

प्रदेश लोक सेवा आयोग, प्रदेश नं.२
स्वास्थ्य सेवा, जनरल नर्सिङ र कम्युनिटि/पब्लिक हेल्थ नर्सिङ समूहको सातौँ तहको खुला तथा अन्तर सेवा
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण :- सामूहिक परीक्षण र अन्तर्वाता

पूर्णाङ्क :- ४०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण

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

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

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

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झन पर्दछ ।

१०. पाठ्यक्रम लागू मिति :- २०७८।०३।२७ गते देखि ।

प्रथम पत्र :- नर्सिङ्ग विज्ञान

- | | | |
|----------|---|------------|
| 1 | Nursing concept & Principles | 20% |
| 1.1 | Nursing Theory | |
| 1.1.1. | V. Henderson | |
| 1.1.2. | D. Orem | |
| 1.1.3. | Roy's | |
| 1.1.4. | Florence Nightingale | |
| 1.2 | Nursing Process | |
| 1.2.1. | Steps of Nursing process | |
| 1.3 | Pain and Stress management | |
| 1.3.1. | Nursing Management | |
| 1.3.2. | Medical Management | |
| 1.4 | Holistic Health Care | |
| 1.4.1. | Components of holistic health care | |
| 1.4.2. | Methods of holistic care | |
| 1.4.3. | Alternative medicines | |
| 1.5 | Creativity in Nursing | |
| 1.5.1. | Methods of creativity | |
| 1.5.2. | Barriers of creativity | |
| 1.6 | Professional Development | |
| 1.6.1. | Nursing ethics | |
| 1.6.2. | Trends | |
| 1.6.3. | Professional and clients right | |
| 1.6.4. | Legal Right | |
| 1.6.5. | ICN code of Nursing | |
| 1.6.6. | ICM code of Nursing | |
| 1.6.7. | (N.A.N.) Nursing Association of Nepal | |
| 1.6.8. | (N.N.C.) Nepal Nursing Council | |
| 1.6.9. | Laws related to health and nursing | |
| | 1.6.9.1 Medico legal case | |
| | 1.6.9.2 Disposal of dead body | |
| | 1.6.9.3 Organ transplantation | |
| | 1.6.9.4 Narcotic Drugs | |
| | 1.6.9.5 Abortion | |
| 2 | Behavioral Science and Psychology applied in Nursing | 10% |
| 2.1 | Major cultural groups and their health seeking behaviour. | |
| 2.2 | Factors affecting health of the people. | |
| 2.2.1. | Socio economic conditions | |
| 2.2.2. | Education | |
| 2.2.3. | Politics | |
| 2.2.4. | Gender | |
| 2.2.5. | Physical environment | |
| 2.3 | Social problems in Nepal | |
| 2.3.1. | Population explosion and migration | |
| 2.3.2. | Poverty | |
| 2.3.3. | Unemployment | |

- 2.3.4. Substance abuse
- 2.3.5. Prostitution
- 2.3.6. Violence
- 2.3.7. Child abuse / Exploitation
- 2.3.8. Gender bias
- 2.3.9. Girl trafficking
- 2.4 Psychology applied to Nursing
 - 2.4.1. Characteristics of human behavior
 - 2.4.2. Causes of behavioral changes
 - 2.4.3. Emotional development
 - 2.4.4. Control of emotions
- 3 Education Science in Nursing 15%**
 - 3.1 Teaching and Learning
 - 3.1.1. Principles
 - 3.1.2. Factors which affect Teaching / Learning
 - 3.2 Roles and Responsibilities of a Teacher.
 - 3.3 Teaching Methods and Media
 - 3.3.1. Teaching methods
 - 3.3.1.1 Microteaching problems
 - 3.3.1.2 Evidenced based learning
 - 3.3.1.3 Self directed learning
 - 3.3.1.4 Seminar/Symposium exhibition
 - 3.3.1.5 Case study presentation
 - 3.3.2. Media
 - 3.3.2.1 Audio Aids
 - 3.3.2.2 Video Aids
 - 3.3.2.3 Audio / Video Aids
 - 3.4 In-service Education
 - 3.4.1. Need Assessment
 - 3.4.2. Planning, organizing & conducting
 - 3.4.3. Class room teaching
 - 3.4.4. Clinical Teaching
 - 3.4.5. Evaluation and Feedback
 - 3.5 Components of Curriculum Development
 - 3.6 Evaluation
 - 3.6.1. Types
 - 3.6.2. Characteristics of evaluation tools
- 4 Health Care Management 20%**
 - 4.1 Trends of Health Care delivery system in Nepal 4.2 Management:
 - 4.2.1 Concept, principles, theories
 - 4.2.2 Resource management
 - 4.3 Planning:
 - 4.1.1. Elements, process
 - 4.1.2. Benefits and Limitation
 - 4.4 Organization
 - 4.4.1 Types, Principles, elements
 - 4.5 Organizational behavior

