

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग
प्राज्ञिक-नर्सिङ्ग सेवा, नर्सिङ्ग समूह, Adult Health उपसमूह, लेक्चरर नौ (क) (९ 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 ।
- 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 ।

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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
- 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

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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

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

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

A. Adult Health/Medical Surgical Nursing

1. Concept of adult health/medical surgical nursing practice
2. Nursing process and communication
3. Factors affecting adult nursing practice
4. Genetics and embryology in reproduction
5. Adult Health Disorders
 - Disorders of gastro-intestinal system
 - Disorders of hepatobiliary systems
 - Disorders of respiratory system
 - Disorders of cardiovascular system and hematological
 - Disorders of endocrine system
 - Disorders of musculo-skeletal systems
 - Disorders of urinary system
 - Disorders of neurological system
 - Disorders of reproductive system
 - Disorders of sensory system
6. Infectious diseases of adults

Section (D) - 25 Marks

7. Emergency nursing: scope, issues, components, principles
 - Disaster management/mass casualty incidents
 - Basic Life Support (ABCD method)
 - Major emergency conditions: diagnostic and therapeutic management
8. Critical care nursing: concept and role of nurses
9. Oncology nursing
 - Treatment modalities and nursing intervention
 - Pain theory (review)
 - Communication and breaking bad news
 - End of life care
 - Bereavement
 - National health policies/guidelines/strategies/protocols related to oncology
10. Long term care
 - Phenomenon of chronicity
 - Rehabilitation
 - Hospice and palliative care
11. Gerontological nursing
12. Operation theater technique

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