

प्रदेश लोक सेवा आयोग
गण्डकी प्रदेश

नेपाल स्वास्थ्य, सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, सहायक चौथो तह, अ.न.मि. पद (प्रदेश/स्थानीय तह) को खुला 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 संख्या/अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५० × २ = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

दृष्टव्य :

१. यथासम्भव पाठ्यक्रमको सबै एकाइहरूबाट प्रश्नहरू सोधिनेछ।
२. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २ (दुई) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात् ०.४ अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
३. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ।
४. पाठ्यक्रम लागू मिति :

(A) Anatomy and physiology

1. Names, types and functions of the different Organs of following system
 - 1.1 Skeletal System
 - 1.2 Muscular System
 - 1.3 Digestive System
 - 1.4 Circulatory System
 - 1.5 Urinary System
 - 1.6 Nervous System
 - 1.7 Respiratory System
 - 1.8 Endocrine System
 - 1.9 Sensory Organs

2. Mechanism of the different system
 - 2.1 Mechanism of digestion of food
 - 2.2 Mechanism of respiration
 - 2.3 Mechanism of Menstrual cycle
 - 2.4 Mechanism of urinary system

(B) Nursing Procedure and First Aid

1. Nursing Procedure
 - 1.1 Job description of Auxiliary Nurse Midwife (ANM) in PHC, Health Post, Community (UHC/CHU) and district Hospital
 - 1.2 Prevention and treatment of bed sore
 - 1.3 Vital signs
 - 1.4 Sterilization: - Importance, types and methods
 - 1.5 Catheterization
 - 1.6 Medicine (Essential drugs used in Health Post, PHCC and District Hospital)

2. First aid treatment of following condition
 - 2.1 Fracture
 - 2.2 Shock, Wound, Hemorrhages, Epistaxis, Scald and Burn
 - 2.3 Unconscious, Fits
 - 2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose
 - 2.5 Dehydration

(C) Family Planning, Maternal and Child Health (MCH) and Nutrition

1. Methods of family planning
 - 1.1 Temporary methods for male and female
 - 1.2 Permanent methods for male and female
 - 1.3 Family planning counseling
 - 1.4 Various rates and ratio used in population education

2. Maternal and Child Health (MCH)

- 2.1 Immunization
- 2.2 Growth and developmental Milestone of under five children
- 2.3 Record of Height, Weight and Mid Upper Arm Circumference (MUAC)
- 2.4 Acute Respiratory Tract Infection (ARI)
- 2.5 Malnutrition; Protein energy malnutrition (P.E.M.)
- 2.6 Control of Diarrhoeal Diseases (CDD)
- 2.7 Oral rehydration solution (ORS) therapy
- 2.8 Advantages of breast feeding
- 2.9 National Immunization Program, Vaccine preventable diseases
- 2.10 Cold chain management
- 2.11 Antenatal care and post-natal care
- 2.12 Abortion

3. Nutrition

- 3.1 Nutritional requirement in normal children, adult, pregnancy and lactating mother
- 3.2 Importance of nutrition
- 3.3 Disease due to micronutrient deficiency and sources of vitamin
 - 3.3.1 Vitamin "A"
 - 3.3.2 Vitamin "B"
 - 3.3.3 Vitamin "C"
 - 3.3.4 Vitamin "D"
 - 3.3.5 Iron and folic acid
 - 3.3.6 Iodine
- 3.4 Iron deficiency Anaemia and its management
- 3.5 Goiter, cretinism, mental retardation and its prevention
- 3.6 Macro and micro nutrients, protein energy malnutrition

(D) Diagnosis and treatment of simple disorders

- 1. Different types of micro-organisms including spore and parasites
- 2. Common skin diseases and its management
- 3. Nursing management of following conditions:
 - 3.1 Diabetes
 - 3.2 Peptic ulcer
 - 3.3 Jaundice
 - 3.4 Typhoid,
 - 3.5 Bronchial Asthma
 - 3.6 Bronchitis
 - 3.7 Hypertension and hypotension
 - 3.8 Congestive cardiac failure
 - 3.9 Rheumatic fever
 - 3.10 Sexually Transmitted Diseases (STDs)
 - 3.11 Urinary Tract Infection
 - 3.12 Meningitis, viral Encephalitis
 - 3.13 Paralysis (hemiplegia /paraplegia)
 - 3.14 Head injury

