

**Test Guidelines for
National Specialization Registration Examination for
Nurses (NSREN) 2023**

Effective from June 2023

Nepal Nursing Council
Kathmandu, Nepal

Prepared by:

Licensing Committee
Nepal Nursing Council (NNC)

Approved by:

Board Meeting of Nepal Nursing Council (NNC) on April 24, 2023

Published by:

Nepal Nursing Council
Bansbari, Kathmandu, Nepal
Tel: 977-1-4372521
Fax: 977 -1 4377214
E-mail: info@nnc.org.np
Website: <http://www.nnc.org.np>

Table of Contents

S.No.	Contents	Page
I	Background	4
II	Objectives	4
III	Test guidelines	4
	Pre-requisite	
	• Eligibility	4
	• Exception	4
	• Documents required for Application	5
	• Application Process	6
	• Examination Process and rules	6
	• Registration Process	7
IV	Syllabus	
	Nursing Theories and Models	7
	Trends and Issues in Nursing	8
	Nursing Research	9
	Biostatistics	10
	Epidemiology	10
	Educational Science	11
	Health Service Management	11
	Woman Health and Development	12
	Medical Surgical Nursing	17
	Child Health Nursing	21
	Community Health Nursing	25
	Psychiatric Nursing	29
	General Nursing	31

I. Background

Nepal Nursing Council (NNC) is an autonomous body formulated by the Government of Nepal for promoting quality nursing and midwifery service in the country. This test guideline has been developed by exercising the provisions made by clause 9.1.1 of NNC Act and paragraph 3.3 of the Nepal Nursing Council Rules, 2065 regarding the examination for registration of Nepalese Nurses who have graduated in various specialties of nursing in order to register them as specialist nurses in the Nepal Nursing Council.

Until Falun 2079, Nepal Nursing Council registered the specialist nurses of Nepal based merely on the verification of the certificates and documents. This guideline has been developed for conducting specialist registration examination as decided by the Nepal Nursing Council board held on Masher 18, 2079 to ensure the fulfillment of proficiency requirements of the nurses with specialization for registering them as specialist nurses.

II. Objectives

The objectives of the National Specialization Registration Examination for Nurses (NSREN) are as follows:

1. To safeguard the public by ensuring competent and professionally prudent service in the specialty nursing fields.
2. To maintain professional standard among the specialist nurses

III. Test Guidelines

Eligibility

(A) Nepalese citizen with post graduate nursing qualification from Nepal

To meet the educational requirement for registration as a specialist professional nurse, the candidate must present satisfactory evidence of having completed post-graduate nursing programme and must submit the documents as mentioned in Table 1.

(B) Nepalese citizen with post graduate nursing qualification from other countries

Applicants, who have completed postgraduate (PG) nursing programme from other countries, are required to have their equivalence certificate from the concerned government authority.

Applicants who have completed their PG program other countries with enrollment after October 2020 are required to submit eligibility certificate of Medical Education Commission, Sanathimi.

Applicants need to be graduated from the institute recognized from the respective nursing council or authorized government body and must submit the documents as mentioned in Table 2.

Exception

(A) Reporting prior convictions or disciplinary action against registration

Applicants are required under 'Regulation of the NSREN to report all misdemeanors, and felony convictions and/or disciplinary actions. Failure to report prior disciplinary action is considered falsification of application and is a ground for denial of registration.

(B) Applicants with disability

Applicants, who are constitutionally provisioned for special consideration, will be provided opportunity to appear in the examination based on their limitations.

Documents required for Application

All documents are required to be scanned and uploaded so that the original copy can be clearly understood. The following documents are required for application.

Table 1: List of Documents Required for Nepalese Citizen Graduated from Nepal

Items
1. Submission of complete online personal information
2. Uploading scanned original copies of the following transcripts/mark sheets and certificates* (size not more than 2MB and must be in jpg format) <ul style="list-style-type: none">• Nepali citizenship (both sides)• Valid certificate of registered nurse (issued by NNC) on both sides• B Sc. Nursing or PBBN or BNS academic transcript/mark sheet, character certificate and university certificate• Postgraduate Nursing academic transcript/mark sheet, character certificate and university certificate
3. Uploading recently taken white background passport size color photo (size not more than 2MB and must be in jpg format)
4. Online payment of Examination fee of NRs. 5,100/-
* Candidates must bring all original academic certificates, citizenship and related documents for verification while receiving registration certificate from NNC.

Table 2: List of Required Documents for Nepalese Citizen Graduated from Other Countries

Items
1. Submission of complete online personal information
2 Uploading scanned original copies of the following transcripts/mark sheets and certificates* (size not more than 2MB and must be in jpg format) <ul style="list-style-type: none">• Nepali citizenship on both sides• Valid certificate of registered nurse (issued by NNC) on both sides• B Sc. Nursing or PBBN or BNS academic transcript/mark sheet and character certificate and university certificate• Postgraduate Nursing academic transcript and character certificate and university certificate• Candidate who have completed their PG program other countries with enrollment after October 2020 are required to submit eligibility certificate of Medical Education Commission, Sanothimi.
3. Uploading original scanned copies of documents related to recognition/accreditation of institute from the respective nursing council or individual registration in the respective nursing council or in the authorized government body (only in case of non-existence of nursing council) of the respective country
4. Uploading original scanned copy of Equivalency letter from Curriculum Development Center, Tribhuvan University, Kirtipur
5. Uploading recent white background passport size photo (size not more than 2MB and must be in jpg format)
6. Online payment of Examination fee of NRs. 5,100/-
* All original academic certificates, citizenship and related documents need to bring for verification during receiving registration certificate from NNC.

Application Process

1. The applicant must upload all the documents to online NSREN registration process within the time period mentioned in the notice.
2. The examination center, time and other important information will be notified on the online admit card. The admit card can be downloaded from online application site prior to date of examination.

ATTENTION!

- If any applicant changes her/his name and/or address after submitting an application for specialization registration, the applicant must notify the NNC prior to receiving specialization registration certificate. The applicant is required to submit official documents for any changes to the NNC immediately after the change occurs.

Examination Process and Rules

NSREN will be of computer-based and two and half hours (2:30 hours) duration with 150 multiple choice questions.

Test Items

All of the test items will be Multiple Choice Questions (MCQs) with four options. Test items will cover questions of understanding and application (problem solving) type. Applicants should select the most appropriate one option for each item. Distribution of test items according to subjects is given Table 3.

Table 3: Subject-wise Distribution of Test Items

SN	Subject	Possible No. of Items	Percentage of Test Items
Core Courses=75 questions (50.0%)		75	50.0
I	Nursing Theories and Models	8	5.3
II	Trends and Issues in Nursing	7	4.7
III	Nursing Research	20	13.3
IV	Biostatistics	5	3.3
V	Epidemiology	5	3.3
VI	Educational Science	15	10.0
VII	Health Service Management	15	10.0
Specialty Courses=75 questions (50.0%)			
VIII	Women Health and Development(Maternity/ Maternal/Women's Health/Midwifery/Obstetric and Gynecological/Reproductive Health/Maternal and Child Health Nursing)	75	50.0
VIII	Adult(Medical Surgical Nursing ,Critical care, Emergency, Oncology, Geriatric/gerontology)Nursing	75	50.0
VIII	Child Health/Pediatric Nursing	75	50.0
VIII	Community (Public) Health Nursing	75	50.0
VIII	Psychiatric(Mental Health/Psychiatric/and Psychology) Nursing	75	50.0
VIII	General Nursing(Nursing Management, Administration, Nursing Education, Master of science in advanced Nursing studies, Master of Medicine in Nursing)	75	50.0
Total		150	100.0

Frequency of the NSREN

NNC will conduct the NSREN once a year. If applicant fails an examination, s/he will be allowed to apply for the next examination.

Scoring System

Each correct answer receives 1 score. There is no negative scoring system. It means when applicant gives wrong answer, no minus marking will be done.

Passing Standard

The grading system in NSREN is either pass or fail. No numerical score will be provided. In order to pass the NSREN, the applicant must score at least 60% marks in aggregate.

Result of NSREN

The result of NSREN will be published on the day of examination unless and until there is a technical difficulty. Results will be published in the NNC notice board and in the NNC's website. NNC will not inform the candidates individually.

Registration Process

Once the applicant has passed NSREN successfully s/he should apply to the NNC for Specialist Registration Certificate with the registration fee of NRs.1,500/ and s/he should also bring the admit card along with two photographs same as used in admit card including all the original documents and citizenship certificate.

