

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग

प्राविधिक सेवा, नर्सिङ्ग समूह, तह ९(क) नर्सिङ्ग सुपरभारजर पदको 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	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 ।
- 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 ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।

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ii. पाठ्यक्रम लागु मिति : २०८१/२/३१

### Paper I: General Subject

#### Part I:

#### (Management, General Health Issues, Professional behaviour and Assessment and Evaluation Practices)

#### Section (A) - 25 Marks

#### 1. Management

- 1.1. Health care management system in Nepal and other parts of the world
- 1.2. Fundamental principles of healthcare institution and hospital management.
- 1.3. Effective hospital management principles
- 1.4. Purpose of medical and non-medical data and records
- 1.5. Ethics and responsibility of management
- 1.6. Concept of management and its application in health care including hospital
  - 1.7.1 Management: Concept, principles, functions, scope and role, level and skills of manager
  - 1.7.2 Planning: Concept, principles, nature, types, instruments and steps
  - 1.7.3 Leadership: Concept, function, leadership styles, leadership and management
  - 1.7.4 Coordination: Concept, types, techniques of effective coordination
  - 1.7.5 Communication and counselling: Concept, communication processes and barrier to effective communication, techniques for improving communication
  - 1.7.6 Decision making: Importance, types, rational process of decision making, problem solving techniques, improving decision making
  - 1.7.7 Participative management: Concept, advantage and disadvantage, techniques of participation
  - 1.7.8 Time management: Concept, essential factors and strategies for effective time management
  - 1.7.9 Conflict management: Concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
  - 1.7.10 Stress management: Concept, causes and sources of stress, techniques of stress management
  - 1.7.11 Change management: Concept, sources of organizational change, resistance to change, management of resistance to change
  - 1.7.12 Appreciative inquiry: Concept, basic principle and management
  - 1.7.13 Human resource management: Concept, functions and different aspects
  - 1.7.14 Health manpower recruitment and development
  - 1.7.15 Financial management: Concept, approaches, budget formulation and implementation, Auditing and topics related to fiscal administration

#### 2. General Health Issues

- 2.1. Present constitution of federal republic of Nepal (including health and welfare issues)
- 2.2. Organizational structure of Ministry of Health at national/federal, regional/state, district (if applicable), municipal and village council level
- 2.3. Professional council and related regulations
- 2.4. National Health Policy
- 2.5. Health Service Act and Regulation
- 2.6. Second Long term health plan
- 2.7. Health Management Information System, forms, indicators, annual reports

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- 2.8. Human Development Indices, Sustainable Development Goals
- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness
- 2.10. Local governance and community participation in health service delivery
- 2.11. Health Insurance and financing in health care
- 2.12. Alternative health care system: Ayurveda, homeopathy, Unani, Chinese etc.
- 2.13. Indigenous and traditional faith health and health practices
- 2.14. International Health Agencies: Roles and responsibilities of WHO, UNICEF, UNFPA, Inter-agency relationships, Government-agency coordination: Joint Annual Review meeting
- 2.15. Supervision, types and its usage in health sector
- 2.16. Monitoring and evaluation system in health sector
- 2.17. National Health Training Centre
- 2.18. National and International Disaster Plan, Coordination
- 2.19. Patan Academy of Health Sciences Act, Mission, Goals, Organogram
- 2.20. 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

#### 3. Professional behaviour

- 3.1 Ethics, Bio-ethics and Professionalism
- 3.2 Human dignity and Human Right
- 3.3 Benefit and Harm
- 3.4 Autonomy and Individual responsibility
- 3.5 Consent and capacity to consent
- 3.6 Privacy and confidentiality
- 3.7 Respect for humans and personal integrity
- 3.8 Non-discrimination and non-stigmatization
- 3.9 Respect for cultural diversity and pluralism

#### 4. Assessment and Evaluation

- 4.1 Assessment of performance (in-vitro): Direct observation of skills in the simulated setting, lab, ward etc. with or without checklist, Standardized patients, use and importance, analysis, quality assurance, outcomes and its use in quality control
- 4.2 Assessment of performance (in-vivo): Multi-Source feedback (360 degree evaluation) use and importance for competency based health professions education, analysis, quality assurance, outcomes and its use in quality control
- 4.3 Evaluation: Difference between assessment and evaluation, theory of change and its use in health professions education, process and outcome evaluation, qualitative, quantitative and mixed methods used in evaluation of health professions education

### Paper I

#### PartII: Technical Subject

#### Section (C) - 25 Marks

1. Nursing: history, principle, trend and issues in nursing
2. Use of nursing theories in nursing practice
3. Use of nursing process and utilization of evidence based nursing practice

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4. Methods of nursing professional empowerment using Leadership
5. Public relation in Nursing
6. Nursing personnel management
7. Risk management in nursing
8. Disaster/mass causality management
9. Problem and stress management in nursing
10. Job description of various categories of nursing personnel
11. In-service education: component, Process
12. Continuous Professional Development
13. Education (Health Education):
  - 13.1 Identification of learning need of personnel
  - 13.2 Planning of short and long term educational programme in nursing
  - 13.3 Implementation of educational programme.
  - 13.4 Monitoring supervision of educational programme.
  - 13.5 Evaluation of short term and long term educational programme
  - 13.6 The educational programme for clients, family and community.
14. Recording and Reporting
  - 14.1 Nursing staff, Leaves confidential report
  - 14.2 Hospital record
  - 14.3 In-service education, research activities
  - 14.4 Infection control nursing service activities
  - 14.5 Inventories
  - 14.6 Attendance
15. Nursing Research
  - 15.1 Purpose of nursing research
  - 15.2 Scope of Nursing research
  - 15.3 Area/elements of Nursing research
  - 15.4 Components and research proposal
  - 15.5 Utilization of research findings

### Section (D) - 25 Marks

16. General health problems related to each body system throughout life term
  - 16.1 New born
  - 16.2 Infant
  - 16.3 Toddler
  - 16.4 School Children
  - 16.5 Adolescence reproductive health
  - 16.6 Young adult hood
  - 16.7 Middle adult hood
  - 16.8 Elderly
17. Reproductive health
  - 17.1 Components of reproductive health
  - 17.2 Reproductive health act, policy, strategies
  - 17.3 Antenatal, Intra natal, Post natal care
  - 17.4 Abortion: Comprehensive abortion care, Post abortion care, Legalization of abortion, Safe abortion policies and strategies
  - 17.5 Gender mainstreaming in health

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18. Indicators
  - 18.1 Health indicators
  - 18.2 Demography/Socio-cultural
  - 18.3 Reproductive health indicators
  - 18.4 Population Dynamic
  
19. Common mental health problems in Nepal
  - 19.1 Trend and issues related to psychiatry care and treatment
  - 19.2 Mental health policies and act
  - 19.3 Preventive, Promotive and Rehabilitative aspect

--- The end ---