

प्रदेश लोक सेवा आयोग,
प्रदेश नं. ५, बुटवल, रुपन्देही

प्रदेश स्वास्थ्य सेवा, जनरल नर्सिङ्ग र पब्लिक हेल्थ नर्सिङ्ग समूहको सातौँ तहको खुला र आन्तरिक
प्रतियोगितात्मक 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	नर्सिङ्ग विज्ञान	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१००X१ = १००	१ घण्टा १५ मिनेट
द्वितीय	समूह सम्बन्धी विषय	१००	४०	विषयगत (Subjective)	१०X१० = १००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता	३०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- माथि उल्लिखित समूहहरूको पाठ्यक्रमको प्रथम पत्रका 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 गरिएकाछ :

प्रथम पत्रका एकाई	१	२	३	४	५	६	७
प्रश्न संख्या	२०	१०	१५	२०	१५	१०	१०

- 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) 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 विद्यमान कानून, ऐन, नियम तथा नीतिहरूलाई यस पाठ्यक्रममा परेको सम्भन पर्दछ ।
- पाठ्यक्रम लागू मिति :- २०७७।०६।०२ देखि

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प्रथम पत्र :- नर्सिङ्ग विज्ञान

- | | | |
|----------|---|------------|
| 1 | Nursing concept & Principles | 20% |
| 1.1 | Nursing Theory | |
| 1.1.1. | V. Henderson | |
| 1.1.2. | D. Orem | |
| 1.1.3. | Roy's | |
| 1.1.4. | Florence Nightingale | |
| 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 | |
| 1.6.3. | Professional and clients right | |
| 1.6.4. | Legal Right | |
| 1.6.5. | ICN code of Nursing | |
| 1.6.6. | ICM code of Nursing | |
| 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 | Medical 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 | 10% |
| 2.1 | Major cultural groups and their health seeking behaviour. | |
| 2.2 | Factors affecting health of the people. | |
| 2.2.1. | Socio economic conditions | |
| 2.2.2. | Education | |
| 2.2.3. | Politics | |

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- 2.2.4. Gender
- 2.2.5. Physical environment
- 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. Girl 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 15%**
 - 3.1 Teaching and Learning
 - 3.1.1. Principles
 - 3.1.2. Factors which affect Teaching / Learning
 - 3.2 Roles and Responsibilities of a Teacher.
 - 3.3 Teaching Methods and Media
 - 3.3.1. Teaching methods
 - 3.3.1.1 Microteaching problems
 - 3.3.1.2 Evidenced based learning
 - 3.3.1.3 Self directed learning
 - 3.3.1.4 Seminar/Symposium exhibition
 - 3.3.1.5 Case study presentation
 - 3.3.2. Media
 - 3.3.2.1 Audio Aids
 - 3.3.2.2 Video Aids
 - 3.3.2.3 Audio / Video Aids
 - 3.4 In-service Education
 - 3.4.1. Need Assessment
 - 3.4.2. Planning, organizing & conducting
 - 3.4.3. Class room teaching
 - 3.4.4. Clinical Teaching
 - 3.4.5. Evaluation and Feedback
 - 3.5 Components of Curriculum Development

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3.6 Evaluation

3.6.1. Types

3.6.2. Characteristics of evaluation tools

4 Health Care Management

20%

4.1 Trends of Health Care delivery system in Nepal

4.2 Management:

4.2.1. Concept, principles, theories

4.2.2. Resource management

4.3 Planning:

4.2.3. Elements, process

4.2.4. Benefits and Limitation

4.4 Organization

4.4.1 Types, Principles, elements

4.5 Organizational behavior

4.5.1 Group Dynamic

4.5.2 Communication

4.5.3 Organizational conflict and management (Problem solving)

4.6 Organizational structures of Health Care Delivery system in Nepal

4.7 Leadership

4.7.1 Theories

4.7.2 Types

4.7.3 Functions

4.7.4 Characteristics

4.8 Supervision and monitoring

4.8.1 Concept

4.8.2 Purpose

4.9 Personnel development

4.9.1 Motivation

4.9.2 Morale

4.9.3 Leadership and decision making

4.10 Human Resource Development

4.10.1 Elements, steps

4.10.2 Production/distribution

4.11 Health Economics

4.11.1 Concepts

4.11.2 Demand and supply

4.11.3 Cost benefit and cost effectiveness in Nursing Management

4.11.4 Application in Nursing service

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4.12 Health Information Management