Syllabus for NSREN

Subjects

I. NURSING THEORIES AND MODELS

Unit	Contents
1	Introduction 1.1 Terminologies used in theories and models 1.2 Characteristics of a theory 1.3 Levels of theory
2	Models/ Criteria for Critiquing of Theories and Models: 2.1 Martha Alligood's Model 2.2 Jacqueline Fawcett's Model 2.3 Afaf Meleis' Model 2.4 Julia George's Model
3A	Description, Analysis, Evaluation of Selected Nursing Theories (developed within 1970) and their Relevance in Nursing 3.1 Florence Nightingale's environment theory (1860) 3.2 Hildegard E. Peplau's interpersonal relation theory (1952) 3.3 Virginia Henderson's theory of independence (1955) 3.4 Faye Glenn Abdellah's problem solving theory (1960) 3.5 Martha Roger's science of unitary human being (1970) 3.6 Sister Callista Roy's adaptation model (1970)
3 B	Description, Analysis, Evaluation of Selected Nursing Theories (developed after 1970) and their Relevance in Nursing 3.7 Dorothea Orem's self-care theory (1971) 3.8 Betty Neuman's system model (1974) 3.9 Madeleine Leininger's culture care theory(1978) 3.10 Jean Watson's science of caring (1979) 3.11 Nola J. Pender's health promotion model (1982) 3.12 Katharine Kolcaba's comfort theory (1991)

II. TRENDS AND ISSUES IN NURSING

Unit	Contents
1	<p>Trends and Issues: Terminology and Image of Nursing</p> <p>1.1. Before nineteenth century 1.2. Nineteenth century 1.3. Twentieth century 1.4. Contemporary image 1.5. Contemporary and future nursing roles</p>
2	<p>Nursing as a Profession</p> <p>2.1 Profession and professionalism 2.2 Process of professionalism 2.3 Professionalization of nursing: Progress and challenges 2.4 Strategies to enhance professionalism</p>
3	<p>Professional /Regulatory Organization in Nursing</p> <p>3.1 Nepal Nursing Council(NNC) 3.2 Nursing Association of Nepal (NAN) 3.3 International Council of Nurses (ICN)</p>
4	<p>Ethical and Legal Issues in Health and Nursing</p> <p>4.1 Nursing ethics 4.2 Ethical theories 4.3 Ethical principles 4.4 Ethical decision-making model 4.5 Bioethical dilemmas and decision-making 4.6 Legal aspects in nursing: legal categories, nursing documentation, standard of care and malpractice</p>
5	<p>Trends and Issues in Nursing</p> <p>5.1 Nursing education: Privatization, specialization and super-specialization, innovative programs (Problem-based learning, evidence based learning and distance education), accreditation at national, regional and international levels and trends and issues in nursing education.</p> <p>5.2 Nursing practice: Nursing practice in different health care settings, changes in consumer's health needs and health care system, alternative/complementary health care, types and nurses' role, innovative nursing practice (tele nursing) and evidence based nursing practice, and trends and issues in nursing practice</p> <p>5.3 Nursing management: Issues and challenges in health and nursing management</p> <p>5.4 Nursing research: Nurses' participation in research and trends and issues in nursing research</p> <p>5.5 Factors affecting quality nursing education, nursing service, nursing management and nursing research</p>

III. NURSING RESEARCH

Unit	Contents
1	Introduction <ol style="list-style-type: none"> 1.1. Purpose and scope of research in nursing 1.2. Concept of evidence-based practice 1.3. Ethical considerations in nursing research 1.4. Types of research based on time factor, utility and nature of data
2	Research Process for Quantitative and Qualitative Research <p>Conceptual Phase</p> <ol style="list-style-type: none"> 2.1 Research problem: Sources, components and characteristics 2.2 Research objectives: Types and components 2.3 Literature review: Purpose, sources, process and documentation 2.4 Theoretical and conceptual framework 2.5 Research questions and hypothesis: Sources, characteristics, significance and types 2.6 Variables and their types and operational definition
3	<p>Planning Phase</p> <p>Research Design</p> <ol style="list-style-type: none"> 3.1. Quantitative research designs: Non-experimental (Descriptive and analytical) and experimental designs 3.2. Experimental validity and threats to validity 3.3. Qualitative research designs: Phenomenology, ethnography, grounded theory, action research, life health care research <p>Population and Sampling:</p> <ol style="list-style-type: none"> 3.4. Population and its types 3.5. Sampling and its purpose and types (Probability and non-probability), 3.6. Sampling bias and sampling error 3.7. Factors affecting sample size <p>Research Instruments</p> <ol style="list-style-type: none"> 3.8. Research instrument and its types: Questionnaire, interview schedule (structured and unstructured), observation checklist and rating scale 3.9. Levels of measurement and measurement errors 3.10. Quality of quantitative instrument: Validity and reliability of the instrument 3.11. Quality of qualitative instrument: Credibility, dependability, transferability 3.12. Pretesting and pilot study
4	<p>Empirical Phase</p> <ol style="list-style-type: none"> 4.1 Data collection methods and quality assurance in data collection 4.2 Data processing: Preparing data for analysis (steps)
5	<p>Analytic Phase</p> <ol style="list-style-type: none"> 5.1. Data analysis and presentation 5.2. Data analysis and presentation of qualitative and quantitative data 5.3. Data interpretation: Discussion, conclusion limitation, implication and recommendation
6	<p>Dissemination Phase</p> <ol style="list-style-type: none"> 6.1 Dissemination of research findings 6.2 Strategies to promote research utilization
7	<p>Research Proposal</p> <ol style="list-style-type: none"> 7.1. Purpose and principles 7.2. Components of research
8	<p>Research Report</p> <ol style="list-style-type: none"> 8.1 Purpose and principles of report writing 8.2 Components 8.3 Principles of scholarly writing
9	<p>Research Critique</p> <ol style="list-style-type: none"> 9.1. Meaning and purpose

	9.2. Skills required in critique 9.3. Elements of research critique
--	--

IV. BIOSTATISTICS

Unit	Contents
1	Descriptive Statistics 1.1 Types of data 1.2 Tabulation, classification and frequency distribution and graphic presentation of data 1.3 Measures of central tendency 1.4 Measures of dispersion 1.5 Assessment of normality of data 1.6 Sample size calculation
2	Probability and Probability Distribution 2.1. Concept 2.2. Theories of probability 2.3. Probability distribution
3	Inferential Statistics 3.1 Testing of hypothesis 3.2 Type I and type II error 3.3 Statistical assumptions of parametric and non-parametric tests 3.4 Estimation theory for statistical inferences 3.5 Statistical estimation: Point and interval 3.6 Meaning and interpretation of confidence interval 3.7 Parametric tests: Meaning and types 3.8 Non-parametric tests: Meaning and types 3.9 Correlation and regression 3.10 Analysis of variance 3.11 Logistic regression

V. EPIDEMIOLOGY

Unit	Contents
1	Epidemiological Concept of Health and Disease 1.1 Concept of health 1.2 Concept of disease and disease causation theories 1.3 Natural history of disease
2	Epidemiological Disease Prevention and Control 2.1. Epidemiological approach 2.2. Mode of disease transmission 2.3. Concept of control 2.4. Levels of prevention 2.5. Screening for diseases 2.6. Measures of disease frequency 2.7. Surveillance of disease
3	Communicable and Non-communicable Diseases in Epidemiology 3.1. Concept, investigation and control of infectious disease/epidemics 3.2 Concept of non-infectious disease
4	Health Indicators 4.1 Health and vital statistics 4.2 Characteristics, and usefulness of health indicators

VI. EDUCATIONAL SCIENCE

Unit	Contents
1	Education 1.1. Scope and functions 1.2. Philosophies of education: Naturalism, idealism, realism and pragmatism 1.3. Factors influencing education
2	Learning Theories: 2.1 Behaviorism 2.1. Cognitivism 2.2. Social learning theory 2.4 Constructivism
3	Need Analysis 3.1 Significance in education 3.2 Methods of need analysis 3.3 Tools used in need analysis
4	Instructional/Teaching Methods and Media 4.1 Types of instructional methods 4.2 Types of media
5	Educational Objectives 5.1 Types 5.2 Characteristics 5.3 Components 5.4 Classification of learning objectives (domains)
6	Curriculum Development 6.1 Importance of curriculum 6.2 Determinants of curriculum 6.3 Types of curriculum 6.4 Process and steps of curriculum development
7	Evaluation and Test Construction 7.1 Tools and techniques of student evaluation 7.2 Types of test construction 7.3 Check list and rating scale 7.4 OSCE and OSPE

VII. HEALTH SERVICE MANAGEMENT

Unit	Contents
1	Introduction 1.1. Leadership and management 1.2. Principles of management 1.3. Process / functions of management 1.4. Managerial roles 1.5. Theories 1.5.1. Scientific management theory 1.5.2. Behaviorism/ human relation theory 1.5.3. Theories of motivation 1.5.4. Contingency/ situational management theory 1.5.5. Role theory
2	Planning 2.1. Principles 2.2. Planning process: Steps 2.3. SWOT analysis 2.4. Long and short term plans of MOHP

