

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान  
सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ७ सिनियर स्टाफ नर्स पदको खुला र 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,	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	१ घण्टा
द्वितीय	General Knowledge and Related Legislation	१००	४०	विषयगत	छोटो उत्तर	४ प्रश्न X ५ अङ्क	३ घण्टा
					लामो उत्तर	५ प्रश्न X १० अङ्क	
					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 एकाईबाट प्रश्नहरू सोधिनेछ ।
- 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 ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका 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 ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७३/०४/१४

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान  
सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ७ सिनियर स्टाफ नर्स पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको  
पाठ्यक्रम

प्रथम तथा द्वितीय पत्र :-

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

**खण्ड (A): Technical Subject**

**1. Nursing concept & Principles**

- 1.1 Nursing Theory
  - 1.1.1. V. Henderson
  - 1.1.2. D. Orem
  - 1.1.3. Roy's
  - 1.1.4. Florence Nightingale
- 1.2. 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 ICN code of Nursing
  - 1.6.6 ICM code of Nursing
  - 1.6.7 (N.A.N.) Nursing Association of Nepal
  - 1.6.8 (N.N.C.) Nepal Nursing Council
  - 1.6.9 Laws related to health and nursing
    - 1.6.9.1 Medico legal case
    - 1.6.9.2 Disposal of dead body
    - 1.6.9.3 Organ transplantation
    - 1.6.9.4 Narcotic Drugs
    - 1.6.9.5 Abortion

**2. Behavioral Science and Psychology applied in Nursing**

- 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
- 2.3 Social problems in Nepal
  - 2.3.1 Population explosion and migration
  - 2.3.2 Poverty
  - 2.3.3 Unemployment
  - 2.3.4 Substance abuse
  - 2.3.5 Prostitution
  - 2.3.6 Violence
  - 2.3.7 Child abuse / Exploitation
  - 2.3.8 Gender bias
  - 2.3.9 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**
  - 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 Teaching Methods and Media
    - 3.3.1 Teaching methods
      - 3.3.1.1 Microteaching problems
      - 3.3.1.2 Evidenced based learning
      - 3.3.1.3 Self directed learning
      - 3.3.1.4 Seminar/Symposium exhibition
      - 3.3.1.5 Case study presentation
    - 3.3.2 Media
      - 3.3.2.1 Audio Aids
      - 3.3.2.2 Video Aids
      - 3.3.2.3 Audio / Video Aids
  - 3.4 In-service Education
    - 3.4.1 Need Assessment
    - 3.4.2 Planning, organizing & conducting
    - 3.4.3 Class room teaching
    - 3.4.4 Clinical Teaching
    - 3.4.5 Evaluation and Feedback
  - 3.5 Components of Curriculum Development
  - 3.6 Evaluation
    - 3.6.1 Types
    - 3.6.2 Characteristics of evaluation tools
- 4. **Health Care Management**
  - 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
  - 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
- 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
  - 4.9.3 Leadership and decision making
- 4.10 Human Recourse 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 National Health Policy
  - 4.16.2 Strategy
    - 4.16.2.1 Priority
- 4.17 Current fifth five- year plan
  - 4.17.1 Millennium development goal
  - 4.17.2 Second long-term health plan
- 5. Research & Statistics**
  - 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.
    - 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 Instrumentation
- 5.3.5 Statistical Data analysis
- 5.3.6 Report writing & Dissemination

5.4 Importance of Research in Nursing services

6. **Applied Health Sciences**

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 pharmacy kinetics and pharmacy 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
- 6.6.3 Menu planning & calculation of calorie for different age group

