

प्रदेश लोक सेवा आयोग

लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह स्टाफ नर्स पदको खुला र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:— यस पाठ्यक्रम योजनालाई तीन चरणमा विभाजन गरिएको छ ।

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

अन्तिम चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ३०

लिखित परीक्षा योजना (Written Examination)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या × अङ्कभार	समय
प्रथम चरण							
प्रथम	सामान्यज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक (MCQs)	२० प्रश्न × २ अङ्क = ४०	४५ मिनेट
	सेवा सम्बन्धी कार्य ज्ञान (Job Based-Knowledge)					३० प्रश्न × २ अङ्क = ६०	
द्वितीय चरण							
द्वितीय	सेवा सम्बन्धी कार्य ज्ञान (Job Based-Knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) लामो उत्तर (Long Answer)	१२ प्रश्न × ५ अङ्क = ६० ४ प्रश्न × १० अङ्क = ४०	२ घण्टा १५ मिनेट

अन्तिम चरण:-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	३०	मौखिक अन्तर्वार्ता (Oral Interview)

द्रष्टव्य:-

- यो पाठ्यक्रम योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- लिखित परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

प्रथम पत्र	खण्ड क				खण्ड ख						
एकाइ	१	२	३	४	५	६	७	८	९	१०	११
प्रश्न संख्या	१०	१०	६	४	४	१	२	५	६	१	१
द्वितीय पत्रका											
	खण्ड क				खण्ड ख						
एकाइ	१	२	३	४	५	६	७	८	९		
अङ्क भार प्रश्न संख्या	६ प्रश्न x ५ अङ्क = ३० अङ्क र २ प्रश्न x १० अङ्क = २० अङ्क				६ प्रश्न x ५ अङ्क = ३० अङ्क र २ प्रश्न x १० अङ्क = २० अङ्क						

- 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 ।

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५. प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टा छुट्टै हुनेछ।
६. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि 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 सम्झनु पर्दछ।
७. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको मेमोरीयुक्त विद्युतीय उपकरणहरू जस्तै: क्याल्कुलेटर मोबाइल फोन, स्मार्ट घडी लगायतका कुनै पनि वस्तुहरू प्रयोग गर्न पाइने छैन।
८. विषयगत प्रश्नहरूको हकमा तोकिएको अंकको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ।
९. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्क भार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।
१०. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक खण्डका लागि छुट्टा-छुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नु पर्नेछ।
११. प्रथम चरणको लिखित परीक्षामा न्युनतम उत्तीर्णाङ्क प्राप्त गरेका उम्मेदवारहरूलाई मात्र द्वितीय चरणको लिखित परीक्षामा सम्मिलित गराइनेछ।
१२. प्रथम चरणको लिखित परीक्षामा प्राप्त गरेको प्राप्ताङ्क र द्वितीय चरणको लिखित परीक्षामा न्युनतम उत्तीर्णाङ्क प्राप्त गर्ने उम्मेदवारहरूले प्राप्त गरेको प्राप्ताङ्क जोडी प्राप्त हुने कूल प्राप्ताङ्कको योग्यताका आधारमा बर्णानुक्रम अनुसार लिखित परीक्षाको नतिजा प्रकाशन गरिनेछ।
१३. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ।
१४. प्रथम तथा द्वितीय चरणको लिखित परीक्षाको प्राप्ताङ्क र अन्तर्वार्ताको प्राप्ताङ्कको कुल अङ्कको योगका आधारमा योग्यताक्रम निर्धारण गरी माथिल्लो योग्यताक्रमका आधारमा अन्तिम नतिजा प्रकाशित गरिनेछ।
१५. यसभन्दा अगाडि लागु भएको माथी उल्लेखित सेवा समूह/उपसमूहको पाठ्यक्रम खारेज गरिएको छ।

१६. पाठ्यक्रम लागू मिति:-- २०८१।०९।२४

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प्रथम पत्र (Paper I):

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धी कार्य-ज्ञान

पूर्णाङ्क: १००

खण्ड क (Section A)

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन
(General Awareness & Public Management)
(२० प्रश्न × २ अङ्क = ४० अङ्क)

1. सामान्य ज्ञान (General Awareness) (१० प्रश्न × २ अङ्क = २० अङ्क)

- 1.1. नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- 1.2. नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- 1.3. लुम्बिनी प्रदेशको भौगोलिक, ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- 1.4. नेपालको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- 1.5. लुम्बिनी प्रदेशको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- 1.6. जैविक विविधता, दिगो विकास, वातावरण प्रदुषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- 1.7. जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- 1.8. नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीहरू)
- 1.9. संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- 1.10. क्षेत्रीय संगठन (सार्क, बिमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- 1.11. राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू

2. सार्वजनिक व्यवस्थापन (Public Management) (१० प्रश्न × २ अङ्क = २० अङ्क)

2.1. कार्यालय व्यवस्थापन (Office Management)

- 2.1.1. कार्यालय: (Office) परिचय, महत्व, कार्य र प्रकार
- 2.1.2. सहायक कर्मचारीका कार्य र गुणहरू
- 2.1.3. कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
- 2.1.4. कार्यालयमा सञ्चारको महत्व, किसिम र साधन
- 2.1.5. कार्यालय कार्यविधि (Office Procedure): पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार गर्दा ध्यान दिनुपर्ने कुराहरू
- 2.1.6. अभिलेख व्यवस्थापन (Record Management)

