

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाचौं तह पब्लिक हेल्थ नर्स पदको खुला तथा आन्तरिक प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम एवं परीक्षा योजना

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

क. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: १५

परीक्षा योजना (Examination Scheme)

प्रथम चरण:- लिखित परीक्षा (Written Examination)

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

द्वितीय चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१५	मौखिक

द्रष्टव्य:

१. लिखित परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

एकाई	A	B	C	D	E	F	G	H	I
प्रश्न संख्या	३	४	६	१०	१०	६	३	५	३

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

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

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

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

६. पाठ्यक्रम लागू हुने मिति २०७८।०८।१२

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(A) Anatomy and Physiology

1. Organs and functions of different body system

- 1.1 General Concept (Cell, tissue embryology) Musculo-skeleton System
- 1.2 Respiratory System
- 1.3 Cardio-vascular System
- 1.4 Gastro-intestinal System
- 1.5 Urinary System
- 1.6 Reproductive System
- 1.7 Nervous System
- 1.8 Special Sensory and Integumentary System
- 1.9 Endocrine System
- 1.10 Blood, Lymphatic and Immune System

2. Body temperature regulation

- 2.1 Conduction
- 2.2 Convection
- 2.3 Radiation
- 2.4 Excretion (excretion)

3. Organisms and Parasites

- 3.1 Virus
- 3.2 Bacteria
- 3.3 Protozoa
- 3.4 Helminths
- 3.5 Fungi

4. Factors affecting micro organisms

- 4.1 Aerobic
- 4.2 Anaerobic
- 4.3 Temperature
- 4.4 Humidity
- 4.5 Nutrients

5. Mechanism of acid-base balance

- 5.1 Electrolyte
- 5.2 Relationship with respiration
- 5.3 Relation with excretion

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6. Fluid and electrolyte replacement

- 6.1 Oral rehydration solution
- 6.2 Intra venous therapy

7. Pharmacokinetics

- 7.1 Absorption of drugs
- 7.2 Distribution of drugs
- 7.3 Metabolism of drugs
- 7.4 Excretion of drugs

8. Drugs acting on endocrine system Why only endocrine?

- 8.1 Insulin
- 8.2 Oral antidiabetic drugs
- 8.3 Thyroxine and antithyroid drugs
- 8.4 Male and Female sex hormone

9. Uses of essential drugs in Nepal

(B) Fundamentals of Nursing

1. Basic needs of clients (Maslow's Hierarchy of need)

2. Nursing process

3. Procedures used in physical assessment

- 3.1 Vital signs
- 3.2 Height and weight measurement
- 3.3 Others (lab. exam, x-ray, USG, MRI, CT, endoscopy)

4. Administration of drugs

- 4.1 Oral
- 4.2 Parental
- 4.3 Topical application
- 4.4 Instillation of drugs into eye, ear and nose
- 4.5 Oxygen administration
- 4.6 Blood transfusion
- 4.7 Steam inhalation and drug inhalation

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5. First aid treatment

- 5.1 Drowning
- 5.2 Bites (Snake, insect and dog)
- 5.3 Choking
- 5.4 Hemorrhage and Shock
- 5.5 Poisoning
- 5.6 Burn
- 5.7 Wound and Fracture
- 5.8 Foreign body in ear, nose, eye and throat

6. Infection prevention and control

7. Roles and responsibilities of Public Health Nurse.

8. Stress and stress coping mechanism

9. Commonly used basic nursing procedures

- 9.1 Art and principles of bed making and pressure sore area care
- 9.2 Meeting personal hygiene needs (Oral, skin, hair, perineal care)
- 9.3 Fluid and Electrolyte balance
- 9.4 Elimination needs (catheterization, enema, sitz bath)
- 9.5 Pre and postoperative care
- 9.6 Dressing and bandaging

(C) Nursing care of Adult

1. Medical/surgical nursing management of the diseases/disorders condition in different body system

1.1 Nervous System

- 1.1.1 Meningitis
- 1.1.2 Encephalitis
- 1.1.3 Tetanus
- 1.1.4 Poliomyelitis
- 1.1.5 Epilepsy
- 1.1.6 Parkinson disease
- 1.1.7 Spinal cord injury
- 1.1.8 Head injury

