

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, प.हे.न. समूह, पाँचौं तह, पब्लिक हेल्थ नर्स (प्रदेश/स्थानीय तह) पदको
खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

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 × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० × २ = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्यः

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
- 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 मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
- पाठ्यक्रम लागू मिति:-

(A) Anatomy and physiology

1. Organs and functions of different body system
 - 1.1 Skeletal System
 - 1.2 Muscular System
 - 1.3 Respiratory System
 - 1.4 Circulatory System
 - 1.5 Digestive System
 - 1.6 Urinary System
 - 1.7 Reproductive System
 - 1.8 Nervous System
 - 1.9 Structure and functions of skin
2. Body temperature regulation
 - 2.1 Conduction
 - 2.2 Convection
 - 2.3 Radiation
 - 2.4 Excretion (excretion)
3. Organisms and parasites
 - 3.1 Virus
 - 3.2 Bacteria
 - 3.3 Protozoa
 - 3.4 Helminths
 - 3.5 Fungi
4. Factors affecting micro organisms
 - 4.1 Aerobic
 - 4.2 Anaerobic
 - 4.3 Temperature
 - 4.4 Humidity
 - 4.5 Nutrients
5. Mechanism of acid-base balance
 - 5.1 Electrolyte
 - 5.2 Relationship with respiration
 - 5.3 Relation with excretion
6. Fluid and electrolyte replacement
 - 6.1 Oral rehydration solution
 - 6.2 Intra venous therapy
7. Pharmacokinetics
 - 7.1 Absorption of drugs
 - 7.2 Distribution of drugs
 - 7.3 Metabolism of drugs
 - 7.4 Excretion of drugs
8. Drugs acting on endocrine system
 - 8.1 Insuline
 - 8.2 Oral hypoglycemic drug
 - 8.3 Male and female sex hormone
9. Uses of essential drugs in Nepal

(B) Fundamentals of Nursing

1. Basic needs of clients
 - *Maslow's Hierarchy of need
2. Nursing process
3. Procedure used in Physical Assessment
4. Routes of administration of drug

- 4.1 Oral
- 4.2 Parental
- 5. First aid treatment
 - 5.1 Drowning
 - 5.2 Bites
 - 5.3 Choking
 - 5.4 Hemorrhage
 - 5.5 Poisoning
 - 5.6 Burn

- 6. Purpose, principle and methods of sterilization of different goods.
- 7. Roles and responsibilities of nurses.
- 8. National and international professional organization and its code of ethic
 - 8.1 International Council of Nurses (ICN)
- 9. Stress and coping with stress

(C) Nursing care of the Adult

- 1. Medical/surgical nursing management of the disease condition in different body system
 - 1.1 Nervous System
 - 1.1.1 Meningitis
 - 1.1.2 Encephalitis
 - 1.1.3 Tetanus
 - 1.1.4 Poliomyelitis
 - 1.1.5 Epilepsy
 - 1.1.6 Parkinson disease
 - 1.1.7 Spinal cord injury
 - 1.1.8 Head injury
 - 1.2 Respiratory System
 - 1.2.1 Pleurisy
 - 1.2.2 Pneumothorax
 - 1.2.3 Influenza
 - 1.2.4 Bronchitis
 - 1.2.5 Pneumonia
 - 1.2.6 Pulmonary TB
 - 1.2.7 Bronchial Asthma
 - 1.2.8 Pulmonary embolism
 - 1.3 Urinary system
 - 1.3.1 Urinary Tract Infection (UTI)
 - 1.3.2 Nephrotic syndrome
 - 1.3.4 Renal calculi
 - 1.3.5 Renal failure
 - 1.3.6 Prostetic hyperplasia
 - 1.4 Digestive System
 - 1.4.1 Peptic ulcer
 - 1.4.2 Oesophagial varices
 - 1.4.3 Hernias
 - 1.4.4 Appendicitis
 - 1.4.5 Intestinal obstruction
 - 1.4.6 Peritonitis
 - 1.4.7 Tuberculosis of Abdomen
 - 1.4.8 Ulcerative colitis
 - 1.4.9 Hemorrhoids
 - 1.4.10 Hepatitis
 - 1.4.11 Cirrhosis of liver
 - 1.4.12 Cholecystitis