3	Health Policy and Strategies 3.1. Policy and strategies 3.2. Formulation of effective health policy 3.2. National health policy and programs on major health problems 3.3. National policy and strategies on nursing service 3.4. Health act of Nepal 3.5. Minimum service standard 3.6. Resource management
4	Organizational Communication 4.1. Role of communication in organization 4.2. Method of effective organizational communication 4.3. Conflict management
5	Supervision and Evaluation 5.1 Purpose and process of supervision 5.2 Methods and tools 5.3 Role of a good supervisor
6	Quality Assurance in Health 6.1 Quality care at point of delivery 6.2 Quality assurance process 6.3 Methods for maximizing performance 6.4 Nursing standard and nursing audit
7	Decision Making and Problem Solving 7.1 Types 7.2 Models 7.3 Factors affection decision making 7.4 Tools 7.5 Process of solving managerial problems
8	Resource Management 8.1 Management of resources: Time, material, information, human and money 8.2 Budgeting process and auditing 8.3 Financing for health care : Methods (Public, private and insurance) and impact on health 8.4 Methods of economic evaluation for planning of health care programs
9	Disaster Management (Mass Casualty Management) 9.1. In community 9.2. Hospital
10	Health Care Delivery System 10.1 Federal level 10.2 Provincial level 10.3 Local level

VIII. WOMEN HEALTH AND DEVELOPMENT/MIDWIFERY NURSING

Unit	Contents
1	Women's Status and Rights 1.1 Status of women: Global regional and national 1.2 International bills of rights: Human rights, women's rights and reproductive rights and constitutional rights of women 1.3 Safe mother and RH Act and Regulation
2	International and National Initiatives on Women's Health and Development 2.1 International Initiatives: Mexico, Vienna, Beijing+20, Copenhagen, Cairo, Islamabad, Washington along with agreements and conventions 2.2 National initiatives adopted by Nepal government in influence of global initiatives: National Women's Commission, Ministry of Women, Children and

	<p>Social Welfare</p> <p>2.3 Factors affecting health and development of the women</p>
3	<p>Genetics in Reproduction</p> <p>3.1 Chromosome and cell division</p> <p>3.2 Pattern of inheritance</p> <p>3.3 Common chromosomal abnormalities: Down's syndrome, Cri-du-chat syndrome,</p> <p>3.4 Turner's syndrome, fragile syndrome, Klinefelter's syndrome</p> <p>3.5 Polygenic and multi factorial disorder</p> <p>3.6 Legal, ethical and psychological issues in genetics</p> <p>3.7 Parental guidance and genetic counseling</p> <p>3.8 Preconceptional counseling and care</p>
4	<p>Embryology</p> <p>4.1. Ovum, sperm, fertilization</p> <p>4.2. Development of inner cells</p> <p>4.3. Derivatives of germ layers</p> <p>4.4. Human-embryo, age, measurement and stages of development</p> <p>4.5. Development of different body system and their anomalies</p> <p>4.6. Risk factors of congenital anomalies</p> <p>4.7. Management of common congenital anomalies</p>
5	<p>Reproductive Health</p> <p>5.1. Status of maternal mortality and morbidity: National and international</p> <p>5.2. Concept of sexual, reproductive, maternal, newborn and adolescent sexual and reproductive health (ASRH)</p> <p>5.3. Components of reproductive health: Updates of family planning, emergency contraception, prevention and management of abortion, post abortion counselling, STIs and HIV/AIDS and management of infertility</p> <p>5.4. Reproductive health programme and interventions in different levels</p>
6	<p>Safe Motherhood</p> <p>6.1. Health of women during reproductive age and beyond (elderly women)</p> <p>6.2. Gender based violence</p> <p>6.3. Sustainable development goals on women's health</p> <p>6.4. Philosophy and models of midwifery</p> <p>6.5. Scope of practice of midwife.</p> <p>6.6. ICM Global core competences</p> <p>6.7. ICM code of ethics for midwifery practice</p> <p>6.8. National policies/guidelines/strategies/protocols on safe motherhood</p> <p>6.9. Obstetric care categories: BEmONC (Basic Emergency Obstetric and Neonatal Care) and CEmONC (Comprehensive Emergency Obstetric and Neonatal Care)</p> <p>6.10. National and international professional organizations</p>
7	<p>Normal Pregnancy</p> <p>7.1. Human reproductive system: anatomy and physiology and fetal skull: landmark and diameters</p> <p>7.2. Fetal development</p> <p>7.3. Physiological changes during pregnancy</p> <p>7.4. Antenatal assessment</p> <p>7.5. Interpretation of diagnostic tests</p> <p>7.6. Needs and care of the woman during pregnancy</p> <p>7.7. Assessment of fetal wellbeing</p>

	7.8. Birth preparedness and complication readiness (BPP/CR)
8	Normal Labor <ol style="list-style-type: none"> 8.1. Physiological changes and management of labor according to stages 8.2. Needs and care of woman during labor according to stages 8.3. Mechanism of labor 8.4. Partograph 8.5. Pain management 8.6. Episiotomy and perineal repair 8.7. Immediate care of newborn 8.8. Evidence based practices (KMC, Helping baby breathe- HBB) 8.9. Respectful Maternity Care 8.10. Various child birth practices/ birth positions
9	Normal Puerperium <ol style="list-style-type: none"> 9.1. Physiological changes during puerperium 9.2. Management of normal puerperium 9.3. Physiology of lactation and breastfeeding 9.4. Baby friendly hospital initiatives (BFHI) 9.5. Postnatal assessment and visit 9.6. Needs and care of woman during puerperium 9.7. Neonatal care: Essential newborn care, national neonatal health policy and strategy
10	Maternal Nutrition <ol style="list-style-type: none"> 10.1. Nutrition for pregnant woman 10.2. Nutrition for lactating woman
11	Drugs in Obstetrics <ol style="list-style-type: none"> 11.1. Antihelmentics 11.2. Haematemics 11.3. Teratogenic drugs 11.4. Tocolytics 11.5. Analgesics and sedatives 11.6. Oxytocics 11.7. Anticonvulsants 11.8. Anti-hypertensive 11.9. Respiratory stimulants 11.10. Others drugs: Vitamin K, vitamin A, chlorohexidine, mesoprostol, carbopost, epidosin tranexamicacid
12	Management of High Risk Pregnancies <ol style="list-style-type: none"> 12.1. Common medical diseases associated with pregnancy: Anemia diabetes, cardiac disorders, renal disorders and hepatic disorders 12.2. Hypertensive disorders: Pregnancy induced hypertension, pre-eclampsia, eclampsia, HELLP Syndrome and DIC 12.3. Rh iso-immunization and ABO incompatibility 12.4. Bleeding in early pregnancy: Molar pregnancy, ectopic pregnancy, abortion 12.5. Bleeding in late pregnancy: Placenta previa, abruption placenta 12.6. Hyperemesis gravidarum 12.7. Multiple pregnancies 12.8. Hydramnios: Polyhydramnios and oligohydramnios, amniotic fluid index (AFI) 12.9. Preterm and postterm pregnancy 12.10. Intra-uterine fetal death(IUFD)

<p>13</p>	<p>Management of Abnormal Labor</p> <ul style="list-style-type: none"> 13.1. Ineffective uterine contraction 13.2. Induction and augmentation of labor 13.3. Obstructed labor and its consequences 13.4. Prolonged labour 13.5. Cephalo-pelvic disproportion 13.6. Preterm premature rupture of membranes (PPROM) and premature rupture of membranes(PROM) 13.7. Common malposition and malpresentation: Breech, Occipito posterior, Face, Brow, Shoulder and compound presentation 13.8. Obstetric procedures: Vacuum extraction,forcepsdelivery,caesareansection,destructiveoperations
<p>14</p>	<p>Obstetric Emergencies and Life Saving Measures</p> <ul style="list-style-type: none"> 14.1. Ruptured ectopic pregnancy 14.2. Obstructed labour 14.3. Vasa previa 14.4. Cord prolapse 14.5. Shoulder dystocia 14.6. Use of magnesium sulphate in eclampsia 14.7. Postpartum hemorrhage and helping mother survive (HMS) 14.8. Amniotic fluid embolism 14.9. Shock 14.10. Uterine rupture 14.11. Retained placenta: Manual removal of placenta 14.12. Inversion of uterus 14.13. Vacuum extraction 14.14. Breech delivery 14.15. Manual vacuum aspiration
<p>15</p>	<p>Management of Postpartum Complications</p> <ul style="list-style-type: none"> 15.1. Postpartum eclampsia 15.2. Puerperal sepsis 15.3. Maternal mental disorder 15.4. Thrombosis and thrombophlebitis 15.5. Urinary complications 15.6. Breast problems-engorged breast, mastitis, breast abscess, sore/cracked nipple 15.7. Suppression of lactation
<p>16</p>	<p>Maternal and Perinatal Mortality</p> <ul style="list-style-type: none"> 16.1. Status of maternal and perinatal death in Nepal 16.2. Role of the health professionals to avert perinatal deaths 16.3. Bereavement of the loss and care of the couple and family members 16.4. Perinatal mortality audit 16.5. Maternal perinatal death review (MPDR) and maternal perinatal death surveillance and response (MPDSR)

