

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

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, Professional behaviour and Assessment and Evaluation Practices | 50 | 100 | 40 | 10 × 5 = 50 (Subjective) | 1.30 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 प्रथमपत्रको Part II र द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीयपत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । प्रथमपत्रको Part II र द्वितीयपत्रको विषयवस्तु एउटै समूहको हकमा समानहुनेछ । 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 ।

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

९. यस पाठ्यक्रम योजनाअन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन नभएका वा संशोधन नभई हटाईएका वा थप गरी संशोधन नभई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
१०. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
११. पाठ्यक्रम लागु मिति: २०७६/०७/२४
१२. पाठ्यक्रम लागु मिति: २०७९/१२/२९

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवा आयोग

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper I
Section (A) - 25 Marks

Nursing concepts and principle and Leadership and management

1. Nursing concept and principle:

- 1.1. The profession of nursing,
- 1.2. History of nursing education in Nepal, Present trends and issues in nursing, education, Research, Practice and Management,
- 1.3. Problems and barriers to the development of nursing practice and education in Nepal.
- 1.4. Nursing in transition: Forces affecting change
- 1.5. Component of Nursing Process
- 1.6. Concept of Health, Illness and Wellness, Factors which influence health status
- 1.7. Communication skills and patient centered communication
- 1.8. Stress and Crisis:

- Causes and effect of stress
- Burnout syndrome and its preventive measures.
- Nurses role in stress and crisis resolution

1.9. Holistic Health practices and Pain management

1.10. Rehabilitation

- Concepts of rehabilitation
- Goals of rehabilitation
- Rehabilitations process
- Nursing approaches with disable person

1.11. Legal aspect of nursing: Legal control of nursing practice in Nepal

1.12. Ethical issues in health in nursing: Major ethical issues raised by medicine and nursing

- Ethical responsibility of nurse

2. Leadership and Management:

2. 1. Planning: Element of planning process

- Policies, rules and regulations of Nepal Government and PAHS
- Promotion, career development
- Monitoring and evaluation of Performance

2. 2. Organization: Types, Purposes, Principles, Element, Organization structure

- Communication process
- Role of communication in organization
- Organizational conflict
- Organizational structure of health delivery system of Nepal: Ministry of Health, Regional Health Directorate, District Health Office, Primary Health Care centre, Health Post.

2.3. Organizational Change: Types of Behavior which effect change

2.4. Leading and Directing: Leadership theories

- Professional organization: Nepal Nursing Council, Nursing Association of Nepal, International Confederation of Midwife (ICM), International Council of Nurses (ICN)
- Purposes and Principles of supervision
- Supervisory role of the manger

2. 5. Controlling

- Basic steps of controlling process
- Budget controlling

2.6. Human resources management (HRM): Motivation, job satisfaction

2.7. Disaster management

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
Section (B) - 25 Marks

**Social Science applied to Nursing, Health and Economics, Psychiatric Nursing and
Community health Nursing**

1. Social Science applied to Nursing

1.2. Anthropology and Nursing: Social anthropology, Cultural anthropology

1.3. Social-cultural factors Nepal

- Definition of socio-economic status: Family structure and village grouping, Role of each family member in the socio-economic structure of the family in relation to its effect on health

1.3. Nutritional belief and practice

1.4. Psychology apply to nursing: The cause of human behavior motivation consciences and will power, incentives, security deviation from our well being

- Health behavior (society's judgment, emotional behavior)
- Attitude

2. Health Economics and Nursing (Theory)

2. 1. Major problems in economics as they affect health: Social systems, ethics, value system, change in life style, Political influence on health care, Education and literacy rate, Food and material production, Transportation, Health services, Population trends

3. Psychiatric Nursing

3.1. Introduction to Psychiatric Nursing

- Mental Health Program in Nepal
- Classification of Mental illness

3.2. Theories of Personality development, Defense mechanism

3.3. Causes, prevention and investigation of mental illness

3.4. Types of Psychiatric disorders: Psychotic disorders, neurotic disorders and others

3.5. Childhood behavioral and Mental disorders

3.6. Substance related disorders

3. 7. Various treatment modalities of client with mental illness: Antipsychotic, Antidepression, Antianxiety, Mood stabilizer.