2.2. निजामती सेवा ऐन, २०४९ र नियमावली, २०५० तथा प्रदेश निजामती सेवा ऐन, २०८० र नियमावली, २०८० मा रहेका देहायका व्यवस्थाहरू

- 2.2.1. निजामती सेवा, प्रदेश निजामती सेवा र स्थानीय सरकारी सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
- 2.2.2. कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय अवकाश र सुविधा

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- 2.2.3. कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरू
- 2.3. सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- 2.4. सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- 2.5. मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- 2.6. सार्वजनिक बडापत्र (Public/citizen Charter) महत्त्व र आवश्यकता
- 2.7. व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा नेतृत्व, निर्देशन, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नियन्त्रण सम्बन्धी जानकारी
- 2.8. मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन
- 2.9. सार्वजनिक खरिद ऐन, २०६३ (परिच्छेद २)
- 2.10. स्थानीय सरकार सञ्चालन ऐन, २०७४
- 2.11. भ्रष्टाचार निवारण ऐन, २०५९ (परिच्छेद २: भ्रष्टाचारको कसुर र सजाय सम्बन्धी व्यवस्था)
- 2.12. वातावरण संरक्षण ऐन, २०७७
- 2.13. सार्वजनिक खरिद सम्बन्धी प्रदेश नियमावली, २०७६ (लुम्बिनी प्रदेश)
- 2.14. लुम्बिनी प्रदेश सरकार (कार्य विभाजन) नियमावली

भाग २ (Part):-II

सेवा सम्बन्धी कार्य ज्ञान

(Job Based-Knowledge)

(३० प्रश्न x २ अङ्क= ६० अङ्क)

3. Fundamentals of Nursing

- 3.1. Basic needs of clients
- 3.2. Nursing process
- 3.3. Common procedure of patient in Hospital setting
- 3.4. Nursing measures related to physical need of patients/clients
- 3.5. Vital signs and factors affecting vital signs
 - 3.5.1. Measurements of height and weight
 - 3.5.2. laboratory investigation and radiological diagnosis (x-ray, USG, MRI, CT scan, endoscopy, etc)
 - 3.5.3. Administration of drugs
 - 3.5.4. Blood Transfusion
- 3.6. First aid Management
 - 3.6.1. Drowning
 - 3.6.2. Bites (Snake, insect, dog and frost bite)
 - 3.6.3. Choking
 - 3.6.4. Hemorrhage and Shock
 - 3.6.5. Poisoning
 - 3.6.6. Burn
 - 3.6.7. Wound and Fracture
 - 3.6.8. Foreign body in ear, nose, eye and throat
 - 3.6.9. Fracture

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- 3.6.10. Epitaxial
 - 3.7. Sterilization of different materials and equipments.
 - 3.8. Professional and clients right
 - 3.9. Code of ethics
 - 3.10. Stress and stress coping mechanism
 - 3.11. Nursing measures related to meeting various need of clients.
 - 3.12. Infection prevention techniques
 - 3.13. Health waste management
 - 3.14. Care of dead body, legal considerations
4. **Anatomy and physiology/ Basic applied science**
- 4.1. Descriptive terminologies of anatomy and physiology
 - 4.2. Organs and functions of different body system
 - 4.2.1. Introduction to Cell, tissue and embryology
 - 4.2.2. Respiratory System
 - 4.2.3. Cardio-vascular System
 - 4.2.4. Muscular skeletal system
 - 4.2.5. Gastro-intestinal System
 - 4.2.6. Urinary System
 - 4.2.7. Reproductive System
 - 4.2.8. Nervous System
 - 4.2.9. Special Sensory and Integumentary System
 - 4.2.10. Body temperature regulation mechanism
 - 4.2.11. Endocrine System
 - 4.2.12. Blood, Lymphatic and Immune System
 - 4.3. Fluid and electrolyte, Acid-Base & Rehydration Therapy
 - 4.4. Microbiology
 - 4.4.1. Terminology and Classification of microorganism and factors affecting them
 - 4.4.1.1. Bacteria, Virus, Protozoa, Fungi and Helminthes
 - 4.4.2. Immunology
 - 4.5. Biochemistry
 - 4.5.1. Types of solution, osmosis and diffusion
 - 4.5.2. Bimolecular and enzymes
 - 4.5.3. Blood coagulation mechanism
 - 4.5.4. Organ function test
 - 4.6. Pharmacology
 - 4.6.1. Pharmacokinetics and Pharmacodynamics
 - 4.6.2. Drugs acting on gastrointestinal, cardiovascular, renal, respiratory, musculoskeletal reproductive, central nervous system, skin, endocrine and hormonal drugs
 - 4.6.3. Drugs used in infection
 - 4.6.4. Emergency drugs & Essential drugs used in different health care institution in Nepal
5. **Community Health Nursing I /II**
- 5.1. Primary health care (Definition, elements, principles)
 - 5.2. Concept of health and illness
 - 5.3. Level of prevention/ intervention and screening

