

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान  
सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ढ(क), वार्ड ईन्चार्ज 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 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 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 ।

१०. पाठ्यक्रम लागू मिति :- २०७३/०४/१४

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सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ङ(क), वार्ड ईन्चार्ज पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको  
पाठ्यक्रम

प्रथम तथा द्वितीय पत्र :-

प्राविधिक विषय, सामान्य ज्ञान र सम्बन्धित कानूनहरु  
(Technical Subject, General Knowledge 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
- 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**

- 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 post-partum 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

### **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

**पाटन स्वास्थ्य विज्ञान प्रतिष्ठान  
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- 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): General Knowledge and Related Legislation**

**16. सामान्य ज्ञान तथा ऐन, नियमहरू**

- 16.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक र राजनैतिक अवस्था सम्बन्धी सामान्य जानकारी ।
- 16.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरू : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद, सूचना प्रविधि, पुरस्कार, स्वास्थ्य
- 16.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
- 16.4 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
- 16.5 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
- 16.6 पाटन अस्पताल संचालन विनियमावली, २०६७
- 16.7 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५
- 16.8 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
- 16.9 नेपाल नर्सिङ परिषद् ऐन, २०५२
- 16.10 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३

प्रथम तथा द्वितीय पत्रमा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

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

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग