

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश

प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, जनरल नर्सिङ र पब्लिक/कम्युनिटी हेल्थ नर्सिङ समूहको अधिकृतस्तर सातौं तहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम र परीक्षा योजना

पाठ्यक्रमको रूपरेखा:- संयुक्त र एकीकृत परीक्षा प्रणाली (Integrated and Unified Examination System) को आधारमा निम्नानुसारको विभाजन गरिएको छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामूहिक परीक्षण र अन्तर्वार्ता	४०

१. प्रथम चरण: लिखित परीक्षा (Written Exam)

पत्र	विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या×अंक	समय
प्रथम	नर्सिङ विज्ञान	१००	४०	बस्तुगत बहुवैकल्पिक (Multiple Choice)	१००×१=१००	१ घण्टा ३० मिनेट
द्वितीय	सेवा सम्बन्धी विषय	१००	४०	विषयगत (Subjective)	१०×१०=१००	३ घण्टा

२. अन्तिम चरण: सामूहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	समूहमा व्यक्तिगत प्रस्तुति (Individual Presentation in Group)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	

द्रष्टव्य:

- यस पाठ्यक्रमलाई प्रथम चरण र अन्तिम चरण (सामूहिक परीक्षण र अन्तर्वार्ता) मा विभाजन गरिएको छ।
- उल्लिखित सेवाको खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- बस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा क्याल्कुलेटर प्रयोग गर्न पाइने छैन।
- विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कमा एउटा लामो प्रश्न वा 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 सकिनेछ।

७. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।
८. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ।
९. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक भाग/खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक भाग/खण्डका प्रश्नहरूको उत्तर सोहीभाग/खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
१०. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
११. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको परीक्षामा सम्मिलित गराइनेछ।
१२. लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कुल प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१३. पाठ्यक्रम अध्यावधिक भई लागू हुने मिति: २०८१।०८।१४

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अधिकृतस्तर सातौं तहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
प्रथम पत्र: नर्सिङ विज्ञान

1. Nursing concept & Principles

(20 Marks)

- 1.1. Nursing Theory
 - 1.1.1. V. Henderson
 - 1.1.2. D. Orem
 - 1.1.3. Roy's Adaptation
 - 1.1.4. Florence Nightingale
- 1.2. Nursing Process
 - 1.2.1. Steps of nursing process
- 1.3. Pain and Stress management
 - 1.3.1. Nursing Management
 - 1.3.2. Medical Management
- 1.4. Holistic Health Care and its application in nursing care
 - 1.4.1. Components of holistic health care
 - 1.4.2. Methods of holistic care
 - 1.4.3. Alternative medicines
- 1.5. Creativity in Nursing
 - 1.5.1. Methods of creativity
 - 1.5.2. Barriers of creativity
- 1.6. Professional Development
 - 1.6.1. Nursing ethics and code of ethic endorsed by Nepal Nursing Council
 - 1.6.2. Trends and Issues
 - 1.6.3. Scope of nurses working in different areas
 - 1.6.4. Professional conduct and Clients' right
 - 1.6.5. Legal Right
 - 1.6.6. ICN code of Nursing
 - 1.6.7. ICM code of Nursing
 - 1.6.8. Nursing Association of Nepal (NAN)
 - 1.6.9. Nepal Nursing Council (NNC)
 - 1.6.10. Laws related to health and nursing
 - 1.6.10.1. Clinical protocol on GBV and medico legal case management
 - 1.6.10.2. Guideline to manage dead body
 - 1.6.10.3. Organ transplantation
 - 1.6.10.4. Narcotic Drugs
 - 1.6.10.5. Abortion

2. Behavioral Science and Psychology applied in Nursing

(10 Marks)

- 2.1. Major cultural groups and their health seeking behavior.
- 2.2. Social determinants of health
 - 2.2.1. Socio economic conditions
 - 2.2.2. Education
 - 2.2.3. Politics
 - 2.2.4. Age
 - 2.2.5. Gender
 - 2.2.6. Environment