प्रदेश लोक सेवा आयोग

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प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह स्टाफ नर्स पदको खुला र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 5.4. PHCRD in Nepal
- 5.5. Steps of home visit and community diagnosis
 - 5.5.1. Participatory Rural Appraisal (PRA)
 - 5.5.2. Rapid Rural Appraisal (RRA)
 - 5.5.3. Data processing
 - 5.5.4. Sampling
- 5.6. Nutrition relation to health
 - 5.6.1. Classification, functions and sources of nutrients
 - 5.6.2. Balanced diet, nutritional assessment and deficiency disorders (micro and macronutrient deficiency disorders)
 - 5.6.3. Current nutritional programs in Nepal
 - 5.6.3.1. Vitamin A and K program
 - 5.6.3.2. Iodized salt supplementation program
 - 5.6.3.3. Distribution of iron folate tablet program
 - 5.6.3.4. Promotion of exclusive breast feeding
 - 5.6.3.5. Deworming
 - 5.6.3.6. Sarbottam Pitho
 - 5.6.4. Nutritional requirements in All stages of life.
- 5.7. Milk pasteurization
- 5.8. Family
 - 5.8.1. Types & Factors affecting family health
 - 5.8.2. Nurse family contact
- 5.9. Communication
- 5.10. Epidemiology
- 5.11. Communicative disease
 - 5.11.1. Cholera
 - 5.11.2. COVID
 - 5.11.3. Dengve
 - 5.11.4. Rabies
 - 5.11.5. Malaria
 - 5.11.6. Japenese Encephalitis
 - 5.11.7. Typhoid
 - 5.11.8. Kalazar
 - 5.11.9. Worm Infestation
 - 5.11.10. Tuberlaris
- 5.12. Immunity
 - 5.12.1. Immunization
 - 5.12.1.1. Recommended immunization schedule for mothers and children by National Immunization program (NIP)
 - 5.12.1.2. Preparation, administration, storage and maintenance of Cold chain of vaccines
 - 5.12.1.3. Normal phenomena and side effects of vaccines and health teaching
- 5.13. Vital health indicators and statistics
 - 5.13.1. Vital indicators (birth rate, death rate, population growth rate, life expectancy)
 - 5.13.2. Health indicators (neonatal mortality rate, infant mortality, under 5 mortality rate, maternal mortality rate, fertility rate, incidence rate, prevalence rate, abortion rate, contraceptive prevalence rate)

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5.13.3. Sources of statistics

5.14. Environmental sanitation & Water born disease

5.15. Health Education

5.16. Family planning

5.16.1. Methods, counseling process, preparation, doses, duration, mechanism of action, side effects, health teaching

5.16.2. Emergency contraception/ post abortion contraception

5.16.3. Family planning services in NGOs & INGOs

5.17. Housing; needs and standards, effects of poor housing

5.18. Concept of occupational health and Occupational health hazards

5.19. Under five Clinic

5.19.1. Growth chart

5.19.2. MUAC

5.20. Topology of problems

5.21. FCHV program

5.22. School health program and nurse

6. Behavioral Science/ Mental health

6.1. Method to study behavior/ psychology

6.2. Factors affecting human behavior

6.3. Personality development theories

6.4. Characteristic of mentally healthy individual

6.5. Intelligence

6.6. Motivation theories

6.7. Components of mental health assessment

6.8. Common mental health Disorder/ problems

6.8.1. Psychosis

6.8.2. Neurosis

6.8.3. Personality disorder

6.8.4. Mental retardation

6.8.5. Substances and alcohol abuse

6.8.6. Suicide

6.8.7. Depression

6.8.8. Mania

6.8.9. GAD

6.8.10. Mental retardation

6.9. Mental health policy, strategies and act

6.10. Treatment modalities on mental ill individual

7. Nursing Care of Children

7.1. Definition of terms (Neonate, Infant, Toddler, Preschool, School age & Adolescence)

7.2. Growth and Developmental (characteristics, milestones and tasks)

7.3. Common Behavioral problems in children

7.4. Child assessment and anthropometry

7.5. Community based integrated management of neonatal and childhood illness (CBIMNCI)

7.6. Common health problems of children in Nepal and its nursing management and prevention

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- 7.6.1. Dysentery
- 7.6.2. Diarrhea
- 7.6.3. Worm infestation
- 7.6.4. Malabsorption Syndrome
- 7.6.5. Hernia
- 7.6.6. Intestinal obstruction
- 7.6.7. Imperforate anus
- 7.6.8. Hirschsprungs disease
- 7.6.9. Jaundice
- 7.6.10. Malnutrition
- 7.6.11. Undescended testis
- 7.6.12. Phymosis
- 7.6.13. Congenital heart disease
- 7.6.14. Rheumatic fever, rheumatic heart disease
- 7.6.15. Hemophilia
- 7.6.16. Nephrotic syndrome
- 7.6.17. Mental retardation
- 7.6.18. Downs syndrome
- 7.6.19. Spina bifida
- 7.6.20. Hydrocephaly, anencephaly
- 7.6.21. Cerebral palsy
- 7.6.22. Cleft lip, cleft palate
- 7.6.23. Scoliosis, lordships, club foot
- 7.6.24. Pyloric stenosis
- 7.6.25. Meningitis

Common health hazards of children in Nepal and its prevention

8. Nursing care of Adult I and II

- 8.1. Stress and crisis and body's response.
- 8.2. Disability & Rehabilitation
- 8.3. Medical/surgical nursing management of the diseases/disorders condition in different body system and its causes, signs/symptoms and diagnostic investigation
 - 8.3.1. Nervous System
 - 8.3.1.1. Meningitis
 - 8.3.1.2. Encephalitis
 - 8.3.1.3. Tetanus
 - 8.3.1.4. Poliomyelitis
 - 8.3.1.5. Epilepsy
 - 8.3.1.6. Parkinson disease
 - 8.3.1.7. Spinal cord injury
 - 8.3.1.8. Head injury
 - 8.3.2. Respiratory System
 - 8.3.2.1. Pleurisy
 - 8.3.2.2. Pneumothorax
 - 8.3.2.3. Influenza
 - 8.3.2.4. Bronchitis
 - 8.3.2.5. Pneumonia
 - 8.3.2.6. Bronchial asthma

