

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश स्वास्थ्य सेवा तथा स्थानीय सरकारी सेवा, पब्लिक हेल्थ नर्सिङ समूह, सहायकस्तर पाँचौ तह,
पब्लिक 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	8	12	8	5	2	5

- 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 सम्भन्धन पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :-

1. Applied Science

- 1.1. Concept of anatomy and physiology, different terminologies
- 1.2. Organs and functions of different body system
 - 1.2.1. General Concept (Cell, tissue embryology)
 - 1.2.2. Respiratory System
 - 1.2.3. Cardio-vascular System
 - 1.2.4. Muscular 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. Endocrine System
 - 1.2.11. Blood, Lymphatic and Immune System
- 1.3. Body temperature regulation, mechanism of acid-base balance and fluid and electrolyte balance
- 1.4. Classification of microorganism and factors affecting them, body defense mechanism, antigen and antibody, hypersensitivity reaction
- 1.5. Types of solution, osmosis and diffusion, biomolecules and enzyme, blood coagulation mechanism and organ function test
- 1.6. Drugs acting on gastrointestinal, cardiovascular, renal, respiratory, muscular skeletal reproductive, central nervous system, skin, endocrine and hormonal drugs, drugs used in infection
- 1.7. Uses of essential drugs in Nepal

2. Fundamentals of Nursing

- 2.1. Basic needs of clients; Maslow's Hierarchy of need
- 2.2. Nursing process
- 2.3. Assessment of client: history, vital signs, height and weight measurement, physical examination, basic laboratory investigation and other investigations
- 2.4. Administration of drugs: different routes, oxygen administration, blood transfusion
- 2.5. Concept of triage and first aid treatment
 - 2.5.1. Drowning
 - 2.5.2. Bites (Snake, insect and dog)
 - 2.5.3. Choking
 - 2.5.4. Hemorrhage and Shock
 - 2.5.5. Poisoning
 - 2.5.6. Burn
 - 2.5.7. Wound and Fracture
 - 2.5.8. Foreign body in ear, nose, eye and throat
 - 2.5.9. Epistaxis
- 2.6. Purposes, principles and methods of sterilization of different materials and equipments
- 2.7. Roles and responsibilities of nurse
- 2.8. Professional and clients right
- 2.9. Code of ethics and professional organization: ICN, NNC, NAN
- 2.10. Stress and stress coping mechanism
- 2.11. Commonly used basic nursing procedures:

- 2.11.1. bed making and pressure sore area care
- 2.11.2. Meeting personal hygiene needs (Oral, skin, hair, perineal care)
- 2.11.3. Meeting nutritional needs (Fluid and Electrolyte balance, tube feeding, blood transfusion)
- 2.11.4. Elimination needs (cauterization, enema, sitz bath)
- 2.11.5. Infection prevention (IP measures, hand washing, gloving and gowning techniques, IP process and sterilization process, isolation, management of waste from health institutions)
- 2.11.6. Pre and post-operative care, pain management
- 2.11.7. Wound care, hot and cold application
- 2.12. Care of dead body, legal considerations

3. Nursing care of Adult

- 3.1. Medical/surgical nursing management of the diseases/disorders condition in different body system
 - 3.1.1. Nervous System
 - 3.1.1.1. Meningitis
 - 3.1.1.2. Encephalitis
 - 3.1.1.3. Tetanus
 - 3.1.1.4. Poliomyelitis
 - 3.1.1.5. Epilepsy
 - 3.1.1.6. Parkinson disease
 - 3.1.1.7. Spinal cord injury
 - 3.1.1.8. Head injury
 - 3.1.2. Respiratory System
 - 3.1.2.1. Pleurisy
 - 3.1.2.2. Pneumothorax
 - 3.1.2.3. Influenza
 - 3.1.2.4. Bronchitis
 - 3.1.2.5. Pneumonia
 - 3.1.2.6. Pulmonary TB
 - 3.1.2.7. Bronchial asthma
 - 3.1.2.8. Pulmonary embolism
 - 3.1.2.9. COPD/ARDS
 - 3.1.2.10. Asthma
 - 3.1.3. Urinary system
 - 3.1.3.1. Urinary Tract Infection(UTI)
 - 3.1.3.2. Nephrotic syndrome
 - 3.1.3.3. Renal and bladder calculi
 - 3.1.3.4. Renal failure (acute and chronic)
 - 3.1.3.5. Prostatic hyperplasia
 - 3.1.3.6. Hydronephrosis
 - 3.1.3.7. Glomerole nephritis (acute and chronic)
 - 3.1.4. Gastro-intestinal System
 - 3.1.4.1. Gasritis and Peptic ulcer
 - 3.1.4.2. Oesophagial varices
 - 3.1.4.3. Hernias
 - 3.1.4.4. Appendicities
 - 3.1.4.5. Intestinal obstruction
 - 3.1.4.6. Peritonitisand ascities
 - 3.1.4.7. Tuberculosis ofabdomen
 - 3.1.4.8. Ulcerative colitis
 - 3.1.4.9. Hemorrhoids
 - 3.1.4.10. Hepatitis
 - 3.1.4.11. Cirrhosis of liver
 - 3.1.4.12. Cholecystits and Cholelithiasis

