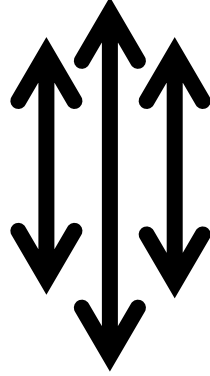
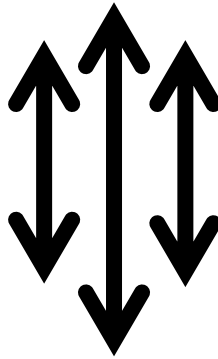


नेपाली सेना
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,
जंगी अड्डा



प्रा.सु. सैनिक उपचारिका (खुला) पदको लिखित
परीक्षाको पाठ्यक्रम



२०७७



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नेपाली सेना
प्रा.सु.सैनिक उपचारिका (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ३ घण्टा ४५ मिनेट

पूर्णाङ्क : १५०

उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.सु. सैनिक उपचारिका (खुला) पदको उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
 (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराइनेछ ।
 (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई यथासंभव समेटिनेछ ।
 (घ) बस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
 (ङ) बस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
 (च) बस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
 (छ) यो पाठ्यक्रम मिति २०७७/०६/०७ गतेबाट लागु हुनेछ ।



लिखित परीक्षाको योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या अङ्क	समय
पेशा सम्बन्धी	७५	६०	बस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा १५ मिनेट
	७५		विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	९ प्रश्न x ५ अङ्क = ४५ ३ प्रश्न x १० अङ्क = ३०	२ घण्टा ३० मिनेट

लिखित परीक्षाको पाठ्यक्रम

1. Fundamental of Nursing

- 1.1 Introduction to Nursing
- 1.2 Introduction to Hospital Nursing
- 1.3 Basic Need of Individual
- 1.4 Nursing Process
- 1.5 Infection Control Measures
- 1.6 Nursing Measures to Assess the Patient
- 1.7 Nursing Measures related to Physical Needs of the Patient
- 1.8 Nursing Measures related to Comfort of the patient
- 1.9 Nursing Measures related to Meeting Nutritional Need of the Patient
- 1.10 Nursing Measures related to Elimination Needs of the patient
- 1.11 Measures to Provide Safety
- 1.12 Dressing and Bandaging
- 1.13 Exercise
- 1.14 Hot and Cold application
- 1.15 Pre and Post-operative Nursing Care of Patient
- 1.16 Pain Management
- 1.17 Client Nurse Interaction
- 1.18 Drug Administration
- 1.19 First Aid Management
- 1.20 Care of Dead Body



2. Community Health Nursing I

- 2.1 Introduction to Health
- 2.2 Primary Health Care
- 2.3 Nursing Practice in the community
- 2.4 Communications
- 2.5 Introduction to Epidemiology
- 2.6 Health indicators and statistics
- 2.7 Community Health Diagnosis
- 2.8 Nutrition
- 2.9 Health Education
- 2.10 Family Planning
- 2.11 Immunization
- 2.12 Environmental Health and Sanitation
- 2.13 Water
- 2.14 Housing
- 2.15 Occupational Health
- 2.16 Pollution Hazards

3. Anatomy and Physiology

- 3.1 System Approach to the Human Body
- 3.2 Introduction to cells and tissues
- 3.3 Body Fluid and Electrolyte
- 3.4 Introduction to Circulatory System
- 3.5 Introduction to Lymphatic System
- 3.6 Introduction to Muscular System

- 3.7 Introduction to Skeletal System
- 3.8 Introduction to Respiratory System
- 3.9 Introduction to Digestive System
- 3.10 Introduction to Urinary System
- 3.11 Introduction to Nervous System
- 3.12 Introduction to Reproductive System
- 3.13 Introductions to Endocrine System
- 3.14 Introductions to Special Sensory Organ

4. **Basic Science Applied to Nursing**

- 4.1 Bio-Chemistry
 - 4.1.1 Introduction
 - 4.1.2 Bio-molecules
 - 4.1.3 Enzymes
 - 4.1.4 Blood Coagulation mechanism
 - 4.1.5 Organ Function Test

4.2 **Microbiology Parasitology/Virology**

- 4.2.1 Introduction of Microbiology
- 4.2.2 Parasitology
- 4.2.3 Bacteriology
- 4.2.4 Virology
- 4.2.5 Immunology
- 4.2.6 Mycology