- 2.3. Social problems in Nepal
 - 2.3.1. Internal and international migration
 - 2.3.2. Poverty
 - 2.3.3. Unemployment
 - 2.3.4. Substance abuse
 - 2.3.5. Prostitution
 - 2.3.6. Violence
 - 2.3.7. Child abuse/Exploitation
 - 2.3.8. Gender bias
 - 2.3.9. Human trafficking
- 2.4. Psychology applied to Nursing
 - 2.4.1. Characteristics of human behavior
 - 2.4.2. Causes of behavioral changes
 - 2.4.3. Emotional development
 - 2.4.4. Control of emotions

3. Education Science in Nursing

(10 Marks)

- 3.1. Teaching and Learning
 - 3.1.1. Principles
 - 3.1.2. Factors affecting Teaching/Learning
- 3.2. Roles and Responsibilities of a Teacher.
- 3.3. Methods and Media in teaching and learning
 - 3.3.1. Teaching/Learning methods
 - 3.3.1.1. Microteaching
 - 3.3.1.2. Evidence based learning
 - 3.3.1.3. Self directed learning
 - 3.3.1.4. Seminar/Symposium exhibition
 - 3.3.1.5. Problem based learning
 - 3.3.1.6. Competency based learning
 - 3.3.1.7. Case study
 - 3.3.2. Media
 - 3.3.2.1. Audio Aids
 - 3.3.2.2. Visual Aids
 - 3.3.2.3. Audio/Visual Aids
- 3.4. In-service Education
 - 3.4.1. Types of In-service/Education
 - 3.4.2. Need Assessment
 - 3.4.3. Planning, organizing & conducting in-service education
 - 3.4.4. Continue Nursing education
 - 3.4.5. Class room teaching
 - 3.4.6. Clinical Teaching
 - 3.4.7. Evaluation and Feedback
- 3.5. Components of Curriculum Development
- 3.6. Evaluation
 - 3.6.1. Types
 - 3.6.2. Characteristics of evaluation tools

4. Health Care Management

(20 Marks)

- 4.1. Trends of Health Care delivery system in Nepal
- 4.2. Health system in three tiers of government
- 4.3. Health seeking practices in Karnali Province

- 4.4. Management:
 - 4.4.1. Concept, principles, theories
 - 4.4.2. Resource management
- 4.5. Planning:
 - 4.5.1. Elements and process
 - 4.5.2. Benefits and Limitation
- 4.6. Organization
 - 4.6.1. Types, Principles, elements
- 4.7. Organizational behavior
 - 4.7.1. Group Dynamic
 - 4.7.2. Communication: concept, process, technique of effective communication
 - 4.7.3. Organizational conflict and management (Problem solving)
- 4.8. Organizational structures of Health Care Delivery system in Nepal
- 4.9. Leadership
 - 4.9.1. Theories
 - 4.9.2. Types
 - 4.9.3. Functions
 - 4.9.4. Characteristics
- 4.10. Supervision and monitoring
 - 4.10.1. Concept
 - 4.10.2. Purpose
 - 4.10.3. Method and Tool
- 4.11. Change management
- 4.12. Personnel development
 - 4.12.1. Motivation
 - 4.12.2. Morale
 - 4.12.3. Leadership and decision making
- 4.13. Human Resource Development
 - 4.13.1. Elements, steps
 - 4.13.2. Production/distribution
- 4.14. Health Economics
 - 4.14.1. Concepts
 - 4.14.2. Demand and supply
 - 4.14.3. Cost benefit and cost effectiveness in Nursing Management
 - 4.14.4. Application in Nursing service
 - 4.14.5. Health insurance and financing in health care
- 4.15. Integrated Health Information Management System (IHMISS)
- 4.16. Disaster Management
- 4.17. Quality Assurance in Management
 - 4.17.1. Minimum service standard
 - 4.17.2. Quality service at point of delivery
 - 4.17.3. Quality improvement tool
 - 4.17.4. Different protocol and SOPs to improve quality of services
- 4.18. Job description
- 4.19. National Policies
 - 4.19.1. Latest National Health Policy and strategy
 - 4.19.2. Current Periodic plan of Nepal and Karnali Province related with health sector
 - 4.19.3. Sustainable development goals
 - 4.19.4. Karnali Province Health Policy, 2076