- 3.1.4.13. Pancreatitis
- 3.1.5. Cardiovascular, Blood and Lymphatic System
 - 3.1.5.1. Congestive cardiac failure
 - 3.1.5.2. Angina pectoris
 - 3.1.5.3. Cardiac arrest
 - 3.1.5.4. Vericose vein, thrombophlebitis
 - 3.1.5.5. Myocardial stenosis
 - 3.1.5.6. Rheumatic heart disease
 - 3.1.5.7. Cerbro-vascular accident
 - 3.1.5.8. Blood diseases (anemia, thalassemia, leukaemia)
 - 3.1.5.9. Hadgkin's disease nad lymphoma
 - 3.1.5.10. Hypertension
- 3.1.6. Endocrine System
 - 3.1.6.1. Hyper and hypothyroidism
 - 3.1.6.2. Diabetes insipidus
 - 3.1.6.3. Diabetes mellitus
 - 3.1.6.4. Hypo and hyper pituitarism
 - 3.1.6.5. Addisons disease
 - 3.1.6.6. Cushings syndrome
- 3.1.7. Reproductive System and Breast disorder
 - 3.1.7.1. Disorder of uterine bleeding
 - 3.1.7.2. Cystocele and Rectocele
 - 3.1.7.3. Uterine prolapse
 - 3.1.7.4. Vesico Vaginal Fistula(VVF) Infection of genital tract
 - 3.1.7.5. Sexually Transmitted Infecxtion(STI)
 - 3.1.7.6. Human Immune Deficiency Virus andAcquired immune Deficiency Syndrome(HIV/AIDS)
 - 3.1.7.7. Orchitis, prostate problems, hydrocele
 - 3.1.7.8. Breast disorder
 - 3.1.7.9. Infertility or Sub-fertility
- 3.1.8. Skin disorders
 - 3.1.8.1. Acne vulgaris
 - 3.1.8.2. Herpes simplex
 - 3.1.8.3. Dermatitis
 - 3.1.8.4. Eczema
 - 3.1.8.5. Scabies
 - 3.1.8.6. Injuries to skin: burn, gangrene
 - 3.1.8.7. Neoplasm of skin
- 3.2. Eye Ear , Nose and Throat diseases and disorders
 - 3.2.1. Eye
 - 3.2.1.1. Conjunctivitisand sub-conjunctivaal haemorrhage
 - 3.2.1.2. Blephritis
 - 3.2.1.3. Corneal ulcer, xerophthalmia, night blindness
 - 3.2.1.4. Foreign body in eye
 - 3.2.1.5. Cataract
 - 3.2.1.6. Claucoma
 - 3.2.2. Ear
 - 3.2.2.1. Foreign body and impacted cerumen
 - 3.2.2.2. Otitis media disease
 - 3.2.2.3. Hearing impairment
 - 3.2.2.4. Mastoiditis
 - 3.2.2.5. Menier's

- 3.2.3. Nose
 - 3.2.3.1. Foreign body
 - 3.2.3.2. Sinusitis
 - 3.2.3.5. polyp
- 3.2.3.3. Epistaxis
- 3.2.3.4. Deviated nasal septum nasal
- 3.2.4. Throat
 - 3.2.4.1. Foreign body
 - 3.2.4.2. Laryngitis
 - 3.2.4.3. Tonsillitis
 - 3.2.4.4. Pharynxitis
- 3.3. Nursing care of operative patient
- 3.4. Mental health problem in Nepal and nurse responsibility
- 3.5. Nurse's - responsibilities in helping the individual and family in crisis
- 3.6. Service afford to the disabled individual during the rehabilitation.
- 3.7. Problem caused by immobility and their prevention
- 3.8. Oncology nursing
 - 3.8.1. risk factors
 - 3.8.2. types
 - 3.8.3. diagnostic investigations
 - 3.8.4. treatment modalities
 - 3.8.5. palliative
 - 3.8.6. management and care during terminal illness
- 3.9. Common geriatric problems nurses role in care of xerons

