

**नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ समूह, सहायक पाँचौं तह, स्टाफ नर्स पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क:- ६०

द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क:- ४०

**परीक्षा योजना (Examination Scheme)**

प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क:- ६०

क्र.स	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या × अङ्क	समय
१	सेवा सम्बन्धित कार्य ज्ञान (Job Based Knowledge)	६०	२४	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	३० प्रश्न × २ अङ्क	३० मिनेट

द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क:- ४०

क्र.स	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली
१	अन्तर्वार्ता (Interview)	४०		मौखिक (Oral)

**द्रष्टव्य :**

१. यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ ।
२. बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
३. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।
४. प्रथम चरणको परीक्षाबाट छनोट भएका उम्मेदवारलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।



नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह, स्टाफ नर्स पदको खुला र आन्तरिक  
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

**प्रथम पत्र (Paper I) :-**

**सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)**

(३० प्रश्न × २ अङ्क . ६० अङ्क)

**1. Fundamentals of Nursing**

- 1.1 Basic needs of clients
- 1.2 The nursing process
- 1.3 Common nursing procedures used in the hospital
- 1.4 Stress and coping mechanism
- 1.5 First aid treatment
- 1.6 Administration of drugs
- 1.7 Infection prevention
- 1.8 Methods of collecting different specimen for routine and culture test

**2. Applied Science**

- 2.1 Anatomy and Physiology of all body systems and organs
- 2.2 Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Diffusion, Acid base balance
- 2.3 Rehydration therapy
- 2.4 Common investigation and its significance
- 2.5 Microbiology
- 2.6 Infection diseases
- 2.7 Common drugs, its action and side effects

**3. Medical/Surgical Nursing**

- 3.1 Developmental tasks, Application of nursing process, Common diagnostic procedures
- 3.2 Nursing management of common disease conditions including pre and post operative care, Accidents, Injuries, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Pleurisy, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Haemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract



Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia, Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anaemia, Leukaemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes incipides, Hypertension, Fracture, Dislocation, Osteomyelitis

3.3 Care of patient with common sensory disorders and nursing management

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

- 4.1 Concepts of primary health care
- 4.2 Epidemiological concepts and approaches
- 4.3 Nutrition, deficiency diseases and management
- 4.4 Immunization
- 4.5 Communicable diseases and management
- 4.6 Health Indicators
- 4.7 Family planning

#### **5. Midwifery**

- 5.1 Anatomy and Physiology of male and female reproductive systems
- 5.2 Antenatal, natal and post natal care of a mother
- 5.3 Management of high risk mothers
- 5.4 Management of minor and major disorders of pregnancy
- 5.5 Diseases associated with pregnancy
- 5.6 Care of new born baby with observation and assessment
- 5.7 Breast care and management

#### **6. Nursing Care of Gynaecological Problems**

- 6.1 Disorder of Uterine Bleeding
- 6.2 Cystocele and Rectocele
- 6.3 Uterine Prolaps
- 6.4 Vesico Vaginal Fistula
- 6.5 STD/HIV/AIDS
- 6.6 Infertility

#### **7. Pediatric Nursing**

- 7.1 Major developmental characteristics and milestones
- 7.2 Promoting optimum development of children
- 7.3 Adolescent changes and problems
- 7.4 Six major killer diseases
- 7.5 Common health problems in children and their nursing management
- 7.6 Common health hazards in children in Nepal and their prevention
- 7.7 Congenital disorders/disabilities
- 7.8 Role of nurses in reduction of mortality rate of children



7.9 Nursing care of critically ill children

## 8. Mental Health

8.1 Management of clients with mental disorders

8.2 Characteristics of mentally ill patient

8.3 Classification of mental disorders

## 9. Leadership and Management in Nursing Planning

9.1 Management process: Supervision, motivation, implementation and evaluation

9.2 Leadership style

9.3 Organizational structure of Government health services

9.4 National health planning and concept of national health system

9.5 Policies, rules and regulations in management of different level of hospitals and health centres

9.6 Communication Process

प्रथम पत्रको सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका इकाईबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

इकाई	1	2	3	4	5	6	7	8	9
प्रश्न संख्या	4	4	6	5	3	2	2	2	2