- 1.5 Cardiovascular System
 - 1.5.1 Congestive cardiac failure
 - 1.5.2 Angina pectoris
 - 1.5.3 Cardiac arrest
 - 1.5.4 Varicose vein
 - 1.5.5 Blood diseases
- 1.6 Endocrine disorders
 - 1.6.1 Hyper and hypothyroidism
 - 1.6.2 Diabetes insipidus
 - 1.6.3 Diabetes mellitus
2. Nursing care of gynecological & breast disorder
 - 2.1 Disorder of uterine bleeding
 - 2.2 Cystocele and Rectocele
 - 2.3 Uterine prolapse
 - 2.4 Vesico Vaginal Fistula (VVF)
 - 2.5 Infection of genital tract
 - 2.6 Sexually Transmitted Disease (STD)
 - 2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)
 - 2.8 Breast disorder
 - 2.9 Infertility
3. Care of eye, ear and nose
 - 3.1 Eye
 - 3.1.1 Conjunctivitis
 - 3.1.2 Blepharitis
 - 3.1.3. Corneal ulcer
 - 3.1.4 Foreign body in eye
 - 3.1.5 Cataract
 - 3.1.6 Glaucoma
 - 3.2 Ear
 - 3.2.1 Foreign body
 - 3.2.2 Otitis media
 - 3.2.3 Mastoiditis
 - 3.2.4 Menier's disease
 - 3.3 Nose
 - 3.3.1 Foreign body
 - 3.3.2 Sinusitis
 - 3.3.3 Epistaxis
 - 3.4 Throat
 - 3.4.1 Foreign body
 - 3.4.2 Laryngitis
 - 3.4.3 Tonsillitis
 - 3.4.4 Pharyngitis
4. Mental health problem in Nepal.
5. Nurse's - responsibilities in helping the individual and family in crisis.
6. Service afforded to the disabled individual during the rehabilitation.
7. Problem caused by immobility and their prevention

(D) Community Nursing

1. Factors influencing health in Nepal
2. Elements of primary health care
3. Five basic principles of Primary Health Care (PHC)
4. Important steps of home visit
5. Nursing in community
 - 5.1 Maternal Child Health & Family Planning (MCH & Family Planning)

- 5.3 Out rich clinic (ORC)
- 5.4 School health
- 5.5 Public health nursing service
- 5.6 Industrial health Nursing
- 5.7 Mental health Nursing
- 5.8 Geriatric Nursing
- 5.9 Rehabilitation Nursing
- 6. Source of Nutrients
- 7. Communication
- 8. Epidemiology concepts of:
 - 8.1 Infection
 - 8.2 Epidemic
 - 8.3 Sporadic
 - 8.4 Pandemic
 - 8.5 Communicable and non communicable disease.
- 9. Immunization
 - 9.1 Cold chain
 - 9.2 Type of vaccine
- 10. Various health indicator and statistics
- 11. Environmental sanitation
 - 11.1 Method of refuse disposal
 - 11.2 Transmission of feecal borne disease
- 12. Method of sewage disposal
- 13. Water-sources and purification of water
- 14. Ways and means of public relation.
- 15. Role of nurses in community organization
- 16. Principle, methods and media of health education
- 17. Roles and function of the nurses in family health are.
- 18. Home delivery:
 - 18.1 Preparation
 - 18.2 Care of the mother
 - 18.3 Care of the baby
- 19. Family planning
 - 19.1 Population problem and need of it in Nepal
 - 19.2 Methods of Family Planning
 - 19.2.1 Behavioral
 - 19.2.2 Chemical
 - 19.2.3 Mechanical
 - 19.2.4 Physiological
 - 19.2.5 Voluntary surgical contraception (VSC)
- 20. Nutritional deficiencies disease
 - 20.1 Kwasiorkor
 - 20.2 Marasmus
 - 20.3 Night blindness
 - 20.4 Goiter
 - 20.5 Anemia