4. Community Health Nursing

- 4.1. Determinants of health
- 4.2. Primary health care (Definition, elements, principles)
- 4.3. Importance, advantages, principles and steps of home visit and Community bag technique
- 4.4. Nursing in community setting
 - 4.4.1. Maternal Child Health & Family Planning (MCH &FP)
 - 4.4.2. School health nursing
 - 4.4.3. Public health nursing
 - 4.4.4. Industrial health nursing
 - 4.4.5. Mental health nursing
 - 4.4.6. Geriatric nursing
 - 4.4.7. Rehabilitation nursing
- 4.5. Nutrition relation to health
 - 4.5.1. Classification, functions and sources of nutrients
 - 4.5.2. Balanced diet, nutritional assessment and deficiency disorders(micro and macronutrient deficiency disorders)
 - 4.5.3. Current nutritional programs in Nepal
 - 4.5.3.1. Vitamin A and K program
 - 4.5.3.2. Iodized salt supplementation program
 - 4.5.3.3. Distribution of iron folate tablet program
 - 4.5.3.4. Promotion of exclusive breast feeding
 - 4.5.3.5. Deworming
 - 4.5.4. Nutritional requirements in different stages of life
 - 4.5.4.1. Pre-conception
 - 4.5.4.2. Conception
 - 4.5.4.3. Infant and childhood
 - 4.5.4.4. Adolescent
 - 4.5.4.5. Adult
 - 4.5.4.6. Elderly

- 4.6. Communication (types, process/elements, barriers, principles of effective communication) , concept of BCC(Behavioural Change Communication)
- 4.7. Epidemiology
 - 4.7.1. Commonly used terms
 - 4.7.2. Aims, uses and approaches
 - 4.7.3. Epidemiological triad (agent, host and environment)
 - 4.7.4. Modes of disease transmission
 - 4.7.5. Level of disease prevention and modes of intervention
 - 4.7.6. Steps of investigation of epidemic disease
- 4.8. Communicable disease: typhoid, paratyphoid, malaria, dengue fever, kalazar, dysentery, giardiasis, cholera, chickenpox, measles, rubella, influenza, leishmaniasis, hepatitis, lymphatic filariasis, encephalitis, bacterial and viral meningitis, HIV, rabies, brucellosis, anthracosis
- 4.9. Immunization
 - 4.9.1. Recommended immunization schedule for mothers and children by National Immunization proram (NIP)
 - 4.9.2. Preparation, administration, storage and maintenance of Cold chain of vaccines
 - 4.9.3. Normal phenomena and side effects of vaccines and health teaching
- 4.10. Commonly used vital and health indicators
 - 4.10.1. Vital indicators (birth rate, death rate, population growth rate, life expectancy)
 - 4.10.2. 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)
 - 4.10.3. Sources of statistics
- 4.11. Environmental sanitation
 - 4.11.1. Refuses disposal
 - 4.11.2. Sources and Methods of refuse disposal
 - 4.11.3. Methods of sewage disposal
 - 4.11.4. Water-sources, purification of water and water related diseases
 - 4.11.5. Human excreata disposal (methods of disposal and transmission of fecal borne diseases.
- 4.12. Health education
 - 4.12.1. Purposes and principles of health education
 - 4.12.2. Methods and media of health education including its advantages and disadvantages
- 4.13. Family health nursing
 - 4.13.1. Functions and types of family
 - 4.13.2. Freeman's typology of family health problems (health threat, health deficit, foreseeable crisis)
 - 4.13.3. Roles and functions of community health nurse in family health care
- 4.14. Domiciliary delivery:
 - 4.14.1. Advantages, disadvantages and preparation for home delivery
 - 4.14.2. Care of the mother
 - 4.14.3. Care of the baby
- 4.15. Family planning
 - 4.15.1. Methods of Family planning with counseling, preparation, doses, duration, mechanism of action, side effects, health teaching

- 4.15.2. Family planning services in Nepal-government and non-government agencies, international and bilateral agencies
- 4.16. Housing; needs and standards, effects of poor housing
- 4.17. Occupational health and safety measures for the protection of health of workers in different work setting
- 4.18. Pollution hazards
- 4.19. Community diagnosis and health action (purposes, process)
- 4.20. School health program
 - 4.20.1. Objectives and activities/aspects
 - 4.20.2. Common health problems of school children
 - 4.20.3. School health nurse (criteria of SHN, function, roles)