- 3.15 Infection of eye
- 3.16 Mental Health (Types and causes of mental problem)
- 3.17 Fracture and Dislocation
- 3.18 Minor trauma
- 3.19 Fever

(E) Health education and Communication

- 1. Principle and importance of health education
- 2. Methods and media of health education
- 3. Elements, barriers and techniques of communication

(F) Midwifery

1. Antenatal care (ANC)

- 1.1 Placenta and its functions
- 1.2 Signs and symptoms of pregnancy.
- 1.3 Diagnosis of pregnancy
- 1.4 Physiological changes during pregnancy
- 1.5 Purpose of Antenatal care.
- 1.6 Calculation of Expected Date of Delivery (EDD) and gestational week of pregnancy
- 1.7 Investigations during pregnancy
- 1.8 Health education/counselling during antenatal visit
- 1.9 Minor and Major disorders during pregnancy its management
- 1.10 High risk factors during pregnancy and their management
- 1.11 Birth preparedness and readiness for complication management
- 1.12 Skill birth attendance (SBA)

2. Labor (Intra natal)

- 2.1 Signs & symptoms; and causes of onset of labor
- 2.2 Physiological changes during first, second and third stages of labor
- 2.3 Signs and symptoms and management of maternal and fetal distress
- 2.4 Methods, Indications and time of episiotomy
- 2.5 Repair of episiotomy and perineal tear
- 2.6 Method of scoring of the APGAR score
- 2.7 Immediate care of newborn baby
- 2.8 Examination of newborn baby
- 2.9 Complication of third stage and its management
- 2.10 Abnormal Labor
 - 2.10.1 Occipito-posterior position
 - 2.10.2 Multiple pregnancy
 - 2.10.3 Malpresentation
 - 2.10.4 Prematurity
 - 2.10.5 Post maturity
- 2.11 Management of prolonged labor
 - 2.11.1 Cephalo-pelvis disproportion (CPD)
 - 2.11.2 Trial labor (Induction)

2.12 Premature rupture of membranes

2.13 Retained placenta

3 Postnatal care

3.1 Definition, Principles, purpose and frequencies of postnatal care

3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Hemorrhoid, Crack nipple, Engorge breast, Sub-involution of the Uterus)

3.3 Major disorder during puerperium (Causes, signs and symptoms, complications and management of mother and baby)

3.3.1 Puerperal sepsis

3.3.2 Urinary Tract Infection (UTI)

3.3.3 Incontinence of urine and stool

3.3.4 Postpartum haemorrhage (PPH)

3.3.5 Venous thrombosis

3.3.6 Pulmonary embolism

3.3.7 Postnatal psychosis and depression

3.3.8 Major disorders of new born

3.4 Breast feeding

3.4.1 Position and attachment

3.4.2 Counselling

3.4.3 Kangaroo Mother Care (KMC)

(G) Environmental Sanitation

1. Health problems and diseases due to poor environmental Sanitation
2. Water pollution, Air pollution, Soil pollution, sound pollution
3. Excreta disposal and its importance
4. Types of latrines
5. Classification and management of solid waste disposal

(H) Epidemiology and communicable diseases

1. Definition of epidemiological terminologies and aim of epidemiology
2. Concept of health and diseases
3. Primary Health care (Definition, element, Basic Principles)
4. Immunity (acquired, artificial and herd immunity)
5. Communicable diseases and its prevention, control and treatment including Acquired Immuno Deficiency Syndrome (AIDS) and Sexual Transmitted Disease (STD), TB, Leprosy, Malaria, Kala-azar, Dengue.
6. Management of disease outbreak (MERS, SARS, COVID etc.)

(I) Community diagnosis

1. Importance and methods of community diagnosis
2. Process of community diagnosis

(J) Health Management and knowledge of pharmacy

1. Planning, Implementation and evaluation of Health services
2. Job description of ANM at different setting of health services
3. Organogram of Ministry of Health and Population of Gandaki Province and organizations associated with MoHP, Gandaki Province
4. Roles of ANM in the federal, provincial and local level of health service delivery system
5. Health service act and regulations
6. IHMIS, DHIS-2, eLMIS
7. Rational use of drugs
8. Adverse effect, side effects of drugs