

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवाको स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, सहायकस्तर पाँचौं तह, पब्लिक हेल्थ नर्स वा सो सरह पदको खुल्ला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम र परीक्षा योजना

पाठ्यक्रमको रूपरेखा:— यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

लिखित परीक्षा

पूर्णाङ्क:— १००

अन्तर्वार्ता

पूर्णाङ्क:— २०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

| विषय          | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली                        | प्रश्न संख्या X अङ्क भार | समय              |
|---------------|-----------|--------------|----------------------------------------|--------------------------|------------------|
| सेवा सम्बन्धी | १००       | ४०           | वस्तुगत: बहुवैकल्पिक (Multiple Choice) | ७० प्रश्न X १ अङ्क = ७०  | १ घण्टा ३० मिनेट |
|               |           |              | विषयगत: छोटो उत्तर (Short Answers)     | ६ प्रश्न X ५ अङ्क = ३०   |                  |

अन्तिम चरण

| परीक्षाको किसिम | पूर्णाङ्क | परीक्षा प्रणाली    |
|-----------------|-----------|--------------------|
| अन्तर्वार्ता    | २०        | बोर्ड अन्तर्वार्ता |

द्रष्टव्य:

- यस पाठ्यक्रमलाई प्रथम चरण र अन्तिम चरणमा विभाजन गरिएको छ।
- खुला र समावेशी समूहको परीक्षा एउटै प्रश्नपत्रबाट सञ्चालन हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी वा नेपाली र अंग्रेजी दुवै हुनसक्नेछ।
- वस्तुगत र विषयगत प्रश्नहरूको लागि छुट्टाछुट्टै उत्तरपुस्तिका परीक्षा सुरु हुनु अगावै दिइनेछ। वस्तुगत र विषयगत प्रश्नहरूको उत्तर छुट्टाछुट्टै उत्तरपुस्तिकामा लेखनुपर्नेछ।
- पाठ्यक्रमका एकाईबाट निम्नानुसार प्रश्नहरू सोधिनेछन्।

| एकाई    | १ | २ | ३ | ४  | ५  | ६ | ७ | ८  |
|---------|---|---|---|----|----|---|---|----|
| वस्तुगत | ६ | ५ | ८ | १८ | १२ | ४ | ५ | १२ |
| विषयगत  | १ |   |   | २  | १  | १ | १ | १  |

- वस्तुगत बहुवैकल्पिक प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।

७. परीक्षा हलमा मोबाईल, क्याल्कुलेटर वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।
८. यस पाठ्यक्रमका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियमहरू तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
९. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
१०. प्रथम चरण र अन्तिम चरणको प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
११. पाठ्यक्रम अध्यावधिक मिति:- २०८०।०६।२१

1. **Anatomy and Physiology**
  - 1.1. General Concept (Cell, tissue, embryology)
  - 1.2. Structure and functions of different body system
    - 1.2.1. Musculoskeletal System
    - 1.2.2. Respiratory System
    - 1.2.3. Cardio-vascular System
    - 1.2.4. Gastro-intestinal System
    - 1.2.5. Urinary System
    - 1.2.6. Reproductive System
    - 1.2.7. Nervous System
    - 1.2.8. Special Sensory and Integumentary System
    - 1.2.9. Endocrine System
    - 1.2.10. Blood, Lymphatic and Immune System
  - 1.3. Body temperature regulation
    - 1.3.1. Conduction
    - 1.3.2. Convection
    - 1.3.3. Radiation
    - 1.3.4. Excretion (excretion)
  - 1.4. Organisms and Parasites
    - 1.4.1. Virus
    - 1.4.2. Bacteria
    - 1.4.3. Protozoa
    - 1.4.4. Helminthes
    - 1.4.5. Fungi
  - 1.5. Factors affecting micro-organisms
    - 1.5.1. Aerobic
    - 1.5.2. Anaerobic
    - 1.5.3. Temperature
    - 1.5.4. Humidity
    - 1.5.5. Nutrients
  - 1.6. Mechanism of acid-base balance
    - 1.6.1. Electrolyte
    - 1.6.2. Relationship with respiration
    - 1.6.3. Relation with excretion
  - 1.7. Fluid and electrolyte replacement
    - 1.7.1. Oral rehydration solution
    - 1.7.2. Intra venous therapy
  - 1.8. Pharmacokinetics
    - 1.8.1. Absorption of drugs
    - 1.8.2. Distribution of drugs
    - 1.8.3. Metabolism of drugs
    - 1.8.4. Excretion of drugs
  - 1.9. Drugs acting on endocrine system
    - 1.9.1. Insulin
    - 1.9.2. Oral Antidiabetic drugs

- 1.9.3. Thyroxine and antithyroid drugs
- 1.10. List of essential drugs provided by Nepal government in different level of health institution
2. **Fundamentals of Nursing**
  - 2.1. Basic needs of clients: Maslow's Hierarchy of need
  - 2.2. Nursing process
  - 2.3. Procedures used in physical assessment
    - 2.3.1. Vital signs
    - 2.3.2. Height and weight measurement
    - 2.3.3. Others (laboratory, x-ray, USG, MRI, CT, endoscopy)
  - 2.4. Administration of drugs
    - 2.4.1. Oral
    - 2.4.2. Parenteral
    - 2.4.3. Topical application
    - 2.4.4. Instillation of drugs into eye, ear and nose
    - 2.4.5. Oxygen administration
    - 2.4.6. Blood transfusion
    - 2.4.7. Steam and drug inhalation
  - 2.5. First aid treatment
    - 2.5.1. Drowning
    - 2.5.2. Bites (Snake, insect and dog)
    - 2.5.3. Choking
    - 2.5.4. Hemorrhage and Shock
    - 2.5.5. Poisoning
    - 2.5.6. Burn
    - 2.5.7. Wound and Fracture
    - 2.5.8. Foreign body in ear, nose, eye and throat
  - 2.6. National and international professional organization related to nursing and its code of ethics
    - 2.6.1. International Council of Nurses (ICN)
    - 2.6.2. Nepal Nursing Council (NNC)
    - 2.6.3. Nursing Association of Nepal (NAN)
  - 2.7. Stress and its coping mechanism
  - 2.8. Commonly used basic nursing procedures
    - 2.8.1. Art and principles of bed making and pressure sore area care
    - 2.8.2. Meeting personal hygiene needs (Oral, skin, hair, perineal care)
    - 2.8.3. Fluid and Electrolyte balance
    - 2.8.4. Elimination needs (catheterization, enema, sitz bath)
    - 2.8.5. Infection prevention and control (Hand washing, gloving and gowning techniques, instruments processing and sterilization process)
    - 2.8.6. Pre and post-operative care
    - 2.8.7. Dressing and bandaging
3. **Nursing care of adult**
  - 3.1. Medical/surgical nursing management of the diseases/disorders condition in different body system
    - 3.1.1. Nervous System

- 3.1.1.1. Meningitis
- 3.1.1.2. Encephalitis
- 3.1.1.3. Tetanus
- 3.1.1.4. Poliomyelitis
- 3.1.1.5. Epilepsy
- 3.1.1.6. Parkinson's disease
- 3.1.1.7. Spinal cord injury
- 3.1.1.8. Head injury
- 3.1.2. Respiratory System
  - 3.1.2.1. Pleurisy
  - 3.1.2.2. Pneumothorax
  - 3.1.2.3. Influenza
  - 3.1.2.4. Bronchitis
  - 3.1.2.5. Pneumonia
  - 3.1.2.6. Pulmonary TB
  - 3.1.2.7. Bronchial asthma
  - 3.1.2.8. Pulmonary embolism
  - 3.1.2.9. COPD/ARDS
  - 3.1.2.10. Asthma
  - 3.1.2.11. Covid-19
- 3.1.3. Urinary system
  - 3.1.3.1. Urinary Tract Infection (UTI)
  - 3.1.3.2. Nephrotic Syndrome
  - 3.1.3.3. Renal and bladder calculi
  - 3.1.3.4. Renal failure (acute and chronic)
  - 3.1.3.5. Benign Prostatic hyperplasia
  - 3.1.3.6. Hydronephrosis
  - 3.1.3.7. Glomerulonephritis (acute and chronic)
- 3.1.4. Gastro-intestinal System
  - 3.1.4.1. Gastritis and Peptic ulcer
  - 3.1.4.2. Oesophageal varices
  - 3.1.4.3. Hernias
  - 3.1.4.4. Appendicitis
  - 3.1.4.5. Intestinal obstruction
  - 3.1.4.6. Peritonitis and ascites
  - 3.1.4.7. Tuberculosis of abdomen
  - 3.1.4.8. Ulcerative colitis
  - 3.1.4.9. Hemorrhoids
  - 3.1.4.10. Hepatitis
  - 3.1.4.11. Cirrhosis of liver
  - 3.1.4.12. Cholecystitis and Cholelithiasis
  - 3.1.4.13. Pancreatitis
- 3.1.5. Cardiovascular, Blood and Lymphatic System
  - 3.1.5.1. Congestive cardiac failure
  - 3.1.5.2. Angina pectoris
  - 3.1.5.3. Cardiac arrest

