

प्रदेश लोक सेवा आयोग  
गण्डकी प्रदेश  
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ र कम्युनिटी/पब्लिक हेल्थ नर्सिङ समूह, सातौं तहको खुला र  
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र- कम्युनिटी नर्सिङ सम्बन्धी

**Section A - 30 Marks**

- 1. History of community health Nursing in Nepal; Changing Concept in public health/disease/ health illness continuum /PHC 10%**
  - 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
- 7. Community diagnosis and Community participation 10%**
  - 7.1 Concept and Process of Community diagnosis
  - 7.2 Concept, Process, Purpose, Barriers and resource mobilization in community participation
- 9. Community health Nursing Management 10%**
  - 9.1 Planning
  - 9.2 Organizing
  - 9.3 Implementing/follow up
  - 9.4 Supervision & monitoring
  - 9.5 Evaluating
  - 9.6 Referral

**Section B - 30 Marks**

- 2. Recording/Reporting Family Health & Reproductive Health 20%**
  - 2.1 Role and responsibilities of Nurse in providing Family Health Care.
  - 2.2 Importance of Home visit.
  - 2.3 Reproductive Health
    - 2.3.1 Concept
    - 2.3.2 Components
    - 2.3.3 Life span reproductive health care
    - 2.3.4 Safe motherhood
    - 2.3.5 Family planning
    - 2.3.6 Care and Prevention of HIV/AIDS /STI
- 8. Domiciliary midwifery services & Responsibilities 10%**
  - 8.1 Domiciliary midwifery services
    - 8.1.1 Birth preparedness package
    - 8.1.2 Basic Emergency Obstetric Care
    - 8.1.3 Clean, home delivery services
    - 8.1.4 Supervision and guidance in domiciliary midwifery service
    - 8.1.5 Postnatal care
    - 8.1.6 Post abortion care
  - 8.2 Role and Responsibilities of following professionals
    - 8.2.1 RHD (Regional Health Director)
    - 8.2.2 Senior Public Health Nurse
    - 8.2.3 Community Nursing Officer
    - 8.2.4 Public Health Nurse
    - 8.2.5 Staff Nurse (PHCC)
    - 8.2.6 ANM/AHW
    - 8.2.7 MCHW
    - 8.2.8 FCHW

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8.2.9 VHW

**Section C - 20 Marks**

**3. Epidemiology and vital health statistics. 10%**

- 3.1 Health, economics and socio-indicators.
- 3.2 Epidemiological approach & methods.

**5. Occupational Health 10%**

- 5.1 Occupational health hazards
- 5.2 Preventive measures

**Section D - 20 Marks**

**4. Special health program in Nepal 10%**

- 4.1 Nutrition
- 4.2 ARI (Acute Respiratory Infection)
- 4.3 CDD (Control of Diarrhoeal Disease)
- 4.4 Maternal and child health care Family Planning

**6. Common communicable and Non-communicable diseases 10%**

**6.1 Communicable diseases**

- 6.1.1 TB
- 6.1.2 Malaria, Kalazar, Encephalitis
- 6.1.3 HIV/AIDS, STI
- 6.1.4 Hepatitis 'B'
- 6.1.5 Water borne diseases
- 6.1.6 Covid-19

**6.2 Non-communicable diseases**

- 6.2.1 Heart Disease
- 6.2.2 Diabetes
- 6.2.3 Cancer
- 6.2.4 Mental Problems
- 6.2.5 Hypertension

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

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

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### विषयगत नमूना प्रश्नहरू (Sample questions)

1. Discuss concept and process of community development and explain how will you overcome its Barriers. 5+5=10
2. List the special health programmes of Nepal and explain one of them. 3+7=10
3. Discuss the Role and Responsibilities of a Nurse in providing Family Health care in Nepal. 10

### सामूहिक परीक्षण (Group Discussion)

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ। दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको कम्तीमा ३ जनाको समिति रहनेछ।

आयोगका सदस्य - अध्यक्ष

विज्ञ - सदस्य

दक्ष/विज्ञ (१ जना) - सदस्य

### सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणको लागि - उर्जा संकट, गरीबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता Topics मध्येकुनै एक Topic मात्र दिइनेछ।