

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग
प्राविधिक सेवा, नर्सिङ्ग समूह, नर्सिङ्ग अधिकृत पद, तह ७ को
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

१. प्रथम चरण : – लिखित परीक्षा						पूर्णाङ्क :- २००	
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	Technical Subject,	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	४५ मिनेट
द्वितीय	General Knowledge and Related Legislation	१००	४०	विषयगत	छोटो उत्तर लामो उत्तर	४ प्रश्न X ५ अङ्क ५ प्रश्न X १० अङ्क	३ घण्टा
					समस्या समाधान	२ प्रश्न x १५ अङ्क	
२. द्वितीय चरण : – अन्तर्वार्ता							
विषय		पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय
अन्तर्वार्ता		३०	-	मौखिक			

द्रष्टव्य :

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा) र द्वितीय चरण (अन्तर्वार्ता) गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरू सोधिनेछ ।
- 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 ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- 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 ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०८१/१२/०४

नोट: प्रथम पत्र र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।

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प्रथम तथा द्वितीय पत्र :-
प्राविधिक विषय, सामान्य ज्ञान र सम्बन्धित कानूनहरु
(Technical Subject, General Knowledge and Related Legislation)

खण्ड (A): 80 Marks

Technical Subject

1. Nursing concept & Principles

- 1.1 Nursing Theory
 - 1.1.1. V. Henderson
 - 1.1.2. D. Orem
 - 1.1.3. Roy's
 - 1.1.4. Florence Nightingale
- 1.2. Nursing Process
 - 1.2.1 Steps of Nursing process
- 1.3. Pain and Stress management
 - 1.3.1 Nursing Management
 - 1.3.2 Medical Management
- 1.4. Holistic Health Care
 - 1.4.1 Components of holistic health care
 - 1.4.2 Methods of holistic care
 - 1.4.3 Alternative medicines
- 1.5 Creativity in Nursing
 - 1.5.1 Methods of creativity
 - 1.5.2 Barriers of creativity
- 1.6. Professional Development
 - 1.6.1 Nursing ethics
 - 1.6.2 Trends
 - 1.6.3 Professional and clients right
 - 1.6.4 Legal Right
 - 1.6.5 ICN code of Nursing
 - 1.6.6 ICM code of Nursing
 - 1.6.7 (N.A.N.) Nursing Association of Nepal
 - 1.6.8 (N.N.C.) Nepal Nursing Council
 - 1.6.9 Laws related to health and nursing
 - 1.6.9.1 Medico legal case
 - 1.6.9.2 Disposal of dead body
 - 1.6.9.3 Organ transplantation
 - 1.6.9.4 Narcotic Drugs
 - 1.6.9.5 Abortion

2. Behavioral Science and Psychology applied in Nursing

- 2.1 Major cultural groups and their health seeking behaviour.
- 2.2 Factors affecting health of the people.
 - 2.2.1 Socio economic conditions
 - 2.2.2 Education
 - 2.2.3 Politics
 - 2.2.4 Gender
 - 2.2.5 Physical environment
- 2.3 Social problems in Nepal

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- 2.3.1 Population explosion and migration
- 2.3.2 Poverty
- 2.3.3 Unemployment
- 2.3.4 Substance abuse
- 2.3.5 Prostitution
- 2.3.6 Violence
- 2.3.7 Child abuse / Exploitation
- 2.3.8 Gender bias
- 2.3.9 Girl trafficking
- 2.4 Psychology applied to Nursing
 - 2.4.1 Characteristics of human behavior
 - 2.4.2 Causes of behavioral changes
 - 2.4.3 Emotional development
 - 2.4.4 Control of emotions
- 3. **Education Science in Nursing**
 - 3.1 Teaching and Learning
 - 3.1.1 Principles
 - 3.1.2 Factors which affect Teaching / Learning
 - 3.2 Roles and Responsibilities of a Teacher.
 - 3.3 Teaching Methods and Media
 - 3.3.1 Teaching methods
 - 3.3.1.1 Microteaching problems
 - 3.3.1.2 Evidenced based learning
 - 3.3.1.3 Self directed learning
 - 3.3.1.4 Seminar/Symposium exhibition
 - 3.3.1.5 Case study presentation
 - 3.3.2 Media
 - 3.3.2.1 Audio Aids
 - 3.3.2.2 Video Aids
 - 3.3.2.3 Audio / Video Aids
 - 3.4 In-service Education
 - 3.4.1 Need Assessment
 - 3.4.2 Planning, organizing & conducting
 - 3.4.3 Class room teaching
 - 3.4.4 Clinical Teaching
 - 3.4.5 Evaluation and Feedback
 - 3.5 Components of Curriculum Development
 - 3.6 Evaluation
 - 3.6.1 Types
 - 3.6.2 Characteristics of evaluation tools
- 4. **Health Care Management**
 - 4.1 Trends of Health Care delivery system in Nepal
 - 4.2 Management:
 - 4.2.1 Concept, principles, theories
 - 4.2.2 Resource management
 - 4.3 Planning:
 - 4.3.1 Elements, process
 - 4.3.2 Benefits and Limitation

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- 4.4 Organization
 - 4.4.1 Types, Principles, elements
- 4.5 Organizational behavior
 - 4.5.1 Group Dynamic
 - 4.5.2 Communication
 - 4.5.3 Organizational conflict and management (Problem solving)
- 4.6 Organizational structures of Health Care Delivery system in Nepal
- 4.7 Leadership
 - 4.7.1 Theories
 - 4.7.2 Types
 - 4.7.3 Functions
 - 4.7.4 Characteristics
- 4.8 Supervision and monitoring
 - 4.8.1 Concept
 - 4.8.2 Purpose
- 4.9 Personnel development
 - 4.9.1 Motivation
 - 4.9.2 Morale
 - 4.9.3 Leadership and decision making
- 4.10 Human Recourse Development
 - 4.10.1 Elements, steps
 - 4.10.2 Production/distribution
- 4.11 Health Economics
 - 4.11.1 Concepts
 - 4.11.2 Demand and supply
 - 4.11.3 Cost benefit and cost effectiveness in Nursing Management
 - 4.11.4 Application in Nursing service
- 4.12 Health Information Management
- 4.13 Disaster Management
- 4.14 Quality Assurance Management
- 4.15 Job description
- 4.16 National Policies
 - 4.16.1 National Health Policy
 - 4.16.2 Strategy
 - 4.16.2.1 Priority
- 4.17 Current fifth five- year plan
 - 4.17.1 Millennium development goal
 - 4.17.2 Second long-term health plan
- 5. Research & Statistics**
 - 5.1 Research Terminology
 - 5.1.1 Variables
 - 5.1.2 Principles
 - 5.1.3 Hypothesis
 - 5.1.4 Operational definitions
 - 5.1.5 Limitations & Delimitations
 - 5.1.6 Validity & Reliability
 - 5.2 Ethics & Regulations in Health & Nursing Research
 - 5.2.1 Ethics in Research.

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5.2.2 National Ethical guidelines in Health research in Nepal (NHRC)

5.3 Methodology

5.3.1 Types of research

5.3.2 Sampling Techniques

5.3.3 Method of data collection

5.3.4 Development of Instrumentation

5.3.5 Statistical Data analysis

5.3.6 Report writing & Dissemination

5.4 Importance of Research in Nursing services

6. **Applied Health Sciences**

6.1 Anatomy and physiology of :

6.1.1 Cardiovascular System

6.1.2 Respiratory system

6.1.3 Digestive system

6.1.4 Muscular skeletal system

6.1.5 Nervous system

6.1.6 Special senses

6.1.7 Reproductive system

6.1.8 Endocrine system

6.2 Pharmacology

6.2.1 Principles of pharmacy kinetics and pharmacy dynamic

6.2.2 Important Drugs and their actions

6.2.3 List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)

6.2.4 Life saving drugs

6.3 Patho- physiology

6.3.1 General concepts of necrosis

6.3.2 Inflammation

6.3.3 Thrombosis

6.3.4 Embolism

6.3.5 wound – healing oedema

6.3.6 Neoplasms

6.3.7 Antigens and antibodies

6.4 Microbiology

6.4.1 Classification of Micro – organism

6.4.2 Microbial Morphology and the process of :

6.4.2.1 Drug sensitivity testing

6.4.2.2 Important terminologies

6.4.2.3 Opportunistic infections

6.4.2.4 Pathogens

6.4.2.5 Bacterial toxins

6.4.3 Sterilization

6.4.3.1 Different methods and Types

6.5 Biochemistry

6.5.1 Digestion and absorption of carbohydrate, protein and fat

6.5.2 Malabsorption

6.5.3 Classifications of vitamins and requirement of different age group

6.6 Nutrition

6.6.1 Assessment of Nutrition status

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- 6.6.2 Therapeutic diet in various medical conditions
- 6.6.3 Menu planning & calculation of calorie for different age group
- 6.6.4 Food belief & practice
- 6.6.5 Common Nutritional deficiency diseases .

7. Mental Health

7.1 Concept of mental health / Illness

- 7.1.1 Neuroses
- 7.1.2 Psychoses
- 7.1.3 Mental Retardation
- 7.1.4 Epilepsy
- 7.1.5 Alcohols and Drug abuse
- 7.1.6 Psychosexual problems

7.2 Role and Responsibilities of Nurse in :

- 7.2.1 Primodial
- 7.2.2 Primary Prevention
- 7.2.3 Secondary care
- 7.2.4 Tertiary prevention

7.3 Modality of Treatment

- 7.3.1 Drug therapy
- 7.3.2 ECT
- 7.3.3 Counseling
- 7.3.4 Diversional Therapy
- 7.3.5 Legal Responsibilities
- 7.3.6 Emergency management of violent patient

7.4 Common Mental Health problems in Nepal

8. Advanced Nursing

- 8.1 Developmental tasks of different age groups
- 8.2 Problem solving approach in care of patient
- 8.3 Application of holistic approach in care of patient
- 8.4 Advancement in the diagnostic procedures for different illnesses
- 8.5 Case study and case presentation

9. Nursing care of geriatric and Communicable diseases

- 9.1 Physiological changes and common physical problems.
- 9.2 Common medical problems
- 9.3 Cognitive changes and diagnostic methods in use.
- 9.4 Support system / family support / community support.
- 9.5 Mental preparation for adaptations to changing needs.
- 9.6 Water borne diseases
- 9.7 Air borne diseases
- 9.8 Vector transmission
- 9.9 (STI) Sexual Transmitted Infection
- 9.10 Trans placental diseases

10. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems

- 10.1 Respiratory problems
- 10.2 Cardiovascular problems

- 10.3 Neurological problems
- 10.4 Muscular-Skeletal problems
- 10.5 Hepatobiliary problems
- 10.6 Endocrine problems
- 10.7 Gastrointestinal problems
- 10.8 Reproductive problems
- 10.9 Genital urinary problems
- 10.10 Special Senses problems

11. Nursing Management of Patient in Burn Unit and OT

- 11.1 Pain Management
- 11.2 Fluid & electrolyte balance
- 11.3 Infection preventions
- 11.4 Reconstructive / Rehabilitation.
- 11.5 Preparation of OT
- 11.6 Pre and Post OT. care

12. Role of the Nurse in ICU/ CCU and Emergency Nursing

- 12.1 Advance nursing
- 12.2 Management of clients with critical conditions / cardiac conditions
- 12.3 Resuscitation
- 12.4 Use of various monitors
- 12.5 Specific Investigation and treatment.
- 12.6 Emergency preparedness
- 12.7 Emergency Resuscitations
- 12.8 Mass casualty management

13. Obstetric Nursing (Midwifery)

- 13.1 Parental Nursing
 - 13.1.1 Preconception and parental Preparedness
 - 13.1.2 Prenatal assessment and management
 - 13.1.3 Preparation of child birth
 - 13.1.4 Management of High risk pregnancy
- 13.2 Intra- natal (Labor)
 - 13.2.1 Assessment of client during Labor
 - 13.2.2 Care required during different stages of Labor
 - 13.2.3 Immediate care of new born / mother
 - 13.2.4 Management of complications of labor.
- 13.3 Newborn / Neonate Management
 - 13.3.1 Assessment of newborn
 - 13.3.2 Physiological needs of a newborn & neonate
 - 13.3.3 Management of minor / major disorders
- 13.4 Post Natal
 - 13.4.1 Physiology of puerperium & need of post natal mother.
 - 13.4.2 Lactation & trends in breast feeding
 - 13.4.3 Minor discomforts in puerperium & their management
 - 13.4.4 Major disorders of puerperium & their management.
 - 13.4.5 Follow up and advice on F/P

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खण्ड (B): 20 Marks

1. सामान्य ज्ञान तथा ऐन, नियमहरू General Knowledge and Related Legislation

- 1.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक र राजनैतिक अवस्था सम्बन्धी सामान्य जानकारी ।
- 1.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरू : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद, सूचना प्रविधि, पुरस्कार, स्वास्थ्य
- 1.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
- 1.4 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
- 1.5 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
- 1.6 पाटन अस्पताल संचालन विनियमावली, २०६७
- 1.7 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५
- 1.8 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
- 1.9 नेपाल नर्सिङ्ग परिषद् ऐन, २०५२
- 1.10 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३

प्रथम तथा द्वितीय पत्रमा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

प्रथम पत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत बहुवैकल्पिक प्रश्न	विषयगत
A	८०	४० प्रश्न X २ अङ्क = ८०	-
B	२०	१० प्रश्न X २ अङ्क = २०	-
जम्मा		५० प्रश्न X २ अङ्क = १००	-
द्वितीय पत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		विषयगत	समस्या समाधान
A	१००	छोटो उत्तर ४ प्रश्न X ५ अङ्क = २० लामो उत्तर ५ प्रश्न X १० अङ्क = ५०	२ प्रश्न X १५ अङ्क = ३०
B	-	-	-
जम्मा		४ प्रश्न X ५ अङ्क = २० ५ प्रश्न X १० अङ्क = ५०	२ प्रश्न X १५ अङ्क = ३०

--- The end ---