17	<p>Newborn Problems</p> <ul style="list-style-type: none"> 17.1. Low birth weight babies 17.2. Respiratory conditions: Asphyxia neonatorum, meconium aspiration syndrome, pneumonia 17.3. Neonatal jaundice, icterus neonatorum 17.4. Birth injuries 17.5. Common congenital anomalies 17.6. Neonatal heart disease, 17.7. Neonatal seizure 17.8. Neonatal infections: neonatal sepsis, ophthalmia neonatorum, congenital syphilis, HIV/AIDS 17.9. Hemolytic disease 17.10. Major causes of neonatal death 17.11. Newborn resuscitation, HBB 17.12. Breastfeeding alternatives for mother with HIV 17.13. Newborn danger signs and referral 17.14. Policies and strategies related to newborn health
18	<p>RTI/STI/HIV</p> <ul style="list-style-type: none"> 18.1. Review of disease 18.2. TORCH Infection 18.3. National strategies and implementation of programme 18.4. Counseling: VCT, MTCT 18.5. Antiretroviral therapy
19	<p>Gynecological Morbidities</p> <ul style="list-style-type: none"> 19.1. Congenital malformations of female genital organs 19.2. Menstrual disorders 19.3. Premenstrual syndrome 19.4. Climacterium 19.5. Pelvic organ prolapse 19.6. Obstetric fistula 19.7. Pelvic inflammatory disease 19.8. Endometriosis, adenomyosis 19.9. Trophoblastic diseases: Choriocarcinoma 19.10. Benign and malignant disorders of breast, uterus, ovary, vagina and cervix 19.11. Abortion: Status and legal provision of abortion in Nepal, safe abortion services, comprehensive abortion care (CAC), post abortion care (PAC) and manual vacuum aspiration
20	<p>Administration and management of obstetrical and gynecological units</p> <ul style="list-style-type: none"> 20.1. Design and layout 20.2. Human resources 20.3. Equipment and supplies 20.4. Infection prevention and control 20.5. Standard safety measures 20.6. Quality assurance

21	Infertility/ Sub fertility 21.1. Primary and secondary infertility 21.2. Diagnostic tests 21.3. Assisted reproductive technology
22	Emergency and Critical Care on Obstetrics and Gynecology 22.1. Initial assessment and stabilization 22.2. Cardiovascular disorder of pregnancy 22.3. Respiratory disorder during pregnancy 22.4. Hemorrhage during pregnancy 22.5. Infection in pregnancy 22.6. Hepatic disorders in pregnancy 22.7. Intensive care in obstetrics and gynecology and its environment
23	Ethical and Legal Issues in Maternal and Neonatal Health 23.1. Informed and high risk consent 23.2. Legal sue and filing the case 23.3. Documentation 23.4. Bill of rights 23.5. In-vitro fertilization

VIII. ADULT (MEDICAL SURGICAL) NURSING

Unit	Contents
1	Young, Middle and Late Adulthood 1.1. Developmental stages and tasks 1.2. Growth and development
2	Genetics and Embryology in Reproduction 2.1. Teratology 2.2. Teratogenesis 2.3. Teratogens 2.4. Chromosome and cell division, gametogenesis, organogenesis, fetal development 2.5. Pattern of inheritance 2.6. Environmental, genetic/socio-cultural factors influencing adults' health 2.7. Common genetic disorders: chromosomal disorders, multifactorial disorders, monogenic disorders 2.8. Legal and ethical aspects of assessment /screening related to genetics 2.9. Counseling for genetic testing and screening test
3	Disorders of Respiratory System Etio-pathology, clinical features, investigation, complication and management of: 3.1. Airway disorders 3.2. Parenchymal and pleural disorders 3.3. Respiratory care modalities 3.3.1. Noninvasive respiratory therapies 3.3.2. Airway management 3.3.3. Mechanical ventilation
4	Disorders of Cardio-Vascular System Etio-pathology, clinical features, investigation, complication and management of: 4.1. Arrhythmias 4.2. Conduction abnormalities 4.3. Coronary artery diseases

	<p>4.4. Structural, infectious and inflammatory cardiac disorders</p> <p>4.5. Congenital heart diseases</p> <p>4.6. Peripheral vascular diseases</p> <p>4.7. Lymphatic disorders</p> <p>4.8. Hypertensive disorders</p> <p>4.9. Hematological disorders</p>
5	<p>Disorders of Gastro-Intestinal System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>5.1. Oesophageal disorders</p> <p>5.2. Gastric and duodenal disorders</p> <p>5.3. Intestinal disorders</p> <p>5.4. Hepato-biliary disorders</p> <p>5.5. Pancreatitis</p>
6	<p>Disorders of Neurological System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>6.1. Disorders of central nervous system</p> <p>6.2. Disorders of autonomic nervous system</p> <p>6.3. Disorders of peripheral nervous system</p> <p>6.4. Cranial nerves disorders</p> <p>6.5. Degenerative neurological disorders</p> <p>6.6. Autoimmune disorders</p> <p>6.7. Neuropathies</p> <p>6.8 Neurological assessment</p>
7	<p>Disorders of Musculoskeletal System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>7.1 Infections and inflammatory of Musculoskeletal System</p> <p>7.2 Metabolic disorders of bone</p> <p>7.3 Muscular dystrophy</p>
8	<p>Disorders of Reproductive System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>8.1 Common infections and inflammation</p> <p>8.2 Endometriosis</p> <p>8.3 Prolapsed of pelvic organs</p> <p>8.4 Vesico-vaginal fistula</p> <p>8.5 Abnormal uterine bleeding</p> <p>8.6 Breast disorders</p>
9	<p>Disorders of Genito-Urinary System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>9.1. Common infections</p> <p>9.2. Primary glomerular diseases</p> <p>9.3. Acute kidney injury and chronic kidney disease</p> <p>9.4. Prostatic enlargement</p> <p>9.5. Urolithiasis</p> <p>9.6. Neurogenic bladder</p> <p>9.7. Polycystic kidney disease</p> <p>9.8. Renal replacement therapies</p>
10	<p>Disorders of Endocrine System Etio-pathology, clinical features, investigation, complication and management of:</p> <p>10.1. Pituitary gland disorders</p> <p>10.2. Thyroid and parathyroid glands disorders</p> <p>10.3. Diabetic mellitus</p>

	<p>10.4. Adrenal gland disorders</p> <p>10.5. Ovaries and testes disorders</p>
11	<p>Disorders of Sensory Organs Etio-pathology, clinical features, investigation, complication and management of:</p> <p>11.1. Eye disorders</p> <p>11.2. Ear, nose and throat disorders</p> <p>11.3. Skin disorders including burns</p>
12	<p>Oncological Nursing</p> <p>12.1. Common cancers related to all body systems</p> <p>12.2. Pain assessment and management</p> <p>12.3. Treatment modalities</p> <p>12.4. Nursing care of patient with cancer and receiving treatment</p> <p>12.5. Therapeutic communication and breaking bad news</p> <p>12.6. End of life care</p> <p>12.7. Grief and bereavement</p> <p>12.8. Hospice and palliative care</p>
13	<p>Infectious Diseases Etio-pathology, clinical features, investigation, complication and management of:</p> <p>13.1. Malaria</p> <p>13.2. Kalazaar</p> <p>13.3. Filariasis</p> <p>13.4. Dengue</p> <p>13.5. HIV</p> <p>13.6. Trachoma</p> <p>13.7. Rabies</p> <p>13.8. Leprosy</p> <p>13.9. Typhoid</p> <p>13.10. Tuberculosis</p> <p>13.11. Emerging Diseases</p> <p>13.11.1. Corona Virus Infection</p> <p>13.11.2. Chikungunya</p> <p>13.11.3. Ebola, etc.</p>
14	<p>Critical Care Nursing</p> <p>14.1. Foundation of critical care nursing</p> <p>14.2. Central line care</p> <p>14.3. Hemodynamic monitoring of patient in critical care setting</p> <p>14.4. Assessment of the patient in critical care setting</p> <p>14.5. Delirium, sedation, and pain management</p> <p>14.6. Nutritional support in critical care</p> <p>14.7. Arterial blood gas interpretation</p> <p>14.8. Drugs used in critical care</p> <p>14.9. Bio-medical gadgets and supplies used in critical care unit</p> <p>14.10. Strategies to optimize early mobilization and rehabilitation in critical care unit</p>
15	<p>Emergency</p> <p>15.1 Disaster and Triage</p> <p>15.2 Infectious disease disaster (epidemic/pandemics)</p> <p>15.3 Hypertensive emergency</p> <p>15.4 Poisoning</p> <p>15.5 Fractures</p> <p>15.6 Arrhythmias</p>