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1.2 Respiratory System

1.2.1 Pleurisy

1.2.2 Pneumothorax

1.2.3 Influenza

1.2.4 Bronchitis

1.2.5 Pneumonia

1.2.6 Pulmonary TB

1.2.7 Bronchial asthma

1.2.8 Pulmonary embolism

1.2.9 Chronic Obstructive Pulmonary Disease (COPD)

1.2.10 Acute Respiratory Distress Syndrome (ARDS)

1.3 Urinary system

1.3.1 Urinary Tract Infection (UTI)

1.3.2 Nephrotic syndrome

1.3.4 Renal and bladder calculi

1.3.5 Renal failure (acute and chronic)

1.3.6 Prostetic hyperplasia

1.3.7 Hydronephrosis

1.3.8 Glomerole nephritis (acute and chronic)

1.4 Gastro-intestinal System

1.4.1 Gasritis and Peptic ulcer

1.4.2 Oesophagial varices

1.4.3 Hernias

1.4.4 Appendicitis

1.4.5 Intestinal obstruction

1.4.6 Peritonitis and ascities

1.4.7 Tuberculosis of abdomen

1.4.8 Ulcerative colitis

1.4.9 Hemorrhoids

1.4.10 Hepatitis

1.4.11 Cirrhosis of liver

1.4.12 Cholecystitis and Cholelithiasis

1.4.13 Pancreatitis

1.5 Cardiovascular, Blood and Lymphatic System

1.5.1 Congestive cardiac failure

1.5.2 Angina pectoris

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1.5.3 Cardiac arrest

1.5.4 Varicose vein, thrombophlebitis

1.5.5 Myocardial infarction

1.5.6 Rheumatic heart disease

1.5.7 Cerebro-vascular accident

1.5.8 Blood diseases (anemia, thalassemia, leukaemia)

1.5.9 Hodgkin's disease and lymphoma

1.5.10 Hypertension

1.6 Endocrine System

1.6.1 Hyper and hypothyroidism

1.6.2 Diabetes insipidus

1.6.3 Diabetes mellitus

2. Reproductive System and Breast disorder

2.1 Disorder of uterine bleeding

2.2 Cystocele and Rectocele

2.3 Uterine prolapse

2.4 Vesico Vaginal Fistula (VVF),

2.5 Infection of genital tract, Sexually Transmitted Infection (STI)

2.6 Human Immune Deficiency Virus and Acquired immune Deficiency Syndrome (HIV/AIDS)

2.7 Orchitis, prostate problems, hydrocele

2.8 Breast disorder

2.9 Infertility or Sub-fertility

3. Care of Eye, Ear, Nose and Throat diseases and disorders

3.1 Eye

3.1.1 Conjunctivitis

3.1.2 Blephritis

3.1.3 Corneal ulcer

3.1.4 Foreign body in eye

3.1.5 Cataract

3.1.6 Glaucoma

3.2 Ear

3.2.1 Foreign body and impacted cerumen

3.2.2 Otitis media Hearing impairment

3.2.3 Mastoiditis

3.2.4 Menier's disease

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3.3 Nose

3.3.1 Foreign body

3.3.2 Sinusitis

3.3.3 Epistaxis

3.3.4 Deviated nasal septum

3.3.5 Nasal polyp

3.4 Throat

3.4.1 Foreign body

3.4.2 Laryngitis

3.4.3 Tonsillitis

3.4.4 Pharynxitis

4. Mental health problem in Nepal

5. Service afford to the disabled individual during the rehabilitation.

6. Problem caused by immobility and their prevention

(D) Community Health Nursing

1. Determinants of health

2. Primary health care (Definition, elements, principles)

3. Importance, advantages, principles and steps of home visit and Community bag technique

4. Nursing in community setting

4.1 Maternal Child Health & Family Planning (MCH & FP)

4.2 School health nursing

4.3 Public health nursing

4.4 Industrial health nursing

4.5 Mental health nursing

4.6 Geriatric nursing

4.7 Rehabilitation nursing

5. Nutrition relation to health

5.1 Classification, functions and sources of nutrients

5.2 Nutritional assessment and deficiency disorders conditions

5.2.1 Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia

5.2.2 Macro and Micro nutrients deficiency and protein energy malnutrition

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5.3 Current nutritional programs in Nepal

