

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान
सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ४, सि.अ.न.मी पदको 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	प्राविधिक विषय, र सम्बन्धित कानूनहरु	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	१ घण्टा
द्वितीय		१००	४०	विषयगत	छोटो उत्तर लामो उत्तर	८ प्रश्न x १० अङ्क १ प्रश्न x २० अङ्क	२ घण्टा ३० मिनेट
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 ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरु सोधिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको 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 उत्तरपुस्तिकाहरु हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरुको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु 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 उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७६/७/२४

नोट: प्रथम पत्र र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।

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पत्र/विषय :-

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

खण्ड (A): 75 Marks

1. Anatomy and Physiology

1.1 Names, types and functions of the different Organs of following system

- 1.1.1 Skeletal System
- 1.1.2 Muscular System
- 1.1.3 Digestive System
- 1.1.4 Circulatory System
- 1.1.5 Urinary System
- 1.1.6 Nervous System
- 1.1.7 Respiratory System
- 1.1.8 Endocrine System
- 1.1.9 Sensory Organs

1.2 Mechanism of the different system

- 1.2.1 Mechanism of digestion of food
- 1.2.2 Mechanism of respiration
- 1.2.3 Mechanism of Menstrual cycle
- 1.2.4 Mechanism of urinary system

2. Nursing Procedure and First Aid

2.1 Nursing Procedure

- 2.1.1 Job description of Auxiliary Nurse Midwife in Health Post, Community and district
- 2.1.2 Prevention and treatment of bed sore
- 2.1.3 Vital signs
- 2.1.4 Sterilization:- Importance, types and methods
- 2.1.5 Catheterization
- 2.1.6 Medicine(Essential drugs used in Health Post, Sub-Health Post and Hospital)

2.2 First aid treatment of following condition

- 2.2.1 Fracture
- 2.2.2 Shock, Wound, Haemorrhages, Epistaxis, Scald and Burn
- 2.2.3 Unconscious, Fits
- 2.2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose

3. Family Planning, Maternal and Child Health (MCH) and Nutrition

3.1 Methods of family planning

- 3.1.1 Temporary methods for male and female
- 3.1.2 Permanent methods for male and female
- 3.1.3 Family planning counseling
- 3.1.4 Various rates and ratio used in population education

3.2 Maternal and Child Health (MCH)

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- 3.2.1 Immunization
- 3.2.2 Six killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles)
- 3.2.3 Milestone
- 3.2.4 Record Height, Weight and Mid Upper Arm Circumference (MUAC)
- 3.2.5 ARI (Acute Respiratory Tract Infection)
- 3.2.6 Malnutrition; Protein energy malnutrition
- 3.2.7 Control of Diarrhoeal Diseases
- 3.2.8 Preparation of oral rehydration solution (ORS)
- 3.2.9 Advantages of breast feeding
- 3.2.10 Vaccines
- 3.2.11 Maintenance vaccine potentiality
- 3.3 Nutrition
 - 3.3.1 Importance of nutrition on the growth and development of the body
 - 3.3.2 Nutritional requirement in normal children, adult, pregnancy and lactating mother
 - 3.3.3 Disease due to vitamin deficiency and source of vitamin : Vitamin "A", Vitamin "B", Vitamin "C" and Vitamin "D"
 - 3.3.4 Anaemia and its management
 - 3.3.5 Goiter, cretinism, mental retardation and its prevention
4. **Diagnosis and Treatment of Simple Disorders**
 - 4.1 Different types of micro organisms including spore and parasites
 - 4.2 Common skin problems and its management
 - 4.3 Nursing management of following conditions:
 - 4.3.1 Diabetes
 - 4.3.2 Peptic ulcer
 - 4.3.3 Jaundice
 - 4.3.4 Typhoid
 - 4.3.5 Bronchial Asthma
 - 4.3.6 Bronchitis
 - 4.3.7 Hypertension
 - 4.3.8 Congestive cardiac failure
 - 4.3.9 Rheumatic fever
 - 4.3.10 Sexually Transmitted Disease (STD)
 - 4.3.11 Urinary Tract Infection
 - 4.3.12 Meningitis, Encephalitis
 - 4.3.13 Paralysis
 - 4.3.14 Head injury
 - 4.3.15 Infection of eye
 - 4.3.16 Mental Health (Types and causes of mental problem)
5. **Health Education and Communication**
 - 5.1 Principle and importance of health education
 - 5.2 Methods and media of health education
 - 5.3 Elements, barriers and techniques of communication

