

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर (नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

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

द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

पत्र / विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता (Board Interview)	-

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । तर एकैदिनमा परीक्षा लिइनेछ ।
- 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षरहरू (Capital letters): A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षरहरू (Small letters): a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण (विद्युतिय घडी लगायत) परीक्षा हलमा लैजान पाइने छैन ।

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९. विषयगत प्रश्नहरूको हकमा तोकिएको अंकको 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 ।
१०. विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका
प्रश्नहरूको उत्तर सोहीखण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
११. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।
१२. 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 ।
१३. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
१४. पाठ्यक्रम लागू मिति :- २०८२/०८/०९

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प्रथम पत्र (Paper I) :-

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग-१ (Part I) :

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन

(General Awareness and Public Management)

खण्ड-क (Section - A) : (१० प्रश्न×२ अङ्क = २० अङ्क)

१. सामान्य ज्ञान (General Awareness)

(२० अङ्क)

- १.१ नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- १.२ नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- १.३ नेपालको आर्थिक अवस्था र आवधिक योजना र गण्डकी प्रदेशको आवधिक योजना सम्बन्धी जानकारी
- १.४ जैविक विविधता, दिगो विकास, वातावरण, प्रदूषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- १.५ मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्वपूर्ण उपलब्धिहरू
- १.६ जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- १.७ नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीमा भएका व्यवस्थाहरू)
- १.८ नेपालमा संघीय लोकतान्त्रिक गणतन्त्रात्मक शासन प्रणाली सम्बन्धी जानकारी
- १.९ संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- १.१० क्षेत्रीय संगठन (सार्क, विमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- १.११ राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू
- १.१२ लैङ्गिक समानता, अपाङ्गता तथा सामाजिक समावेशीकरण (GEDSI) सम्बन्धी सामान्य जानकारी

खण्ड-ख (Section - B) : (१० प्रश्न×२ अङ्क = २० अङ्क)

२. सार्वजनिक व्यवस्थापन (Public Management)

(२० अङ्क)

२.१ कार्यालय व्यवस्थापन (Office Management)

- २.१.१ कार्यालय (Office) : परिचय, महत्व, कार्य र प्रकार
- २.१.२ सहायक कर्मचारीका कार्य र गुणहरू
- २.१.३ कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
- २.१.४ कार्यालयमा सञ्चारको महत्व, किसिम र साधन
- २.१.५ कार्यालय कार्यविधि (Office Procedure) : पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), फाइलिङ, तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

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- २.१.६ अभिलेख व्यवस्थापन (Record Management)
- २.१.७ सार्वजनिक खरिद व्यवस्थापन (Public Procurement Management) सम्बन्धी सामान्य जानकारी
- २.१.८ कार्यालयमा सूचना प्रविधि (Windows, Word, Excel, PowerPoint, E-Mail, Internet and Social Media) र नवप्रवर्तन (Innovation) सम्बन्धी सामान्य जानकारी
- २.२ निजामती सेवा ऐन, गण्डकी प्रदेश निजामती सेवा ऐन, स्थानीय सेवा (गठन तथा सञ्चालन) ऐन र तत् तत् ऐन बमोजिमका नियमावलीहरूमा भएका देहायका व्यवस्थाहरू
 - २.२.१ सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
 - २.२.२ कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय र अवकाश
 - २.२.३ कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरू
- २.३ मुख्यमन्त्री तथा मन्त्रिपरिषद्को कार्यालय सम्बन्धी जानकारी
- २.४ स्थानीय सरकार संचालन ऐन, (संशोधन सहित) २०७४
- २.५ भ्रष्टाचार निवारण ऐन, २०५९
- २.६ अख्तियार दुरुपयोग अनुसन्धान आयोग, लोक सेवा आयोग र प्रदेश लोक सेवा आयोग सम्बन्धी सामान्य जानकारी
- २.७ सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- २.८ सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- २.९ सार्वजनिक बडापत्र (Public Charter) : महत्व र आवश्यकता
- २.१० व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- २.११ मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

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भाग २ (Part II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)

(३० प्रश्नX २ अङ्क = ६० अङ्क)

1. Anatomy and Physiology

1.1 Organs and functions of different body system

- 1.1.1 Skeletal System
- 1.1.2 Muscular System
- 1.1.3 Respiratory System
- 1.1.4 Circulatory System
- 1.1.5 Digestive System
- 1.1.6 Urinary System
- 1.1.7 Reproductive System
- 1.1.8 Nervous System
- 1.1.9 Structure and functions of skin

1.2 Body temperature regulation

- 1.2.1 Conduction; Convection; Radiation
- 1.2.2 Excretion

1.3 Organisms and parasites

- 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi

1.4 Factors affecting microorganisms

- 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients

1.5 Mechanism of acid-base balance

- 1.5.1 Electrolyte
- 1.5.2 Relationship with respiration
- 1.5.3 Relation with excretion

1.6 Fluid and electrolyte replacement

- 1.6.1 Oral rehydration solution
- 1.6.2 Intra venous therapy

1.7 Pharmacokinetics

- 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs

1.8 Drugs acting on endocrine system

- 1.8.1 Insulin
- 1.8.2 Oral hypoglycemic drug
- 1.8.3 Male and female sex hormone

1.9 Uses of essential drugs in Nepal

2. Fundamentals of Nursing

2.1 Basic needs of clients - Maslow's Hierarchy of need

2.2 Nursing process

2.3 Nursing Procedures used in patient's care

2.4 Procedure used in Physical Assessment

2.5 Routes of administration of drug; Oral & Parental

2.6 First aid treatment: Drowning, Bite, Choking, Hemorrhage, Poisoning, Burn, Fracture, Snake bite

2.7 Purpose, principle and methods of sterilization of different goods

2.8 Roles and responsibilities of nurses

प्रदेश लोक सेवा आयोग

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(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

2.9 National and international professional organization and its code of ethic

2.8.1 International Council of Nurses (ICN)

2.10 Stress and coping with stress

3. Nursing care of the Adult

3.1 Medical/surgical nursing management of the disease condition in different body system

3.1.1 Nervous System: Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury, Alzheimer's disease

3.1.2 Respiratory System: Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism, COVID, SARS, COPD

3.1.3 Urinary system: Urinary Tract Infection (UTI), Nephrotic syndrome, Renal calculi, Renal failure, Prostatic hyperplasia

3.1.4 Digestive System: Peptic ulcer, Esophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis

3.1.5 Cardiovascular System: Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases, Hypertension, Myocardial infarction

3.1.6 Endocrine disorders: Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus

3.2 Nursing care of gynecological & breast disorder

3.2.1 Disorder of uterine bleeding

3.2.2 Cystocele and Rectocele

3.2.3 Uterine prolapse

3.2.4 Vesicovaginal Fistula (VVF)

3.2.5 Infection of genital tract

3.2.6 Sexually Transmitted Disease (STD)

3.2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)

3.2.8 Breast disorder

3.2.9 Infertility

3.3 Care of eye, ear and nose

3.3.1 Eye: Conjunctivitis, Blepharitis, Corneal ulcer, foreign body in eye, Cataract, Glaucoma

3.3.2 Ear: Foreign body, Otitis media, Mastoiditis, Menier's disease

3.3.3 Nose: Foreign body, Sinusitis, Epistaxis

3.3.4 Throat: Foreign body, Laryngitis, Tonsillitis, Pharyngitis

3.4 Mental health problem in Nepal

3.5 Nurse's - responsibilities in helping the individual and family in crisis

3.6 Service afford to the disabled individual during the rehabilitation

3.7 Problem caused by immobility and their prevention

4. Behavioral Science

4.1 Factors and theories of effective learning

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 4.2 Characteristic of mentally healthy person
- 4.3 Component of mental health assessment
- 4.4 Classification of mental disorders: Psychosis, Neurosis, Personality disorder, Mental retardation
- 4.5 Prevention, treatment and management of Mental Disorders