4.13 Disaster Management

4.14 Quality Assurance Management

4.15 Job description

4.16 National Policies

4.16.1 National Health Policy

4.16.2 Strategy

4.16.3 Priority

4.17 Current periodic plan

4.17.1 Sustainable development goal

4.17.2 Achievement of second long-term health plan

5 Research & Statistics

15%

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

5.2.1 Ethics in Research.

5.2.2 National Ethical guidelines in Nepal Health Research Council
(NHRC)

5.3 Methodology

5.3.1. Types of research

5.3.2. Sampling Techniques

5.3.3. Method of data collection

5.3.4. Development of Instrumentation

5.3.5. Statistical Data analysis

5.3.6. Report writing & Dissemination

5.4 Importance of Research in Nursing services .

6 Applied Health Sciences

10%

6.1 Anatomy and physiology of :

6.1.1. Cardiovascular System

6.1.2. Respiratory system

6.1.3. Digestive system

6.1.4. Muscular skeletal system

6.1.5. Nervous system

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- 6.1.6. Special senses
- 6.1.7. Reproductive system
- 6.1.8. Endocrine system
- 6.2 Pharmacology
 - 6.2.1. Principles of pharmaco kinetics and pharmacy dynamic
 - 6.2.2. Important Drugs and their actions
 - 6.2.3. List of essential Drugs as specified by WHO/DDA (Department of Drug Administration)
 - 6.2.4. Life saving drugs
- 6.3 Patho- physiology
 - 6.3.1. General concepts of necrosis
 - 6.3.2. Inflammation
 - 6.3.3. Thrombosis
 - 6.3.4. Embolism
 - 6.3.5 wound - healing oedema
 - 6.3.6 Neoplasms
 - 6.3.7 Antigens and antibodies
- 6.4 Microbiology
 - 6.4.1. Classification of Micro – organism
 - 6.4.2. Microbial Morphology and the process of :
 - 6.4.2.1 Drug sensitivity testing
 - 6.4.2.2 Important terminologies
 - 6.4.2.3 Opportunistic infections
 - 6.4.2.4 Pathogens
 - 6.4.2.5 Bacterial toxins
 - 6.4.3. Sterilization
 - 6.4.3.1 Different methods and Types
- 6.5 Biochemistry
 - 6.5.1. Digestion and absorption of carbohydrate, protein and fat
 - 6.5.2. Malabsorption
 - 6.5.3. Classifications of vitamins and requirement of different age group
- 6.6 Nutrition
 - 6.6.1. Assessment of Nutrition status
 - 6.6.2. Therapeutic diet in various medical conditions
 - 6.6.3. Meal planning & calculation of calorie for different age group
 - 6.6.4. Socio-cultural preference in food & practice
 - 6.6.5. Common Nutritional deficiency diseases .

7 Mental Health 10%

- 7.1 Concept of mental health / Illness
 - 7.1.1. Neurosis
 - 7.1.2. Psychosis
 - 7.1.3. Mental Retardation
 - 7.1.4. Epilepsy
 - 7.1.5. Alcohols and Drug 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. Electro Convulsive Therapy (ECT)
 - 7.3.3. Counseling
 - 7.3.4. Diversional Therapy
 - 7.3.5. Legal Responsibilities
 - 7.3.6. Emergency management of violent patient
- 7.4 Common Mental Health problems in Nepal

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अधिकृत/पब्लिक हेल्थ नर्सिङ्ग अधिकृत पदको खुला र अन्तरतह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II) : प्राविधिक विषय (Technical Subject)

