

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

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

क. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: १५

परीक्षा योजना (Examination Scheme)

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण:- अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१५	मौखिक



द्रष्टव्य:

१. यथासम्भव पाठ्यक्रमका सबै इकाईबाट प्रश्न सोधिने छन् ।

इकाई	A	B	C	D	E	F	G	H	I	J
प्रश्न संख्या	3	5	7	6	3	14	3	5	1	3

© Shisir Kumar Adhikari

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- लिखित परीक्षामा गलती गरेको प्रश्नोत्तरका लागि २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ ।
- पाठ्यक्रम लागू हुने मिति २०७८।०८।१०

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह

अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

(A) Anatomy and physiology

1. Names, types and functions of the different Organs of following system

- 1.1 Skeletal System
- 1.2 Muscular System
- 1.3 Digestive System
- 1.4 Circulatory System
- 1.5 Urinary System
- 1.6 Nervous System
- 1.7 Respiratory System
- 1.8 Endocrine System
- 1.9 Sensory Organs

2. Mechanism of the different system

- 2.1 Mechanism of digestion of food
- 2.2 Mechanism of respiration
- 2.3 Mechanism of Menstrual cycle
- 2.4 Mechanism of urinary system

(B) Nursing Procedure and First Aid

1. Nursing Procedure

- 1.1 Job description of Auxiliary Nurse Midwife (ANM) in Health Post, Community and hospital
- 1.2 Prevention and treatment of bed sore
- 1.3 Vital signs
- 1.4 Sterilization:- Importance ,types and methods
- 1.5 Catheterization and enema
- 1.6 Administration of drugs (oral, tropical, parental), oxygen administration, inhalation, blood transfusion
- 1.7 Medicine (Essential drugs used in Health Post and Hospital)

2. First aid treatment of following condition

- 2.1 Fracture
- 2.2 Shock, Wound, Hemorrhages, Epistaxis, Scald and Burn
- 2.3 Unconscious
- 2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose
- 2.5 Dehydration

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह

अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

(C) Family Planning, Maternal and Child Health (MCH) and Nutrition

1. Methods of family planning
 - 1.1 Temporary methods for male and female
 - 1.2 Permanent methods for male and female
 - 1.3 Family planning counseling
 - 1.4 Various rates and ratio used in population education
2. Maternal and Child Health (MCH)
 - 2.1 Safe motherhood
 - 2.2 Immunization & Vaccine preventable diseases
 - 2.3 Growth and developmental milestone of under-five of children
 - 2.4 Record Height, Weight and Mid Upper Arm Circumference (MUAC)
 - 2.5 Community base integrated management of neonatal and child illness
 - 2.6 Preparation of oral rehydration solution (ORS)
 - 2.7 Cold Chain management
3. Nutrition
 - 3.1 Importance of nutrition on the growth and development of the body
 - 3.2 Nutritional requirement in normal children, adolescence, pregnancy and lactating mother
 - 3.3 Disease due to micronutrient deficiency and source of vitamin
 - 3.3.1 Vitamine “A”
 - 3.3.2 Vitamine “B”
 - 3.3.3 Vitamine “C”
 - 3.3.4 Vitamin “D”
 - 3.3.5 Iodine
 - 3.3.6 Iron and folic acid
 - 3.4 Anemia and its management
 - 3.5 Goiter, Cretinism, mental retardation and its prevention
 - 3.6 1000 golden days
 - 3.7 Food adulteration and fortification
 - 3.8 Vitamin A and deworming program
 - 3.9 Iron distribution program
 - 3.10 Protein Energy Malnutrition

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह

अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

(D) Diagnosis and treatment of simple disorders

1. Different types of microorganisms including spore and parasites
2. Common skin problems and its management
3. Nursing management of following conditions:
 - 3.1 Diabetes
 - 3.2 Peptic ulcer
 - 3.3 Jaundice
 - 3.4 Typhoid
 - 3.5 Asthma, Bronchitis and COPD
 - 3.6 Hypertension
 - 3.7 Congestive cardiac failure
 - 3.8 Rheumatic fever
 - 3.9 Sexually Transmitted Disease (STD)
 - 3.10 Urinary Tract Infection
 - 3.11 Meningitis, Encephalitis
 - 3.12 Paralysis
 - 3.13 Head Injury
 - 3.14 Infection of eye
 - 3.15 Mental Health (Types and causes of mental problem)
 - 3.16 Gynecological disorders: Uterus prolapse and fistula, Pelvic Inflammation Diseases (PID)

