

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाचौं तह, स्टाफ नर्स पदको खुला प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम एवं परीक्षा योजना

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसारका चरणमा परीक्षा लिइने छ:-

क. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: १५

**परीक्षा योजना (Examination Scheme)**

प्रथम चरण :- लिखित परीक्षा (Written Examination)

विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न × २ अङ्क=१००	४५ मिनेट

द्वितीय चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१५	मौखिक

**द्रष्टव्य:**

१. यथासम्भव पाठ्यक्रमका सबै इकाईबाट प्रश्न सोधिने छन्

एकाई	१	२	३	४	५	६	७	८	९	१०
प्रश्न संख्या	५	४	१०	४	१०	५	५	३	३	३

२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।

३. लिखित परीक्षामा गल्ती गरेको प्रश्नोत्तरका लागि २० प्रतिशत अङ्क कट्टा गरिने छ । तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।

४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।

५. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ ।

६. पाठ्यक्रम लागू हुने मिति २०७८।०८।१२

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### **1. Fundamentals of Nursing:**

- 1.1 Basic needs of clients
- 1.2 The nursing process
- 1.3 Nursing procedure used in cardinal assessment
- 1.4 Common nursing measures used in the hospital to meet the physical needs of client
- 1.5 Stress and coping mechanism including nurses role in meeting the emotional need
- 1.6 Protective measure to provide safety need of clients and principle of body mechanics
- 1.7 Measure to meeting the elimination need of the clients in different condition
- 1.8 Disease transmission cycle, infection prevention principle and process
- 1.9 Dressing, Bandaging and Sitz bath
- 1.10 Hot and cold application
- 1.11 Active and passive exercise including postural drainage
- 1.12 Administration of drugs
- 1.13 Methods of collecting different specimen for routine and culture test
- 1.14 Common first aid treatment in different condition
- 1.15 Pre and post-operative procedure including care of patient during this period

### **2 Applied Science**

- 2.1 Anatomy and Physiology of all body systems or organs and drugs used in different system
- 2.2 Microbiology: various disease causing organism and its effect on human health and environment; investigation; common drugs used in infections disease its action and side effects
- 2.3 Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy
- 2.4 Mechanisms body or joint movement and relation with principle of lever; Friction, Gravity; Newton's Law; Force; Transfer of heat;
- 2.5 Mechanisms of respiration and Boyle's law
- 2.6 Mechanism of stimuli transmitted in nervous system and reflex action
- 2.7 Blood grouping, types Rhesus factors of human blood
- 2.8 Defense mechanism: various way of the body defense against injuries and harmful organism

### **3 Medical/Surgical Nursing**

- 3.1 Developmental need and tasks, Application of nursing process, Common diagnostic procedures
- 3.2 Nursing management of common disease conditions including pre and postoperative care.
  - 3.2.1 Musculoskeletal disorder: Accidents, Soft tissue injuries, Fracture, Dislocation, Osteomyelitis, Osteoarthritis
  - 3.2.2 Disorder of nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Polyneuritis, Parkinson disease, Brain tumors

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- 3.2.3 Respiratory disorder: Bronchitis, Asthma, Pulmonary TB, Pleurisy, Rhinitis, Atelectasis, Influenza, Lungs abscess, Pneumonia, Thoracic empyema, Haemothorax / Pneumothorax, Pulmonary embolism
- 3.2.4 Gastrointestinal and Nutritional Disorders: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Ulcerative colitis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Hepatic coma, Liver abscess
- 3.2.5 Genitourinary Disorder: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Bladder stones, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure, Uremia, Neoplasm
- 3.2.6 Cardiovascular Disorder: Pericarditis, Myocarditis, Endocarditis, Cor pulmonale, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, stenosis and incompetency of valve, Hypertension, Anemia, Leukemia, Hodgkin's disease, Gangrene, Thrombosis, Embolism, Aneurysm, Cerebral vascular accidents.
- 3.2.7 Endocrine Disorders: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's Syndrome
- 3.2.8 Alteration in Skin Integrity: Burn; Fluid replacement therapy and electrolyte balance
- 3.2.9 Geriatric Problems: Depression, Suicidal tendency, Anxiety, Insomnia, Neurosis, Social Isolation and Loneliness
- 3.2.10 Conjunctivitis, cataract, Glaucoma, foreign body in eye, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Menier's disease, Sinusitis, Epistaxis, Laryngitis, pharyngitis, Tonsillitis,
- 3.2.11 Care of patient with common sensory disorders and nursing management
- 3.3 Preparation of patients for specific diagnostic investigation related to different system disorders
- 3.4 Nursing care patient with under water seal drainage, postural drainage and oxygen inhalation therapy and Tracheostomy
- 3.5 Physiological and emotional response of the body to stress and crisis; the way of helping the individual and families to cope with crisis of illness and nurses role to overcome from this situation
- 3.6 Disability; Rehabilitation and role of nurses in rehabilitation process; Care of patient with immobility problems
- 3.7 Specific Nursing management for individual with gastrointestinal disorder
  - 3.7.1 Meeting the nutritional needs by Nasogastric tube insertion, feeding and care
  - 3.7.2 Colostomy feeding and care
  - 3.7.3 Therapeutic Diets

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- 3.8 Specific nursing management for the patient with Dialysis, Continuous urinary drainage and Bladder irrigation
- 3.9 Basic Life support, advance Life support and care of patient after resuscitation
- 3.10 Blood transfusion and care of the patient with before and after blood transfusion
- 3.11 Special nursing procedure and care of the patient with insulin administration and cortisone therapy
- 3.12 Importance of psychological knowledge and implication of psychological process in caring for the patients and themselves.