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- 8.3.2.7. Pulmonary embolism
- 8.3.2.8. COPD/ARDS
- 8.3.2.9. Asthma
- 8.3.2.10. Pleural effusion
- 8.3.2.11. Pulmonary tuberculosis
- 8.3.3. Urinary system
 - 8.3.3.1. Urinary Tract Infection (UTI)
 - 8.3.3.2. Nephritic syndrome
 - 8.3.3.3. Renal and bladder calculi
 - 8.3.3.4. Renal failure (acute and chronic)
 - 8.3.3.5. Prostatic hyperplasia
 - 8.3.3.6. Hydronephrosis
 - 8.3.3.7. Glomerular nephritis (acute and chronic)
 - 8.3.3.8. Acidosis and alkalosis
- 8.3.4. Gastro-intestinal System
 - 8.3.4.1. Gastritis and Peptic ulcer
 - 8.3.4.2. Esophageal varices
 - 8.3.4.3. Hernias
 - 8.3.4.4. Appendicitis
 - 8.3.4.5. Intestinal obstruction
 - 8.3.4.6. Ascites
 - 8.3.4.7. Tuberculosis of abdomen
 - 8.3.4.8. Ulcerative colitis
 - 8.3.4.9. Hemorrhoids
 - 8.3.4.10. Hepatitis
 - 8.3.4.11. Cirrhosis of liver
 - 8.3.4.12. Cholecystitis and Cholelithiasis
 - 8.3.4.13. Pancreatitis
- 8.3.5. Cardiovascular, Hematologic and Lymphatic System disorder
 - 8.3.5.1. Congestive cardiac failure
 - 8.3.5.2. Angina pectoris
 - 8.3.5.3. Cardiac arrest
 - 8.3.5.4. Varicose vein, thrombophlebitis
 - 8.3.5.5. Myocardial stenosis
 - 8.3.5.6. Rheumatic heart disease
 - 8.3.5.7. Cerebro-vascular accident
 - 8.3.5.8. Blood diseases (anemia, thalassemia, leukemia)
 - 8.3.5.9. Hodgkin's disease and lymphoma
 - 8.3.5.10. Hypertension
 - 8.3.5.11. Myocardial infarction
 - 8.3.5.12. RHD
 - 8.3.5.13. Anemia & Sickle Cell Anemia
 - 8.3.5.14. Leukemia
- 8.3.6. Endocrine System
 - 8.3.6.1. Hyper and hypothyroidism
 - 8.3.6.2. Diabetes insipidus
 - 8.3.6.3. Diabetes mellitus
 - 8.3.6.4. Hypo and hyper pituitarism

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- 8.3.6.5. Addison's disease
- 8.3.6.6. Cushing's syndrome
- 8.3.7. Reproductive system
 - 8.3.7.1. Disorder of uterine bleeding
 - 8.3.7.2. Cystocele and Rectocele
 - 8.3.7.3. Uterine prolapse
 - 8.3.7.4. Vesico Vaginal Fistula (VVF)
 - 8.3.7.5. Infection of genital tract & Sexually Transmitted Infection (STI)
 - 8.3.7.6. Human Immune Deficiency Virus and Acquired Immune Deficiency Syndrome (HIV/AIDS)
 - 8.3.7.7. Orchitis, prostate problems, hydrocele
 - 8.3.7.8. Breast disorder
 - 8.3.7.9. Infertility or Sub-fertility
- 8.3.8. Skin disorders
 - 8.3.8.1. Acne vulgaris
 - 8.3.8.2. Herpes simplex
 - 8.3.8.3. Dermatitis
 - 8.3.8.4. Eczema
 - 8.3.8.5. Scabies
 - 8.3.8.6. Injuries to skin: burn, gangrene
 - 8.3.8.7. Neoplasm of skin
- 8.3.9. Eye, Ear, Nose and Throat diseases and disorders
 - 8.3.9.1. Eye
 - 8.3.9.2. Conjunctivitis and sub-conjunctive hemorrhage
 - 8.3.9.3. Blepharitis
 - 8.3.9.4. Corneal ulcer, Xerophthalmia, night blindness
 - 8.3.9.5. Foreign body in eye
 - 8.3.9.6. Cataract
 - 8.3.9.7. Glaucoma
 - 8.3.9.8. Trachoma
- 8.3.10. Ear
 - 8.3.10.1. Foreign body and impacted cerumen
 - 8.3.10.2. Otitis media
 - 8.3.10.3. Hearing impairment
 - 8.3.10.4. Mastoiditis
 - 8.3.10.5. Meiere's disease
- 8.3.11. Nose
 - 8.3.11.1. Foreign body
 - 8.3.11.2. Sinusitis
 - 8.3.11.3. Epistaxis
 - 8.3.11.4. Deviated nasal septum
 - 8.3.11.5. Nasal polyp
- 8.3.12. Throat
 - 8.3.12.1. Throat Foreign body
 - 8.3.12.2. Laryngitis
 - 8.3.12.3. Tonsillitis
- 8.3.13. Pharyngitis
- 8.4. Operation theatres nursing

