

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश
प्रदेश स्वास्थ्य सेवा, कम्युनिटी नर्सिङ्ग/पब्लिक हेल्थ नर्सिङ्ग समूह, अधिकृत स्तर सातौं तह कम्युनिटी नर्सिङ्ग
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

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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