

प्रदेश लोक सेवा आयोग
गण्डकी प्रदेश
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ र कम्युनिटी/पब्लिक हेल्थ नर्सिङ समूह, सातौं तहको खुला र
आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- सामूहिक परीक्षण र अन्तर्वार्ता

पूर्णाङ्क:- ४०

प्रथम चरण - लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण

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

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु फरक फरक हुनेछन।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ।
- प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछः

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 सम्झनु पर्दछ।
- पाठ्यक्रम लागू मिति:-

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प्रथम पत्र:- नर्सिङ 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
 - 1.1.5. Peplau's Interpersonal Theory,
 - 1.1.6 Cultural Care Theory
- 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 Human Right, Child Right and Women's Right
 - 1.6.6 ICN code of Nursing
 - 1.6.7 ICM code of Nursing
 - 1.6.8 (N.A.N.) Nursing Association of Nepal
 - 1.6.9 (N.N.C.) Nepal Nursing Council
 - 1.6.10 Laws related to health and nursing
 - 1.6.10.1 Medico legal case
 - 1.6.10.2 Disposal of dead body
 - 1.6.10.3 Organ transplantation
 - 1.6.10.4 Narcotic Drugs
 - 1.6.10.5 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
 - 2.2.6 Social Cultural Background
- 2.3 Social problems in Nepal
 - 2.3.1 Population explosion and migration

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- 2.3.2 Poverty
- 2.3.3 Unemployment
- 2.3.4 Substance abuse
- 2.3.5 Suicide and other mental health problems
- 2.3.6 Prostitution
- 2.3.7 Violence
- 2.3.8 Child abuse / Exploitation
- 2.3.9 Gender bias
- 2.3.10 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 Ethics in Teaching/Learning
- 3.4 Teaching Methods and Media
 - 3.4.1 Teaching methods
 - 3.4.1.1 Microteaching problems
 - 3.4.1.2 Evidenced based learning
 - 3.4.1.3 Self directed learning
 - 3.4.1.4 Seminar/Symposium exhibition
 - 3.4.1.5 Case study presentation
 - 3.4.2 Media
 - 3.4.2.1 Audio Aids
 - 3.4.2.2 Video Aids
 - 3.4.2.3 Audio / Video Aids
- 3.5 In-service Education
 - 3.5.1 Need Assessment
 - 3.5.2 Planning, organizing & conducting
 - 3.5.3 Class room teaching
 - 3.5.4 Clinical Teaching
 - 3.5.5 Evaluation and Feedback
- 3.6 Components of Curriculum Development
- 3.7 Evaluation
 - 3.7.1 Types
 - 3.7.2 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:
 - 4.3.1 Elements, process
 - 4.3.2 Benefits and Limitation
- 4.4 Organization

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- 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 (MoHP, Provincial and Local Level Health Institution)
- 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 and Discipline
 - 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 Health Provision in Constitution
 - 4.16.2 Health Act 2053, Regulation 2055
 - 4.16.3 National Health Policy 2076
 - 4.16.4 Strategy
 - 4.16.2.1 Priority
- 4.17 Current fifth five- year plan
- 4.18 Millennium development goal/sustainable development health.
- 4.19 Second long-term health plan
- 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.

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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 Instrument

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 pharmaco kinetics and pharmaco 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

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6.6.3 Menu planning & calculation of calorie for different age group

6.6.4 Food belief & practice/food safety

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 Primordial Prevention

7.2.2 Primary Prevention

7.2.3 Secondary Prevention

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

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वस्तुगत नमुना प्रश्नहरू (Sample questions)

1. The term *Haemopoiesis* means :
A) Formation of blood cells B) Formation of platelets C) Division of cells D)
Division of platelets **Correct Answer:- (A)**
2. Reduction in the volume of RBCs result in :
A) Increase in oxygen B) Decrease in oxygen C) Decrease in the pressure
volume D) Increase in Co 9 **Correct Answer:- (B)**
3. *Staphylococcus* is the organism which causes :
A) Throat and nose infections B) Skin and wound infection C) Gastro – intestinal
infection D) A+B
Correct Answer:- (D)
4. *Hypernatremia* is:
A) Excess of sodium in the blood
B) Excess of potassium in the blood
C) Decreased level of sodium in the blood
D) Decreased level of potassium in the blood
Correct Answer:- (A)
5. Evaluation which is done at the end of the year is called :
A) Formative evaluation B) Diagnostic evaluation C) Summative evaluation
D) Mid term evaluation **Correct Answer:- (C)**
6. The test instrument measures what it is intended to measure is called :
A) Validity B) Reliability C) Objectivity D) Practicability **Correct
Answer:- (A)**
7. While planning of in-service education program for staff, focus should be on –
A) Need of staff B) Specific program C) Orientation D) Evaluation **Correct
Answer:- (A)**
8. Adaptation theory is created by:
A) Henderson B) Orem
C) Roy's D) Florence Nightingale **Correct Answer:- (C)**
9. Physical, Mental, Social and spiritual care provide is called
A) Primary care B) Secondary care C) Holistic health care D) Health
for all **Correct Answer:- (C)**
10. Assessment is one of the component of :
A) Nursing Theory B) Creativity of Nursing C) Professional Development
D) Nursing process **Correct Answer:- (D)**

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द्वितीय पत्र- कम्युनिटी नर्सिङ सम्बन्धी

Section A - 30 Marks

- 1. History of community health Nursing in Nepal; Changing Concept in public 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, Purpose, 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 Postnatal care
 - 8.1.6 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 Community Nursing Officer
 - 8.2.4 Public Health Nurse
 - 8.2.5 Staff Nurse (PHCC)
 - 8.2.6 ANM/AHW
 - 8.2.7 MCHW
 - 8.2.8 FCHW

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8.2.9 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

6.1.6 Covid-19

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

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विषयगत नमूना प्रश्नहरू (Sample questions)

1. Discuss concept and process of community development and explain how will you overcome its Barriers. 5+5=10
2. List the special health programmes of Nepal and explain one of them. 3+7=10
3. Discuss the Role and Responsibilities of a Nurse in providing Family Health care in Nepal. 10

सामूहिक परीक्षण (Group Discussion)

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ। दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको कम्तीमा ३ जनाको समिति रहनेछ।

आयोगका सदस्य - अध्यक्ष

विज्ञ - सदस्य

दक्ष/विज्ञ (१ जना) - सदस्य

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणको लागि - उर्जा संकट, गरीबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता Topics मध्येकुनै एक Topic मात्र दिइनेछ।