

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ र पब्लिक हेल्थ नर्सिङ समूहको सातौँ तहको खुला र आन्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण :- सामूहिक परीक्षण र अन्तर्वार्ता

पूर्णाङ्क :- ४०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	नर्सिङ विज्ञान	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१००X१ = १००	१ घण्टा १५ मिनेट
द्वितीय	समूह सम्बन्धी विषय	१००	४०	विषयगत (Subjective)	१०X१० = १००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता	३०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- माथि उल्लिखित समूहहरूको पाठ्यक्रमको प्रथम पत्रको विषयवस्तु एउटै हुनेछ । द्वितीय पत्रका विषयवस्तु समूह अनुसार फरक फरक हुनेछन् ।
- माथि उल्लिखित उपसमूहहरूको प्रथम पत्रको परीक्षा संयुक्त वा छुट्टाछुट्टै हुन सक्नेछ भने द्वितीय पत्रको परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ भने द्वितीय पत्रको प्रत्येक एकाईको प्रश्नसंख्या सम्बन्धित पाठ्यक्रममै उल्लेख गरिएकोछ ।

प्रथम पत्रका एकाई	1	2	3	4	5	6	7
प्रश्न संख्या	20	10	15	20	15	10	10

- 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको 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 ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको 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 ।
- पाठ्यक्रम लागू मिति :- २०६२/२/१७ देखि (२०७२/०७/२४ को निर्णय अनुसार सामूहिक परीक्षण समावेश)
- मिति २०७०/२/९ मा सातौँ तहमा कायम गर्ने निर्णय ।

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प्रथम पत्र :- नर्सिङ्ग विज्ञान

- | | | |
|----------|---|------------|
| 1 | Nursing concept & Principles | 20% |
| 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 | 10% |
| 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 | |
| 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 | |

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- 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 15%**
 - 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 20%**
 - 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
 - 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

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- 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 Resource 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 five- year plan
 - 4.17.1 Millennium development goal
 - 4.17.2 Second long-term health plan

5 Research & Statistics

15%

- 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.
 - 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

10%

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
- 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

10%

7.1 Concept of mental health / Illness

- 7.1.1 Neuroses
- 7.1.2 Psychoses
- 7.1.3 Mental Retardation
- 7.1.4 Epilepsy

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- 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

वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample Questions)

- Correct Answer:- (D)**

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पाठ्यक्रम
द्वितीय पत्र :- जनरल नर्सिङ सम्बन्धी विषय

Section A - 20 Marks

- 1. Advanced Nursing** **10%**
- 1.1 Developmental tasks of different age groups
 - 1.2 Problem solving approach in care of patient
 - 1.3 Application of holistic approach in care of patient
 - 1.4 Advancement in the diagnostic procedures for different illnesses
 - 1.5 Case study and case presentation
- 3. Nursing care of geriatric and Communicable diseases** **10%**
- 3.1 Physiological changes and common physical problems.
 - 3.2 Common medical problems
 - 3.3 Cognitive changes and diagnostic methods in use.
 - 3.4 Support system / family support / community support.
 - 3.5 Mental preparation for adaptations to changing needs.
 - 3.6 Water borne diseases
 - 3.7 Air borne diseases
 - 3.8 Vector transmission
 - 3.9 (STI) Sexual Transmitted Infection
 - 3.10 Trans placental diseases

Section B - 30 Marks

- 2. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems** **30%**
- 2.1 Respiratory problems
 - 2.2 Cardiovascular problems
 - 2.3 Neurological problems
 - 2.4 Muscular-Skeletal problems
 - 2.5 Hepatobiliary problems
 - 2.6 Endocrine problems
 - 2.7 Gastrointestinal problems
 - 2.8 Reproductive problems
 - 2.9 Genital urinary problems
 - 2.10 Special Senses problems

Section C - 20 Marks

- 4. Nursing Management of Patient in Burn Unit and OT** **10%**
- 4.1 Pain Management
 - 4.2 Fluid & electrolyte balance
 - 4.3 Infection preventions
 - 4.4 Reconstructive / Rehabilitation.
 - 4.5 Preparation of OT
 - 4.6 Pre and Post OT. care
- 5. Role of the Nurse in ICU/ CCU and Emergency Nursing** **10%**
- 5.1 Advance nursing
 - 5.2 Management of clients with critical conditions / cardiac conditions
 - 5.3 Resuscitation
 - 5.3 Use of various monitors
 - 5.4 Specific Investigation and treatment.
 - 5.5 Emergency preparedness
 - 5.6 Emergency Resuscitations
 - 5.7 Mass casualty management

Section D - 30 Marks

- 6. Obstetric Nursing (Midwifery)** **30%**
- 6.1 Parental Nursing
 - 6.1.1 Preconception and parental Preparedness
 - 6.1.2 Prenatal assessment and management
 - 6.1.3 Preparation of child birth
 - 6.1.4 Management of High risk pregnancy
 - 6.2. Intra- natal (Labor)
 - 6.2.1 Assessment of client during Labor
 - 6.2.2 Care required during different stages of Labor
 - 6.2.3 Immediate care of new born / mother
 - 6.2.2 Management of complications of labor.
 - 6.3 Newborn / Neonate Management
 - 6.3.1 Assessment of newborn
 - 6.3.2 Physiological needs of a newborn & neonate
 - 6.3.3 Management of minor / major disorders.
 - 6.4 Post Natal
 - 6.4.1 Physiology of puerperium & need of post natal mother.
 - 6.4.2 Lactation & trends in breast feeding
 - 6.4.3 Minor discomforts in puerperium & their management
 - 6.4.4 Major disorders of puerperium & their management.
 - 6.4.5 Follow up and advice on F/P

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका खण्ड	A		B		C		D
द्वितीय पत्रका एकाई	1	3	2	4	5	6	
प्रश्न संख्या	1	1	3	1	1	3	

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विषयगत नमूना प्रश्नहरू (Sample questions)

1. Mrs. A came with severe chest pain and pain radiation left arm in Out Patient Department.
 - a) How would you assess her condition?
 - b) Write her provisional diagnosis.
 - c) Write Nursing care and management of the patient. 2+2+6= 10
2. Explain the importance of Fluid and Electrolyte balance in burn injury. 10
3. Write short notes on any two of the followings. 5+5=10
 - a) Resuscitation
 - b) Pain management
 - c) Water borne diseases
 - d) Infection prevention
4. Discuss the High Risk pregnancy and its Nursing management. 10
5. Write short notes on any two of the followings. 5+5=10
 - a) Importance of Apgar score
 - b) Post Abortion care
 - c) Lochea

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नेपाल आर्थिक योजना तथा तथ्याङ्क, इन्जिनियरिङ्ग, कृषि, वन, विविध र शिक्षा सेवाका सबै समूह/उपसमूह, राजपत्रांकित तृतीय श्रेणी र एवं स्वास्थ्य सेवाको सातौँ र आठौँ तहका पदहरूमा प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र लिइने **सामूहिक परीक्षण (Group Test)** को लागि

सामूहिक छलफल (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 ३ जना भन्दा बढीको समिति रहनेछ ।

आयोगका सदस्य	-	अध्यक्ष
आयोगका सदस्य	-	सदस्य
मनोविज्ञ	-	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 मध्ये कुनै एक Topic मात्र दिइनेछ ।