

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग
प्राज्ञिक-नर्सिङ्ग सेवा, नर्सिङ्ग समूह, Psychiatry उपसमूह, लेक्चरर नौ (क) (१ क) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
एवं परीक्षायोजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage		Time Allowed
I	General Subject	Part I: Management, General Health Issues, Academic Research and Teaching-Learning Practices	50	100	40	10 × 5 = 50 (Subjective)	1.30 hrs	2.15 hrs
		Part II: Technical Subject (Relevant Subject)	50			50 × 1 = 50 (Objective Multiple Choice)	45 min	
II	Technical Subject (Relevant Subject)			100	40	7 × 10 = 70 (Long answer) 2 × 15 = 30 (Critical Analysis)		3.00 hrs
द्वितीय चरण (Second Phase)								
	Interview			30		Oral		

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रतिष्ठानको प्राज्ञिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको Part I को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर प्रथम पत्रको Part II र द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । प्रथम पत्रको Part II र द्वितीय पत्रको विषयवस्तु एउटै समूहको हकमा समान हुनेछ । परीक्षामा सोधिने प्रश्नसंख्या र अङ्कभार यथासम्भव सम्बन्धित पत्र, विषयमा दिईए अनुसार हुनेछ ।
- 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।

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९. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१०. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ।
११. पाठ्यक्रम लागु मिति : २०७९/१२/२१

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Paper I
Section (A) - 25 Marks

Part I: Leadership and Management and General Health Issues

1. Leadership and Management:

- 1.1. Concept of management and its application in health care including hospital.
 - 1.1.1. Management: Concept, principles, functions, scope and role, level and skills of manager
 - 1.1.2. Planning: Concept principles, nature, types, instruments and steps
 - 1.1.3. Leadership: Concept, function, leadership styles, leadership and management, effectiveness
 - 1.1.4. Coordination: Concept, need, types, techniques and approaches of effective coordination
 - 1.1.5. Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
 - 1.1.6. Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
 - 1.1.7. Participative management: Concept, advantage and disadvantages, techniques of participation
 - 1.1.8. Time management: Concept, Essential factors and strategies for effective time management
 - 1.1.9. Conflict management: Concept, Approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
 - 1.1.10. Stress management: Concept, causes and sources of stress, techniques of stress management
 - 1.1.11. Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
 - 1.1.12. Human resource management: Concept, functions and different aspects

2. General Health Issues:

- 2.1. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.2. Nepal Nursing Council and related regulations
- 2.3. National Health Policy 2074
- 2.4. Sustainable Development Goal
- 2.5. Health Management Information System, forms, indicators, annual reports
- 2.6. Health Service Act 2053, Health Service Regulation 2055
- 2.7. Local governance and community participation in health service delivery
- 2.8. Health Insurance, social welfare, old age facility

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- 2.9. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.10. Supervision, types and its usage in health sector
- 2.11. Patan Academy of Health Sciences Act, Mission, Goals, Organogram
Scope and function of Patan Academy of Health Sciences executive bodies (senate, executive committee, academic council, faculty board, hospital management committee, subject committee), various other committees

Section (B) - 25 Marks

Research Methodology and Teaching-Learning Practices

2. Bio-ethics (including Medical Ethics/ Research Ethics) and Research Methodology

- 2.1. National Health Research Council (NHRC), its guidelines and Institutional Review Board
- 2.2. IRC forms, types, use, importance; getting IRB/IRC clearance,
- 2.3. Research design: quantitative and qualitative
- 2.4. Research process: ethical research proposal development, research principles, methods and materials, conclusion/recommendation/lesson learnt, commonly used referencing styles
- 2.5. Research Proposal
- 2.6. Research methodology, sampling techniques, data collection, data analysis
- 2.7. Ethics in nursing research
- 2.8. Research critique
- 2.9. Research instruments
- 2.10. Research report
- 2.11. Publication ethics, plagiarism including self-plagiarism
- 2.12. Citation and references