5.3.1 Vitamin A and K program

5.3.2 Iodized salt supplementation program

5.3.3 Distribution of iron folate tablet program

5.3.4 Promotion of exclusive breast feeding

5.3.5 Deworming

5.4 Nutritional requirements in different stages of life

5.4.1 Pre-conception

5.4.2 Conception

5.4.3 Infant and childhood

5.4.4 Adolescent

5.4.5 Adult

5.4.6 Elderly

6. Communication (types, process/elements, barriers, principles of effective communication)

7. Epidemiology

7.1 Commonly used terms

7.2 Aims, uses and approaches

7.3 Epidemiological triad (agent, host and environment)

7.4 Modes of disease transmission

7.5 Communicable disease and its prevention, control and treatment

7.6 Tropical disease (Malaria, Kala-azar, Dengue, Filariasis, Scrub typhus,)

7.7 Non communicable disease and its prevention

7.8 Haemolytic disease (Sickle cell disease, Thalaesmia)

7.9 Level of disease prevention and modes of intervention

7.10 Management of disease outbreak (MERS, SARS, Covid)

8. Immunization

8.1 Immunity (Acquired, Artificial and Herd immunity)

8.2 Recommended immunization schedule for mothers and children by National Immunization program (NIP)

8.3 Preparation, administration, storage and maintenance of Cold chain of vaccines

8.4 Normal phenomena and side effects of vaccines and health teaching

9. Commonly used vital and health indicators

9.1 Vital indicators (birth rate, death rate, population growth rate, life expectancy)

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9.2 Health indicators (neonate mortality rate, infant mortality, under 5 mortality rate, maternal mortality rate, fertility rate, abortion rate)

9.3 Sources of statistical data

10. Environmental sanitation

10.1 Refuses disposal

10.1.1 Sources and Methods of refuse disposal

10.1.2 Methods of sewage disposal

10.2 Water-sources, purification of water and water related diseases

10.3 Human excreta disposal (methods of disposal and transmission of fecal borne Diseases.

10.4 Sanitation Barrier

11. Health Promotion and education

11.1 Purposes and principles of health education

11.2 Methods and media of health education including its advantages and disadvantages

12. Family health nursing

12.1 Functions and types of family

12.2 Freeman's typology of family health problems (health threat, health deficit, foreseeable crisis)

12.3 Roles and functions of community health nurse in family health care

13. Home delivery:

13.1 Advantages, disadvantages and preparation for home delivery

13.2 Care of the mother

13.3 Care of the baby

14. Family planning

14.1 Methods of Family planning with counseling, preparation, doses, duration, mechanism of action, side effects, health teaching

15. Occupational health and safety measures for the protection of health of workers in different work setting

16. Community diagnosis and health action (purposes, process)

17. School health program

17.1 Objectives and activities/aspects

17.2 Common health problems of school children

17.3 School Health Nurse (criteria of SHN, function, roles)

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(E) Midwifery

1. Antenatal

- 1.1 Reproductive Health and safe motherhood strategies, plan and policy
- 1.2 Types of female pelvic and their effect on birth baby
- 1.3 Structure and function of female reproductive organs
- 1.4 Normal reproductive age and menopause
- 1.5 Development of fertilized ovum and foetus
- 1.6 Fetal Circulation
- 1.7 Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
- 1.8 Signs and symptoms of pregnancy.
- 1.9 Physical examination of antenatal mother
- 1.10 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation and WOG (Week of gestation)
- 1.11 Growth of uterus and height in relation to gestation
- 1.12 Purpose of antenatal care
- 1.13 Need of pregnant mother.
- 1.14 Minor disorders of pregnancy
- 1.15 Bleeding in pregnancy (Early and Late)
- 1.16 Major disorders of pregnancy
- 1.17 Disease associated with pregnancy
 - 1.17.1 Anaemia, cardiac disease, diabetes, tuberculosis, sexually transmitted disease, urinary tract infection.

