

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ४, सि.एम.ए पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

| १. प्रथम चरण : – लिखित परीक्षा | | | | | पूर्णाङ्क :- १०० | | |
|---------------------------------|---|------------|-----------------|-----------------|--------------------------|---|---------------------|
| पत्र | विषय | पूर्णाङ्क | उतीर्णाङ्क | परीक्षा प्रणाली | | प्रश्नसंख्या X अङ्क | समय |
| प्रथम | प्राविधिक विषय, सामान्य ज्ञान र सम्बन्धित कानूनहरु | १०० | ४० | वस्तुगत | बहुवैकल्पिक प्रश्न | ५० प्रश्न X १ अङ्क | २ घण्टा ३० मिनेट |
| | | | | विषयगत | छोटो उत्तर लामो उत्तर | ८ प्रश्न X ५ अङ्क १ प्रश्न X १० अङ्क | |
| २. द्वितीय चरण : – अन्तर्वार्ता | | | | | | | |
| विषय | पूर्णाङ्क | उतीर्णाङ्क | परीक्षा प्रणाली | | | समय | |
| अन्तर्वार्ता | २० | - | मौखिक | | | | |

द्रष्टव्य :

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा) र द्वितीय चरण (अन्तर्वार्ता) गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरु सोधिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको 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 ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरु हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरुको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :-२०७३/०४/१४

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
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प्राविधिक सेवा, नर्सिङ्ग समूह, तह ४, सि.एम.ए पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पत्र/विषय :-

प्राविधिक विषय, सामान्य ज्ञान र सम्बन्धित कानूनहरू
(Technical Subject, General Knowledge and Related Legislation)

खण्ड (A): 75 Marks

1. Anatomy and Physiology

- 1.1 Anatomical structure and function of the different organs of the body system,
 - 1.1.1 Digestive system
 - 1.1.2 Respiratory system
 - 1.1.3 Cardiovascular system
 - 1.1.4 Reproductive system
 - 1.1.5 Endocrine system
 - 1.1.6 Nervous system
 - 1.1.7 Skeletal system
 - 1.1.8 Sense organ system

2. Health Education and Community Diagnosis

- 2.1 Health Education
 - 2.1.1 Health Education, importance and method
 - 2.1.2 Communication and barrier of communication
 - 2.1.3 Learning process
 - 2.1.4 Leadership
- 2.2 School Health
 - 2.2.1 Purpose of School Health Program
 - 2.2.2 Activities of School Health Program
- 2.3 Community Diagnosis
 - 2.3.1 Importance and methods of community diagnosis
- 2.4 Community Development
 - 2.4.1 Objective
 - 2.4.2 Methods of community development

3. Community Health

- 3.1 Epidemiology
 - 3.1.1 Definition of Epidemiology
 - 3.1.2 Scope of Epidemiology
 - 3.1.3 Vitalstatistic
 - 3.1.4 Epidemiological investigation
 - 3.1.5 Epidemiological triad
 - 3.1.6 Disease prevention
 - 3.1.7 Basic principle of disease transmission
 - 3.1.8 Immunization, epidemiological approach, immunity

- 3.2 Environmental sanitation
 - 3.2.1 Scope of environmental sanitation
 - 3.2.2 Water (Source, Water purification)
 - 3.2.3 Excreta disposal and faecal born disease
 - 3.2.4 Solid waste method of termination
 - 3.2.5 Disposal of waste water
 - 3.2.6 Health & Disease spectrum
 - 3.2.7 Food sanitation
 - 3.2.8 Insects and rodents and their importance in public health
 - 3.2.9 Milk hygiene and milk born disease
4. **Basic Medical Procedures and First Aid Treatment**
 - 4.1 First aid
 - 4.1.1 Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite, Shock
 - 4.1.2 First aid treatment of electrical injury
 - 4.1.3 Drowning, Choking, High fever fit and convulsion
 - 4.1.4 Basic life Support
 - 4.2 Basic Medical Procedures
 - 4.2.1 Vital signs, Wound dressings
 - 4.2.2 Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
 - 4.2.3 Bandage (Importance, types & application)
 - 4.2.4 Technique of giving injection
 - 4.2.5 Sterilization process, importance, type and methods
5. **Vector Borne Diseases (VBDs):**
 - 5.1 History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
 - 5.2 Rationale and Tools and techniques for the Prevention and control of VBDs
 - 5.3 Clinical features, Diagnosis and Case Management of VBDs
 - 5.4 Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs. Trends of transmission, geographical distribution, epidemiological situation.
 - 5.5 Planning for VBDs Prevention and Control at the district and periphery level:
 - 5.5.1 Analysis of the district VBDs situation
 - 5.5.2 Development of District VBDs Profile with the risk areas and population mapped
 - 5.5.3 Preparation of Annual Work Plan
 - 5.5.4 Epidemic/Outbreak preparedness and Response
 - 5.5.5 Surveillance
 - 5.5.6 Behaviour Change Communication (IEC)
 - 5.5.7 Recording and Reporting of VBDs

