

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवाको स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, अधिकृतस्तर नवौ तह वा सो सरहको
खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम र परीक्षा योजना

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम चरण	लिखित परीक्षा (Written Examination)	२००
द्वितीय चरण	अन्तर्वार्ता (Interview)	३०

प्रथम चरण: लिखित परीक्षा योजना (Written Examination Schedule)

Paper	Subject		Full marks	Pass marks	Number of question	Exam System	Number of question & and weightage	Time
I	General Subject	Part I: Management	50	40	8	Short and Long Answer	6x5=30 (Short Answer) 2x10=20 (Long Answer)	3.00 hours
		Part II: General Health Issues	50		7	Short and Long Answer	4x5=20 (Short Answer) 3x10=30 (Long Answer)	
II	Technical Subject		100	40	6	Critical Analysis and Problem Solving	4x15=60 (Critical Analysis) 2x20=40 (Problem Solving)	3.00 hours

द्वितीय चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता (Interview)	३०	बोर्ड अन्तर्वार्ता (Board Interview)

द्रष्टव्य

- यो पाठ्यक्रम अनुसार दुई पत्रको लिखित परीक्षा लिईनेछ।
- स्वास्थ्य सेवा अन्तर्गतका सबै सेवा, समूह, उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयबस्तु एउटै हुनेछ। द्वितीयपत्रको पाठ्यक्रम सम्बन्धित सेवा, समूह र उपसमूह अनुरूप फरक फरक हुनेछ।

३. खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।
४. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी वा नेपाली र अंग्रेजी दुवै हुनसक्नेछ।
५. प्रथमपत्रको लिखित परीक्षा सेवा, समूह र उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ। यसैगरी द्वितीयपत्रको परीक्षा सेवा, समूह, उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ।
६. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका बस्तुहरू लैजान पाइने छैन।
७. लिखित परीक्षामा पाठ्यक्रमको जुनसुकै एकाईबाट पनि प्रश्नहरू सोध्न सकिनेछ।
८. प्रथमपत्र Part I र Part II को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछ भने द्वितीयपत्रका प्रत्येक प्रश्नका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्।
९. 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।
१०. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
११. लिखित परीक्षा र अन्तर्वार्ताको कुल प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१२. पाठ्यक्रम अध्यावधिक भई लागू हुने मिति: २०८०।११।०२

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Paper I: General Subject (Management and General Health Issues)

Part I: Management

1. Management: concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Human resource management: concept, functions and different aspects
4. Health manpower, recruitment and development
5. Participative management: concept, advantages and disadvantages, techniques of participation
6. Time management: concept, advantages, and disadvantages
7. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
8. Stress management: concept, causes and sources of stress, techniques of stress management
9. Change management: concept, causes and sources and techniques of change management
10. Appreciative inquiry: concept, basic principles and management
11. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
12. Planning: concept, principles, nature, types, instrument and steps
13. Leadership: concept, functions, leadership styles, leadership and management effectiveness
14. Coordination: concept, need, types, techniques, and approaches of effective coordination
15. Communication: Concept, communication process and barrier to effective communication, techniques for improving communication, Risk Communication and Community Engagement (RCCE), behavioural change and communication (BCC)

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Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Karnali Province Health Policy, 2076
4. National and Provincial Health Plan and Strategies
5. Public Health Service Act, 2075 and Regulation, 2077
6. Karnali Province Civil Service Act, 2080 and Regulations, 2080
7. Karnali Province Health Service Act, 2078 and Regulations, 2080
8. Health Service Act 2053, Health Service Regulation, 2055
9. Health related organizational structure of federal, provincial and local level.
10. International health agencies: role and responsibilities of WHO, UNICEF, WFP, UNFPA and interagency relationships
11. Health related professional councils and related acts and regulations
12. Medical ethics in general and its application
13. Indigenous and traditional health practices and faith healing
14. Supervision: types and its usage in health sector
15. Monitoring and evaluation system in health
16. Health related management information systems
17. Health insurance and financing in health care
18. Effects of environmental pollution in public health
19. Importance of water, sanitation and hygiene in public health
20. Disaster and its effect in public health
21. Health volunteers' involvement in health service delivery
22. Community involvement in health service delivery
23. Counseling:- concept, type, importance and its application in health service delivery
24. Emerging and re-emerging diseases including pandemic diseases
25. Major health issues of Karnali province and their management
26. GESI (Gender Equality and Social Inclusion)

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सरहको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

पूर्णाङ्क: १००

1. Introduction to Community Health Nursing

- 1.1 Historical evolution of community health and community health nursing
- 1.2 Current status, trends, issues and challenges in community health nursing
- 1.3 Philosophy, aims, objectives, concepts, principles and functions of community health nursing
- 1.4 Scope of practice in community health nursing
- 1.5 Extended and expanded role of community health nurse: Inter-sectoral communication, coordination and collaboration, public private partnership
- 1.6 Socio-cultural and political issues in community health nursing
- 1.7 Nursing care of specialized groups: children, adolescents, adults, women, elderly, physically and mentally disabled

2. Theories and Models in Community Health Nursing

- 2.1 Health Illness continuum
- 2.2 Iceberg theory
- 2.3 Precede-proceed model
- 2.4 Diffusion of innovations theory
- 2.5 Health belief Model
- 2.6 Theory of reasoned action
- 2.7 Roy's adaptation theory
- 2.8 Friere's theory of empowerment
- 2.9 Lewin's theory of change
- 2.10 Quality improvement in community health nursing