	<p>15.7 Acute Coronary Syndrome</p> <p>15.8 Suicidal Attempt</p> <p>15.9 Sudden injury due to a road traffic accidents, burns or smoke inhalation, near drowning, deep or large wound, or other injuries</p> <p>15.10 Head or spine injury</p> <p>15.11 Fit and/or epileptic seizure</p> <p>15.12 Sudden, severe pain anywhere in the body</p> <p>15.13 Breathing Problems</p> <p>15.14 Bleeding</p> <p>15.15 Sever or persistent vomiting/diarrhea</p> <p>15.16 Fainting or Loss of consciousness</p> <p>15.17 Choking</p> <p>15.18 Severe abdominal pain or pressure</p> <p>15.19 Emergency drugs and crash cart management</p> <p>15.20 Airway, breathing, and resuscitation</p>
16	<p>Rehabilitation after critical illness, injuries, and disability in adults</p> <p>16.1. Disability in Adults</p> <p>16.2. Philosophy of rehabilitation</p> <p>16.3. Key principle of care in rehabilitation</p> <p>16.4. Aims and stages of rehabilitation</p> <p>16.5. Pulmonary and physical rehabilitation after critical illness, injuries, and disability in adults</p>
17	<p>Gerontological Nursing</p> <p>17.1 Aging theories</p> <p>17.2 Physiological in different body systems including psychosocial, and cognitive changes</p> <p>17.3 Comprehensive geriatric assessment</p> <p>17.4 Common physical, cognitive, and psychosocial problems</p> <p>17.5 Health maintenance and health promotional activities</p> <p>17.6 Geriatric syndrome and geriatric emergency</p> <p>17.7 Quality of life of older adults</p> <p>17.8 National policies, strategies, plans, and programs for geriatric population</p> <p>17.9 Common needs of older adults</p>
18	<p>National Programs for Non-communicable Diseases and Infectious Diseases</p> <p>18.1. Medical treatment of deprived citizens</p> <p>18.2. Emergency health management</p> <p>18.2.1. Epidemic and outbreak surveillance programme</p> <p>18.2.2. Disaster management program</p> <p>18.3. Free health program: package of essential non-communicable diseases (PEN)</p>

VIII. CHILD HEALTH (PAEDIATRIC) NURSING

Unit	Contents
1	Introduction to Child Health and Child Health Nursing <ol style="list-style-type: none"> 1.1 Child health and factors affecting child health 1.2 Child health nursing and trends and issues in child health nursing 1.3 Philosophy of child health care 1.4 Legal, Ethical and cultural issues in child 1.5 Child right and child labour act 1.6 National policies, strategies and plan on child health: IMNCI (CB and FB), national nutrition/immunization and other priority program 1.7 Child Health Programme: Under five clinic, baby friendly hospital initiative (BFHI), school health programme, child to child programme 1.8 Communication with children 1.9 Play therapy/ activities for children 1.10 Role of child health nurse
2	Genetics and Embryology <ol style="list-style-type: none"> 2.1. Chromosome and cell division, Pattern of inheritance 2.2. Common congenital and chromosomal abnormalities 2.3. Parental guidance and genetic counseling
3	Growth and Development of Children Principles of growth and development <ol style="list-style-type: none"> 3.1. Factors affecting growth and development 3.2. Tools of assessment of growth and development 3.3. Theories related to growth and developments: Freud, Erikson, Piaget, and Kohlberg
4	Newborn/ Neonatal Period <ol style="list-style-type: none"> 4.1. Assessment of newborn 4.2. Immediate extra-uterine adjustment 4.3. Characteristics and Physiological changes of newborn baby 4.4. Gestational assessment of newborn baby (physical and neuro-muscular maturity) 4.5. Immediate and Essential newborn care including neonatal resuscitation 4.6. Common health problems of the newborn and their management 4.7. Care of high risk newborn 4.8. PMTCT
5	Infancy Period <ol style="list-style-type: none"> 5.1 Developmental tasks 5.2 Growth and development (physical, motor, cognitive, psycho-sexual and social) 5.3 Major developmental milestones 5.4 Health promotion of the infant 5.5 Health problems during infancy and their management limit setting and discipline
6	Toddlerhood Period <ol style="list-style-type: none"> 6.1 Growth and development (physical, motor, cognitive, psycho-sexual and social) 6.2 Major developmental milestones 6.3 Health promotion 6.4 Behavioral problems and their management
7	Pre-school Period <ol style="list-style-type: none"> 7.1. Growth and development (physical, motor, cognitive, psycho-sexual and social) 7.2. Major developmental milestones 7.3. Health promotion 7.4. Behavioral problems and their management
8	School-age Period

	8.1. Growth and development (physical, motor, cognitive, psycho-sexual and social) 8.2. Major developmental milestones 8.3. Health promotion 8.4. Behavioral problems and their management
9	Adolescence 9.1 Growth and development (physical, motor, cognitive, psycho-sexual and social) 9.2 Major developmental milestones 9.3 Health promotion 9.4 Behavioral problems and their management 9.5 Adolescent sexual and reproductive health (ASRH) strategy
10	Assessment and Care of Hospitalized Child 10.1. Assessment of Child: History taking, physical and developmental and nutritional assessment 10.2. Pain assessment and management: Non-pharmacological and pharmacological 10.3. Care of hospitalized child: Stress of illness and hospitalization in children and its minimization
11	Fluid and Electrolyte Disorders 11.1. Body fluids and electrolyte balance, acid-base balance, 11.2. Fluid and Electrolytes imbalance: Etio-pathology, clinical features, investigation, management and complications 11.3. Acid base imbalance: Etio-pathology, clinical features, investigation, management and complications
12	Cardio Vascular and Hematological Disorders: Etio-pathology, clinical features, investigation, management and complication of: 12.1. Congenital heart diseases: Cyanotic and acyanotic 12.2. Congestive cardiac failure 12.3. Collagen disorders: Rheumatic fever, rheumatic heart disease, endocarditis 12.4. Vascular dysfunction: Kawasaki disease, systemic hypertension, pulmonary artery hypertension and shock 12.5. Haematological disorder: Anemia, thrombocytopenia, haemophilia, thalassemia 12.6. Immuno- suppressive disorders: SLE, HIV
13	Gastrointestinal disorders: Etio-pathology, clinical features, investigation, management and complication of: 13.1 Structural defect: Cleft lip or cleft palate, esophageal atresia & tracheoesophageal fistula, ileal atresia, hernias 13.2 Obstructive disorder: Intestinal obstruction, hypertrophic pyloric stenosis, intussusceptions, mal-rotation and volvulus, ano-rectal malformation. 13.3 Disorder of motility: Diarrhea, constipation, Hirschsprung's disease, gastroesophageal reflux 13.4 Malnutrition 13.5 Malabsorption syndrome 13.6 Other GI disorders: Appendicitis, parasitic infestations, Viral hepatitis, oral thrush, gastroenteritis, diarrhoea
14	Endocrine disorders: Etio-pathology, clinical features, investigation, management and complication of:

	<p>14.1. Disorders of pituitary gland: Hyper and hypopituitarism, precocious puberty, delayed puberty, diabetic insipidus</p> <p>14.2. Disorders of thyroid gland: Goiter, hyper and hypothyroidism</p> <p>14.3. Disorders of parathyroid gland: Hyper and hypoparathyroidism</p> <p>14.4. Disorders of adrenal gland: Acute adrenocortical insufficiency, chronic adrenocortical insufficiency, Cushing's syndrome, congenital adrenal hyperplasia.</p> <p>14.5. Disorders of pancreas: Diabetes mellitus</p>
15	<p>Central Nervous and Neuromuscular Disorders: Etio-pathology, clinical features, investigation, management and complication of:</p> <p>15.1. Congenital disorders: Anencephaly, encephalo-meningocele, hydrocephalus, microcephaly</p> <p>15.2. CNS infections: Meningitis, encephalitis, Japanese encephalitis, brain abscess</p> <p>15.3. Seizure disorders: Epilepsy, febrile convulsion,</p> <p>15.4. Head and spinal cord injuries</p> <p>15.5. Neuromuscular disorders: Cerebral palsy, spina-bifida, muscle dystrophy, Guillain Barre syndrome, tetanus, acute flaccid paralysis</p>
16	<p>Genitourinary Disorders: Etio-pathology, clinical features, investigation, management and complication of:</p> <p>16.1. Urinary tract disorders: urinary tract infection, glomerular nephritis, nephrotic syndrome, obstructive uropathy, renal failure (acute and chronic), polycystic disease.</p> <p>16.2. Congenital disorders: Hypospadiasis, epispadiasis, bladder extrophy, inguinal hernia, phimosis, hydrocele, ambiguous genitalia, undescended testes.</p>
17	<p>Musculoskeletal Disorders: Etio-pathology, clinical features, investigation, management and complication of:</p> <p>17.1 Traumatic tissue injuries: Fracture, care of child in the cast and traction</p> <p>17.2 Congenital disorder: developmental dysplasia of the hip, clubfoot</p> <p>17.3 Musculoskeletal disorder: Kyphosis, lordosis, scoliosis, Osteomyelitis, juvenile arthritis</p>
18	<p>Eye, Ear, Nose and Throat Disorder: Etio-pathology, clinical features, investigation, management and complication of:</p> <p>18.1. Disorders of eye: Vitamin A deficiency, conjunctivitis, cataract, stye, strabismus, corneal ulcer, refractive error, nystagmus, visual impairment and blindness</p> <p>18.2. Disorders of ears: Otitis media, mastoiditis, hearing impairment and deafness.</p> <p>18.3. Disorders of nose: Epistaxis, sinusitis, deviated nasal septum, nasal polyps.</p> <p>18.4. Throat problems: Tonsillitis, pharyngitis, sinusitis, Croup's syndrome</p>
19	<p>Integumentary Disorders and Burn: Etio-pathology, clinical features, investigation, management and complication of:</p> <p>19.1. Skin problems: Scabies, dermatitis, impetigo, folliculitis, cellulites, allergy, Stevenson Johnson syndrome, herpes zoster and simplex</p> <p>19.2. Burns and its management</p>
20	<p>Malignant Disorders:</p> <p>20.1. Haemato-oncology disorders: Etio-pathology, clinical features, investigation, management and complication of ALL, AML, Lymphomas</p> <p>20.2. Other childhood cancers: Wilm's tumor, Neuroblastoma, Retinoblastoma,</p>

	<p>soft tissue sarcoma, Rhabdomyosarcoma.</p> <p>20.3. Different modalities for management of malignant disorders: Chemotherapy (including intrathecal, radiotherapy), Immunotherapy, surgery</p> <p>20.4. Palliative and hospice care including pain management</p> <p>20.5. Oncology emergencies: Tumor lysis syndrome, neutropenia, etc</p>
21	<p>Chronic and Life Threatening Illness and End of Life Care</p> <p>Common chronic and life threatening illnesses</p> <p>21.1 Reaction of child and family with chronic and life threatening condition, disabilities</p> <p>21.2 Breaking bad news</p> <p>21.3 Coping process</p> <p>21.4 Care of child at the end of life</p> <p>21.5 Counseling and grief process</p>
22	<p>Infectious Diseases and Global Emerging Health Issues</p> <p>22.1 Infectious Diseases: Typhoid, dengue, kalazar, malaria, flue and influenza</p> <p>22.2 Emerging health issues: SARS, COVID, H1N1. Ebola virus disease , Chikungunya</p>
23	<p>Pediatric Emergencies and Intensive care</p> <p>23.1. Pediatric Emergencies: Respiratory and cardiac arrest, shock, drowning, poisoning, accidents/injuries, choking, suffocation, foreign body aspiration and insect, dog and snake bite</p> <p>23.2. Intensive care nursing Principle of intensive care, planning and organization of intensive care unit (NICU, PICU, SICU), Management of children with critical conditions</p>
24	<p>Pediatric Procedures</p> <p>24.1. Suction</p> <p>24.2. Basic and advance neonatal and paediatric life support(ANPLS) (</p> <p>24.3. Intubations,</p> <p>24.4. Phototherapy,</p> <p>24.5. Radiant warmer,</p> <p>24.6. Oxygen and aerosol therapy,</p> <p>24.7. Ventilator (management of patient in ventilator including different modes),</p> <p>24.8. Incubator care</p> <p>24.9. CVP measurement,</p> <p>24.10. Exchange transfusion and umbilical vessel catheterization,</p> <p>24.11. Gastrostomy feeding,</p> <p>24.12. Gastrojejunal feeding,</p> <p>24.13. Blood specimen collection (arterial puncture, heel prick, scalp vein)</p> <p>24.14. Chest tube insertion and care,</p> <p>24.15. Restraints</p> <p>24.16. Care of special gadgets</p>

VIII. COMMUNITY(PUBLIC) HEALTH NURSING

Unit	Contents
1	<p>Introduction to Community Health Nursing</p> <p>1.1. Determinants and dimensions of health</p> <p>1.2. Trends and development of community health nursing: National and International</p> <p>1.3. Current status, socio-cultural issues and challenges related to community health nursing</p> <p>1.4. Principles and scope of community health nursing practices</p>
2	<p>Theories and Models in Community Health Nursing</p> <p>2.1 Theories and models relevant to community health nursing: Precede-proceed model, health belief model, epidemiological model, iceberg theory, Levaell and Clark's theory, Milio's framework of prevention, Salmon White's construct for public health nursing, and theory of reasoned action (Fishbein)</p> <p>2.2 Application of theories in service delivery at community settings</p>
3	<p>Community Diagnosis & intervention</p> <p>3.1. Community assessment: Dimension of community assessment</p> <p>3.2. Social mapping</p> <p>3.3. Methods of community assessment: Participatory Rural Appraisal (PRA), Rapid Rural Appraisal (RRA), Participatory Learning and Action(PLA), Focus Group Discussion (FGD)</p> <p>3.4. Component of community diagnosis</p> <p>3.5. Process of community diagnosis</p> <p>3.6. Reporting tool: ISBAR (identify, situation, background, assessment, recommendation)</p> <p>3.7. Implementation of health action</p>
4	<p>Family Health Nursing</p> <p>4.1 Principles of Family Health Nursing.</p> <p>4.2 Theories for working with families in the community: Family system theory, family development and life cycle theory and bio-ecological system theory</p> <p>4.3 Application of nursing process in family health nursing</p> <p>4.4 Family coping index, typology of family health problem (health deficit, health threat and foreseeable crisis)</p> <p>4.5 Role and responsibilities of community health nurse in family health nursing</p>
5	<p>Ethical and Legal Issues in Community Health Nursing</p> <p>5.1. Client's right</p> <p>5.2. Ethical and legal principles in community health nursing</p> <p>5.3. Ethical and legal issues in decision making in community health nursing practice</p>
6	<p>Population and Demography</p> <p>6.1 Trends of population: Global, Regional and National</p>

	<p>6.2 National population policy</p> <p>6.3 Population theory: Demographic transition theory, optimum theory of population and Malthusian theory</p> <p>6.4 Concept of well-being: Standard of living, level of living and quality of life</p> <p>6.5 Human Developmental Index (HDI)</p> <p>6.6 Population pyramid of Nepal and its implication on health, health planning and health service utilization</p> <p>6.7 Factors affecting population growth</p> <p>6.8 Vital and health statistics</p> <p>6.9 Health indicators</p>
7	<p>Environmental Health and Safety</p> <p>7.1 Change in ecosystem and its impact on health</p> <p>7.2 Current major environment problems in Nepal</p> <p>7.3 Factors affecting ecosystem in climate and health: Urbanization, industrialization, and its impact on air, water, and soil, climate change, global warming, greenhouse effect, acid rain and ozone layer depletion and pollution and its effect on health</p> <p>7.4 Sustainable cities and communities</p>
8	<p>Nutrition and Health</p> <p>8.1. Classification & types of nutrients</p> <p>8.2. National nutrition policies and strategies of governmental and non-governmental organizations related to nutrition promotion.</p> <p>8.3. Multi-sectorial nutrition plan</p> <p>8.4. Socio-cultural aspects of nutrition and its relation to health</p> <p>8.5. Common nutritional problems in Nepal</p> <p>8.6. Nutritional assessment methods</p> <p>8.7. Food act/legislation, issues, and quality control: Food safety national standards</p> <p>8.8. Food additives: Food fortification, and food adulteration,</p> <p>8.9. Food preservation</p>
9	<p>Maternal and Child Health (MCH)/Reproductive Health (RH)</p> <p>9.1. Concept of MCH and MCH services</p> <p>9.2. Evolution of RH</p> <p>9.3. Components of Reproductive health package</p> <p>9.4. National reproductive health guideline and strategies</p> <p>9.5. Reproductive health programs launched by the government of Nepal</p> <p>9.6. Major problems related to reproductive health</p> <p>9.7. Community based integrated management of neonatal and childhood illnesses (CB-IMNCI)</p> <p>9.8. Facility based integrated management of neonatal and childhood illnesses (FB-IMNCI)</p>
10	<p>Family Welfare Program</p> <p>10.1. Population problem</p> <p>10.2. Causes of population explosion</p> <p>10.3. Development of family planning program in Nepal</p>

