

प्रदेश लोक सेवा आयोग

बागमती प्रदेश

स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, चौथो तह, अ.न.मि पदको खुला लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- २०

लिखित परीक्षा योजना (Examination Scheme)

प्रथम चरण:-

विषय	पूर्णाङ्क	उत्तीर्णङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्या X अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न X २ अङ्क = १००	४५ मिनेट

द्वितीय चरण:-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- 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।
- कुनै पनि प्रकारको क्याल्कुलेटर (Calculator) र विद्युतीय उपकरणहरू (Electronic devices) परीक्षा हलमा लैजान र परीक्षामा प्रयोग गर्न पाइने छैन।
- पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छ:

Course Unit	Number of Questions
A	5
B	8
C	10
D	15
E	8
F	2
G	2

४. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।

५. पाठ्यक्रम लागू मिति:- २०७७।८।७

पत्र/विषय: सेवा सम्बन्धी

A) . Structure and functions of the different systems and organs

1. Skeletal System
2. Muscular System
3. Digestive System
4. Circulatory System
5. Urinary System
6. Nervous System
7. Respiratory System
8. Endocrine System
9. Sensory Organs
10. Reproductive system
11. Lymphatic system

B). Fundamental of Nursing

1. History of Nursing in Nepal
2. Hospital: Types, functions
3. Professional organizations
 - a. International Council of Nursing (ICN)
 - b. Nepal Nursing Council(NNC)
 - c. Nursing Association of Nepal (NAN)
4. Maslow's hierarchy of basic need
5. Stress and coping strategies
6. The Nursing Process, steps
7. Admission and Discharge from the Hospital
8. Promoting Comfort, Rest & Sleep, Bed making and positioning
9. Meeting Personal Hygiene Needs
10. Meeting Safety Needs: Safe environment, protective measures and turning and moving a client with impaired mobility
11. Meeting Nutritional Needs
12. Fluid and Electrolyte balance
13. Maintaining intake & output
14. Caring clients with IV infusion
15. Infection prevention/ sterilization
16. Exercises: Active and passive, deep breathing and coughing
17. Hot and Cold application: Introduction, purposes, indication and methods.
18. Administration of Drugs: Rules, Routes and Nursing responsibilities
19. Pre and post operative care.
20. First aid Treatments: Definition, principle, qualities of good first aider and first aid management of different conditions
21. Care of the dead body

C) Reproductive Health (RH) and Nursing Care of Children

1. Reproductive Health: Components of RH

2. Family Planning: Temporary, permanent and natural methods
3. Maternal and Child Health
4. Immunization:
 - a. Immunization schedule and procedure
 - b. Vaccine preventable diseases
 - c. Maintenance of vaccine potentiality, cold chain
5. Growth and Development of Children from Infancy to School age
6. Factors influencing growth and development
7. Changes in Adolescent period: Physical, physiological, psychological & emotional.
8. Community Based Integrated Management Neonatal and Childhood Illness (CB-IMNCI)

D) Midwifery

1. Antenatal care (ANC)
 - 1.1 Midwifery : Introduction, and history
 - 1.2 Pelvis and pelvic floor
 - 1.3 Fetal skull
 - 1.4 Fetal and placental development
 - 1.5 Fetal circulation
 - 1.6 Function of placenta
 - 1.7 Physiological changes during pregnancy
 - 1.8 Diagnosis of pregnancy
 - 1.9 Assessment of the pregnant women
 - 1.10 Minor and Major disorders during pregnancy and their management
 - 1.11 High risk factors during pregnancy and their management
 - 1.12 Health teaching during antenatal visit
2. Intranatal Care (Labour)
 - 2.1 Labour: signs & symptoms, causes of onset of labour
 - 2.2 Admission of women in labour
 - 2.3 Maternal and fetal distress and their management
 - 2.4 Partograph
 - 2.5 Episiotomy and its repairment
 - 2.6 Examination of birth canal, placenta and membrane
 - 2.7 Immediate newborn care
 - 2.8 Examination of newborn, Complication of third stage of labour and its management
3. Postnatal care
 - 3.1 Definition, Principles and purpose of postnatal care
 - 3.2 Post natal assessment of mother and new born, postnatal visit
 - 3.3 Minor disorders of mother and newborn during puerperium and their management
 - 3.4 Birth Injuries

E) Community Health Nursing

1. Determinants of health, Mode of Disease Transmission
2. communicable diseases and non-communicable diseases
3. Primary health care (PHC) : Principles and element
4. Excreta disposal: Importance, methods of disposal and types of latrines

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5. Solid waste disposal: classification and method of disposal in community and health facilities
6. Water pollution, methods of purification of water in small and large scale
7. Air pollution: sources of air pollution, prevention
8. Health hazard due to environment pollution
9. Noise pollution and its effects on health
10. Epidemiological triad: Agent, host and environment
11. Community diagnosis : Importance and Process of community diagnosis
12. Anthropometrical measurement: Height, Weight and Mid Upper Arm Circumference (MUAC)
13. Nutritional deficiency diseases: (Malnutrition, Night blindness, Rickets , Scurvy, Anemia, Goiter
14. Food adulteration, food additives and food fortification
15. Method and media of health education
16. Communication: Elements, barriers and techniques of communication
17. Supervision, monitoring and evaluation
18. Logistic management and store management
19. Cooperative and health
20. Health provisions in current periodic plan of Bagmati Province
21. Tourism and Health

F) अङ्ग्रेजी: Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:

a. Parts of Speech:

- i. Noun
- ii. Pronoun
- iii. Adjective
- iv. Determiner
- v. Verb
- vi. Adverb
- vii. Preposition
- viii. Conjunction and
- ix. Interjection

b. Infinitive and gerund, reported speech and tense

G) नेपाली: नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । यसका लागि निम्न विषयमा ध्यान केन्द्रित गर्ने:

- a. वर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, वाच्य, पदवर्ग, अनुकरणात्मक शब्द, कारक र विभक्ती, वचन, पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यायवाची शब्द, तत्सम शब्द, तद्भव शब्द, आगन्तुक शब्द, उपसर्ग लागेर निर्मित शब्दहरू, प्रत्यय लागेर निर्मित शब्दहरू, समास भएर निर्मित शब्दहरू, द्वित्व भएर निर्मित शब्दहरू, ह्रस्व दीर्घ, श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित विषयहरू सहितको नेपाली शुद्धाशुद्धिको ज्ञान

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