

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग प्राविधिक सेवा, नर्सिङ्ग समूह, तह ढ(ख) जुनियर सुपरभाईजर पदको आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

एवं परीक्षा योजना

१. प्रथम चरण : – लिखित परीक्षा					पूर्णाङ्क :- २००		
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	Technical Subject and Related Legislation	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	१ घण्टा
द्वितीय		१००	४०	विषयगत	छोटो उत्तर लामो उत्तर	४ प्रश्न X ५ अङ्क ५ प्रश्न X १० अङ्क	३ घण्टा
					समस्या समाधान	२ प्रश्न x १५ अङ्क	
२. द्वितीय चरण : – अन्तर्वार्ता							
	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय
	अन्तर्वार्ता	३०	-	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 ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईवाट 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 । परिक्षार्थीले 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 परीक्षावाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७४/०६/२९

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परीक्षाको पाठ्यक्रम

पत्र :-प्राविधिक विषय र सम्बन्धित कानूनहरु
(Technical Subject and Related Legislation)

खण्ड (A): Technical Subject

1. Basic Nursing

- 1.1 Nursing process and its steps: Nursing assessment, nursing diagnosis, planning, implementation and evaluation of nursing care
- 1.2 Assessment of the client's health status: History taking, physical examination, measurement of height, weight and vital signs
- 1.3 Meeting safety needs
- 1.4 Promotion of comfort, rest and sleep
- 1.5 Meeting hygiene needs
- 1.6 Meeting nutritional and elimination needs
- 1.7 Infection prevention and control measures: Hand hygiene, universal precaution, disinfection and sterilization of equipment and hospital waste management
- 1.8 Emergency conditions and their first aid management: Choking, burn, fracture, hemorrhage, shock and poisoning

2. Nursing Concepts and Principles

- 2.1 Stress and crisis and their management
- 2.2 Pain management: Physiology, assessment and management
- 2.3 Communication and its role in nurse-client relationship
- 2.4 Nursing theories of Florence Nightingale, Orem, Roy, Virginia Henderson & Faye Abdullah
- 2.5 Nursing Process : Steps of Nursing process
- 2.6 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 2.7 Concept of rehabilitation and rehabilitation process
- 2.8 Rights of patients
- 2.9 Ethical and legal aspects in nursing

3. Behavioral Science and Psychology Applied in Nursing

- 3.1 Major cultural groups and their health seeking behaviour
- 3.2 Factors affecting health of the people
- 3.3 Psychology applied to Nursing

4. Education Science in Nursing

- 4.1 Teaching and Learning Principles
- 4.2 Factors which affect Teaching / Learning
- 4.3 Teaching Methods and Media
- 4.4 Components of Curriculum Development
- 4.5 Evaluation: Types, Characteristics of evaluation tools

5. Applied Health Sciences

- 5.1 Anatomy and physiology of :
 - 5.1.1 Cardiovascular System
 - 5.1.2 Respiratory system
 - 5.1.3 Digestive system
 - 5.1.4 Muscular skeletal system
 - 5.1.5 Nervous system
 - 5.1.6 Special senses
 - 5.1.7 Reproductive system
 - 5.1.8 Endocrine system
- 5.2 Pharmacology
 - 5.2.1 Principles of pharmacy kinetics and pharmacy dynamic
 - 5.2.2 Important Drugs and their actions
 - 5.2.3 List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)
 - 5.2.4 Administration)
 - 5.2.5 Life saving drugs
- 5.3 Patho- physiology
 - 5.3.1 General concepts of necrosis
 - 5.3.2 Inflammation
 - 5.3.3 Thrombosis
 - 5.3.4 Embolism
 - 5.3.5 wound – healing oedema
 - 5.3.6 Neoplasms
 - 5.3.7 Antigens and antibodies
- 5.4 Microbiology
 - 5.4.1 Classification of Micro – organism
 - 5.4.2 Microbial Morphology and the process of :
 - 5.4.3 Drug sensitivity testing
 - 5.4.4 Important terminologies
 - 5.4.5 Opportunistic infections
 - 5.4.6 Pathogens
 - 5.4.7 Bacterial toxins
- 5.5 Sterilization
 - 5.5.1 Different methods and Types
- 5.6 Biochemistry
 - 5.6.1 Digestion and absorption of carbohydrate, protein and fat
 - 5.6.2 Malabsorption
 - 5.6.3 Classifications of vitamins and requirement of different age group
- 5.7 Nutrition
 - 5.7.1 Assessment of Nutrition status
 - 5.7.2 Therapeutic diet in various medical conditions
 - 5.7.3 Menu planning & calculation of calorie for different age group

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान

सेवा आयोग प्राविधिक सेवा, नर्सिङ्ग समूह, तह ढ(ख) जुनियर सुपरभाईजर पदको आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

5.7.4 Food belief & practice

5.7.5 Common Nutritional deficiency diseases

6. Adult Nursing

6.1 Developmental needs and tasks of young adult and middle aged adult

6.2 Life style of young adult and middle aged adult

6.3 Common health problem of young and middle aged adult and their management: Respiratory, GI, urinary, cardio-vascular, endocrine, musculo-skeletal , neurological, eye ENT gynae problems

