

**पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग**  
**प्राज्ञिक सेवा, नर्सिङ्ग समूह, चाईल्ड हेल्थ उपसमूह, सह-प्राध्यापक, दशौ (१०) तहको**  
**खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम**  
**एवं परीक्षायोजना**

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजनगरिएको 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
<b>द्वितीय चरण (Second Phase)</b>								
	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 नीतिहरु 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 उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।  
पाठ्यक्रम लागु मिति : २०७९/१२/२१

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**Paper I: General Subject**

**Part I:**

**(Management, General Health Issues, Academic Research and Teaching Learning Practices)**

**Section (A) - 25 Marks**

**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
  - 1.1.13. Inter-professional collaboration: Importance, principles, domains, concepts
  - 1.1.14. Professionalism: Qualities, roles, behaviour, benefits
  - 1.1.15. Controlling: stages and basic steps of controlling process, quality control and quality assurance in health, medical and nursing audit
  - 1.1.16. Universal health coverage: objectives, benefits, three pillars, components

**2. General Health Issues:**

- 2.1. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), rural municipal and municipal level
- 2.2. Nepal Nursing Council and related regulations
- 2.3. National Health Policy 2076

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- 2.4. Sustainable Development Goal
- 2.5. Health Management Information System, forms, indicators, annual reports
- 2.6. 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. Supervision, types and its usage in health sector
- 2.10. 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: 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:**

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- 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

**Paper I**

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

**A. Child Health/Paediatric Nursing**

1. Introduction to child health and child health nursing
  - a. Factors affecting child health
  - b. Child health indicators
  - c. Rights of children
  - d. National plans, policies and strategies for child health
2. Child welfare programs
  - a. CB IMNCI
  - b. Maternal and Child Health
  - c. Reproductive and Child Health
  - d. Baby friendly hospital initiatives
  - e. School health programmes
3. Genetics and child health
  - a. Common chromosomal abnormalities – Down's syndrome, Cri-du-chat syndrome, Turner's syndrome, fragile syndrome, Klinefelter's syndrome
  - b. Genetic counselling and role of the nurse
4. Nursing management of children with congenital anomalies
5. Growth and development of children
  - a. Factors affecting growth development
  - b. Various theories related to growth and developments: Freud, Erikson, Piaget, Kohlberg
6. Newborn period
  - a. The high risk newborn
  - b. Common health problems of the newborn and their management, Birth, asphyxia, respiratory distress syndrome, neonatal hyperbilirubinemia, hypoglycaemia, septicaemia, hypothermia, birth injuries, etc.
7. Infancy Period
  - a. Health promotion of infant
  - b. Common health problems and their management: nutritional deficiencies, colic, infectious diseases, accidents
8. Toddlerhood Period
  - a. Common health problems of toddlerhood period and their management
  - b. Behavioural problems of toddlerhood and their management
9. Preschool Period

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- a. Health promotion of preschool child
- b. Common health problems of preschool period and their management
- c. Behavioural problems of preschool period and their management: fears, speech problem

**Section (D) - 25 Marks**

10. School-age Period

- a. Health Promotion
- b. Common health problems of school age period and their management
- c. Behavioural problems of school age period and their management: school phobia, enuresis, attention deficit disorder and learning disability

11. Adolescence

- a. Common health problems of adolescence and their management: delay in growth and maturation juvenile delinquency, suicide, drug abuse, infection monocucleosis, obesity, systemic hypertension

12. Fluid and electrolyte disorder

- a. Electrolyte imbalance – hypo/hyponatremia, hypo/hyperkalemia, hypo/hypermagnesemia and hypo/hypercalcemia

13. Common disorders in children

- a. Respiratory disorders
- b. Renal function disorders
- c. Cardiac, blood and immune suppressive disorder
- d. Endocrine disorders
- e. Neurological disorders
- f. Musculoskeletal disorders
- g. ENT disorders
- h. Malignant disorders
- i. Life threatening disorders
- j. Chronic disorders
- k. Surgical disorders
- l. Integumentary disorders

14. Palliative and hospice care pain management

15. Communication and ethical issue, breaking bad news, autonomy, beneficence, malfeasance

16. Breaking bad news

17. Intensive care nursing

18. Quality assurance in paediatric nursing care

19. Standards of paediatric nursing care

--- The end ---