	<p>10.4. Methods of contraception</p> <p>10.5. Family planning counseling, education, communication and services</p> <p>10.6. Gender biasness and its impact in population and future</p> <p>10.7. Role of community health nurse in family welfare program</p>
11	<p>Genetics in Community Health Nursing</p> <p>11.1. Chromosome and cell division</p> <p>11.2. Pattern of inheritance</p> <p>11.3. Polygenic or multifactorial disorders</p> <p>11.4. Common chromosomal abnormalities: Down's syndrome, Cri-du-chat syndrome, Turner's syndrome, fragile syndrome, Klinefelter's syndrome.</p> <p>11.5. Genetic disorders including mental retardation</p> <p>11.6. Genetic counseling and role of the community health nurse.</p>
12	<p>Information, Education and Communication</p> <p>12.1 Concept of health information, education and communication</p> <p>12.2 Principles, methods and medias of health education</p> <p>12.3 Role of community health nurse in health education process</p>
13	<p>National Health Policies, Strategies and Programs</p> <p>13.1. Current national health policies, strategies and guidelines</p> <p>13.2. National social security scheme and health insurance</p> <p>13.3. Nepal Health Sector Program (Current)</p> <p>13.4. Long term health plan</p> <p>13.5. Current five-year plan</p> <p>13.6. National health programs: National Immunization program, national HIV/AIDS program, national malaria/Kala-azar, control program, national tuberculosis and leprosy control program and national nutritional program and national family planning program</p> <p>13.7. Activities of community outreach/mobile clinic</p> <p>13.8. Supervision, monitoring and performance appraisal of community health workers.</p> <p>13.9. Health record and reporting system</p> <p>13.10. Role and responsibilities of community health nurse in health care delivery</p>
14	<p>School Health</p> <p>14.1. Objectives and aspects of school health</p> <p>14.2. Common health problems in school children</p> <p>14.3. School mental health program</p> <p>14.4. Governmental strategies of school health program</p> <p>14.5. School health activities in Nepal including teacher's training</p> <p>14.6. School health nurse working guideline, 2076</p> <p>14.7. School coordination committee</p> <p>14.8. School health profile</p> <p>14.9. Inter-sectorial coordination for school health</p> <p>14.10. Role and responsibilities of school health nurse</p> <p>14.11. Role of school management committee in School Health Program.</p>
15	<p>Occupational Health</p> <p>15.1 Principles of occupational health</p>

	<p>15.2 Occupational health and safety environment</p> <p>15.3 Protective measures for rescuers and health care providers</p> <p>15.4 Common occupational hazards, diseases and preventive measure</p> <p>15.5 Current labor act (focus on employment, occupational safety and health)</p> <p>15.6 Role of ILO and WHO in occupational health</p> <p>15.7 Personal protective equipment (PPE)</p> <p>15.8 Role and responsibilities of community nurse in occupational health</p>
16	<p>Disaster Management in Community</p> <p>16.1. Impact of disaster and rapid response</p> <p>16.2. Disaster preparedness and mitigation</p> <p>16.3. Disaster management</p> <p>16.4. First aids emergency in disaster</p> <p>16.5. Post traumatic counseling</p> <p>16.6. Rapid response team and their role in the disaster management in community level</p> <p>16.7. Disaster act in Nepal</p>
17	<p>Community Mental Health</p> <p>17.1. Promotion of mental health and prevention of mental illness</p> <p>17.2. Community based mental health rehabilitation</p> <p>17.3. Mental health welfare programs</p> <p>17.4. Role of community health nurse in the community mental health</p>
18	<p>Care of Elderly in Community</p> <p>18.1. Demographic situation of elderly</p> <p>18.2. Aging process and changes</p> <p>18.3. Theories of aging</p> <p>18.4. Physiological, psychological, and cognitive changes of elderly and common health problem of elderly in Nepal</p> <p>18.5. Health promotional activities</p> <p>18.6. Constitution, act, plan and programs related to senior citizen of Nepal</p> <p>18.7. Home based care for elderly</p> <p>18.8. Geriatric rehabilitation and counseling</p> <p>18.9. Role and responsibilities of community health nurse in the promotion and maintenance of the health of elderly people</p>
19	<p>Nursing Care of Special Group</p> <p>19.1. Street children</p> <p>19.2. Human trafficking survivors</p> <p>19.3. Disabled people: Physically and mentally</p> <p>19.4. Hospice care in community</p> <p>19.5. Child abuse</p>
20	<p>Community Participation and Development</p> <p>20.1 Levels of community participation</p> <p>20.2 Obstacles in community participation</p> <p>20.3 Ways to mobilize the community</p> <p>20.4 Basics of holistic community development</p> <p>20.5 Essential element of community development</p>

	20.6 Need of community development 20.7 Process of community development 20.8 Features of community development programs and their application in health program
21	Program Planning and Management 21.1 Planning process 21.2 Program evaluation 21.3 Advanced planning methods and evaluation models 21.4 Cost studies applied to program management
22	Public Private Partnership (PPP) 22.1. Policies and strategies 22.2. Technique and benefit of PPP 22.3. Activities PPP, public relationship
23	Global Health 23.1 Global health care issues 23.2 Relationship between globalization and health 23.3 Global health issues/burden of disease and priorities 23.4 Concept of global quarantine 23.5 Health tourism 23.6 Migration and its impact on health care of refugee 23.7 International health agencies affecting global health: Bilateral agencies and INGOs

VIII. PSYCHIATRIC (MENTAL HEALTH) NURSING

Unit	Contents
1.	Introduction: 1.1. Terminologies used in mental health and mental illness 1.2. Therapeutic communication techniques, therapeutic relationship 1.3. Stress, crisis, and coping- Grief, Psychological First Aid 1.4. Ethical and legal aspects in psychiatric nursing – admission and discharge procedure 1.5. Mental health policy and mental health act
2.	Personality Development 2.1. Determinants of Personality development 2.2. Theories of personality development- Sigmund Freud, Erik Erikson, Harry Stack Sullivan, Jean Piaget, Kohlberg theory 2.3. Personality disorders – their types, treatment, and nursing management
3.	Mental Health Assessment 3.1. Psychiatric History taking 3.2. Mental Status Examination 3.3. Mini Mental health assessment
4.	Thought and Mood Disorders 4.1. Thought disorders- schizophrenia, ATPD, Schizoaffective disorders, persistent delusional disorders 4.2. Mood disorders – Major depressive disorders, bipolar disorders, mania 4.3. Treatment and nursing management
5.	Neurotic and Stress related Disorders

	<ul style="list-style-type: none"> 5.1. Generalized anxiety disorders 5.2. Phobic anxiety disorders, 5.3. Panic disorders 5.4. Obsessive compulsive disorder (OCD) 5.5. Dissociative disorders- conversion disorders 5.6. Post-traumatic stress disorder 5.7. Treatment and nursing management
6.	<p>Psychosomatic and Somatoform Disorders</p> <ul style="list-style-type: none"> 6.1. Psychosomatic disorders: Bronchial asthma, migraine, headache, irritable bowel syndrome, ulcerative colitis 6.2. Somatoform disorders: Hypochondriasis, persistent pain disorder
7.	<p>Childhood Behavioral and Adolescent Mental Disorders</p> <ul style="list-style-type: none"> 7.1. Autism 7.2. Attention deficit hyperactivity disorder (ADHD) 7.3. Conduct disorders 7.4. Intellectual disability (Mental retardation) 7.5. Separation anxiety disorders 7.6. Bedwetting 7.7. Suicide 7.8. Treatment and nursing management
8.	<p>Maternal and Elderly Mental Health Problems</p> <ul style="list-style-type: none"> 8.1. Postnatal psychosis, postnatal depression 8.2. Post-menopausal syndrome 8.3. Dementia 8.4. Elderly suicide 8.5. Depression in old age 8.6. Treatment and nursing management
9.	<p>Human Sexuality and Psychosexual Disorders</p> <ul style="list-style-type: none"> 9.1. Sexual orientation disorders- Lesbian, Gay, bisexual, transsexual, Queer, and many more (LGBTQ+) 9.2. Sexual dysfunction – Premature ejaculation, impotence 9.3. Treatment and nursing management
10.	<p>Substance Use Disorders</p> <ul style="list-style-type: none"> 10.1. Opium, sedatives, stimulants, alcohol 10.2. Prevention of substance use disorders 10.3. Treatment and nursing management
11.	<p>Psychiatric Emergencies</p> <ul style="list-style-type: none"> 11.1. Care of violent and aggressive behavior 11.2. Suicidal threats/ attempt 11.3. Panic attack 11.4. Delirium tremens 11.5. Neuroleptic malignant syndrome, catatonic stupor 11.6. Lithium toxicity
12.	<p>Treatment Modalities in Psychiatry</p> <ul style="list-style-type: none"> 12.1. Psychotropic drugs- antidepressant, antipsychotic, anxiolytic, mood stabilizers, anticonvulsants, anti-parkinsonism 12.2. Electroconvulsive therapy (ECT) 12.3. Psychotherapy- group therapy, family therapy 12.4. Counseling 12.5. Milieu therapy