5. Research & Statistics

(15 Marks)

- 5.1. Research Terminology
 - 5.1.1. Variables
 - 5.1.2. Principles
 - 5.1.3. Hypothesis
 - 5.1.4. Operational definitions
 - 5.1.5. Limitations & Delimitations
 - 5.1.6. Validity & Reliability
- 5.2. Ethics & Regulations in Health & Nursing Research
 - 5.2.1. Ethics in Research.
 - 5.2.2. National Ethical guidelines in Health research in Nepal (NHRC)
- 5.3. Methodology
 - 5.3.1. Types of research
 - 5.3.2. Sampling Techniques
 - 5.3.3. Method of data collection
 - 5.3.4. Development of Instrumentation
 - 5.3.5. Statistical analysis
 - 5.3.6. Report writing & Dissemination
- 5.4. Importance of Research in nursing services

6. Applied Health Sciences

(10 Marks)

- 6.1. Anatomy and physiology of:
 - 6.1.1. Cardiovascular System
 - 6.1.2. Respiratory system
 - 6.1.3. Digestive system
 - 6.1.4. Muscular skeletal system
 - 6.1.5. Nervous system
 - 6.1.6. Special senses
 - 6.1.7. Reproductive system
 - 6.1.8. Endocrine system
 - 6.1.9. Integumentary System
- 6.2. Pharmacology
 - 6.2.1. Principles of pharmacy kinetics and pharmacy dynamic
 - 6.2.2. Emergency Drugs and their actions
 - 6.2.3. List of essential Drugs as specified by WHO/DDA
 - 6.2.4. Life saving drugs
- 6.3. Patho-physiology
 - 6.3.1. General concepts of necrosis
 - 6.3.2. Inflammation
 - 6.3.3. Thrombosis
 - 6.3.4. Embolism
 - 6.3.5. Wound – healing (oedema)
 - 6.3.6. Neoplasms
 - 6.3.7. Antigens and antibodies
- 6.4. Microbiology
 - 6.4.1. Classification of Microorganism
 - 6.4.2. Microbial Morphology and the process of:
 - 6.4.2.1. Drug sensitivity testing
 - 6.4.2.2. Important terminologies
 - 6.4.2.3. Opportunistic infections

- 6.4.2.4. Pathogens
 - 6.4.2.5. Bacterial toxins
 - 6.4.3. Sterilization
 - 6.4.3.1. Different methods and Types
- 6.5. Biochemistry
 - 6.5.1. Digestion and absorption of carbohydrate, protein and fat
 - 6.5.2. Malabsorption
 - 6.5.3. Classifications of vitamins and requirement of different age group
- 6.6. Nutrition
 - 6.6.1. Nutritional status of Karnali Province
 - 6.6.2. Assessment of Nutrition status
 - 6.6.3. Therapeutic diet in various medical conditions
 - 6.6.4. Menu planning & calculation of calorie for different age group
 - 6.6.5. Food belief & practice, Food safety, Food adulteration/food fortification
 - 6.6.6. Common Nutritional deficiency diseases.
- 7. Mental Health (10 Marks)
 - 7.1. Concept of mental health/Illness
 - 7.1.1. Mood disorder
 - 7.1.2. Thought disorders
 - 7.1.3. Conversion disorders
 - 7.1.4. Anxiety disorders
 - 7.1.5. Mental Retardation
 - 7.1.6. Epilepsy
 - 7.1.7. Substance (Alcohols and Drug) abuse
 - 7.1.8. Psychosexual problems
 - 7.2. Role and Responsibilities of Nurse in:
 - 7.2.1. Primordial Prevention
 - 7.2.2. Primary Prevention
 - 7.2.3. Secondary Prevention
 - 7.2.4. Tertiary prevention
 - 7.3. Modality of Treatment
 - 7.3.1. Drug therapy
 - 7.3.2. ECT
 - 7.3.3. Counseling
 - 7.3.4. Diversional Therapy
 - 7.3.5. Legal Responsibilities
 - 7.3.6. Emergency management of violent patient
 - 7.4. Common Mental Health problems in Nepal and their preventive measures
- 8. Related legislations (5 Marks)
 - 8.1. Constitution of Nepal
 - 8.2. Nepal Health Service Act, 2053 and Regulations, 2055
 - 8.3. Karnali Province Health Service Act, 2078
 - 8.4. Safe motherhood and reproductive health act, 2074 and regulation, 2077
 - 8.5. Public health service act, 2075 and its regulation, 2077
 - 8.6. Karnali Province Civil Service Act, 2080 and Regulations, 2080
 - 8.7. Local Services (Formulation and Operation) Act, 2081