- 5.5.8 Referral and follow-up
- 5.5.9 Supervision, monitoring and evaluation of VBDs control programs
- 5.5.10 Roles and responsibilities of different level health facilities
- 5.5.11 Techniques of community mobilization for VBDs

6. Maternal and Child Health, Family Planning and Nutrition

6.1 Maternal and Child Health

- 6.1.1 Antenatal care
- 6.1.2 Physiological Change during pregnancy
- 6.1.3 Danger signs
- 6.1.4 High risk group (mother)
- 6.1.5 Delivery care
- 6.1.6 Stages of labor
- 6.1.7 Difference between false and true labour
- 6.1.8 Postnatal care
- 6.1.9 New born Care, Kangaroo mother care, PMTCT, minor disorder of newborn birth asphyxia
- 6.1.10 Complication of pregnancy labour & pnesperium
- 6.1.11 Abortion
- 6.1.12 Ectopic pregnancy
- 6.1.13 Toxemia, preeclampsia, eclampsia & its management.
- 6.1.14 Mal Presentations
- 6.1.15 Ante Partum haemorrhage
- 6.1.16 Poat partum haemorrhage
- 6.1.17 Retained placenta
- 6.1.18 Definition, signs and symptoms; and management of pelvic infection
- 6.1.19 Uterine prolapsed
- 6.1.20 Leucorrhoea, Trichomonosis
- 6.1.21 Growth and development of baby
- 6.1.22 Milestone development
- 6.1.23 Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- 6.1.24 Six killer diseases (Tuberculosis, Teatunus, Polio, Purtusis, Diphtheria, Measles)

6.2 Family Planning

- 6.2.1 Population education
- 6.2.2 Population pyramids
- 6.2.3 Consequences of population growth
- 6.2.4 Measures to solve population problem
- 6.2.5 Family planning methods
- 6.2.6 Temporary method
- 6.2.7 Permanent method

6.3 Nutrition

- 6.3.1 Source of nutrients

- 6.3.2 Nutritional status measurements
- 6.3.3 Breast feeding, Weaning and supplementary foods
- 6.3.4 Protein Energy Malnutrition: sign/symptoms, prevention and treatment
- 6.3.5 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

7. Communicable Disease and Microbiology

7.1 Microbiology

- 7.1.1 Micro-organisms (Bacteria, virus, parasites, fungus, protozoa, helminthes)

7.2 Communicable Diseases

- 7.2.1 Communicable disease and non communicable disease, causes, clinical features, treatment, compilation and prevention of:
- 7.2.2 Amoebic, bacillary, dysentery, giardiasis
- 7.2.3 Cholera, Tuberculosis, Malaria
- 7.2.4 Parasitic Diseases
- 7.2.5 Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
- 7.2.6 Bacterial Disease
- 7.2.7 Leprosy, pertusis, tetanus, gastro-enteritis
- 7.2.8 Enteric fever, diphtheria, syphilis, gonorrhoea

8. Medicine & Surgery:

8.1 Medicine:

- 8.1.1 History taking/physical examination
- 8.1.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of :
 - 8.1.2.1 Deficiency diseases (Anemia, Protein Energy Malnutrition, Vitamin deficiency disease)
 - 8.1.2.2 Digestive system (Gastritis, Peptic ulcer, Cholecystitis, Appendicitis, Dysentery, Gastroenteritis, Hepato-splenomegaly)
 - 8.1.2.3 Respiratory system (Common cold, Tonsillitis, Pharyngitis, Rhinitis, Sinusitis, Bronchitis, Pneumothorax Pneumonia)
 - 8.1.2.4 Cardiovascular System (Hyper-tension, Congestive Cardiac Failure, Rheumatic fever)
 - 8.1.2.5 Genito-urinary system (Nephritis, Renal Colic, Urinary Tract Infection)
 - 8.1.2.6 Endocrine System (Diabetes, Hypothyroidism, Hyperthyroidism)
 - 8.1.2.7 Nervous System (CVA – Cerebro-Vascular Accident, Convulsion, Meningitis, Epilepsy, Unconsciousness)
 - 8.1.2.8 Skin Problem (Scabies, Ringworm, Impetigo, Eczema, Allergies)

8.2 Surgery:

- 8.2.1 Definition Clinical Features and appropriate treatment of:
 - 8.2.1.1 Boils