Section A - 60 Marks

- 1. Concept of health/disease/health illness continuum /PHC** **10 Marks**
 - 1.1. Determinates of health
 - 1.2. Responsibilities of Individual, family, group, & community
 - 1.3. Concept of PHC
 - 1.4. Principles of PHC
 - 1.5. Elements of PHC
- 2. Community diagnosis and Community participation** **10 Marks**
 - 2.1. Concept and Process of Community diagnosis
 - 2.2. Concept, Process, Barriers and resource mobilization in community participation
- 3. Community health Nursing Management** **10 Marks**
 - 3.1. Planning
 - 3.2. Organizing
 - 3.3. Implementing/follow up
 - 3.4. Supervision & monitoring
 - 3.5. Evaluating
 - 3.6. Referral
- 4. Recording/Reporting Family Health & Reproductive Health** **20 Marks**
 - 4.1. Role and responsibilities of Nurse in providing Family Health Care.
 - 4.2. Importance of Home visit.
 - 4.3. Reproductive Health
 - 4.3.1. Concept
 - 4.3.2. Components
 - 4.3.3. Life span reproductive health care
 - 4.3.4. Safe motherhood
 - 4.3.5. Family planning
 - 4.3.6. Care and Prevention of HIV/AIDS /STI
- 5. Domiciliary midwifery services & Responsibilities** **10 Marks**
 - 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. Role and Responsibilities of following professionals
 - 5.2.1. RHD (Regional Health Director)
 - 5.2.2. Senior Public Health Nurse
 - 5.2.3. Public Health Nurse
 - 5.2.4. Staff Nurse (PHCC)
 - 5.2.5. ANM/AHW
 - 5.2.6. MCHW
 - 5.2.7. FCHW
 - 5.2.8. VHW

Section B - 40 Marks

- 6. Epidemiology and vital health statistics.** **10 Marks**
 - 6.1. Health, economics and socio-indicators.
 - 6.2. Epidemiological approach & methods.

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7. Occupational Health

10 Marks

- 7.1. Occupational health hazards
7.2. Preventive measures

8. Special health program in Nepal

10 Marks

- 8.1. Nutrition
8.2. ARI (Acute Respiratory Infection)
8.3. CDD (Control of Diarrhoeal Disease)
8.4. Maternal and child health care Family Planning

9. Common communicable and Non-communicable diseases **10 Marks**

- 9.1. Communicable diseases
9.1.1. TB
9.1.2. Malaria, Kalazar, Encephalitis
9.1.3. HIV/AIDS, STI
9.1.4. Hepatitis 'B'
9.1.5. Water borne diseases
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 एकाई, अङ्कभार र प्रश्न संख्या निम्न बमोजिम हुनेछ।

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

सामूहिक छलफल (Group Discussion)

प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र लिइने सामूहिक परीक्षण (Group Test) को प्रयोजनको लागि गरिने परीक्षणको पूर्णाङ्क १० र समय ३० मिनेटको हुने छ जुन नेताविहीन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ । दिइएको प्रश्न वा Topics का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबिच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नुपर्ने छ । यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको समिति रहनेछ :

आयोगका अध्यक्ष वा सदस्य	-अध्यक्ष
आयोगका सदस्य	-सदस्य
दक्ष/विज्ञ (१ जना)	-सदस्य

सामूहिक छलफलमा दिइने नमुना प्रश्न वा Topic

उदाहरणको लागि उर्जा सङ्कट, गरिबी निवारण, स्वास्थ्य बीमा, मर्यादित नर्सिङ्ग पेशा, खाद्य सुरक्षा, प्रतिभा पलायन, प्राविधिक तथा व्यावसायिक शिक्षा, शैक्षिक गुणस्तर, महिला हिंसा, लागु औषध ओसार पसार, सार्वजनिक खरिद, मानव बेचबिखन रोकथाम आदि जस्ता विषयहरूमध्ये कुनै एक विषय मात्र दिइने