2. Labour

- 2.1 Labour and its stages
- 2.2 Signs and symptoms of onset of true labour
- 2.3 Normal course of I, II, III, IV stages of labour
- 2.4 Mechanism of normal labour
- 2.5 Nursing care of mother during each stage of labour
- 2.6 Signs and symptoms of second stage, third stage of labour and its management
- 2.7 Apgar score
- 2.8 Immediate care of new born baby
- 2.9 Signs & symptoms of separation of placenta
- 2.10 Complications of 3rd and 4th stage of labour.

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- 2.11 Needs and care of mother and newborn
- 2.12 Prolonged labour and its appropriate management
- 2.13 Abnormal Labour (Malposition and Malpresentation)
- 2.14 CPD (Cepahlo pelvic disproportion)
- 2.15 Trial Labour (Induction/Augmentation)
- 2.16 Premature rupture of membrane
- 2.17 Retained placenta

3. Postnatal

- 3.1 Definition and duration of puerperium
- 3.2 Principles of care in puerperium
- 3.3 Need of postnatal mother
- 3.4 Minor disorders during puerperium.
- 3.5 Major disorder during puerperium
- 3.6 Complications of puerperium
- 3.7 Breast feeding
 - 3.7.1 Position and attachment
 - 3.7.2 Counselling
 - 3.7.3 Kangaroo mother Care (KMC)
 - 3.7.4 Mother/Baby friendly Hospital initiatives
 - 3.7.5 Ten successful steps of breast feeding
- 3.8 Examination of new born baby
- 3.9 Minor and Major disorder of newborn
- 3.10 Congenital abnormalities

(F) Nursing Care of Children

1. Definition of terms

- 1.1 Neonate
- 1.2 Infant
- 1.3 Toddler
- 1.4 Preschool
- 1.5 School age
- 1.6 Adolescence

2. Developmental characteristic and milestones

3. Adolescent changes and problems

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4. Six major killer disease

- 4.1 Diarrhoea
- 4.2 Measles
- 4.3 Tetanus
- 4.4 Tuberculosis
- 4.5 Malnutrition
- 4.6 Acute Respiratory Infection (ARI)

5. Role of nurses in reduction of mortality rate

6. Common health problems of children in Nepal and its nursing management and prevention

- 6.1 Dysentery
- 6.2 Worminfestation
- 6.3 Imperforatedanus
- 6.4 Undiscended Testis
- 6.5 Phimosis
- 6.6 Hemophilia
- 6.7 Rheumatic fever
- 6.8 Rheumatic heart disease
- 6.9 Hair-lip
- 6.10 Cleft palate

7. Common health hazards of children in Nepal and its prevention

(G) Behavioural Science

- 1. Factors and theories of effective learning**
- 2. Characteristic of mentally healthy person**
- 3. Components of mental health assessment**
- 4. Common mental health problem:**

- 4.1 Psychosis
- 4.2 Neurosis
- 4.3 Personality disorder
- 4.4 Mental retardation
- 4.5 Substances and alcohol abuse
- 4.6 Suicide

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाचौं तह पब्लिक हेल्थ नर्स पदको खुला तथा आन्तरिक प्रतियोगितात्मक परीक्षाको लागि पाठ्यक्रम एवं परीक्षा योजना

(H) Leadership and Management in Public Health Nursing

- 1 Leadership style; personal and professional development
- 2 Management process: Supervision, motivation, implementation and evaluation
- 3 Organizational structure of Government health services: (Provincial and Local)
- 4 Disaster management (Health and Nutrition cluster)
- 5 Communication Process.
- 6 Coordination with stakeholder
- 7 Gender equity and social inclusion
- 8 Child marriage and health consequences
- 9 Job description of PHN
- 10 Resources Management: Human, material, finance and time
- 11 Role and responsibility of One stop Crisis Management Centeres (OCMC)

(I) Miscellaneous

- 1 Health Sector Sustainable development goal (SDG3)
- 2 General knowledge in Nursing related International Professional Organization
- 3 Social security scheme and health insurance
- 4 नेपाल नर्सिङ्ग परिषद ऐन, २०५२
- 5 स्थानीय सरकार संचालन ऐन, २०७४ (परिच्छेद-३)
- 6 सुदूरपश्चिम जनस्वास्थ्य ऐन, २०७६

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