media
- 4.16. Family planning
- ❖ Methods of Family planning with counseling, ABHIBADAN process, preparation, doses, duration, mechanism of action, side effects, health teaching
 - ❖ Emergency contraception/ post abortion contraception
 - ❖ Family planning services in Nepal-government and non government agencies, international and bilateral agencies
- 4.17. Housing; needs and standards, effects of poor housing
- ❖ Concept of occupational health and school health programme
 - ❖ occupational health hazards
 - ❖ family health
 - ❖ under five clinic
 - ❖ growth chart
 - ❖ MUAC
- 4.18. topology of problems
- 4.19. FCHV programme
- 4.20. sexually transmitted infection
- ❖ communicable disease
 - ❖ protozoal, viral infection
- 4.21. School health program and nurse
- 5. Midwifery**
- 5.1. Prenatal
- 5.1.1. Concept of reproductive health, safe motherhood, and/skilled birth attendant
 - 5.1.2. Types of female pelvic and their effect on birth baby
 - 5.1.3. Structure and function of female reproductive organs
 - 5.1.4. Normal reproductive age and menopause
 - 5.1.5. Ethical and legal aspect in midwifery
 - 5.1.6. Development of fertilized ovum and fetus
 - 5.1.7. Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
 - 5.1.8. Signs and symptoms of pregnancy.
 - 5.1.9. Changes in pregnancy
 - 5.1.10. Physical examination of antenatal mother and assessment of fetal wellbeing
 - 5.1.11. Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
 - 5.1.12. Growth of uterus and height in relation to gestation
 - 5.1.13. Purpose of antenatal care and 4 focused visits and also 8 visits
 - 5.1.14. Need of pregnant mother.
 - 5.1.15. Minor disorders of pregnancy
 - 5.1.16. Bleeding in pregnancy
 - 5.1.17. Placenta
 - 5.1.18. Major disorders of pregnancy
 - 5.1.19. Disease/ problems associated with pregnancy Anemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection, Rh incompatibility
 - 5.1.20. Teratogenesis and common teratogenic agent
 - 5.1.21. Medications during pregnancy

- 5.1.22. Concept of PMTCT
- 5.2. Labour
 - 5.2.1. Labour and its stages
 - 5.2.2. Signs and symptoms of onset of true labour
 - 5.2.3. Normal course of I, II, III, IV stages of labour
 - 5.2.4. Mechanism of normal labour
 - 5.2.5. Nursing care of mother during each stage of labour
 - 5.2.6. Signs and symptoms of second stage, third stage of labour and it's management
 - 5.2.7. Apgar score
 - 5.2.8. Immediate care of new born baby
 - 5.2.9. Signs & symptoms of separation of placenta
 - 5.2.10. Complications of 3rd and 4th stage of labour.
 - 5.2.11. Surgical interventions during labour; instrumental delivery and caesarean section
 - 5.2.12. Needs and care of mother and newborn
 - 5.2.13. Obstructed and Prolonged labour and its appropriate management
 - 5.2.14. Abnormal labour
- 5.3. Postnatal
 - 5.3.1. Definition and duration of puerperium
 - 5.3.2. Principles of care in puerperium
 - 5.3.3. Need of postnatal mother
 - 5.3.4. Changes during puerperium
 - 5.3.5. Minor and major disorders of puerperium.
 - 5.3.6. Complications of puerperium
 - 5.3.7. Breast
 - 5.3.8. Breast feeding and common breast problem
 - 5.3.9. Examination of new born baby
 - 5.3.10. Congenital abnormalities
 - 5.3.11. Birth injuries and its management

6. Nursing Care of Children

- 6.1. Definition of terms
 - 6.1.1. Neonate
 - 6.1.2. Infant
 - 6.1.3. Toddler
 - 6.1.4. Preschool
 - 6.1.5. School age
 - 6.1.6. Adolescence
- 6.2. Growth and Developmental characterizes, milestones and tasks of different age groups
- 6.3. Behavioral problems in children's
- 6.4. Child assessment and anthropometry
- 6.5. Community based integrated management of neonatal and childhood illness
 - 6.5.1. Role of nurses in care in reduction of mortality and morbidity rate in under five children in Nepal.
 - 6.5.2. Management of childhood illness using CBIMNCI guidelines.
- 6.6. Common health problems of children in Nepal and its nursing management and prevention
 - ❖ Dysentery
 - ❖ diarrhea

- ❖ Worm infestation
- ❖ Malabsorption syndrome
- ❖ Hernia
- ❖ Intestinal obstruction
- ❖ Imperforate anus
- ❖ Hirschsprungs disease
- ❖ Jaundice
- ❖ Malnutrition
- ❖ Undescended testis
- ❖ Phymosis
- ❖ Congenital heart disease
- ❖ Rheumatic fever, rheumatic heart disease
- ❖ Hemophilia
- ❖ Nephrotic syndrome
- ❖ Mental retardation
- ❖ Downs syndrome
- ❖ Spina bifida
- ❖ Hydrocephaly, anencephaly
- ❖ Cerebral palsy
- ❖ Cleft lip, cleft palate
- ❖ Scoliosis, lordosis, club foot
- ❖ Pyloric stenosis
- ❖ Meningitis

6.7. Common health hazards of children in Nepal and its prevention

7. Behavioral Science/ Mental health

- 7.1. method to study behavior/ psychology
- 7.2. Factors affecting human behavior
- 7.3. Personality development theories
- 7.4. Characteristic of mentally healthy individual
- 7.5. Intelligence
- 7.6. Motivation
- 7.7. Learning theories
- 7.8. Components of mental health assessment
- 7.9. Common mental health Disorder/ problems
 - ❖ Psychosis
 - ❖ Neurosis
 - ❖ Personality disorder
 - ❖ Mental retardation
 - ❖ Substances and alcohol abuse
 - ❖ Suicide
 - ❖ Depression
 - ❖ Mania
 - ❖ GAD
 - ❖ Mental retardation
- 7.10. Mental health policy, strategies and act
- 7.11. Treatment modalities on mental ill individual

8. Leadership and Management in Nursing

Leadership and Management

- 8.1. Principle of Management
- 8.2. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
- 8.3. Leadership Style and factor affecting leadership style
- 8.4. definition and qualities of good leader and leadership theory
- 8.5. Management process in relation to health care unit
- 8.6. Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction and in-service education
- 8.7. Job satisfaction
- 8.8. Management process; assessment, planning, implementation and evaluation
- 8.9. Resources Management: Human, material, finance and time
- 8.10. Conflict management
- 8.11. Stress management
- 8.12. Health related fundamental rights and duties of Constitution of Nepal
- 8.13. Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal
- 8.14. Organizational structure of Government health services governmental and non-governmental organization
- 8.15. Health related activities of Ministry Social Development
- 8.16. Health related aspects of Sustainable Development Goals
- 8.17. National health planning and policy in Nepal
- 8.18. Policies, rules and regulations in management of different level of hospitals and health centers
- 8.19. Communication Process.
- 8.20. Job description of various health personal working at different level of institution
- 8.21. Disaster management and triage
- 8.22. Cooperation, coordination and health
- 8.23. Health provisions in current periodic plan
- 8.24. Nursing profession
 - ❖ trends, strength and shortcoming
 - ❖ NCC, ICN, MIDSON, NAN
- 8.25. health care and social security /health insurance