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तह, कम्युनिटी नर्सिङ अधिकृत पदको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित
परीक्षाको पाठ्यक्रम

द्वितीय पत्र: पब्लिक/कम्युनिटी हेल्थ नर्सिङ

Section A - 30 Marks

1. Concept of Health/disease/health illness continuum/PHC 1×10=10 Marks
 - 1.1. Determinates of Health
 - 1.2. Concept, Principles and Elements of PHC
 - 1.3. Responsibilities of Individual, family, group, & community in five fold health (preventive, promotive, curative, rehabilitative, and palliative)
 - 1.4. Role and responsibilities of community health nursing
2. Community diagnosis and Community participation 1×10= 10 Marks
 - 2.1. Concept and Process of Community diagnosis
 - 2.2. Concept, Process, Barriers and resource mobilization in community participation
 - 2.3. Approaches of community participation: RRA, PRA
3. Community health Nursing Management 1×10= 10 Marks
 - 3.1. Planning
 - 3.2. Organizing
 - 3.3. Implementation/follow up
 - 3.4. Supervision & monitoring
 - 3.5. Evaluating
 - 3.6. Referral

Section B - 30 Marks

4. Family Health & Reproductive Health 2×10= 20 Marks
 - 4.1. Concept of family health, Family health nursing and family health problems (health threat, health deficit, foreseeable crisis situation) Family as a unit of care and holistic family health care
 - 4.2. Importance of Home visit
 - 4.3. Reproductive Health
 - 4.3.1. Concept
 - 4.3.2. Components
 - 4.3.3. Life span approach in reproductive health care
 - 4.3.4. Safe motherhood, newborn and child health including adolescent health
 - 4.3.5. Family planning
 - 4.3.6. Care and Prevention of HIV/AIDS/STI
 - 4.4. Reproductive health care strategy
 - 4.4.1. Recording/Reporting including IHMIS
 - 4.4.2. Role and responsibilities of Nurse in providing. Family/Reproductive Health Care.
5. Domiciliary midwifery services & Responsibilities 1×10= 10 Marks
 - 5.1. Domiciliary midwifery services
 - 5.1.1. Birth preparedness and complication readiness package
 - 5.1.2. Basic Emergency Obstetric Care
 - 5.1.3. Supervision and guidance in domiciliary midwifery service
 - 5.1.4. Comprehensive abortion care/Post abortion care

5.2. Role and Responsibilities of following professionals

- 5.2.1. Provincial Health Director
- 5.2.2. Community Nursing Administrator
- 5.2.3. Community nursing officer
- 5.2.4. Senior Public Health Nurse
- 5.2.5. Public Health Nurse
- 5.2.6. Staff Nurse
- 5.2.7. ANM
- 5.2.8. AHW
- 5.2.9. FCHV

Section C - 20 Marks

6. Epidemiology and vital health statistics. 1×10= 10 Marks
- 6.1. Health, economics and socio-indicators.
 - 6.2. Epidemiological approach & methods.
 - 6.3. Epidemic Outbreak investigation and Management
7. Occupational Health 1×10= 10 Marks
- 7.1. Occupational health hazards
 - 7.2. Preventive and safety measures
 - 7.3. Roles and responsibilities of nurse in the prevention of occupational health hazards