(E) Midwifery

- 1. Antenatal
 - 1.1 Four types of female pelvic and their effect on birth baby
 - 1.2 Structure and function of female reproductive organs
 - 1.3 Normal reproductive age and menopause
 - 1.4 Development of fertilized ovum and foetus

- 1.5 Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
- 1.6 Signs and symptoms of pregnancy.
- 1.7 Physical examination of Antenatal mother
- 1.8 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
- 1.9 Growth of uterus and height in relation to gestation
- 1.10 Purpose of Antenatal care.
- 1.11 Need of pregnant mother.
- 1.12 Nursing management of following condition:
 - 1.12.1 Minor disorders of pregnancy
 - 1.12.2 Bleeding in pregnancy
 - 1.12.3 Major disorders of pregnancy
- 1.13 Disease associated with pregnancy
 - 1.13.1 Anaemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection.

2 Labour

- 2.1 Labour and its stages
- 2.2 Signs & symptoms of onset of true labour
- 2.3 Normal course of I, II, III stages of labour
- 2.4 Mechanism of Normal labour
- 2.5 Nursing care of mother during each stage of labour
- 2.6 Signs and symptoms of second stage, third stage of labour and it's management
- 2.7 Apgar score
- 2.8 Immediate care of New born baby
- 2.9 Signs & Symptoms of separation of placenta
- 2.10 Complications of 3rd and 4th stage of labour.
- 2.11 Needs and care of mother and new born
- 2.12 Prolonged labour and its appropriate management

3 Postnatal

- 3.1 Definition and duration of puerperium
- 3.2 Principles of care in puerperium
- 3.3 Need of postnatal mother
- 3.4 Minor disorders of puerperium.
- 3.5 Complicastions of puerperium
- 3.6 Breast feeding
- 3.7 Examination of new born baby
- 3.8 Congenital abnormalities

(F) Nursing Care of Children

1. Definition of terms
 - 1.1 Neonate
 - 1.2 Infant
 - 1.3 Toddler
 - 1.4 Preschool
 - 1.5 School age
 - 1.6 Adolescence
2. Developmental characteristic and milestone
3. Adolescent changes and problem
4. Six major killer disease
 - 4.1 Diarrhea
 - 4.2 Measles
 - 4.3 Tetanus
 - 4.4 Tuberculosis
 - 4.5 Malnutrition

4.6 Acute Respiratory Infection (ARI)

5. Role of nurses in reduction of mortality rate

6. Common health problems of children in Nepal and its nursing management and strategy for prevention

6.1 Dysentery

6.2 Worm infestation

6.3 Imperforated anus

6.4 Undescended Testis

6.5 Phimosis

6.6 Hemophilia

6.7 Rheumatic fever

6.8 Rheumatic heart disease

6.9 Hair-lip

6.10 Cleft palate

7. Common health hazards of children in Nepal and their prevention

(G) Behavioural Science

1. Factors and theories of effective learning
2. Characteristic of mentally health assessment
3. Component of mental health assessment
4. Classification of mental disorders:
 - 4.1 Psychosis
 - 4.2 Neurosis
 - 4.3 Personality disorder
 - 4.4 Mental retardation

(H) Leadership and Management in Nursing

1. Leadership and management
 - 1.1 Leadership style
 - 1.2 Factor affecting leadership
 - 1.3 Management process
2. Delivery of health care services
 - 2.1 Organizational structure of government and non government health service
 - 2.2 Organization structural of Central, Provincial and Local Level (Health Sector)
 - 2.3 Integrated health services
 - 2.4 Co-operation and collaboration of multisectoral groups and agencies in Nepal
- 3. Health Planning**
 - 3.1 National health planning and concept of National Health System
 - 3.2 Categories of different level of health personnel in Nepal
 - 3.3 Job Description of different level of Nursing Personnel, Public Health Officer