

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग
 प्राविधिक सेवा, नर्सिङ्ग समूह, सि.अ.न.मी पद, ४ तहको
 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	४५ मिनेट
द्वितीय		१००	४०	विषयगत	प्रश्नोत्तर	१० प्रश्न X १०अङ्क	३ घण्टा
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 जेसुकै 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 सम्भन्नु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७६/७/२४
- पाठ्यक्रम प्रथम परिमार्जन मिति :- २०७९/१२/२९

नोट: प्रथम पत्र र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।

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पत्र/विषय :-

प्राविधिक विषय र सम्बन्धित कानूनहरु
(Technical Subject and Related Legislation)

खण्ड (A): 80 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)

- 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
6. **Midwifery**

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- 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**
 - 7.1 Community and home visit

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- 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. **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 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	-
जम्मा		५० प्रश्न X २ अङ्क = १००	-
द्वितीय पत्र			
खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगत प्रश्नोत्तर
A	१००	-	१० प्रश्न x १० अङ्क = १००
B	-	-	-
जम्मा			१० प्रश्न x १० अङ्क = १००

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