3. Teaching-Learning and Evaluation:

- 3.1. Learning theory
- 3.2. Need analysis in education
- 3.3. Instructional design
- 3.4. Curriculum development
- 3.5. Teaching methods, seminar, workshop, conference, evaluation in education
- 3.6. Surface learning deep learning and metacognition
- 3.7. Problem-based learning: Genesis, use, importance and outcomes in Nepal and beyond
- 3.8. SPICES model its use, importance and outcomes in Nepal and beyond
- 3.9. Bloom's Taxonomy: Domain, cognitive, affective, psychomotor
- 3.10. Types of evaluation

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4. Nursing Theories:
 - 4.1. Nursing theory and models
 - 4.2. Application of nursing theories model in nursing practice, education and research
5. Epidemiology and Biostatistics:
 - 5.1. Epidemiological studies, concept of health and disease, epidemiological prevention of communicable and noncommunicable diseases
6. Trends and Issues:
 - 6.1. Nursing as a profession
 - 6.2. Issues in nursing education, nursing practices

**Part II: Technical Subject
Section (C) - 25 Marks**

A. Psychiatric Nursing

1. Concept of mental health/ mental illness
2. Principles of psychiatric nursing
3. Classification of mental disorders
4. Epidemiology of mental health problem
5. Ethical and legal aspects in psychiatric nursing
 - National Mental Health Policy and Mental Health Act
 - Rights of psychiatric patients.
6. Mental health assessment
7. Stress, crisis and coping
 - Concept of stress and stressors
 - Models of stress (stimulus based model, response-based model and transaction-based model)
 - Crisis: phases and types of crisis
 - Coping and adaptation
 - Grief and grief reaction, types of grief (anticipatory grief and dysfunctional grief)
 - Stress management and crisis intervention
 - Psychological First Aid (PFA)
8. Assertive training
9. Promoting self-esteem
 - Components of self-concept
 - Development of self-esteem
 - Manifestations of low-self-esteem
10. Thought disorders
 - Types, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management of Schizophrenia:
 - Other psychotic disorders and their treatment and nursing management.
 - Schizoaffective disorders
 - Persistent delusional disorders

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- Acute and transient psychotic disorder

11. Mood disorders (affective disorder)

- Classification of mood disorders, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management.

12. Mental and behavioural problems due to substance abuse

- Common types of abusing substance abuse: opium, cannabises, sedatives, stimulants, hallucinogens and alcohol
- Psychiatric disorders due to drugs and alcohol dependence
- Prevention of substance abuse
- Treatment and Nursing Management of substance abuse

Section (D) - 25 Marks

13. Treatment modalities in psychiatry

- Psychotropic drugs
- Electroconvulsive Therapy (ECT)
- Different therapies used in psychiatric treatment
 - Psychotherapy
 - Counseling
 - Behavioral therapy
 - Cognitive therapy
 - Psychoanalytic therapy
 - Family therapy
 - Group therapy
 - Milieu therapy/ therapeutic community
 - Motivational Enhancement Therapy (MET)
- Restraints/ seclusion
- Discuss nurses' role in different therapies

14. Community mental health nursing

- Trends of care: de-institutionalization
- Community mental health program in Nepal
- Purpose of community mental health program
- Components of community mental health program
 - School mental health program
 - Rehabilitation
- Models for preventing mental disorders
 - Public health model of care
 - Mental health intervention spectrum model
- Role of the psychiatric nurse in community mental health

15. Trends and issues in psychiatric nursing

- Current trends and issues
- Evidence based practice in psychiatric nursing

16. Neurotic disorder / stress related disorder

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- Types of neurotic disorder, epidemiology, clinical features, predisposing factors, diagnostic criteria, treatment and nursing management
17. Behavioral and emotional problems of children and adolescents
18. Mental health problem among women
- Pre-menstruation syndrome,
 - Post-menopausal syndrome
 - Postnatal blues
 - Postnatal depression
 - Postnatal psychosis
19. Mental health problem in elderly people
20. Psychiatric emergencies and their nursing management:
21. Caring for special and vulnerable population
22. Psychosocial rehabilitation of psychiatric patients
- Goals and principles of rehabilitation
 - Psychiatric rehabilitation approaches
 - Steps in psychiatric rehabilitation
 - Types of rehabilitation
 - Vocational rehabilitation
 - Occupational therapy
 - Rehabilitation centers : half way home, Day care canters, shelter workshop, correctional home
 - Role of nurse in psychiatric rehabilitation
23. Administration and management of psychiatric units

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