6.4 Preoperative , operative and post-operative care

6.5 Nursing role in promotion and maintenance of the health of young and middle-aged adults

7. Geriatric Nursing

7.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout

7.2 Health promotion activities of elderly clients

7.3 Common cancers of elderly clients and their treatment therapies

7.4 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

8. Child Health Nursing

8.1 Concept of growth and development and assessment of children

8.2 Growth of body systems at different age groups from infancy, toddlerhood, pre-school, school age to adolescence

8.3 Developmental milestones and tasks

8.4 Promotion of optimum growth and developments of children

8.5 Care of new born: Immediate and subsequent care

8.6 Common health problems of children using system approach

8.7 Common psycho-social and behavioral problems of children

8.8 Role of nurse in the care of sick children

8.9 Stress of illness and hospitalization

9. Psychiatric Nursing

9.1 Mental health assessment: History taking and mental status examination

9.2 Treatment modalities for mental illnesses

9.3 Thought and mood disorders: Schizophrenia, depression

9.4 Neurotic and stress-related disorders

9.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome

9.6 Substance and alcohol related disorders

9.7 Psychiatric emergency

9.8 Common Mental Health problems in Nepal

9.9 Mental Health Policy in Nepal

10. Midwifery

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- 10.1 Trends and issues in midwifery
- 10.2 Concept of Family and reproductive health and related policies and strategies
- 10.3 Prenatal/antenatal care
- 10.4 Assessment of fetal wellbeing
- 10.5 Minor and major disorders of pregnancy
- 10.6 Medical diseases associated with pregnancy: Cardiac disease, diabetes, anemia and TORCH infection
- 10.7 Health education/counseling of pregnant women
- 10.8 Pain relief measures during labor
- 10.9 Management of first, second, third and fourth stage of labor
- 10.10 Malpresentations including their diagnosis and management: Breech, shoulder, cord presentation, placenta previa and multi-fetal pregnancy
- 10.11 Obstetric emergencies and their life saving management: Intrapartum and postpartum hemorrhage, cord prolapsed and retained placenta
- 10.12 Normal puerperium and care of postnatal mother
- 10.13 Minor discomfort and major disorders of puerperium
- 10.14 Menstrual cycle & its disorders
- 10.15 Gynaecological disorder of adolescence & childhood

11. Community Health Nursing

- 11.1 Concept of community and community health
- 11.2 Family and reproductive health
- 11.3 Community health assessment and diagnosis
- 11.4 Primary health care: principles and elements
- 11.5 Concept of disease causation and epidemiological approach in solving health problems
- 11.6 Levels of diseases prevention and modes of intervention
- 11.7 Family planning program and nursing responsibilities
- 11.8 National immunization policy and program
- 11.9 Nutrition program in Nepal: Major nutritional problems, food hygiene and food act
- 11.10 Diarrheal disease control program and nursing responsibilities

12. Professionalism in Nursing

- 12.1 Code of ethics, code of professional conduct
- 12.2 Professional organization: NAN, NNC, ICN
- 12.3 Educational and career opportunities in nursing
- 12.4 Role of nursing education and research in professional advancement

13. Nursing Practice Issues

- 13.1 Alternative system of health and complementary therapies including USANi, ayurvedic and homeopathy
- 13.2 Models of illness prevention and health promotion, rehabilitation and referral
- 13.3 Family nursing and home health care/ family centered nursing approach
- 13.4 Disaster nursing management
- 13.5 Evidence based practice and its important in work place

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14. Leadership and Management

- 14.1 Principles of leadership and management
- 14.2 Concept of authority, power, responsibility and accountability
- 14.3 Change process
- 14.4 Management of resources including human resource management
- 14.5 Health management information system (HMIS)
- 14.6 Process and tools of supervision
- 14.7 Management of budget
- 14.8 Management of disaster /emergency situation and preparation of hospital for disaster management (pre, during, and post)

15. Nursing Research

- 15.1 Purpose and Significance of research in Nursing
- 15.2 Research process
- 15.3 Principles, purposes and components of research proposal
- 15.4 Principles and components of a research report
- 15.5 Basic statistics in research: Graphic presentation of data, Frequency distribution, measures of central tendency and measures of variability

खण्ड (B): Related Legislation

16. ऐन, नियमहरु

- 16.1 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
- 16.2 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
- 16.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
- 16.4 पाटन अस्पताल संचालन विनियमावली, २०६७
- 16.5 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५
- 16.6 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
- 16.7 नेपाल नर्सिङ्ग परिषद् ऐन, २०५२
- 16.8 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३

प्रथम तथा द्वितीय पत्रमा यथासम्भव निम्नानुसार प्रश्नहरु सोधिनेछ ।

पत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		विषयगत	समस्या समाधान
A	१००	४ प्रश्न x ५ अङ्क = २० ५ प्रश्न x १० अङ्क = ५०	२ प्रश्न x १५ अङ्क = ३०
B	-	-	-
जम्मा		४ प्रश्न x ५ अङ्क = २० ५ प्रश्न x १० अङ्क = ५०	२ प्रश्न x १५ अङ्क = ३०