5. **Community Nursing**

- 5.1 Factors influencing health in Nepal
- 5.2 Elements of primary health care
- 5.3 Five basic principle of Primary Health Care (PHC)
- 5.4 Important and steps of home visit
- 5.5 Nursing in community
 - 5.5.1 Maternal Child Health & Family Planning (MCH & FP)
 - 5.5.2 School health
 - 5.5.3 Public health nursing service
 - 5.5.4 Industrial health Nursing
 - 5.5.5 Mental health Nursing
 - 5.5.6 Geriatric Nursing
 - 5.5.7 Rehabilitation Nursing
 - 5.5.8 Management of gender-based violence (one stop crisis management center)
- 5.6 Source of Nutrients
- 5.7 Communication
- 5.8 Epidemiology concepts of:
 - 5.8.1 Infection, Epidemic, Sporadic & Pandemic
 - 5.8.2 Communicable and non-communicable disease
- 5.9 Immunization
 - 5.9.1 Cold chain
 - 5.9.2 Type of vaccine
 - 5.9.3 National Immunization schedule
- 5.10 Various health indicator and statistics
- 5.11 Environmental sanitation
 - 5.11.1 Method of refuse disposal
 - 5.11.2 Transmission of feecal borne disease
- 5.12 Method of sewage disposal
- 5.13 Water-sources and purification of water
- 5.14 Ways and means of public relation
- 5.15 Role of nurses in community organization
- 5.16 Principle, methods and media of health education
- 5.17 Roles and function of Public Health Nurse
- 5.18 Family planning
 - 5.19.1 Population Management and need of family planning in Nepal
 - 5.19.2 Methods of Family Planning: Temporary and Permanent Methods
- 5.19 Nutritional deficiencies diseases: Micro and Macro Nutrient deficiencies

6. **Midwifery**

- 6.1 Antenatal
 - 6.1.1 Four types of female pelvis and their effect on birth
 - 6.1.2 Structure and function of female reproductive organs

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 6.1.3 Normal reproductive age and menopause
- 6.1.4 Development of fertilized ovum and fetus
- 6.1.5 Lie, presentation, attitude, denominator, position, presenting part, engagement, station
- 6.1.6 Signs and symptoms of pregnancy
- 6.1.7 Physical examination of Antenatal mother
- 6.1.8 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
- 6.1.9 Growth of uterus and height in relation to gestation
- 6.1.10 Purpose of Antenatal care.
- 6.1.11 Need of pregnant mother.
- 6.1.12 ANC visit protocol in Nepal
- 6.1.13 Nursing management of following condition:
 - 6.1.13.1 Minor disorders of pregnancy
 - 6.1.13.2 Bleeding in pregnancy
 - 6.1.13.3 Major disorders of pregnancy
- 6.1.14 Disease associated with pregnancy
 - 6.1.14.1 Anemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection.

6.2 Labour

- 6.2.1 Labour and its stages
- 6.2.2 Signs & symptoms of onset of true labour
- 6.2.3 Normal course of I, II, III stages of labour
- 6.2.4 Mechanism of Normal labour
- 6.2.5 Nursing care of mother during each stage of labour
- 6.2.6 Signs and symptoms of first, second, third and fourth stage of labour and its management
- 6.2.7 Apgar score
- 6.2.8 Immediate care of New born
- 6.2.9 Signs & Symptoms of separation of placenta
- 6.2.10 Complications of third and fourth stage of labour.
- 6.2.11 Needs and care of mother and new born
- 6.2.12 Prolonged labour and its appropriate management

6.3 Postnatal

- 6.3.1 Definition and duration of puerperium
- 6.3.2 Principles of care in puerperium
- 6.3.3 Need of postnatal mother
- 6.3.4 Postnatal visit protocol in Nepal
- 6.3.5 Minor and Major disorders of puerperium.
- 6.3.6 Complications of puerperium
- 6.3.7 Breast feeding
- 6.3.8 Examination of new born
- 6.3.9 Congenital abnormalities
- 6.3.10 Post partum family planning