- 4.5.1 Group Dynamic
- 4.5.2 Communication
- 4.5.3 Organizational conflict and management (Problem solving)
- 4.6 Organizational structures of Health Care Delivery system in Nepal
- 4.7 Leadership
 - 4.7.1 Theories
 - 4.7.2 Types
 - 4.7.3 Functions
 - 4.7.4 Characteristics
- 4.8 Supervision and monitoring
 - 4.8.1 Concept
 - 4.8.2 Purpose
- 4.9 Personnel development
 - 4.9.1 Motivation
 - 4.9.2 Morale
 - 4.9.3 Leadership and decision making
- 4.10 Human Resource Development
 - 4.10.1 Elements, steps
 - 4.10.2 Production/distribution
- 4.11 Health Economics
 - 4.11.1 Concepts
 - 4.11.2 Demand and supply
 - 4.11.3 Cost benefit and cost effectiveness in Nursing Management
 - 4.11.4 Application in Nursing service
- 4.12 Health Information Management
- 4.13 Disaster Management
- 4.14 Quality Assurance Management
- 4.15 Job description
- 4.16 National Policies
 - 4.16.1 National Health Policy
 - 4.16.2 Strategy
 - 4.16.2.1 Priority
- 4.17 Current five- year plan
 - 4.17.1 Millennium development goal
 - 4.17.2 Second long-term health plan
 - 4.17.3 Province no.2, First five year plan
- 4.18 Province no. 2, Province Civil Service Act, 2077
- 4.19 Province no.2 Health related Acts, Rules and Regulations
- 4.20 Province no.2 Health related plans and policies

5 Research & Statistics 15%

- 5.1 Research Terminology
 - 5.1.1. Variables
 - 5.1.2. Principles
 - 5.1.3. Hypothesis
 - 5.1.4. Operational definitions
 - 5.1.5. Limitations & Delimitations

- 5.1.6. Validity & Reliability
- 5.2 Ethics & Regulations in Health & Nursing Research 5.2.1 Ethics in Research.
- 5.2.2 National Ethical guidelines in Health research in Nepal (NHRC)
- 5.3 Methodology
 - 5.3.1. Types of research
 - 5.3.2. Sampling Techniques
 - 5.3.3. Method of data collection
 - 5.3.4. Development of Instrumentation
 - 5.3.5. Statistical Data analysis
 - 5.3.6. Report writing & Dissemination
- 5.4 Importance of Research in Nursing services .
- 6 Applied Health Sciences 10%**
 - 6.1 Anatomy and physiology of :
 - 6.1.1 Cardiovascular System
 - 6.1.2 Respiratory system
 - 6.1.3 Digestive system
 - 6.1.4 Muscular skeletal system
 - 6.1.5 Nervous system
 - 6.1.6 Special senses
 - 6.1.7 Reproductive system
 - 6.1.8 Endocrine system
 - 6.2 Pharmacology
 - 6.2.1. Principles of pharmacy kinetics and pharmacy dynamic
 - 6.2.2. Important Drugs and their actions
 - 6.2.3. List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)
 - 6.2.4. Life saving drugs
 - 6.3 Patho- physiology
 - 6.3.1 General concepts of necrosis
 - 6.3.2 Inflammation
 - 6.3.3 Thrombosis
 - 6.3.4 Embolism
 - 6.3.5 wound – healing oedema
 - 6.3.6 Neoplasms
 - 6.3.7 Antigens and antibodies
 - 6.4 Microbiology
 - 6.4.1. Classification of Micro – organism
 - 6.4.2. Microbial Morphology and the process of :
 - 6.4.2.1 Drug sensitivity testing
 - 6.4.2.2 Important terminologies
 - 6.4.2.3 Opportunistic infections
 - 6.4.2.4 Pathogens
 - 6.4.2.5 Bacterial toxins
 - 6.4.3. Sterilization

6.4.3.1 Different methods and Types

6.5 Biochemistry

- 6.5.1. Digestion and absorption of carbohydrate, protein and fat
- 6.5.2. Malabsorption
- 6.5.3. Classifications of vitamins and requirement of different age group

6.6 Nutrition

- 6.6.1. Assessment of Nutrition status
- 6.6.2. Therapeutic diet in various medical conditions
- 6.6.3. Menu planning & calculation of calorie for different age group
- 6.6.4. Food belief & practice
- 6.6.5. Common Nutritional deficiency diseases .