- 3.1.5.4. Varicose vein, thrombophlebitis
- 3.1.5.5. Myocardial Infarction (MI)
- 3.1.5.6. Rheumatic heart disease
- 3.1.5.7. Cerebro-vascular accident
- 3.1.5.8. Blood diseases (anemia, thalassemia, sickle cell anemia, leukemia)
- 3.1.5.9. Hodgkin's disease and lymphoma
- 3.1.5.10. Hypertension
- 3.1.6. Endocrine System
  - 3.1.6.1. Hyper and hypothyroidism
  - 3.1.6.2. Diabetes insipidus
  - 3.1.6.3. Diabetes mellitus
- 3.2. Reproductive System and Breast disorder
  - 3.2.1. Dysfunctional uterine bleeding
  - 3.2.2. Cystocele and Rectocele
  - 3.2.3. Uterine prolapse
  - 3.2.4. Vesico vaginal Fistula (VVF), Rectovaginal Fistula (RVF)
  - 3.2.5. Infection of genital tract, Sexually Transmitted Infection (STI)
  - 3.2.6. Human Immunodeficiency Virus and Acquired immunodeficiency Syndrome (HIV/AIDS)
  - 3.2.7. Orchitis, prostate problems, hydrocele
  - 3.2.8. Breast disorder
  - 3.2.9. Infertility/Sub-fertility
- 3.3. Eye Ear, Nose and Throat diseases and disorders
  - 3.3.1. Eye
    - 3.3.1.1. Conjunctivitis and sub-conjunctival hemorrhage
    - 3.3.1.2. Blepharitis
    - 3.3.1.3. Corneal ulcer, xerophthalmia, night blindness
    - 3.3.1.4. Foreign body in eye
    - 3.3.1.5. Cataract
    - 3.3.1.6. Glaucoma
  - 3.3.2. Ear
    - 3.3.2.1. Foreign body and impacted cerumen
    - 3.3.2.2. Acute and Chronic Otitis media, Hearing impairment
    - 3.3.2.3. Mastoiditis
    - 3.3.2.4. Meniere's disease
  - 3.3.3. Nose
    - 3.3.3.1. Foreign body
    - 3.3.3.2. Sinusitis
    - 3.3.3.3. Epistaxis
    - 3.3.3.4. Deviated nasal septum
    - 3.3.3.5. Nasal polyp
  - 3.3.4. Throat
    - 3.3.4.1. Foreign body
    - 3.3.4.2. Laryngitis
    - 3.3.4.3. Tonsillitis
    - 3.3.4.4. Pharyngitis

- 3.4. Concept of disability and health service for disable people
4. **Community Health Nursing**
  - 4.1. Determinants of Health
  - 4.2. Primary health care (Definition, elements, principles)
  - 4.3. Importance, advantages, principles and steps of home visit
  - 4.4. Role of Community Nurse in following community setting
    - 4.4.1. Maternal Child Health & Family Planning (MCH & FP)
    - 4.4.2. School health
    - 4.4.3. Public health nurse in district office
    - 4.4.4. Industrial health
    - 4.4.5. Mental health
    - 4.4.6. Geriatric and Rehabilitation center
    - 4.4.7. Family health
  - 4.5. Nutrition relation to health
    - 4.5.1. Classification, functions and sources of nutrients
    - 4.5.2. Nutritional assessment and deficiency disorder conditions
    - 4.5.3. Current nutritional status in Nepal and implemented program
      - 4.5.3.1. Common Nutritional problem in Karnali province and its public health intervention
      - 4.5.3.2. Iron deficiency anemia and Vitamin A deficiency
      - 4.5.3.3. Iodine deficiency
      - 4.5.3.4. PEM
      - 4.5.3.5. Vitamin A and K program
      - 4.5.3.6. Iodized salt supplementation program
      - 4.5.3.7. Distribution of iron folic acid program for adolescent girls
      - 4.5.3.8. Promotion of exclusive breast feeding
      - 4.5.3.9. Deworming
    - 4.5.4. Nutritional requirements in different stages of life
      - 4.5.4.1. Pre-conception
      - 4.5.4.2. Conception
      - 4.5.4.3. Infant and childhood
      - 4.5.4.4. Adolescent
      - 4.5.4.5. Adult
      - 4.5.4.6. Elderly
  - 4.6. Communication (types, process/elements, barriers, principles of effective communication)
  - 4.7. Epidemiology
    - 4.7.1. Commonly used terms
    - 4.7.2. Aims, uses and approaches
    - 4.7.3. Epidemiological triad (agent, host and environment)
    - 4.7.4. Modes of disease transmission
    - 4.7.5. Level of disease prevention and modes of intervention
  - 4.8. Immunization
    - 4.8.1. Recommended immunization schedule for mothers and children by National Immunization program (NIP)
    - 4.8.2. Preparation, administration, storage and maintenance of Cold chain of vaccines

- 4.8.3. Health teaching and counseling for side effect/AEFI and follow up
- 4.9. Commonly used vital and health indicators
  - 4.9.1. Vital indicators (birth rate, death rate, population growth rate, life expectancy)
  - 4.9.2. Health indicators (neonate mortality rate, infant mortality rate, under 5 mortality rate, maternal mortality ratio, fertility rate)
  - 4.9.3. Sources of health statistics
- 4.10. Environmental sanitation
  - 4.10.1. Waste disposal
    - 4.10.1.1. Sources and Methods of refuse disposal
    - 4.10.1.2. Methods of sewage disposal
  - 4.10.2. Water-sources, purification of water and water related diseases
  - 4.10.3. Human excreta disposal (methods of disposal and fecal borne diseases).
- 4.11. Health education
  - 4.11.1. Purposes and principles of health education
  - 4.11.2. Methods and media of health education including its advantages and disadvantages
- 4.12. Family health nursing
  - 4.12.1. Functions and types of family
  - 4.12.2. Freeman's typology of family health problems (health threat, health deficit, foreseeable crisis)
  - 4.12.3. Roles and functions of community health nurse in family health care
- 4.13. Family planning: Methods of Family planning with counseling, preparation, doses, duration, mechanism of action, side effects, health teaching
- 4.14. Housing
- 4.15. Occupational/Environmental health and safety measures for the protection of health of workers in different work setting
- 4.16. Community diagnosis and health action (purposes, process, component)
- 4.17. School health program
  - 4.17.1. Objectives and activities/aspects
  - 4.17.2. Common health problems of school children
  - 4.17.3. School health nurse (function, roles)
- 5. Reproductive Health Care (Safe motherhood)**
  - 5.1. Antenatal care
    - 5.1.1. Types of female pelvic and their effect on birth baby
    - 5.1.2. Structure and function of female reproductive organs
    - 5.1.3. Normal reproductive age and menopause
    - 5.1.4. Development of fertilized ovum and fetus
    - 5.1.5. Lie, presentation, attitude, denominator, position, presenting part, engagement, station.
    - 5.1.6. Signs and symptoms of pregnancy.
    - 5.1.7. Physical examination of antenatal mother
    - 5.1.8. Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
    - 5.1.9. Growth of uterus and height in relation to gestation
    - 5.1.10. Purpose of antenatal care and focused antenatal visits
    - 5.1.11. Need of pregnant mother.