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

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7. Nursing Care of Children

- 7.1 Definition of terms: Neonate, Infant, Toddler, Preschool, School age, Adolescence
- 7.2 Developmental characteristic and milestone of each stage
- 7.3 Common behavioral and developmental disorders
- 7.4 Six major killer diseases: Diarrhea, Measles, Tetanus, Tuberculosis, Malnutrition, Acute Respiratory Infection (ARI)
- 7.5 Role of nurses in reduction of child mortality rate
- 7.6 Common health problems of children in Nepal and its nursing management and strategy for prevention
 - 7.6.1 Dysentery
 - 7.6.2 Worm infestation
 - 7.6.3 Imperforated anus
 - 7.6.4 Undescended Testis
 - 7.6.5 Phimosis
 - 7.6.6 Hemophilia
 - 7.6.7 Rheumatic fever
 - 7.6.8 Rheumatic heart disease
 - 7.6.9 Hair-lip
 - 7.6.10 Cleft palate
- 7.7 Common health hazards of children in Nepal and their prevention

8. Leadership and Management in Nursing

- 8.1 Leadership and management: Leadership style, Factor affecting leadership, Management function, health program management, role of nurse manager,
- 8.2 Delivery of health care services
 - 8.2.1 Organizational structure of government and non-government health service
 - 8.2.2 Integrated health services
 - 8.2.3 Co-operation and collaboration of multisectoral groups and agencies in Nepal
- 8.3 Health Planning
 - 8.3.1 National health planning and concept of National Health System
 - 8.3.2 Categories of different level of health personnel in Nepal
 - 8.3.3 Job Description of different level of nursing personnel

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सार्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्रको भाग **(Part II)** सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छन् ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8
प्रश्न संख्या	4	5	4	1	5	5	4	2

प्रदेश लोक सेवा आयोग

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प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
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द्वितीय पत्र (Paper II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge)

Section- A (खण्ड-क) अंक- ५०

1. Anatomy and Physiology

1.1 Organs and functions of different body system

- 1.1.1 Skeletal System
- 1.1.2 Muscular System
- 1.1.3 Respiratory System
- 1.1.4 Circulatory System
- 1.1.5 Digestive System
- 1.1.6 Urinary System
- 1.1.7 Reproductive System
- 1.1.8 Nervous System
- 1.1.9 Structure and functions of skin

1.2 Body temperature regulation

- 1.2.1 Conduction; Convection; Radiation
- 1.2.2 Excretion

1.3 Organisms and parasites

- 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi

1.4 Factors affecting microorganisms

- 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients

1.5 Mechanism of acid-base balance

- 1.5.1 Electrolyte
- 1.5.2 Relationship with respiration
- 1.5.3 Relation with excretion

1.6 Fluid and electrolyte replacement

- 1.6.1 Oral rehydration solution
- 1.6.2 Intra venous therapy

1.7 Pharmacokinetics

- 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs

1.8 Drugs acting on endocrine system

- 1.8.1 Insulin
- 1.8.2 Oral hypoglycemic drug
- 1.8.3 Male and female sex hormone

1.9 Uses of essential drugs in Nepal

2. Fundamentals of Nursing

2.1 Basic needs of clients - Maslow's Hierarchy of need

2.2 Nursing process

2.3 Nursing Procedures used in patient's care

2.4 Procedure used in Physical Assessment

2.5 Routes of administration of drug; Oral & Parental

2.6 First aid treatment: Drowning, Bite, Choking, Hemorrhage, Poisoning, Burn, Fracture, Snake bite

2.7 Purpose, principle and methods of sterilization of different goods

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.8 Roles and responsibilities of nurses
- 2.9 National and international professional organization and its code of ethic
 - 2.8.1 International Council of Nurses (ICN)
- 2.10 Stress and coping with stress