प्रदेश लोक सेवा आयोग
प्रदेश नं. ५, बुटवल, रुपन्देही
प्रदेश स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सातौं तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाका
पाठ्यक्रम

द्वितीय पत्र :- जनरल नर्सिङ्ग सम्बन्धी विषय

Section A - 20 Marks

1. Advanced Nursing **10%**

- 1.1 Developmental tasks of different age groups
- 1.2 Problem solving approach in care of patient
- 1.3 Application of holistic approach in care of patient
- 1.4 Advancement in the diagnostic procedures for different illnesses
- 1.5 Case study and case presentation

3. Nursing care of geriatric and Communicable diseases **10%**

- 3.1 Physiological changes and common physical problems.
- 3.2 Common medical problems
- 3.3 Cognitive changes and diagnostic methods in use.
- 3.4 Support system / family support / community support.
- 3.5 Mental preparation for adaptations to changing needs.
- 3.6 Water borne diseases
- 3.7 Air borne diseases
- 3.8 Vector transmission
- 3.9 Sexual Transmitted Infection (STI)
- 3.10 Trans placental diseases

Section B - 30 Marks

2. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems **30%**

- 2.1 Respiratory problems
- 2.2 Cardiovascular problems
- 2.3 Neurological problems
- 2.4 Muscular-Skeletal problems
- 2.5 Hepatobiliary problems
- 2.6 Endocrine problems
- 2.7 Gastrointestinal problems
- 2.8 Reproductive problems
- 2.9 Genital urinary problems
- 2.10 Special Senses problems

Section C - 20 Marks

4. Nursing Management of Patient in Burn Unit and Operation theater **10%**

- 4.1 Pain Management
- 4.2 Fluid & electrolyte balance
- 4.3 Infection preventions
- 4.4 Reconstructive / Rehabilitation.
- 4.5 Preparation of Operation Theater
- 4.6 Pre and Post Operation Theater care

प्रदेश लोक सेवा आयोग

प्रदेश नं. ५, बुटवल, रुपन्देही

प्रदेश स्वास्थ्य सेवा, जनरल नर्सिङ समूह, सातौँ तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाका पाठ्यक्रम

5. Role of the Nurse in ICU/ CCU and Emergency Nursing 10%

- 5.1 Advance nursing
- 5.2 Management of clients with critical conditions / cardiac conditions
- 5.3 Resuscitation
- 5.3 Use of various monitor
- 5.4 Specific Investigation and treatment.
- 5.5 Emergency preparedness
- 5.6 Emergency Resuscitations
- 5.7 Mass casualty management

Section D - 30 Marks

6. Obstetric Nursing (Midwifery) 30%

- 6.1 Parental Nursing
 - 6.1.1 Preconception and parental Preparedness
 - 6.1.2 Prenatal assessment and management
 - 6.1.3 Preparation of child birth
 - 6.1.4 Management of High risk pregnancy
- 6.2. Intra- natal (Labor)
 - 6.2.1 Assessment of client during Labor
 - 6.2.2 Care required during different stages of Labor
 - 6.2.3 Immediate care of new born / mother
 - 6.2.2 Management of complications of labor.
- 6.3 Newborn / Neonate Management
 - 6.3.1 Assessment of newborn
 - 6.3.2 Physiological needs of a newborn & neonate
 - 6.3.3 Management of minor / major disorders.
- 6.4 Post Natal
 - 6.4.1 Physiology of puerperium & need of post natal mother.
 - 6.4.2 Lactation & trends in breast feeding
 - 6.4.3 Minor discomforts in puerperium & their management
 - 6.4.4 Major disorders of puerperium & their management.
 - 6.4.5 Follow up and advice on Family Planning (F/P)

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका खण्ड	A		B	C		D
द्वितीय पत्रका एकाई	1	3	2	4	5	6
प्रश्न संख्या	1	1	3	1	1	3