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- 8.4.1. Pre-immediate, intra and post-operative care
- 8.4.2. Medico legal and ethical consideration
- 8.4.3. Responsibilities of scrub, circulating and recovery nurse
- 8.4.4. Aseptic technique
- 8.4.5. Special Nursing care and procedure of patients (Tracheostomy, Clostomy, Endotracheal-Tube Suctioning)
- 8.5. Problem caused by immobility and their prevention
- 8.6. Oncology nursing
 - 8.6.1. Types of Cancer & risk factors
 - 8.6.2. Diagnostic Investigations & treatment modalities
 - 8.6.3. Palliative management and care during terminal illness
- 8.7. Nursing Care of aging people.
 - 8.7.1. Common needs of elderly & Common geriatric problems in Nepal.
 - 8.7.2. Stages of grief and loss

9. Midwifery

- 9.1. Prenatal
 - 9.1.1. Concept of reproductive health, safe motherhood, and skilled birth attendant
 - 9.1.2. Types of female pelvic and their effect on birth of baby
 - 9.1.3. Structure and function of female reproductive organs
 - 9.1.4. Normal reproductive age and menopause
 - 9.1.5. Ethical and legal aspect in midwifery
 - 9.1.6. Development of fertilized ovum and fetus
 - 9.1.7. Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
 - 9.1.8. Signs and symptoms of pregnancy.
 - 9.1.9. Changes in pregnancy
 - 9.1.10. Physical examination of antenatal mother and assessment of fetal wellbeing
 - 9.1.11. Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
 - 9.1.12. Growth of uterus and height in relation to gestation
 - 9.1.13. Purpose of antenatal care and 4 focused visits and also 8 visits
 - 9.1.14. Need of pregnant mother.
 - 9.1.15. Minor disorders of pregnancy
 - 9.1.16. Bleeding in pregnancy
 - 9.1.17. Placenta
 - 9.1.18. Major disorders of pregnancy
 - 9.1.19. Disease/ problems associated with pregnancy Anemia, Cardiac disease, Diabetes, Tuberculosis, sexually transmitted disease, Urinary tract infection, Rh incompatibility
 - 9.1.20. Teratogenic and common teratogenic agent
 - 9.1.21. Medications during pregnancy
 - 9.1.22. Concept of PMTCT
- 9.2. Labour
 - 9.2.1. Labour and its stages
 - 9.2.2. Signs and symptoms of onset of true labour
 - 9.2.3. Normal course of I, II, III, IV stages of labour

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- 9.2.4. Mechanism of normal labour
- 9.2.5. Nursing care of mother during each stage of labour
- 9.2.6. Signs and symptoms of second stage, third stage of labour and it's management
- 9.2.7. Immediate care of new born baby & APGAR Score
- 9.2.8. Signs & symptoms of separation of placenta
- 9.2.9. Complications of 3rd and 4th stage of labour.
- 9.2.10. Surgical interventions during labour; instrumental delivery and caesarean section
- 9.2.11. Needs and care of mother and newborn
- 9.2.12. Obstructed and Prolonged labour and its appropriate management
- 9.2.13. Abnormal labour
- 9.3. Postnatal
 - 9.3.1. Definition and duration of Puerperium
 - 9.3.2. Principles of care in puerperium
 - 9.3.3. Need of postnatal mother
 - 9.3.4. Changes during puerperium
 - 9.3.5. Minor and major disorders of puerperium.
 - 9.3.6. Complications of puerperium
 - 9.3.7. Breast
 - 9.3.8. Breast feeding and common breast problem
 - 9.3.9. Examination of new born baby
 - 9.3.10. Congenital abnormalities
 - 9.3.11. Birth injuries and its management
- 10. **Leadership and Management in Nursing.**
 - 10.1. Principle and function of management
 - 10.2. Leadership, Leadership styles and affecting factors
 - 10.3. Motivation, Supervision and Evaluation
 - 10.4. Personnel and professional development
 - 10.5. Conflict management
- 11. **Policies, rules and regulations in health**
 - 11.1. National health planning and concept of national health system
 - 11.2. Organizational structure of Government health services in federal system
 - 11.3. Health Service Act, 2053 and Health Service Regulation, 2054
 - 11.4. Province Health Institution Establishment, Operation, Renewal and Upgradation Act, 2075
 - 11.5. Public Health Service Act, 2075 and Public Health Service Regulation, 2077

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द्वितीय पत्र (Paper II):-

सेवा सम्बन्धित कार्य ज्ञान (Job Based-Knowledge)