- 6.6.4 Food belief & practice
- 6.6.5 Common Nutritional deficiency diseases .
- 7. Mental Health**
  - 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 Primodial
    - 7.2.2 Primary Prevention
    - 7.2.3 Secondary care
    - 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
- 8. Advanced Nursing**
  - 8.1 Developmental tasks of different age groups
  - 8.2 Problem solving approach in care of patient
  - 8.3 Application of holistic approach in care of patient
  - 8.4 Advancement in the diagnostic procedures for different illnesses
  - 8.5 Case study and case presentation
- 9. Nursing care of geriatric and Communicable diseases**
  - 9.1 Physiological changes and common physical problems.
  - 9.2 Common medical problems
  - 9.3 Cognitive changes and diagnostic methods in use.
  - 9.4 Support system / family support / community support.
  - 9.5 Mental preparation for adaptations to changing needs.
  - 9.6 Water borne diseases
  - 9.7 Air borne diseases
  - 9.8 Vector transmission
  - 9.9 (STI) Sexual Transmitted Infection
  - 9.10 Trans placental diseases
- 10. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems**
  - 10.1 Respiratory problems
  - 10.2 Cardiovascular problems
  - 10.3 Neurological problems
  - 10.4 Muscular-Skeletal problems
  - 10.5 Hepatobiliary problems

- 10.6 Endocrine problems
- 10.7 Gastrointestinal problems
- 10.8 Reproductive problems
- 10.9 Genital urinary problems
- 10.10 Special Senses problems

**11. Nursing Management of Patient in Burn Unit and OT**

- 11.1 Pain Management
- 11.2 Fluid & electrolyte balance
- 11.3 Infection preventions
- 11.4 Reconstructive / Rehabilitation.
- 11.5 Preparation of OT
- 11.6 Pre and Post OT. care

**12. Role of the Nurse in ICU/ CCU and Emergency Nursing**

- 12.1 Advance nursing
- 12.2 Management of clients with critical conditions / cardiac conditions
- 12.3 Resuscitation
- 12.4 Use of various monitors
- 12.5 Specific Investigation and treatment.
- 12.6 Emergency preparedness
- 12.7 Emergency Resuscitations
- 12.8 Mass casualty management

**13. Obstetric Nursing (Midwifery)**

- 13.1 Parental Nursing
  - 13.1.1 Preconception and parental Preparedness
  - 13.1.2 Prenatal assessment and management
  - 13.1.3 Preparation of child birth
  - 13.1.4 Management of High risk pregnancy
- 13.2 Intra- natal (Labor)
  - 13.2.1 Assessment of client during Labor
  - 13.2.2 Care required during different stages of Labor
  - 13.2.3 Immediate care of new born / mother
  - 13.2.4 Management of complications of labor.
- 13.3 Newborn / Neonate Management
  - 13.3.1 Assessment of newborn
  - 13.3.2 Physiological needs of a newborn & neonate
  - 13.3.3 Management of minor / major disorders
- 13.4 Post Natal
  - 13.4.1 Physiology of puerperium & need of post natal mother.
  - 13.4.2 Lactation & trends in breast feeding
  - 13.4.3 Minor discomforts in puerperium & their management
  - 13.4.4 Major disorders of puerperium & their management.
  - 13.4.5 Follow up and advice on F/P

**खण्ड (B): General Knowledge and Related Legislation**

1. सामान्य ज्ञान तथा ऐन, नियमहरु

**पाटन स्वास्थ्य विज्ञान प्रतिष्ठान  
सेवा आयोग**

- 1.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक र राजनैतिक अवस्था सम्बन्धी सामान्य जानकारी ।
- 1.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरू : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद, सूचना प्रविधि, पुरस्कार, स्वास्थ्य
- 1.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
- 1.4 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
- 1.5 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
- 1.6 पाटन अस्पताल संचालन विनियमावली, २०६७
- 1.7 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५
- 1.8 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
- 1.9 नेपाल नर्सिङ परिषद् ऐन, २०५२
- 1.10 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३

प्रथम तथा द्वितीय पत्रमा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

प्रथम पत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगत
A	८०	४० प्रश्न X २ अङ्क = ८०	-
B	२०	१० प्रश्न X २ अङ्क = २०	-
<b>जम्मा</b>		५० प्रश्न X २ अङ्क = १००	-
द्वितीय 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	-	-	-
<b>जम्मा</b>		४ प्रश्न X ५ अङ्क = २० ५ प्रश्न X १० अङ्क = ५०	२ प्रश्न X १५ अङ्क = ३०