3. National Health Programmes

- 3.1 Sustainable Development Goal (SDG) and beyond SDG
- 3.2 Primary health care revitalization and Astana Declaration, 2018
- 3.3 CBIMNICI programme

- 3.4 National Nutrition program
- 3.5 Oral health programme
- 3.6 Expanded Programme on Immunization
- 3.7 FCHV programme
- 3.8 Adolescent health
- 3.9 Occupational health hazards and its prevention

4. Epidemiology and Community Health Nursing

- 4.1 Epidemiological theories and approaches
- 4.2 Concept of disease causation, prevention, screening, surveillance
- 4.3 Vital statistics and registration
- 4.4 Health Indicators: Morbidity, mortality, fertility, disability, socio-economic indicators including others
- 4.5 Communicable and non-communicable diseases
- 4.6 Emerging and reemerging diseases with Neglected Tropical Diseases (NTD)
- 4.7 Epidemiological investigation of outbreak
- 4.8 Role of community health nurse in epidemiology

5. Reproductive Health

- 5.1 Components of reproductive health
- 5.2 Maternal, neonatal and childhood programmes of federal and provincial government of Nepal
- 5.3 Sexual and reproductive health issues, gender-based violence including one stop crisis management center
- 5.4 Sub fertility and Infertility management
- 5.5 Women's participation and women empowerment
- 5.6 National policies and strategies of reproductive and adolescent health
- 5.7 Role/Importance in professional midwife and community health nurse in relation to reproductive health

6. Nutrition and Health

- 6.1 Assessment of nutritional status
- 6.2 Socio-cultural aspects of nutrition
- 6.3 Nutritional requirement in different stages of life cycle

- 6.4 Nutritional disorders: micro-nutrient and macro-nutrient deficiency
- 6.5 Food quality: Food hygiene, food production, food fortification, food adulteration and different legislation on nutrition including breast milk substitution act.
- 6.6 Food-borne and milk-borne diseases

7. Population Dynamics and Control

- 7.1 Demography
- 7.2 Theories of population
- 7.3 Population pyramid of Nepal and its implication on health, health planning and health service utilization
- 7.4 National population policy
- 7.5 National population programmes
- 7.6 Population control and related programmes

8. Maternal and Child Health

- 8.1 CB– IMNCI
- 8.2 FB – IMNCI
- 8.3 SBA and Skilled Health Personnel (SHP) policy and modules
- 8.4 Different guidelines of Nepal government related to maternal and child health: Aama programme guideline, free newborn care guideline, ANC to PNC continuum of care guideline, Birth defect identification and prevention program, MPDSR, Postnatal home visit program and others
- 8.5 Family planning programmes and methods

9. NCD and Mental Health

- 9.1 Major NCDs, PEN and PEN Plus
- 9.2 Mental health problems and psychosocial counseling

10. School health Programme

- 10.1 Concept and objectives of school health programme
- 10.2 Components of school health programme
- 10.3 School health profile
- 10.4 Policies, program and guideline of federal and provincial government on school health

11. Geriatric Health; Concepts, Theories, Problems, National Policy and Strategies

12. Community Health Care Management

- 12.1 Standards, protocols, policies and procedures
- 12.2 Nursing audit
- 12.3 Performance appraisal
- 12.4 Job description of different categories of personnel in community health
- 12.5 Staffing, supervision and monitoring
- 12.6 Evaluation of community health programmes
- 12.7 Ethics, client right and professional responsibilities

13. Health economics and health care financing

- 13.1 Introduction and concept
- 13.2 Different modalities health care payment including national health insurance programme
- 13.3 Nepal health care financing strategy
- 13.4 Sources of health care budget
- 13.5 Social welfare schemes.

14. Education

- 14.1 Identification of learning need
- 14.2 In service education: planning, implementation and evaluation
- 14.3 Planning of short term and long-term educational programme in nursing
- 14.4 Implementation of educational programme, midwifery education, human resources of health (HRH)
- 14.5 Monitoring and supervision of educational programme
- 14.6 Evaluation of short term and long-term educational programme
- 14.7 Educational programme for coworkers, individuals, family and community

15. Recording and Reporting

- 15.1 Nursing staff leaves and attendance
- 15.2 Confidential report, Case incident report
- 15.3 IHMIS: HMIS, LMIS etc.
- 15.4 Hospital and community-based health activities report and record

15.5 Logistic record and report

15.6 Inventories

16. Nursing Research

16.1 Purpose and significance of research in community health nursing

16.2 Steps of research in nursing

16.3 Principles and components of research proposal

16.4 Components of research report

16.5 Dissemination and implication of research in health care setting and community

17. Program management in Community

17.1 Planning for programme management

17.2 Programme Evaluation

17.3 Cost analysis applied to programme management

17.4 Monitoring and supervision of programme

18 Public Private Partnership (PPP)

18.1 Policies and strategies

18.2 Technique of PPP

18.3 Activities of PPP in relation to health

18.4 Coordination and networking with multilateral/bilateral INGO/NGO and others

19. Global health

19.1 Global Health care Issues

19.2 Concept of Global quarantine

19.3 Health Tourism

19.4 Migration and its impact on health

19.5 Care of refugee

19.6 International cooperation and assistance

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