- 5.1.12. Minor and Major disorders of pregnancy
- 5.1.13. Bleeding in pregnancy
- 5.1.14. Disease associated with pregnancy: Anemia, cardiac disease, diabetes, hypertension, tuberculosis, sexually transmitted disease, urinary tract infection
- 5.2. Delivery care
  - 5.2.1. Labour and its stages
  - 5.2.2. Signs and symptoms of onset of true labour
  - 5.2.3. Stages and mechanism of normal labour
  - 5.2.4. Partograph
  - 5.2.5. Nursing care of mother during each stage of labour
  - 5.2.6. APGAR score
  - 5.2.7. Immediate care of new born baby
  - 5.2.8. Signs & symptoms of separation of placenta
  - 5.2.9. Complications of third and fourth stage of labour
  - 5.2.10. Needs and care of mother and newborn
  - 5.2.11. Prolonged labour and its appropriate management
- 5.3. Postnatal care
  - 5.3.1. Definition and duration of puerperium
  - 5.3.2. Principles of care in puerperium
  - 5.3.3. Need of postnatal mother
  - 5.3.4. Minor disorders of puerperium
  - 5.3.5. Complications of puerperium
  - 5.3.6. Breast feeding
  - 5.3.7. Immediate/Essential new born care
  - 5.3.8. Examination of new born baby
  - 5.3.9. Congenital abnormalities/ Birth injuries
- 5.4. Abortion care
  - 5.4.1. Definition
  - 5.4.2. Types
  - 5.4.3. Management of Abortion
  - 5.4.4. Legal aspects of Abortion service in Nepal
- 5.5. Reproductive health morbidity
  - 5.5.1. Concepts, Screening methods, Primary level management
    - 5.5.1.1. Uterine prolapse
    - 5.5.1.2. Cervical cancer
    - 5.5.1.3. Breast cancer
    - 5.5.1.4. Obstetric fistula
    - 5.5.1.5. Infertility/Subfertility care
- 5.6. Gender based violence
- 5.7. Role of PHN in Reproductive health services in Nepal
- 6. **Nursing Care of Child**
  - 6.1. Definition of terms
    - 6.1.1. Neonate
    - 6.1.2. Infant
    - 6.1.3. Toddler
    - 6.1.4. Preschool

- 6.1.5. School age
- 6.1.6. Adolescence
- 6.2. Developmental characteristic and milestones
- 6.3. Adolescent changes and problems
- 6.4. Role of nurses in reduction of child and neonatal mortality rate
- 6.5. Common health problems of children in Nepal and its nursing management and prevention
  - 6.5.1. Diarrhea, Dysentery
  - 6.5.2. Worm infestation
  - 6.5.3. Imperforate anus
  - 6.5.4. Undescended Testis
  - 6.5.5. Phimosis
  - 6.5.6. Rheumatic fever
  - 6.5.7. Rheumatic heart disease
  - 6.5.8. Hair-lip, Cleft palate
- 6.6. Common health hazards of children in Nepal and its prevention
- 6.7. CB-IMNCI program and its management of childhood illness
- 7. **Behavioural Science/ Mental Health**
  - 7.1. Factors and theories of effective learning
  - 7.2. Characteristic of mentally healthy person
  - 7.3. Components of mental health assessment
  - 7.4. Common mental health problems and its prevention and management
    - 7.4.1. Psychosis
    - 7.4.2. Neurosis
    - 7.4.3. Personality disorder
    - 7.4.4. Mental retardation
    - 7.4.5. Substances and alcohol abuse
    - 7.4.6. Suicide
- 8. **Leadership and Management**
  - 8.1. Principle of Management
  - 8.2. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
  - 8.3. Leadership Style: personal and professional development
  - 8.4. Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction
  - 8.5. Resources Management: Human, material, finance and time
  - 8.6. Monitoring, Supervision, Coordination and Evaluation
  - 8.7. Recording and Reporting of health related information: IHMIS, ELMIS
  - 8.8. Organizational Change and its process
  - 8.9. Conflict management
  - 8.10. Health related fundamental rights and duties of Constitution of Nepal
  - 8.11. Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal and Karnali province
  - 8.12. Organizational Structure and Functions:
    - 8.12.1. Federal Government: Ministry of Health and Population, Department of Health Service, Department of Drug administration, Department of Ayurveda and Alternative medicine, National Health Training Center

- 8.12.2. Provincial Government: Ministry of social development, Provincial Health Directorate, Provincial Health Logistic Management Center, Public Health Office, Public Health Laboratory Management Center, Provincial Health Training Center
- 8.12.3. Local Level: Primary Hospitals, Primary Health Care Center (PHCC), Health Post (HP), Basic health service center, Urban health clinic, Community health unit
- 8.13. Sustainable Development Goals and targets related to health
- 8.14. Job description of public health nurse
- 8.15. Disaster management and role of PHN during disaster
- 8.16. Health insurance
- 8.17. Non communicable disease (NCD) and its preventive measures
- 8.18. Current health issues