#### **4 Community Health Nursing**

- 4.1 Concepts of primary health care, communication skill, health education
- 4.2 Epidemiological concepts and approaches
- 4.3 Nutrition, Nutritional deficiency diseases and its management
- 4.4 Immunization, Family planning and Under five clinic
- 4.5 Communicable disease ( Scabies, worm- infestation, Malaria, Dengue fever, Kalazar, Typhoid, Paratyphoid, Cholera, HIV/AIDS/ STI infection and Covid19)
- 4.6 Non communicable burden of diseases and its management
- 4.7 Tropical disease (Malaria, Kala-azar, Dengue, Filariasis , Scrub typhus, )
- 4.8 Haemolytic disease (Sickle cell disease, Thalaesmia)
- 4.9 Level of disease prevention and modes of intervention
- 4.10 Management of disease outbreak (MERS, SARS, Covid)
- 4.11 Health Indicators/ vital statistics
- 4.12 Family health nursing and School health nursing

#### **5 Midwifery**

- 5.1 Safe motherhood, SBA policy and core competency and strategies of Nepal
- 5.2 Fetal development and fetal circulation
- 5.3 Physiological changes during pregnancy, labour and puerperium
- 5.4 Diagnosis of pregnancy and calculation of expected date of delivery (EDD) and period of gestation (POG)
- 5.5 Antenatal, natal and postnatal care of a mother
- 5.6 Mal presentation and mal position
- 5.7 Management of high risk mothers; Pregnancy induce hypertension and Eclampsia
- 5.8 Management of minor and major disorders during pregnancy and postpartum period
- 5.9 Common sexually transmitted infection and their management during pregnancy
- 5.10 Medical disorder associated with pregnancy and its management
- 5.11 Post term pregnancy; Induction and Augmentation of Labour
- 5.12 Physiology and mechanism of labour; Conduction of normal delivery; Obstetrical emergency: basic essential obstetric care (BEOC) and Comprehensive emergency obstetric Care (CEOC); Abnormal labour and Instrumental Delivery
- 5.13 Physiological change in a new born and adaptation to extra uterine environment
- 5.14 Care of new born baby with observation and assessment including Newborn Resuscitation

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5.15 Breast feeding, Breast care, Problem in breast feeding and its management

5.16 Minor and Major problems of Newborn; congenital anomalies and its Management

5.17 Common drugs used during pregnancy, labour and postpartum period

## **6 Nursing Care of Gynecological Problems**

6.1 Malformation and Malposition female reproductive organ: Cystocele and Rectocele;  
Uterine Prolapse, Vesico Vaginal Fistula

6.2 Abnormal Menstrual bleeding; Dysfunctional Uterine Bleeding (DUB)

6.3 Breast cancer; Cervical cancer

6.4 STD/HIV/AIDS

6.5 Male and female Infertility/sub fertility

6.6 Preparation of patient for various investigation of gynecological and breast problems

6.7 Child marriage and health consequences

## **7 Nursing Care of the children**

7.1 Major developmental milestones and tasks of different stages of children

7.2 Promoting optimum development of children

7.3 Basic and special need of sick children

7.4 Adolescent changes and problems

7.5 Community based Integrated management of neonatal and childhood illness (CB-  
IMNCI)

7.6 Common health problems in children and their nursing management

7.7 Common childhood emergencies condition, their prevention and management (fall,  
Burn, Drowning, Foreign body aspiration & asphyxiation, Poisoning, Accidents &  
sharp instrument injuries)

7.8 Congenital disorders/disabilities and its management

7.9 Role of nurses in reduction of mortality rate of children

7.10 Nursing care of critically ill children

## **8 Mental Health**

8.1 Management of clients with mental disorders

8.2 Characteristics of mentally ill patient

8.3 Classification of mental disorders

## **9 Leadership and Management in Nursing**

9.1 Leadership style; personal and professional development

9.2 Management process: Supervision, motivation, implementation and evaluation

9.3 Organizational structure of Government health services: (Provincial and Local)

9.4 Disaster management (Health and Nutrition cluster)

9.5 Communication Process.

9.6 Job description of Staff Nurse

9.7 Resources Management: Human, material, finance and time

9.8 Role and responsibility of One stop Crisis Management Centers (OCMC)

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खुला प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम एवं परीक्षा योजना

## 10 Miscellaneous

- 10.1 Health Sector Sustainable development goal (SDG3)
- 10.2 Social security scheme and health insurance
- 10.3 नेपाल नर्सिङ्ग परिषद ऐन, २०५२
- 10.4 स्थानीय सरकार संचालन ऐन, २०७४ (परिच्छेद-३)
- 10.5 सुदूरपश्चिम जनस्वास्थ्य ऐन, २०७६

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