	12.6. Motivational Enhancement Therapy 12.7. Restraining, seclusion 12.8. Role of nurse in different therapies
13.	Alternative therapies 13.1. Guided imagery therapy, 13.2. Meditation,
14.	Psychosocial Rehabilitation 14.1. Occupational rehabilitation therapy 14.2. Halfway home, sheltered workshop, correctional home 14.3. Role of nurse in psychiatric rehabilitation
15.	Care of Special and Vulnerable Group 15.1. Abuse and neglect 15.2. Care of the survivors of trauma and violence 15.3. Counseling to HIV/AIDS, terminally ill patients, and caretakers
16.	Community Psychiatry 16.1. Deinstitutionalization 16.2. Community mental health program 16.3. Community participation in mental health

VIII. GENERAL NURSING

Unit	Contents
1	Developmental Tasks 1.1. Newborn/ Neonatal Period 1.2. Infancy Period 1.3. Toddlerhood Period 1.4. Pre-school Period 1.5. School-age Period 1.6. Adolescence 1.7. Young adult 1.8. Middle adult 2. 1.9 Elderly adult
2	Assessment and Care of Hospitalized Patient 2.1. Assessment of patient: History taking, physical and developmental and nutritional assessment 2.2. Pain assessment and management: Non-pharmacological and pharmacological 2.3. Care of hospitalized patient: Stress of illness and hospitalization and its minimization
3	Disorders of Respiratory System: Etio-pathology, clinical features, investigation, management and complication of: 3.1 Airway disorders and parenchymal and pleural disorders 3.2 Respiratory care modalities: Noninvasive respiratory therapies, airway management, management of mechanical ventilation 3.3 Specific procedures related to respiratory system
4	Disorders of Cardio-Vascular System: Etio-pathology, clinical features, investigation, management and complication of: 4.1. Arrhythmias 4.2. Conduction abnormalities

	<ul style="list-style-type: none"> 4.3. Coronary artery diseases 4.4. Structural, infectious and inflammatory cardiac disorders 4.5. Congenital heart diseases 4.6. Peripheral vascular diseases 4.7. Lymphatic disorders 4.8. Hypertensive disorders 4.9 Hematological disorders
5	<p>Disorders of Gastro-Intestinal System: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 5.1. Structural defect: Cleft lip or cleft palate, esophageal atresia & tracheoesophageal fistula, ileal atresia, hernias 5.2. Obstructive disorder: Intestinal obstruction, hypertrophic pyloric stenosis, intussusceptions, mal-rotation and volvulus, ano-rectal malformation. 5.3. Disorder of motility: Diarrhea, constipation, Hirschsprung's disease, gastroesophageal reflux <ul style="list-style-type: none"> 5.1.1 Malnutrition 5.1.2 Malabsorption syndrome 5.1.3 Oesophageal disorders 5.1.4 Gastric and duodenal disorders 5.1.5 Intestinal disorders 5.1.6 Hepato-biliary disorders 5.1.7 Pancreatitis
6	<p>Central Nervous and Neuromuscular Disorders: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 6.1 Congenital disorders: 6.2 CNS infections: 6.3 Seizure disorders: Epilepsy, febrile convulsion 6.4 Head and spinal cord injuries
7	<p>Disorders of Musculoskeletal System: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 7.1 Traumatic tissue injuries: Fracture, care of patient in the cast and traction 7.2 Infections and inflammatory of musculoskeletal system 7.3 Metabolic disorders of bone 7.4 Muscular dystrophy
8	<p>Disorders of Reproductive System: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 8.1. Endometriosis 8.2. Prolapse of pelvic organs 8.3. Vesico-vaginal fistula 8.4. Abnormal uterine bleeding 8.5. Breast disorders
9	<p>Disorders of Urinary System: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 9.1. Primary glomerular diseases 9.2. Acute kidney injury and chronic kidney disease 9.3. Prostatic enlargement 9.4. Urolithiasis 9.5. Polycystic kidney disease
10	<p>Disorders of Endocrine System: Etio-pathology, clinical features, investigation, management and complication of:</p>

	<ul style="list-style-type: none"> 10.1 Pituitary gland disorders 10.2 Thyroid and parathyroid glands disorders 10.3 Diabetic Mellitus 10.4 Adrenal gland disorders 10.5 Disorders of ovaries and testes
11	<p>Disorders of Sensory Organs and Integumentary Disorders: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 11.1. Eye disorders 11.2. Ear, nose and throat disorders 11.3. Skin problems: Scabies, dermatitis, impetigo, folliculitis, cellulites, allergy, zoster and simplex 11.4. Burns
12	<p>Infectious Diseases: Etio-pathology, clinical features, investigation, management and complication of:</p> <ul style="list-style-type: none"> 12.1. Parasitic infections: Malaria, kalazaar, filariasis 12.2. Viral infections: Dengue, HIV, rabies 12.3. Bacterial: Typhoid, tuberculosis, trachoma, leprosy 12.4. Emerging Diseases: Corona virus infection, chikungunya, ebolavirus infection
13	<p>Oncology Nursing</p> <ul style="list-style-type: none"> 13.1. Common Cancers 13.2. Treatment Modalities and Nursing Intervention 13.3. Communication and Breaking Bad News 13.4. End of Life Care 13.5. Bereavement 13.6. Hospice and Palliative Care
14	<p>Infectious Diseases</p> <ul style="list-style-type: none"> 14.1 Parasitic infections: Malaria, kalazaar, filariasis 14.2 Viral infections: Dengue, HIV, rabies 14.3 Bacterial: Typhoid, tuberculosis, trachoma, leprosy 14.4 Emerging Diseases: Corona virus infection, chikungunya, ebolavirus infection
15	<p>Gerontology Nursing</p> <ul style="list-style-type: none"> 15.1. Aging Theories 15.2. Normal age related changes and health maintenance in different body systems 15.3. Geriatric assessment 15.4. Common physical, cognitive, and psychosocial problems 15.5. Quality of Life of older Adults
16	<p>Emergency Nursing</p> <ul style="list-style-type: none"> 16.1. Disaster and Triage 16.2. Epidemic Disaster 16.3. Injuries: Head Injuries, fractures, road traffic accidents 16.4. Disease related emergencies: Hypertensive emergency, acute coronary syndrome arrhythmias 16.5. Other emergencies: Epistaxis, poisoning, suicidal attempt 16.6. Emergency Drugs and Crash Cart Management 16.7. Airway, Breathing, and Resuscitation
17	<p>Safe Motherhood</p> <ul style="list-style-type: none"> 17.1 Health of women during reproductive age 17.2 Sustainable development goals on women's health

	<p>17.3 National policies/guidelines/strategies/protocols on safe motherhood</p> <p>17.4 Obstetric care categories: BEmONC (Basic Emergency Obstetric and Neonatal Care) and CEmONC (Comprehensive Emergency Obstetric and Neonatal Care)</p>
18	<p>Normal Pregnancy</p> <p>18.1. Anatomy and physiology female pelvis and fetal skull: landmark and diameters</p> <p>18.2. Fetal development</p> <p>18.3. Physiological changes during pregnancy</p> <p>18.4. Antenatal assessment</p> <p>18.5. Interpretation of diagnostic tests</p> <p>18.6. Needs and care of the woman during pregnancy</p> <p>18.7. Assessment of fetal wellbeing</p> <p>18.8. Birth preparedness and complication readiness (BPP/CR)</p>
19	<p>Normal Labor</p> <p>19.1. Physiological changes and management of labor according to stages</p> <p>19.2. Needs and care of woman during labor according to stages</p> <p>19.3. Mechanism of labor</p> <p>19.4. Partograph</p> <p>19.5. Pain management</p> <p>19.6. Episiotomy and perineal repair</p> <p>19.7. Immediate care of newborn</p> <p>19.8. Evidence based practices (KMC, Helping baby breathe- HBB)</p> <p>19.9. Respectful Maternity Care</p> <p>19.10. Various child birth practices/ birth positions</p>
20	<p>Normal Puerperium</p> <p>20.1 Physiological changes during puerperium</p> <p>20.2 Management of normal puerperium</p> <p>20.3 Physiology of lactation and breastfeeding</p> <p>20.4 Baby friendly hospital initiatives (BFHI)</p> <p>20.5 Postnatal assessment and visit</p> <p>20.6 Needs and care of woman during puerperium</p> <p>20.7 Neonatal care: Essential newborn care, national neonatal health policy and strategy</p>