Section D - 20 Marks

8. Special health program in Nepal 1×10= 10 Marks
- 8.1. Nutrition
 - 8.2. Acute Respiratory Infection (ARI)
 - 8.3. Control of Diarrhoeal Disease (CDD)
 - 8.4. Community Based Integrated Management of Neonatal and Childhood Illness (CBIMNCI)
 - 8.5. Maternal and Child health care
 - 8.6. Family Planning
 - 8.7. Adolescent sexual and reproductive health programme
 - 8.8. Menstrual health and Dignified menstrual hygiene
 - 8.9. School health programme
9. Communicable and Non-communicable diseases 1×10=10 Marks
- 9.1. Communicable diseases
 - 9.1.1. TB
 - 9.1.2. Malaria, Kala-azar, Encephalitis
 - 9.1.3. HIV/AIDS, STI
 - 9.1.4. Hepatitis A, Hepatitis 'B, 'C' D and E
 - 9.1.5. Water borne diseases
 - 9.1.6. Emerging and re-emerging diseases: Influenza, Dengue, COVID, Flue, SARS, ILI
 - 9.2. Non-communicable diseases
 - 9.2.1. Heart Disease
 - 9.2.2. Diabetes
 - 9.2.3. Cancer
 - 9.2.4. Mental Problems
 - 9.2.5. Hypertension
 - 9.2.6. Renal failure
 - 9.2.7. Stroke
 - 9.2.8. Endocrine disorders

सामूहिक परीक्षण

सामूहिक परीक्षण व्यक्तित्व परीक्षणको एक अंश हो। प्रदेश निजामती सेवा र स्थानीय सेवाको क्षेत्र विस्तार तथा कार्य पद्धति परिवर्तन समेत भैरहेको सन्दर्भमा नेपाल सरकारका नीति, योजना, कार्यक्रम लगायत शासन व्यवस्था सम्बन्धी समसामयिक विषय माथि विचार-विमर्श, छलफल गरी तिनको अझै बढी प्रभावकारी तथा कार्यान्वयन योग्य समाधान पहिल्याउने सम्बन्धमा उम्मेदवारहरुको क्षमता पहिचान गर्नु यस परीक्षणको मूलमर्म हो। यसको लागि छलफल, विचार-विमर्श गरी परिस्थिति बुझ्न सक्ने, निर्णय दिने, जनतालाई क्रियाशील बनाउने, चित्त बुझाउने, निर्धारित लक्ष्य अनुसार काम गर्ने/गराउने, जस्ता कामका लागि लेखन क्षमताका साथसाथै समस्यालाई यथार्थपरक ढंगले पहिचान गर्नसक्ने, वाक्पटुता, शिष्टता, तर्कशक्तिको पनि आवश्यकता पर्दछ।

त्यसैले यस परीक्षणमा उम्मेदवारहरुको बौद्धिक क्षमता, संचार सीप, समूह गतिशीलता, व्यवहार, व्यक्तित्व, मनोवृत्ति, क्रियाशीलता, निर्णयशक्ति, समस्या समाधान क्षमता, नेतृत्व क्षमता, समय व्यवस्थापन तथा व्यक्तित्वमा भएका अन्य गुणहरुको आंकलन अर्थात परीक्षण र मूल्याङ्कन गर्नको लागि उम्मेदवारहरुलाई कुनै समसामयिक विषय/सवाल/समस्यामा सामूहिक छलफल गरी समस्या समाधान केन्द्रीत प्रभावकारी र कार्यान्वयन योग्य समाधान निकाल्न दिइन्छ।

सामूहिक छलफल

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफलको रुपमा अवलम्बन गरिनेछ। दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति गर्नुपर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको ३ जना भन्दा बढीको समिति रहनेछ।

आयोगका अध्यक्ष वा अध्यक्षले तोकेको सदस्य – अध्यक्ष

आयोगका सदस्य – सदस्य

मनोविज्ञानवेत्ता – सदस्य

दक्ष/विज्ञ (१ जना) – सदस्य