खण्ड (Section) (A):- ५० अङ्क

1. Fundamentals of Nursing

- 1.1. Basic needs of clients
- 1.2. Nursing process
- 1.3. Common procedure of patient in Hospital setting
- 1.4. Nursing measures related to physical need of patients/clients
- 1.5. Vital signs and factors affecting vital signs
 - 1.5.1. Measurements of height and weight
 - 1.5.2. laboratory investigation and radiological diagnosis (x-ray, USG, MRI, CT scan, endoscopy, etc)
 - 1.5.3. Administration of drugs
 - 1.5.4. Blood Transfusion
- 1.6. First aid Management
 - 1.6.1. Drowning
 - 1.6.2. Bites (Snake, insect, dog and frost bite)
 - 1.6.3. Choking
 - 1.6.4. Hemorrhage and Shock
 - 1.6.5. Poisoning
 - 1.6.6. Burn
 - 1.6.7. Wound and Fracture
 - 1.6.8. Foreign body in ear, nose, eye and throat
 - 1.6.9. Fracture
 - 1.6.10. Epitaxial
- 1.7. Sterilization of different materials and equipments.
- 1.8. Professional and clients right
- 1.9. Code of ethics
- 1.10. Stress and stress coping mechanism
- 1.11. Nursing measures related to meeting various need of clients.
- 1.12. Infection prevention techniques
- 1.13. Health waste management
- 1.14. Care of dead body, legal considerations

2. Anatomy and physiology/ Basic applied science

- 2.1. Descriptive terminologies of anatomy and physiology
- 2.2. Organs and functions of different body system
 - 2.2.1. Introduction to Cell, tissue and embryology
 - 2.2.2. Respiratory System
 - 2.2.3. Cardio-vascular System
 - 2.2.4. Muscular skeletal system
 - 2.2.5. Gastro-intestinal System
 - 2.2.6. Urinary System
 - 2.2.7. Reproductive System
 - 2.2.8. Nervous System
 - 2.2.9. Special Sensory and Integumentary System

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- 2.2.10. Body temperature regulation mechanism
- 2.2.11. Endocrine System
- 2.2.12. Blood, Lymphatic and Immune System
- 2.3. Fluid and electrolyte, Acid-Base & Rehydration Therapy
- 2.4. Microbiology
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 - 3.6.3.6. Sarbottam Pitho
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प्रदेश लोक सेवा आयोग

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प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह स्टाफ नर्स पदको खुला र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

3.9. Communication

3.10. Epidemiology

3.11. Communicative disease

3.11.1. Cholera

3.11.2. COVID

3.11.3. Dengue

3.11.4. Rabies

3.11.5. Malaria

3.11.6. Japanese Encephalitis

3.11.7. Typhoid

3.11.8. Kalazar

3.11.9. Worm Infestation

3.11.10. Tuberculosis

3.12. Immunity

3.12.1. Immunization

3.12.1.1. Recommended immunization schedule for mothers and children by National Immunization program (NIP)

3.12.1.2. Preparation, administration, storage and maintenance of Cold chain of vaccines

3.12.1.3. Normal phenomena and side effects of vaccines and health teaching

3.13. Vital health indicators and statistics

3.13.1. Vital indicators (birth rate, death rate, population growth rate, life expectancy)

3.13.2. Health indicators (neonatal mortality rate, infant mortality, under 5 mortality rate, maternal mortality rate, fertility rate, incidence rate, prevalence rate, abortion rate, contraceptive prevalence rate)

3.13.3. Sources of statistics

3.14. Environmental sanitation & Water born disease

3.15. Health Education

3.16. Family planning

3.16.1. Methods, counseling process, preparation, doses, duration, mechanism of action, side effects, health teaching

3.16.2. Emergency contraception/ post abortion contraception

3.16.3. Family planning services in NGOs & INGOs

3.17. Housing; needs and standards, effects of poor housing

3.18. Concept of occupational health and Occupational health hazards

3.19. Under five Clinic

3.19.1. Growth chart

3.19.2. MUAC

3.20. Topology of problems

3.21. FCHV program

3.22. School health program and nurse

4. Behavioral Science/ Mental health

4.1. Method to study behavior/ psychology

4.2. Factors affecting human behavior

4.3. Personality development theories

4.4. Characteristic of mentally healthy individual

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- 4.5. Intelligence
- 4.6. Motivation theories
- 4.7. Components of mental health assessment
- 4.8. Common mental health Disorder/ problems
 - 4.8.1. Psychosis
 - 4.8.2. Neurosis
 - 4.8.3. Personality disorder
 - 4.8.4. Mental retardation
 - 4.8.5. Substances and alcohol abuse
 - 4.8.6. Suicide
 - 4.8.7. Depression
 - 4.8.8. Mania
 - 4.8.9. GAD
 - 4.8.10. Mental retardation
- 4.9. Mental health policy, strategies and act
- 4.10. Treatment modalities on mental ill individual

खण्ड (Section) (A):- ५० अङ्क

5. Nursing Care of Children

- 5.1. Definition of terms (Neonate, Infant, Toddler, Preschool, School age & Adolescence)
- 5.2. Growth and Developmental (characteristics, milestones and tasks)
- 5.3. Common Behavioral problems in children
- 5.4. Child assessment and anthropometry
- 5.5. Community based integrated management of neonatal and childhood illness (CBIMNCI)
- 5.6. Common health problems of children in Nepal and its nursing management and prevention
 - 5.6.1. Dysentery
 - 5.6.2. Diarrhea
 - 5.6.3. Worm infestation
 - 5.6.4. Malabsorption Syndrome
 - 5.6.5. Hernia
 - 5.6.6. Intestinal obstruction
 - 5.6.7. Imperforate anus
 - 5.6.8. Hirschsprungs disease
 - 5.6.9. Jaundice
 - 5.6.10. Malnutrition
 - 5.6.11. Undescended testis
 - 5.6.12. Phymosis
 - 5.6.13. Congenital heart disease
 - 5.6.14. Rheumatic fever, rheumatic heart disease
 - 5.6.15. Hemophilia
 - 5.6.16. Nephrotic syndrome
 - 5.6.17. Mental retardation
 - 5.6.18. Downs syndrome
 - 5.6.19. Spina bifida
 - 5.6.20. Hydrocephaly, anencephaly