(E) Health education and Communication

1. Principle and importance of health education and health promotion
2. Methods and media of health education
3. Elements, barriers and techniques of communication
4. Behavior Change Communication

(F) Midwifery

1. Antenatal care(ANC)
 - 1.1 Function of placenta
 - 1.2 Physiological changes during pregnancy
 - 1.3 Signs and symptoms of pregnancy
 - 1.4 Purpose of Antenatal care
 - 1.5 Calculation of Last Menstrual Period (LMP) and Expected date of Delivery (EDD) and gestational week of pregnancy

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह
अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

- 1.6 Investigations during pregnancy
- 1.7 Health teaching during antenatal visit
- 1.8 Minor and Major disorders during pregnancy and its management
- 1.9 High risk factors during pregnancy and their management
- 1.10 Birth preparedness and complication readiness
- 1.11 Skill birth attendance
- 1.12 Abortion: Meaning, types and management
2. Labour (Intranatal)
 - 2.1 Signs and symptoms; and causes of onset of labour
 - 2.2 Physiological changes during first. second and third stages of labour
 - 2.3 Maternal and foetal distress
 - 2.4 Episiotomy
 - 2.5 Method of scoring of the APGAR score
 - 2.6 Active Management of third stage of labour
 - 2.7 Immediate care of newborn baby
 - 2.8 Examination of newborn baby
 - 2.9 Complication of third stage and its management
 - 2.10 Abnormal Labour
 - 2.10.1 Occipito posterior position
 - 2.10.2 Multiple pregnancy
 - 2.10.3 Mal presentation
 - 2.10.4 Prematurity
 - 2.10.5 Post maturity
 - 2.11 Management of prolonged labour
 - 2.10.1 Cephalo pelvis disproportion (CPD)
 - 2.10.2 Trial labour (Induction and augmentation)
 - 2.12 Premature rupture of membrane
 - 2.13 Retained placenta
3. Postnatal care
 - 3.1 Definition, Principle and purpose of postnatal care
 - 3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracknipple, Engorge breast, Sub-involution of the Uterus)
 - 3.3 Major disorder during puerperium
 - 3.3.1 Puerperal sepsis
 - 3.3.2 Urinary Tract Infection (UTI)

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह
अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

3.3.3 Incontinence of urine and stool

3.3.4 Puerperal hemorrhage

3.3.5 Venous thrombosis

3.3.6 Pulmonary embolism

3.3.7 Postnatal psychosis and depression

3.3.8 Causes, signs and symptoms, complications and management of
mother and baby

3.3.9 Major disorders of newborn

3.4 Breast feeding

3.4.1 Position and attachment

3.4.2 Counselling

3.4.3 Kangaroo mother care

(G) Environmental Sanitation and Home visit

1. Community and home visit
2. Health problems and diseases due to poor environmental sanitation
3. Water pollution and purification
4. Excreta disposal and its importance
5. Classification and management of solid waste disposal
6. Health care waste management
7. Climate change and its impact on health

(H) Disaster and Epidemiology

Definition and aims of epidemiology

1. Concept of diseases
2. Disaster Management (Triage)
3. Primary Health care (Definition, element, Basic Principles)
4. Immunity
5. Communicable disease and its prevention control and treatment.
6. Non communicable diseases (NCD) and its prevention control and treatment.
7. Isolation and quarantine
8. Covid-19
9. Sickle cell anemia and thalassemia

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समुह, सहायकस्तर चौथो तह
अ.न.मि. पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

(I) Community diagnosis

1. Importance and methods of community diagnosis
2. Community participation
3. Community Health profile

(J) Miscellaneous

1. Social security service and health insurance
2. Health and nutrition related Sustainable development goal (SDG)
3. Gender base violence
4. Psychosocial Counseling
5. स्थानीय सरकार संचालन ऐन, २०७४ (परिच्छेद-३)
6. सुदूरपश्चिम जनस्वास्थ्य ऐन, २०७६
7. नेपाल नर्सिङ्ग परिषद ऐन, २०५२