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग

- 8.2.1.2 Carbuncles
- 8.2.1.3 Ulcer
- 8.2.1.4 Piles
- 8.2.1.5 Wound
- 8.2.1.6 Burn and scales
- 8.2.1.7 Fracture
- 8.2.1.8 Dislocation and sprain
- 8.2.1.9 Head and spinal cord injuries
- 8.2.1.10 Bleeding
- 8.2.1.11 Foreign body in eye, ear, nose and throat
- 8.2.1.12 Conjunctivitis, iritis, trachoma, cataract, stye. Otitis externa
- 8.2.1.13 Common problem of teeth and mouth
- 8.2.1.14 Acute abdominal problem
- 8.2.1.15 Acute appendicitis
- 8.2.1.16 Acute cholecystitis
- 8.2.1.17 Instinal obstnection
- 8.2.1.18 Hydrocele
- 8.2.1.19 Hernia
- 8.2.1.20 Tumor

9. **Pharmacy and Pharmacology**

9.1 Pharmacy

- 9.1.1 Terminology used inn pharmacy
- 9.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- 9.1.3 Inventory management
- 9.1.4 Dispensing
- 9.1.5 Narcotic drugs management
- 9.1.6 Banded drugs

9.2 Pharmacology

- 9.2.1 Terms used in pharmacology
- 9.2.2 Meaning and types of Antibiotic
- 9.2.3 Action, use, dose, route general side effects and contradiction of the drugs used in different systems:
 - 9.2.3.1 Digestive systems
 - 9.2.3.2 Respiratory system
- 9.2.4 Condition
 - 9.2.4.1 Pain
 - 9.2.4.2 Fever
 - 9.2.4.3 Inflammation
 - 9.2.4.4 Locally used preparations
 - 9.2.4.5 Antihypertensive drugs
 - 9.2.4.6 Nutritional Supplementary Drugs
 - 9.2.4.7 Vaccines

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग

- 9.2.4.8 Hormones
- 9.2.4.9 Oral rehydration therapy
- 9.2.4.10 Parental solution

10. **Health Culture and Communication**

- 10.1 Changes, process and barrier of changes in community
- 10.2 Traditional belief and health related taboos
- 10.3 Traditional medicine practice in Nepal
- 10.4 Concept of family health
- 10.5 Health and disease spectrum
- 10.6 Health reporting and recording

11. **Health Management**

- 11.1 Health care system in Nepal
- 11.2 Job Description of Auxiliary Health Worker (AHW) and Ausiliary Nurse Midwife (ANM)
- 11.3 Primary Health Care (PHC): definition and components
- 11.4 Job description of malaria inspector/Vector control Assistant / Malaria Assistant / Cold chain Assistant
- 11.5 Management of:
 - 11.5.1 Health posts
 - 11.5.2 Clinics
 - 11.5.3 Health Camps
 - 11.5.4 In service Training
 - 11.5.5 Inventory
 - 11.5.6 Chart and Diagram
 - 11.5.7 Meeting
 - 11.5.8 Problem solving
 - 11.5.9 Leaves
 - 11.5.10 Recording and reporting
 - 11.5.11 Supervision and monitoring

खण्ड (B): 25 Marks

12. **सामान्य ज्ञान तथा ऐन, नियमहरू**

- 12.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक र राजनैतिक अवस्था सम्बन्धी सामान्य जानकारी ।
- 12.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरू : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद, सूचना प्रविधि, पुरस्कार, स्वास्थ्य
- 12.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
- 12.4 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
- 12.5 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
- 12.6 पाटन अस्पताल संचालन विनियमावली, २०६७
- 12.7 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग

- 12.8 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
12.9 नेपाल नर्सिङ परिषद् ऐन, २०५२
12.10 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३
12.11 Computer and its applications: Windows basic, Word processing, Electronic spreadsheets, Presentation system, Multimedia, E-mail and Internet बारे जानकारी

यस पत्र/विषयको पाठ्यक्रमबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

| खण्ड | अङ्कभार | प्रश्न संख्या | |
|-------|---------|-------------------------|---|
| | | वस्तुगत | विषयगत |
| A | ७५ | ३५ प्रश्न X १ अङ्क = ३५ | ६ प्रश्न X ५ अङ्क = ३० १ प्रश्न X १० अङ्क = १० |
| B | २५ | १५ प्रश्न X १ अङ्क = १५ | २ प्रश्न X ५ अङ्क = १० |
| जम्मा | | ५० प्रश्न X १ अङ्क = ५० | ८ प्रश्न X ५ अङ्क = ४० १ प्रश्न X १० अङ्क = १० |