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- 5.6.21. Cerebral palsy
- 5.6.22. Cleft lip, cleft palate
- 5.6.23. Scoliosis, lordships, club foot
- 5.6.24. Pyloric stenosis
- 5.6.25. Meningitis

Common health hazards of children in Nepal and its prevention

6. Nursing care of Adult I and II

- 6.1. Stress and crisis and body's response.
- 6.2. Disability & Rehabilitation
- 6.3. Medical/surgical nursing management of the diseases/disorders condition in different body system and its causes, signs/symptoms and diagnostic investigation
 - 6.3.1. Nervous System
 - 6.3.1.1. Meningitis
 - 6.3.1.2. Encephalitis
 - 6.3.1.3. Tetanus
 - 6.3.1.4. Poliomyelitis
 - 6.3.1.5. Epilepsy
 - 6.3.1.6. Parkinson disease
 - 6.3.1.7. Spinal cord injury
 - 6.3.1.8. Head injury
 - 6.3.2. Respiratory System
 - 6.3.2.1. Pleurisy
 - 6.3.2.2. Pneumothorax
 - 6.3.2.3. Influenza
 - 6.3.2.4. Bronchitis
 - 6.3.2.5. Pneumonia
 - 6.3.2.6. Bronchial asthma
 - 6.3.2.7. Pulmonary embolism
 - 6.3.2.8. COPD/ARDS
 - 6.3.2.9. Asthma
 - 6.3.2.10. Pleural effusion
 - 6.3.2.11. Pulmonary tuberculosis
 - 6.3.3. Urinary system
 - 6.3.3.1. Urinary Tract Infection (UTI)
 - 6.3.3.2. Nephritic syndrome
 - 6.3.3.3. Renal and bladder calculi
 - 6.3.3.4. Renal failure (acute and chronic)
 - 6.3.3.5. Prostatic hyperplasia
 - 6.3.3.6. Hydronephrosis
 - 6.3.3.7. Glomerular nephritis (acute and chronic)
 - 6.3.3.8. Acidosis and alkalosis
 - 6.3.4. Gastro-intestinal System
 - 6.3.4.1. Gastritis and Peptic ulcer
 - 6.3.4.2. Esophageal varices
 - 6.3.4.3. Hernias
 - 6.3.4.4. Appendicitis
 - 6.3.4.5. Intestinal obstruction
 - 6.3.4.6. Ascites

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- 6.3.4.7. Tuberculosis of abdomen
- 6.3.4.8. Ulcerative colitis
- 6.3.4.9. Hemorrhoids
- 6.3.4.10. Hepatitis
- 6.3.4.11. Cirrhosis of liver
- 6.3.4.12. Cholecystitis and Cholelithiasis
- 6.3.4.13. Pancreatitis
- 6.3.5. Cardiovascular, Hematologic and Lymphatic System disorder
 - 6.3.5.1. Congestive cardiac failure
 - 6.3.5.2. Angina pectoris
 - 6.3.5.3. Cardiac arrest
 - 6.3.5.4. Varicose vein, thrombophlebitis
 - 6.3.5.5. Myocardial stenosis
 - 6.3.5.6. Rheumatic heart disease
 - 6.3.5.7. Cerebro-vascular accident
 - 6.3.5.8. Blood diseases (anemia, thalassemia, leukemia)
 - 6.3.5.9. Hodgkin's disease and lymphoma
 - 6.3.5.10. Hypertension
 - 6.3.5.11. Myocardial infarction
 - 6.3.5.12. RHD
 - 6.3.5.13. Anemia & Sickle Cell Anemia
 - 6.3.5.14. Leukemia
- 6.3.6. Endocrine System
 - 6.3.6.1. Hyper and hypothyroidism
 - 6.3.6.2. Diabetes insipidus
 - 6.3.6.3. Diabetes mellitus
 - 6.3.6.4. Hypo and hyper pituitarism
 - 6.3.6.5. Addison's disease
 - 6.3.6.6. Cushing's syndrome
- 6.3.7. Reproductive system
 - 6.3.7.1. Disorder of uterine bleeding
 - 6.3.7.2. Cystocele and Rectocele
 - 6.3.7.3. Uterine prolapse
 - 6.3.7.4. Vesico Vaginal Fistula (VVF)
 - 6.3.7.5. Infection of genital tract & Sexually Transmitted Infection (STI)
 - 6.3.7.6. Human Immune Deficiency Virus and Acquired Immune Deficiency Syndrome (HIV/AIDS)
 - 6.3.7.7. Orchitis, prostate problems, hydrocele
 - 6.3.7.8. Breast disorder
 - 6.3.7.9. Infertility or Sub-fertility
- 6.3.8. Skin disorders
 - 6.3.8.1. Acne vulgaris
 - 6.3.8.2. Herpes simplex
 - 6.3.8.3. Dermatitis
 - 6.3.8.4. Eczema
 - 6.3.8.5. Scabies
 - 6.3.8.6. Injuries to skin: burn, gangrene
 - 6.3.8.7. Neoplasm of skin

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6.3.9. Eye, Ear, Nose and Throat diseases and disorders