7 Mental Health 10%

7.1 Concept of mental health / Illness

- 7.1.1. Neuroses
- 7.1.2. Psychoses
- 7.1.3. Mental Retardation
- 7.1.4. Epilepsy
- 7.1.5. Alcohols and Drug abuse
- 7.1.6. Psychosexual problems

7.2 Role and Responsibilities of Nurse in :

- 7.2.1. Primodial
- 7.2.2. Primary Prevention
- 7.2.3. Secondary care
- 7.2.4. Tertiary prevention

7.3 Modality of Treatment

- 7.3.1. Drug therapy
- 7.3.2. ECT
- 7.3.3. Counseling
- 7.3.4. Diversional Therapy
- 7.3.5. Legal Responsibilities
- 7.3.6. Emergency management of violent patient

7.4 Common Mental Health problems in Nepal

द्वितीय पत्र :- कम्युनिटी/पब्लिक हेल्थ नर्सिङ्ग सम्बन्धी विषय

Section A - 30 Marks

1. **Concept of health/disease/health illness continuum /PHC** **10%**
 - 1.1 Determinates of health
 - 1.2 Responsibilities of Individual, family, group, & community
 - 1.3 Concept of PHC
 - 1.4 Principles of PHC
 - 1.5 Elements of PHC
7. **Community diagnosis and Community participation** **10%**
 - 7.1 Concept and Process of Community diagnosis
 - 7.2 Concept, Process, Barriers and resource mobilization in community participation
9. **Community health Nursing Management** **10%**
 - 9.1 Planning
 - 9.2 Organizing
 - 9.3 Implementing/follow up
 - 9.4 Supervision & monitoring
 - 9.5 Evaluating
 - 9.6 Referral

Section B - 30 Marks

2. **Recording/Reporting Family Health & Reproductive Health** **20%**
 - 2.1 Role and responsibilities of Nurse in providing Family Health Care.
 - 2.2 Importance of Home visit.
 - 2.3 Reproductive Health
 - 2.3.1 Concept
 - 2.3.2 Components
 - 2.3.3 Life span reproductive health care
 - 2.3.4 Safe motherhood
 - 2.3.5 Family planning
 - 2.3.6 Care and Prevention of HIV/AIDS /STI
8. **Domiciliary midwifery services & Responsibilities** **10%**
 - 8.1 Domiciliary midwifery services
 - 8.1.1 Birth preparedness package
 - 8.1.2 Basic Emergency Obstetric Care
 - 8.1.3 Clean, home delivery services
 - 8.1.4 Supervision and guidance in domiciliary midwifery service
 - 8.1.5 Post abortion care
 - 8.2 Role and Responsibilities of following professionals
 - 8.2.1 RHD (Regional Health Director)
 - 8.2.2 Senior Public Health Nurse
 - 8.2.3 Public Health Nurse
 - 8.2.4 Staff Nurse (PHCC)
 - 8.2.5 ANM/AHW
 - 8.2.6 MCHW
 - 8.2.7 FCHW
 - 8.2.8 VHW

Section C - 20 Marks

3. **Epidemiology and vital health statistics.** **10%** 3.1
Health, economics and socio-indicators.
3.2 Epidemiological approach & methods.
5. **Occupational Health** **10%**
5.1 Occupational health hazards
5.2 Preventive measures

Section D - 20 Marks

4. **Special health program in Nepal** **10%**
4.1 Nutrition
4.2 ARI (Acute Respiratory Infection)
4.3 CDD (Control of Diarrhoeal Disease)
4.4 Maternal and child health care Family Planning
6. **Common communicable and Non-communicable diseases** **10%**
6.1 **Communicable diseases**
6.1.1 TB
6.1.2 Malaria, Kalazar, Encephalitis
6.1.3 HIV/AIDS, STI
6.1.4 Hepatitis 'B'
6.1.5 Water borne diseases
6.2 **Non-communicable diseases**
6.2.1 Heart Disease
6.2.2 Diabetes
6.2.3 Cancer
6.2.4 Mental Problems
6.2.5 Hypertension

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका एकाई	A			B		C		D	
द्वितीय पत्रका एकाई	1	7	9	2	8	3	5	4	6
प्रश्न संख्या	1	1	1	2	1	1	1	1	1

प्रदेश लोक सेवा आयोग, प्रदेश नं.२
स्वास्थ्य सेवा, कम्युनिटी/पब्लिक हेल्थ नर्सिङ्ग समूहको सातौं तहको खुला तथा अन्तर सेवा प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम

स्वास्थ्य सेवाका विभिन्न समूह/उपसमूह, अधिकृत सातौं तहको पदमा प्रथम चरणको लिखित परीक्षाबाट
छनौट भएका उम्मेदवारहरूलाई मात्र सामूहिक परीक्षण **(Group Test)** लिइने छ ।

सामूहिक छलफल (Group Discussion)

यस प्रयोजनका लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेता विहिन सामूहिक
छलफल (Leaderless Group Discussion) का रूपमा अवलम्बन गरिने छ । दिइएका प्रश्न वा Topic का
विषयमा पालैपालोसँग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति
(Individual Presentation) गर्नु पर्नेछ । यस परीक्षणमा मूल्याङ्कनका लागि ३ जना भन्दा बढीको समिति
रहनेछ ।