5. Midwifery

- 5.1.
 - 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. Development of fertilized ovum and foetus
 - 5.1.6. Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
 - 5.1.7. Signs and symptoms of pregnancy.
 - 5.1.8. Physical examination of antenatal mother
 - 5.1.9. Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
 - 5.1.10. Growth of uterus and height in relation to gestation
 - 5.1.11. Purpose of antenatal care and 4 focussed visits and also 8 visits
 - 5.1.12. Need of pregnant mother.
 - 5.1.13. Minor disorders of pregnancy
 - 5.1.14. Bleeding in pregnancy
 - 5.1.15. Major disorders of pregnancy
 - 5.1.16. Disease associated with pregnancy
 - 5.1.17. Anaemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection
 - 5.1.18. Teratogenesis and common teratogenic agent
 - 5.1.19. Medications during pregnancy
 - 5.1.20. 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 its 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. Prolonged labour and its appropriate management
- 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. Minor disorders of puerperium.
 - 5.3.5. Complications of puerperium
 - 5.3.6. Breast feeding and breast feeding disorders
 - 5.3.7. Examination of new born baby
 - 5.3.8. Congenital abnormalities

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. Developmental characterizes, milestones, tasks and requirements
- 6.3. Adolescent changes and problems
- 6.4. Child assessment and anthropometry
- 6.5. Common causes of child and neonatal mortality in Nepal, concept of 5 major killer disease and IMCI, CBIMNCI
- 6.6. Role of nurses in care of different age groups and role in reduction of mortality rate
- 6.7. Common health problems of children in Nepal and its nursing management and prevention
 - 6.7.1. Dysentery
 - 6.7.2. Worm infestation
 - 6.7.3. Malabsorption syndrome
 - 6.7.4. Hernia
 - 6.7.5. Intestinal obstruction
 - 6.7.6. Imperforate anus
 - 6.7.7. Hirschprungs disease
 - 6.7.8. Jaundice
 - 6.7.9. Malnutrition
 - 6.7.10. Undescended testis
 - 6.7.11. Phimosis
 - 6.7.12. Congenital heart disease
 - 6.7.13. Rheumatic fever, rheumatic heart disease
 - 6.7.14. Haemophilia
 - 6.7.15. Nephrotic syndrome
 - 6.7.16. Mental retardation
 - 6.7.17. Downs syndrome
 - 6.7.18. Spina bifida
 - 6.7.19. Hydrocephaly, anencephaly
 - 6.7.20. Cerebral palsy
 - 6.7.21. Cleft lip, cleft palate
 - 6.7.22. Scoliosos, lordosis, club foot
- 6.8. Common health hazards of children in Nepal and its prevention

7. Behavioral Science

- 7.1. Factors and theories of effective learning
- 7.2. Characteristic of mentally healthy person
- 7.3. Components of mental health assessment

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

7.4. Common mental health problem:

- | | |
|-----------------------------|-------------------------------------|
| 7.4.1. Psychosis | 7.4.4. Mental retardation |
| 7.4.2. Neurosis | 7.4.5. Substances and alcohol abuse |
| 7.4.3. Personality disorder | 7.4.6. Suicide |

8. Leadership and Management in Nursing

8.1. Leadership and Management

- 8.1.1. Principle of Management
- 8.1.2. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
- 8.1.3. Leadership Style; personal and professional development
- 8.1.4. Motivation in management to maintain the highest standard of care; delegation of responsibilities; evaluation of performance and client satisfaction
- 8.1.5. Organizational Change and conflict management
- 8.1.6. Resources Management in community setting
- 8.1.7. Stress management
- 8.1.8. Health related fundamental rights and duties of Constitution of Nepal
- 8.1.9. Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal
- 8.1.10. Organizational structure of Government health services:
- 8.1.11. Ministry of Health and Population
- 8.1.12. Health related activities of Ministry Social Development
- 8.1.13. Health related aspects of Sustainable Development Goals
- 8.1.14. National health planning and concept of national health system
- 8.1.15. Policies, rules and regulations in management of different level of hospitals and health centers
- 8.1.16. Communication Process.
- 8.1.17. Job description of various health personal working at different level of institution
- 8.1.18. Disaster management
- 8.1.19. Cooperative and health
- 8.1.20. Health provisions in current periodic plan