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6. **Midwifery**

6.1 Antenatal care (ANC)

6.1.1 Function of placenta

6.1.2 Physiological changes during pregnancy

6.1.3 Signs and symptoms of pregnancy.

6.1.4 Purpose of Antenatal care.

6.1.5 Calculation of Last Menstrual Period (LMP) and Expected Date of Delivery (EDD) and gestational week of pregnancy

6.1.6 Investigations during pregnancy

6.1.7 Health teaching during antenatal visit

6.1.8 Minor and Major disorders during pregnancy its management

6.1.9 High risk factors during pregnancy and their management

6.2 Labour (Intranatal)

6.2.1 Signs and symptoms; and causes of onset of labour

6.2.2 Physiological changes during first, second and third stages of labour

6.2.3 Signs and symptoms and management of maternal and foetal distress

6.2.4 Indications and time of episiotomy

6.2.5 Method of scoring of the APGAR score

6.2.6 Immediate care of newborn baby

6.2.7 Examination of newborn baby

6.2.8 Complication of third stage and its management

6.2.9 Abnormal Labour : Occipito posterior position, Multiple pregnancy, Mal presentation, Prematurity and Post maturity

6.2.10 Management of prolonged labour

6.2.10.1 Cephalo pelvis disproportion (CPD)

6.2.10.2 Trial labour (Induction)

6.3 Postnatal care

6.3.1 Definition, Principles and purpose of postnatal care

6.3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracknipple, Engorge breast, Sub-involution of the Uterus)

6.3.3 Major disorder during puerperium

6.3.3.1 Puerperal sepsis

6.3.3.2 Urinary Tract Infection (UTI)

6.3.3.3 Incontinence of urine and stool

6.3.3.4 Puerperal haemorrhage

6.3.3.5 Venous thrombosis

6.3.3.6 Pulmonary embolism

6.3.3.7 Postnatal psychosis and depression

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

6.3.3.9 Major disorders of new born

7. **Environmental Sanitation and Home Visit**

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- 7.1 Community and home visit
- 7.2 Health problems and diseases due to poor environmental Sanitation
- 7.3 Water pollution
- 7.4 Excreta disposal and its importance
- 7.5 Types of latrines
- 7.6 Classification and management of solid waste disposal
8. **Epidemiology and Communicable Diseases**
 - 8.1 Definition and aims of epidemiology
 - 8.2 Concept of diseases
 - 8.3 Primary Health Care (Definition, Element, Basic Principles)
 - 8.4 Immunity
 - 8.5 Communicable diseases and its prevention, control and treatment including Acquired Immuno Deficiency Syndrome (AIDS) and Sexual Transmitted Disease
9. **Community diagnosis**
 - 9.1 Importance and methods of community diagnosis
10. **National Health Policy and National Drug Policy**

खण्ड (B): 25 Marks
11. **सामान्य ज्ञान तथा ऐन, नियमहरू**
 - 11.1 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ऐन, २०६४
 - 11.2 पाटन स्वास्थ्य विज्ञान प्रतिष्ठानको कर्मचारी सेवाका शर्त र सुविधा सम्बन्धी नियमावली, २०६७
 - 11.3 पाटन स्वास्थ्य विज्ञान प्रतिष्ठान आर्थिक प्रशासन नियमावली, २०६७
 - 11.4 पाटन अस्पताल संचालन विनियमावली, २०६७
 - 11.5 नेपाल स्वास्थ्य सेवा ऐन, २०५३ र स्वास्थ्य सेवा नियमावली, २०५५
 - 11.6 नेपाल मेडिकल काउन्सिल ऐन, २०२० र नियमावली
 - 11.7 नेपाल नर्सिङ्ग परिषद् ऐन, २०५२
 - 11.8 नेपाल स्वास्थ्य व्यवसायी परिषद् ऐन, २०५३
 - 11.9 Computer and its applications: Windows basic, Word processing, Electronic spreadsheets, Presentation system, Multimedia, E-mail and Internet बारे जानकारी

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