4.3 **Pharmacology**

- 4.3.1 Introduction to Pharmacology
- 4.3.2 Drug acting on gastrointestinal system
- 4.3.3 Drug acting on respiratory system
- 4.3.4 Drug used in cardiovascular system
- 4.3.5 Drug used in infection
- 4.3.6 Drug acting on the central nervous system
- 4.3.7 Endocrine and hormonal drugs
- 4.3.8 Drugs acting on Kidney
- 4.3.9 Drugs acting on lymphatic system
- 4.3.10 Drugs acting on the skin
- 4.3.11 Essential drugs, emergency drugs, antidotes

5. **Medical and Surgical Nursing I**

- 5.1 Introduction to nursing care of adults disorders
- 5.2 Stress and crisis
- 5.3 Rehabilitation
- 5.4 Nursing care of patients with respiratory disorders
- 5.5 Nursing care of patients with Gastrointestinal disorders
- 5.6 Nursing care of patients with the musculo-skeletal disorders
- 5.7 Nursing care of the patients with cardiovascular and hematologic disorders
- 5.8 Nursing care of patients with fluid, electrolyte, urinary and renal system disorders
- 5.9 Nervous systems
- 5.10 Nursing care of the patients with skin disorders

- 5.11 Nursing care of patient with endocrine disorder
 - 5.12 Communicable disease
 - 5.13 Oncology nursing
6. **Medical and Surgical Nursing II**
- 6.1 Disorders of Eye
 - 6.2 Disorder of Ear
 - 6.3 Disorder of nose and throat
 - 6.4 Operation Theatres Nursing
7. **Geriatric Nursing**
- 7.1 Introduction of Gerontology and Geriatric Nursing
 - 7.2 Ageing population in Nepal
 - 7.3 National and International Concern and declaration and aging
 - 7.4 Common Geriatric Problems
 - 7.5 Nursing care of the terminally ill
 - 7.6 The common needs of elderly (health promotion activities)
 - 7.7 Safe Medication use for elderly people
 - 7.8 Different facilities for Health Care Services: National and international
8. **Behavioural Science and Mental health Nursing**
- Part I :Behavioural Science**
- 8.1. Understanding Psychology
 - 8.2. Human Behaviour
 - 8.3. Psychological / Personality- Development and Theoretical Perspectives
 - 8.4. Sensation, Attention and Perception
 - 8.5. Motives
 - 8.6. Intelligence
 - 8.7. Learning
 - 8.8. Emotion and Feelings
- Part II: Mental Health Nursing**
- 8.9. Introduction to Mental Health
 - 8.10. Mental Health Assessment
 - 8.11. Psychosis and Schizophrenia related Disorder
 - 8.12. Mood (Affective) Disorder
 - 8.13. Neurotic, Stress Related Disorder and Somatoform disorders
 - 8.14. Adult Personality disorder
 - 8.15. Mental and Behavioral Disorder due to Psychoactive Substance Use
 - 8.16. Childhood psychiatric disorders
 - 8.17. Mental health problem in old age
 - 8.18. Psychiatric emergencies
 - 8.19. Treatment modalities mental health nursing
 - 8.20. Community mental health nursing
 - 8.21. Legal aspects of mental health nursing
9. **Community Health Nursing-II**
- 9.1. Family Health Nursing
 - 9.2. Maternal and Child Health Services
 - 9.3. Sexual and Reproductive Health and Rights

- 9.4. Sexually transmitted Infections (STIs)
- 9.5. Under Five Clinics
- 9.6. Nutrition of Family and Community
- 9.7. School Health Programme and School Health Nurse
- 9.8. Universal Health Coverage and Sustainable Development Goals
- 9.9. National Health Policy and Health Programme
- 10. Midwifery-I
- 10.1. Midwifery and Reproductive Health
- 10.2. Anatomy and physiology of reproductive system
- 10.3. Menstruation and conception
- 10.4. Anatomy and Physiology of Male Reproductive System
- 10.5. communication in relation of women and couplecounseling.
- 10.6. Fetal and placental Development
- 10.7. Fetal circulation and its changes at birth
- 10.8. Fetal skull, its structure and relationship.
- 10.9. Physiologicalchanges, psychological and emotional changes during pregnanc
- 10.10. Plaing the sign and Symptoms of pregnancy and diagnosis.
- 10.11. Antenatal examination (ANC) of women of and fetus during pregnancy.
- 10.12. Disorders of pregnancy and their management
- 10.13. Explain Disease associated to pregnancy
- 10.14. Explain the Medication related to pregnancy
- 10.15. documentation and Information System in relation of Antenatal

11. **Midwifery – II**

- 11.1. Terminologies related to labor
- 11.2. Normal Labor: The expulsivePhase
- 11.3. Mechanism of normal labor
- 11.4. Physiological change during 1st stage of labor
- 11.5. Physiological Changes during 2nd stage of labor
- 11.6. Management of 2nd stage of labor
- 11.7. Physiological changes during 3rd stage of labor
- 11.8. Management of 3rd stage of labor
- 11.9. Drugs used in labor (Indication, route, action, side effects and its management)
- 11.10. Management of fourth stage of labor
- 11.11. Complication during 1st stage
- 11.12. Complication during 2nd stage of labor
- 11.13. Complication during 3rd stage of labor
- 11.14. Abnormal labor (Definition causes and nursing management)
- 11.15. Surgical intervention during labor
- 11.16. Obstructed and prolonged labor

12. **Midwifery – III**

- 12.1. Introduction to Puerperium
- 12.2. Postpartum care
- 12.3. Minor disorder of puerperium
- 12.4. Major disorder of puerperium and their nursing management
- 12.5. Lactation management

- 12.6. Common breast problem and their management
- 12.7. Care of newborn baby
- 12.8. Minor Disorder of newborn and their nursing management
- 12.9. Major disorders and their management
- 12.10. Care of large and small babies
- 12.11. Birth injuries and their management
- 12.12. Congenital anomalies and their management
- 12.13. Discharge Instructions /counseling

13. **Gynecological Nursing**

- 13.1. Human Reproduction
- 13.2. Malformations, female Reproductive Organs and Menstrual irregularities and AUB
- 13.3. Infection of Female Reproductive System
- 13.4. Bleeding in early pregnancy
- 13.5. Bleeding in late pregnancy
- 13.6. Pelvic Organ Prolapsed and Genital Fistula
- 13.7. Menopause
- 13.8. sexually transmitted infections (review)
- 13.9. Reproductive Neoplasm
- 13.10. Sub-fertility /Infertility
 - 13.10.1. Investigations

14. **Child health Nursing**

- 14.1. Introduction to child health nursing
- 14.2. Growth and development
- 14.3. Illness and hospitalization of children
- 14.4. Communication with Children
- 14.5. Physical assessments: History taking and physical examination Community
- 14.6. Based Integrated Management of Neonatal and Childhood Illness (CBIMNCI)
- 14.7. Newborn and Newborn Health Problems
- 14.8. Childhood morbidity condition and their Nursing Management
- 14.9. Common emergency conditions
- 14.10. Child and Family with Special Needs

15. **Leadership and Management**

- 15.1. Introduction to Leadership and Management
- 15.2. Management Process
- 15.3. Nursing Professions
- 15.4. Conflict Management
- 15.5. Management in relation to delivery of health services
- 15.6. National health planning/policy (Latest)
- 15.7. Organizational change and change management
- 15.8. Information and data management: Process and its presentation in health system
- 15.9. Health care social security/ Health insurance
- 15.10. Disaster management

यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरू निम्नानुसार हुनेछ

Section number	MCQs number	Long answer question	Short answer question
1.	40	1X10=10	2 x 5 = 10
2.			
3.			
4.			
5.		1 x 10 = 10	2 x 5 = 10
6.			
7.			
8.			
9.	15	2 x 5 = 10	
10.			
11.			
12.	20	1X10=10	3 x 5 = 15
13.			
14.			
15.			
Total	75x1=75	3 x 10 = 30	9 x 5=45

प्रयोगात्मक परिक्षाको पाठ्यक्रम

समय : ५० मिनेट

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

SN	Topic	Full marks	Time
1	History taking	10	10
2	Examination of patient	5	5
3	Nursing Procedure	20	20
4	Nursing diagnosis	2	2
5	Record and report	3	3
6	Viva	10	10
Total		50	50

The End