- 6.3.9.1. Eye
- 6.3.9.2. Conjunctivitis and sub-conjunctive hemorrhage
- 6.3.9.3. Blepharitis
- 6.3.9.4. Corneal ulcer, Xerophthalmia, night blindness
- 6.3.9.5. Foreign body in eye
- 6.3.9.6. Cataract
- 6.3.9.7. Glaucoma
- 6.3.9.8. Trachoma
- 6.3.10. Ear
 - 6.3.10.1. Foreign body and impacted cerumen
 - 6.3.10.2. Otitis media
 - 6.3.10.3. Hearing impairment
 - 6.3.10.4. Mastoiditis
 - 6.3.10.5. Meiere's disease
- 6.3.11. Nose
 - 6.3.11.1. Foreign body
 - 6.3.11.2. Sinusitis
 - 6.3.11.3. Epistaxis
 - 6.3.11.4. Deviated nasal septum
 - 6.3.11.5. Nasal polyp
- 6.3.12. Throat
 - 6.3.12.1. Throat Foreign body
 - 6.3.12.2. Laryngitis
 - 6.3.12.3. Tonsillitis
- 6.3.13. Pharyngitis
- 6.4. Operation theatres nursing
 - 6.4.1. Pre-immediate, intra and post-operative care
 - 6.4.2. Medico legal and ethical consideration
 - 6.4.3. Responsibilities of scrub, circulating and recovery nurse
 - 6.4.4. Aseptic technique
 - 6.4.5. Special Nursing care and procedure of patients (Tracheostomy, Clostomy, Endotracheal-Tube Suctioning)
- 6.5. Problem caused by immobility and their prevention
- 6.6. Oncology nursing
 - 6.6.1. Types of Cancer & risk factors
 - 6.6.2. Diagnostic Investigations & treatment modalities
 - 6.6.3. Palliative management and care during terminal illness
- 6.7. Nursing Care of aging people.
 - 6.7.1. Common needs of elderly & Common geriatric problems in Nepal.
 - 6.7.2. Stages of grief and loss

7. Midwifery

- 7.1. Prenatal
 - 7.1.1. Concept of reproductive health, safe motherhood, and skilled birth attendant
 - 7.1.2. Types of female pelvic and their effect on birth of baby
 - 7.1.3. Structure and function of female reproductive organs

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- 7.1.4. Normal reproductive age and menopause
- 7.1.5. Ethical and legal aspect in midwifery
- 7.1.6. Development of fertilized ovum and fetus
- 7.1.7. Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
- 7.1.8. Signs and symptoms of pregnancy.
- 7.1.9. Changes in pregnancy
- 7.1.10. Physical examination of antenatal mother and assessment of fetal wellbeing
- 7.1.11. Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
- 7.1.12. Growth of uterus and height in relation to gestation
- 7.1.13. Purpose of antenatal care and 4 focused visits and also 8 visits
- 7.1.14. Need of pregnant mother.
- 7.1.15. Minor disorders of pregnancy
- 7.1.16. Bleeding in pregnancy
- 7.1.17. Placenta
- 7.1.18. Major disorders of pregnancy
- 7.1.19. Disease/ problems associated with pregnancy Anemia, Cardiac disease, Diabetes, Tuberculosis, sexually transmitted disease, Urinary tract infection, Rh incompatibility
- 7.1.20. Teratogenic and common teratogenic agent
- 7.1.21. Medications during pregnancy
- 7.1.22. Concept of PMTCT
- 7.2. Labour
 - 7.2.1. Labour and its stages
 - 7.2.2. Signs and symptoms of onset of true labour
 - 7.2.3. Normal course of I, II, III, IV stages of labour
 - 7.2.4. Mechanism of normal labour
 - 7.2.5. Nursing care of mother during each stage of labour
 - 7.2.6. Signs and symptoms of second stage, third stage of labour and it's management
 - 7.2.7. Immediate care of new born baby & APGAR Score
 - 7.2.8. Signs & symptoms of separation of placenta
 - 7.2.9. Complications of 3rd and 4th stage of labour.
 - 7.2.10. Surgical interventions during labour; instrumental delivery and caesarean section
 - 7.2.11. Needs and care of mother and newborn
 - 7.2.12. Obstructed and Prolonged labour and its appropriate management
 - 7.2.13. Abnormal labour
- 7.3. Postnatal
 - 7.3.1. Definition and duration of Puerperium
 - 7.3.2. Principles of care in puerperium
 - 7.3.3. Need of postnatal mother
 - 7.3.4. Changes during puerperium
 - 7.3.5. Minor and major disorders of puerperium.
 - 7.3.6. Complications of puerperium
 - 7.3.7. Breast
 - 7.3.8. Breast feeding and common breast problem
 - 7.3.9. Examination of new born baby

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7.3.10. Congenital abnormalities

7.3.11. Birth injuries and its management

8. **Leadership and Management in Nursing.**

8.1. Principle and function of management

8.2. Leadership, Leadership styles and affecting factors

8.3. Motivation, Supervision and Evaluation

8.4. Personnel and professional development

8.5. Conflict management

9. **Policies, rules and regulations in health**

9.1. National health planning and concept of national health system

9.2. Organizational structure of Government health services in federal system

9.3. Health Service Act, 2053 and Health Service Regulation, 2054

9.4. Province Health Institution Establishment, Operation, Renewal and Upgradation Act, 2075

9.5. Public Health Service Act, 2075 and Public Health Service Regulation, 2077