

प्रदेश लोक सेवा आयोग
गण्डकी प्रदेश

नेपाल स्वास्थ्य, सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौ तह, स्टाफ नर्स पद (प्रदेश/स्थानीय तह) को
खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई 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 संख्याहअङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५० × २ = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य :

(१) पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छन् ।

Course Unit	Number of Questions
1	5
2	5
3	10
4	7
5	5
6	5
7	5
8	3
9	5

(२) गल्ती गरेको प्रश्नोत्तरका लागि २० प्रतिशत अंक कट्टा गरिनेछ।

(३) पाठ्यक्रम लागू मिति :

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1. Fundamentals of Nursing:

- Basic needs of clients
- The nursing processes
- Common nursing procedures used in the hospital
- Stress and coping mechanism
- First aid treatment
- Administration of drugs
- Infection prevention
- Methods of collecting different specimen for routine and culture test

2. Applied Science

- Anatomy and Physiology of human body systems and organs
- Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Diffusion, Acid base balance, Rehydration therapy, Common investigation and its significance, basic Microbiology, Infectious diseases, Common drugs with its action and side effects.

3. Medical/Surgical Nursing

- Developmental tasks, Application of nursing process, Common diagnostic procedures
- Nursing management of common disease conditions including pre and post-operative care. Accidents, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Pleurisy, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Hemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia
- Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anemia, Leukemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes insipidus, Hypertension, Fracture, Dislocation, Osteomyelitis
- Care of patient with common sensory disorders and nursing management

4. Community Health Nursing

- Concepts of primary health care
- Epidemiological concepts and approaches
- Nutrition related deficiency diseases and management
- Immunization preventable diseases (IPDs), National Immunization Program
- Communicable diseases and management
- Common Health Indicators
- Family planning: concept, family planning devices, counselling
- Health Insurance
- Communication Process.
- Health promotion and health education

5. Midwifery

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- Anatomy and Physiology of male and female reproductive systems
- Skill birth attendants, safe motherhood programme and postpartum family planning counselling
- Antenatal, intranatal and postnatal care of a mother
- Management of high risk mothers
- Management of minor and major disorders of pregnancy
- Management of natal and postnatal complications
- Diseases associated with pregnancy
- Care of new born baby with observation and assessment
- Breast care and its management
- Pre and post abortion care

6. Nursing Care of Gynaecological Problems

- Disorder of Uterine Bleeding
- Cystocele and Rectocele
- Uterine Prolapse
- Vesico Vaginal Fistula
- STDs/HIV/AIDS
- Infertility
- Carcinoma of cervix

7. Pediatric Nursing

- Major developmental characteristics and growth milestones of Under five children
- Promoting optimum development of children
- Adolescent changes and problems
- Common health problems in children and their nursing management
- Common health hazards in children in Nepal and their prevention
- Congenital disorders/disabilities
- Role of nurses in reduction of mortality rate of children
- Nursing care of critically ill children
- Community Based Integrated Management of Neonatal and Childhood Illness (CBIMNCI) Programme

8. Mental Health

- Characteristics of mentally ill patient
- Classification of mental disorders
- Management of mental disorders

9. Leadership and Management in Nursing Planning

- Management process: planning, implementation and evaluation
- Leadership style and types of leader
- Organizational structure of Government health services (Federal, Provincial and Local level), concept of Health care delivery system
- National and Provincial health planning

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- Policies, rules and regulations in management of different level of hospitals and health centres
- Health acts and regulations

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Model Questions

1. Meningitis is the disease caused by except
(A) Virus (B) Bacilli (C) Cocci (D) Spirochetes
2. One of the complications that may occur when Otitis media is not treated properly
(A) Meningitis (B) Conjunctivitis (C) Hepatitis (D) Rhinitis
3. Beri Beri is the disease caused due to lack of
(A) Vitamin 'A' (B) Vitamin 'B' (C) Vitamin 'C' (D) Vitamin 'D'
4. One of the main functions of liver is
(A) Formation of blood cells (B) Detoxification of poisonous substance
(D) Secretion of urine (D) Secretion of bile
5. The most essential responsibility of a nurse while caring a critically ill patient is
(A) To keep the airway of the patient (B) To prevent bed sore
(C) To provide nutrition in time (D) To give medications in time
6. The steps of nursing process includes all of the following except
(A) Planning (B) Implementation (C) Evaluation (D) Medication