- Electroconvulsive therapy
- Psychological and Behavioural therapies
- Rehabilitation process

3. 8. Legal aspects related to mental health aspects in Nepal

4. Community Health Nursing (Theory)

4.1. Background of community health and community health nursing

- Role and responsibilities of CHNs: Job descriptions

4. 2. Concepts in community health: Community client and nursing practice, Introduction to community assessment and community,

- Process of community survey: Community assessment and Community diagnosis

4.3. Primary Health Care (PHC): Principles and essential element of PHC

4.4. Family Health Care: Steps of nursing process in relation to family health care.

- Developing family health care plan

4. 5. Major Maternal Child Health (MCH) problems in Nepal affecting the family, Concept of Reproductive health and safe motherhood: EOCs

4. 6. Use of vital and health statistics: Types of vital statistics

4. 7. Epidemiological approach with MCH events, Risk approach with MCH Services

- Common maternal risk factor in Nepal
- Measurement of outcomes: Maternal, infant, morbidity and mortality

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- Nutritional program in Nepal: Nutritional problem in Nepal
4. 8. National policy on immunization: national target, integration of immunization into MCH services
- 4.9. School health programme: Assessment of health status of school age children and school environment in order to identify common health problems
4. 10. Family planning program in Nepal: National goals in FP and agencies involved with FP.

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

Common health problem through the life span, Nursing Research and Research Methodology and Teaching- Learning and Evaluation:

1. Common health problem through the life span

1.1 Introduction: Common health problems in developing countries, Focus of nursing in meeting these problems: concept of CBIMNCI

1.2. Early Childhood

- Neonate with problems and its management
- List the normal development milestones of an infant, Infant (first year of life)
 - Major growth and development, milestones (review), physical growth, physiological changes, social intellectual development, adoptive behaviour, activities, play, toys
 - Developmental task of infants- promotion of optimum development: immunization (review), nutrition (review), growth assessment, parental concern and health teaching (teething, thumb sucking, sleep, feeding problems)
- State the normal growth and development of the 1-3 years age group.
 - Toddler (1-3 years)- Major growth and development: Physical growth, social intellectual development, adoptive behavior, activities, play, toys
 - Development tasks
 - Promotion of optimum development dealing with: separation anxiety, sibling rivalry, toilet training, limit setting and discipline temper tantrum, thumb sucking, negativism, nutritional requirement, dental care
 - Developmental task – promotion of optimum development: early education and stimulation, fears and aggression, sleeping problems, discipline, nutrition.
 - Common health problems of early childhood: Accidents and their prevention(Review), Nutritional disorders (review), Respiratory problems- URI, LRI, Parasitic infestation (review), Skin problems (review), Communication diseases, Urinary tract problems, Behaviour problems: Pica, bed wetting

1.3. Middle childhood (5-12 years)

- School age (5-12): Development tasks, Physical development, Psychological development, Intellectual development, Pre-adolescence, Physical changes, social changes
- Health promotion during middle childhood: Sleep, rest, Nutrition, Exercise and activity, Dental health, Accident prevention, school health, sex education
- Explain the common health problems of middle childhood.
 - Common health problems of middle childhood: communication, diseases (review), Dental problems and caries (review), Parasitic disorders (review), skin disorder (review), Insect bites (review), behaviour problems, Attention deficit disorder, Learning disability, Enuresis, Recurrent abdominal pain, School phobia, childhood schizophrenia

1.4. Common physical problems of adolescence

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान, सेवाआयोग
प्राज्ञिक नर्सिङ्ग सेवा, सबै समूह, बरिष्ठ प्रशिक्षण सहायक पद, आठ (८) तहको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 1.5. Life style and developmental tasks of young adults:
- 1.6. The middle age adult: Normal changes and reeds
- 1.7. The elderly adult: life style
 - Old age empowerment
 - Nursing implications

Section (D) - 25 Marks

2. Nursing Research and Research Methodology

- 2.1. Research design: Quantitative
- 2.2. Research Process
- 2.3. Research Proposal development
- 2.4. Research methodology, sampling techniques, data collection, and data analysis
- 2.5. Ethics in nursing research
- 2.6. Research instrument
- 2.7. Research report, Conclusion recommendation

3. Teaching- Learning and Evaluation:

- 3.1. Learning theory
 - Principles of adult learning
 - Learning Process
 - Characteristics of learning
- 3.2. Teaching:
 - Role of teacher
 - Characteristics of an effective teacher
 - Teacher's needs
 - Teaching ethics
 - Teaching Process
 - Instructional objectives: behavioral objectives
 - Types of Objectives
- 3.3. Taxonomy of objectives
- 3.4. Teaching methods: Purpose and Principles
 - Individual methods
 - Group methods
 - Mass methods
 - Other methods
- 3.5. Learning resources: Purposes, Principles, Types of Audio Visual Aids
- 3.6. Evaluation: Purposes, Principles
 - Types of evaluation: Based on use of result and interpretation of result.
- 3.7. Lesson Plan: Purpose, Components
- 3.8. Role of the supervisor's in the clinical field.
- 3.9. Curriculum development
 - Curriculum models
 - Curriculum implementation

--- The end ---