3. Nursing care of the Adult

- 3.1 Medical/surgical nursing management of the disease condition in different body system
 - 3.1.1 Nervous System: Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury, Alzheimer's disease
 - 3.1.2 Respiratory System: Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism, COVID, SARS, COPD
 - 3.1.3 Urinary system: Urinary Tract Infection (UTI), Nephrotic syndrome, Renal calculi, Renal failure, Prostatic hyperplasia
 - 3.1.4 Digestive System: Peptic ulcer, Esophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis
 - 3.1.5 Cardiovascular System: Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases, Hypertension, Myocardial infarction
 - 3.1.6 Endocrine disorders: Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus
- 3.2 Nursing care of gynecological & breast disorder
 - 3.2.1 Disorder of uterine bleeding
 - 3.2.2 Cystocele and Rectocele
 - 3.2.3 Uterine prolapse
 - 3.2.4 Vesicovaginal Fistula (VVF)
 - 3.2.5 Infection of genital tract
 - 3.2.6 Sexually Transmitted Disease (STD)
 - 3.2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)
 - 3.2.8 Breast disorder
 - 3.2.9 Infertility
- 3.3 Care of eye, ear and nose
 - 3.3.1 Eye: Conjunctivitis, Blepharitis, Corneal ulcer, foreign body in eye, Cataract, Glaucoma
 - 3.3.2 Ear: Foreign body, Otitis media, Mastoiditis, Menier's disease
 - 3.3.3 Nose: Foreign body, Sinusitis, Epistaxis
 - 3.3.4 Throat: Foreign body, Laryngitis, Tonsillitis, Pharyngitis
- 3.4 Mental health problem in Nepal
- 3.5 Nurse's - responsibilities in helping the individual and family in crisis
- 3.6 Service afford to the disabled individual during the rehabilitation
- 3.7 Problem caused by immobility and their prevention

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर
(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

4. Behavioral Science

- 4.1 Factors and theories of effective learning
- 4.2 Characteristic of mentally healthy person
- 4.3 Component of mental health assessment
- 4.4 Classification of mental disorders: Psychosis, Neurosis, Personality disorder, Mental retardation
- 4.5 Prevention, treatment and management of Mental Disorders

Section- B (खण्ड-ख) अंक- ५०

5. Community Nursing

- 5.1 Factors influencing health in Nepal
- 5.2 Elements of primary health care
- 5.3 Five basic principle of Primary Health Care (PHC)
- 5.4 Important and steps of home visit
- 5.5 Nursing in community
 - 5.5.1 Maternal Child Health & Family Planning (MCH & FP)
 - 5.5.2 School health
 - 5.5.3 Public health nursing service
 - 5.5.4 Industrial health Nursing
 - 5.5.5 Mental health Nursing
 - 5.5.6 Geriatric Nursing
 - 5.5.7 Rehabilitation Nursing
 - 5.5.8 Management of gender-based violence (one stop crisis management center)
- 5.6 Source of Nutrients
- 5.7 Communication
- 5.8 Epidemiology concepts of:
 - 5.8.1 Infection, Epidemic, Sporadic & Pandemic
 - 5.8.2 Communicable and non-communicable disease
- 5.9 Immunization
 - 5.9.1 Cold chain
 - 5.9.2 Type of vaccine
 - 5.9.3 National Immunization schedule
- 5.10 Various health indicator and statistics
- 5.11 Environmental sanitation
 - 5.11.1 Method of refuse disposal
 - 5.11.2 Transmission of feacal borne disease
- 5.12 Method of sewage disposal
- 5.13 Water-sources and purification of water
- 5.14 Ways and means of public relation
- 5.15 Role of nurses in community organization
- 5.16 Principle, methods and media of health education
- 5.17 Roles and function of Public Health Nurse
- 5.18 Family planning
 - 5.19.1 Population Management and need of family planning in Nepal
 - 5.19.2 Methods of Family Planning: Temporary and Permanent Methods
- 5.19 Nutritional deficiencies diseases: Micro and Macro Nutrient deficiencies

प्रदेश लोक सेवा आयोग

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6. Midwifery

6.1 Antenatal

- 6.1.1 Four types of female pelvis and their effect on birth
- 6.1.2 Structure and function of female reproductive organs
- 6.1.3 Normal reproductive age and menopause
- 6.1.4 Development of fertilized ovum and fetus
- 6.1.5 Lie, presentation, attitude, denominator, position, presenting part, engagement, station
- 6.1.6 Signs and symptoms of pregnancy
- 6.1.7 Physical examination of Antenatal mother
- 6.1.8 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
- 6.1.9 Growth of uterus and height in relation to gestation
- 6.1.10 Purpose of Antenatal care.
- 6.1.11 Need of pregnant mother.
- 6.1.12 ANC visit protocol in Nepal
- 6.1.13 Nursing management of following condition:
 - 6.1.13.1 Minor disorders of pregnancy
 - 6.1.13.2 Bleeding in pregnancy
 - 6.1.13.3 Major disorders of pregnancy
- 6.1.14 Disease associated with pregnancy
 - 6.1.14.1 Anemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection.

6.2 Labour

- 6.2.1 Labour and its stages
- 6.2.2 Signs & symptoms of onset of true labour
- 6.2.3 Normal course of I, II, III stages of labour
- 6.2.4 Mechanism of Normal labour
- 6.2.5 Nursing care of mother during each stage of labour
- 6.2.6 Signs and symptoms of first, second, third and fourth stage of labour and its management
- 6.2.7 Apgar score
- 6.2.8 Immediate care of New born
- 6.2.9 Signs & Symptoms of separation of placenta
- 6.2.10 Complications of third and fourth stage of labour.
- 6.2.11 Needs and care of mother and new born
- 6.2.12 Prolonged labour and its appropriate management

6.3 Postnatal

- 6.3.1 Definition and duration of puerperium
- 6.3.2 Principles of care in puerperium
- 6.3.3 Need of postnatal mother
- 6.3.4 Postnatal visit protocol in Nepal
- 6.3.5 Minor and Major disorders of puerperium.
- 6.3.6 Complications of puerperium
- 6.3.7 Breast feeding
- 6.3.8 Examination of new born

प्रदेश लोक सेवा आयोग

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6.3.9 Congenital abnormalities

6.3.10 Post partum family planning

7. Nursing Care of Children

7.1 Definition of terms: Neonate, Infant, Toddler, Preschool, School age, Adolescence

7.2 Developmental characteristic and milestone of each stage

7.3 Common behavioral and developmental disorders

7.4 Six major killer diseases: Diarrhea, Measles, Tetanus, Tuberculosis, Malnutrition, Acute Respiratory Infection (ARI)

7.5 Role of nurses in reduction of child mortality rate

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

7.6.1 Dysentery

7.6.2 Worm infestation

7.6.3 Imperforated anus

7.6.4 Undescended Testis

7.6.5 Phimosis

7.6.6 Hemophilia

7.6.7 Rheumatic fever

7.6.8 Rheumatic heart disease

7.6.9 Hair-lip

7.6.10 Cleft palate

7.7 Common health hazards of children in Nepal and their prevention

8. Leadership and Management in Nursing

8.1 Leadership and management: Leadership style, Factor affecting leadership, Management function, health program management, role of nurse manager,

8.2 Delivery of health care services

8.2.1 Organizational structure of government and non-government health service

8.2.2 Integrated health services

8.2.3 Co-operation and collaboration of multisectoral groups and agencies in Nepal

8.3 Health Planning

8.3.1 National health planning and concept of National Health System

8.3.2 Categories of different level of health personnel in Nepal

8.3.3 Job Description of different level of nursing personnel

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based-Knowledge)	(A)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०
		(B)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०

प्रदेश लोक सेवा आयोग

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(नर्स) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्रको भाग **(Part II)** सेवा सम्बन्धित कार्य-ज्ञान (Job based - knowledge) को पाठ्यक्रमका
एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

खण्ड	छोटो उत्तर Section A				छोटो उत्तर Section B				लामो उत्तर Section	
	1	2	3	4	5	6	7	8	A	B
पाठ्यक्रमका एकाइ										
प्रश्न संख्या	1	2	2	1	2	2	1	1	2	2