

निजामती कर्मचारी अस्पताल
प्राविधिक सेवा, नर्सिङ्ग समूह, नर्सिङ्ग उपसमूह, वरिष्ठ नर्सिङ्ग सुपरभाईजर पद, आठौं तहको खुला तथा आन्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

१. प्रथम चरण (First Phase): परीक्षा योजना (Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time
I	General Subject	Part I: Management	50	100	40	6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

२. द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination System
Interview	30	Oral

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- अस्पतालको प्राविधिक सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथमपत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीयपत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । 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 योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :आ.व. २०७९/०८०

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Paper I: General Subject
Part I: Management
(6 × 5) + (2 × 10) = 50 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

Part II: General Health Issues
(6 × 5) + (2 × 10) = 50 Marks

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
- 2.8. Human Development Indices, Sustainable Development Goals
- 2.9. Health volunteers in the national health system, its rationale, use and effectiveness

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- 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. General introduction of Civil Service Hospital and its Bylaws

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Paper II : Technical Subject

Section (A) – 50 Marks

1. Basic Nursing

- 1.1 Nursing process and its steps: Nursing assessment, nursing diagnosis, planning, implementation and evaluation of nursing care
- 1.2 Assessment of the client's health status: History taking, physical examination, measurement of height, weight and vital signs
- 1.3 Meeting safety needs
- 1.4 Promotion of comfort, rest and sleep
- 1.5 Meeting hygiene needs
- 1.6 Meeting nutritional and elimination needs
- 1.7 Infection prevention and control measures: Hand hygiene, universal precaution, disinfection and sterilization of equipment and hospital waste management
- 1.8 Emergency conditions and their first aid management: Choking, burn, fracture, hemorrhage, shock and poisoning

2. Nursing Concepts and Principles

- 2.1 Stress and crisis and their management
- 2.2 Pain management: Physiology, assessment and management
- 2.3 Communication and its role in nurse–client relationship
- 2.4 Nursing theories of Florence Nightingale, Orem, Roy, Virginia Henderson & Faye Abdullah
- 2.5 Nursing Process : Steps of Nursing process
- 2.6 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 2.7 Concept of rehabilitation and rehabilitation process
- 2.8 Rights of patients
- 2.9 Ethical and legal aspects in nursing

3. Behavioral Science and Psychology Applied in Nursing

- 3.1 Major cultural groups and their health seeking behaviour
- 3.2 Factors affecting health of the people
- 3.3 Psychology applied to Nursing

4. Education Science in Nursing

- 4.1 Teaching and Learning Principles
- 4.2 Factors which affect Teaching / Learning
- 4.3 Teaching Methods and Media
- 4.4 Components of Curriculum Development
- 4.5 Evaluation: Types, Characteristics of evaluation tools

5. Applied Health Sciences

- 5.1 Anatomy and physiology of :
 - 5.1.1 Cardiovascular System
 - 5.1.2 Respiratory system
 - 5.1.3 Digestive system
 - 5.1.4 Muscular skeletal system
 - 5.1.5 Nervous system

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- 5.1.6 Special senses
- 5.1.7 Reproductive system
- 5.1.8 Endocrine system
- 5.2 Pharmacology
 - 5.2.1 Principles of pharmacy kinetics and pharmacy dynamic
 - 5.2.2 Important Drugs and their actions
 - 5.2.3 List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)
 - 5.2.4 Life saving drugs
- 5.3 Patho- physiology
 - 5.3.1 General concepts of necrosis
 - 5.3.2 Inflammation
 - 5.3.3 Thrombosis
 - 5.3.4 Embolism
 - 5.3.5 wound – healing oedema
 - 5.3.6 Neoplasms
 - 5.3.7 Antigens and antibodies
- 5.4 Microbiology
 - 5.4.1 Classification of Micro – organism
 - 5.4.2 Microbial Morphology and the process of :
 - 5.4.3 Drug sensitivity testing
 - 5.4.4 Important terminologies
 - 5.4.5 Opportunistic infections
 - 5.4.6 Pathogens
 - 5.4.7 Bacterial toxins
- 5.5 Sterilization
 - 5.5.1 Different methods and Types
- 5.6 Biochemistry
 - 5.6.1 Digestion and absorption of carbohydrate, protein and fat
 - 5.6.2 Malabsorption
 - 5.6.3 Classifications of vitamins and requirement of different age group
- 5.7 Nutrition
 - 5.7.1 Assessment of Nutrition status
 - 5.7.2 Therapeutic diet in various medical conditions
 - 5.7.3 Menu planning & calculation of calorie for different age group
 - 5.7.4 Food belief & practice
 - 5.7.5 Common Nutritional deficiency diseases

Section (B): 50 %

6. Adult Nursing

- 6.1 Developmental needs and tasks of young adult and middle aged adult
- 6.2 Life style of young adult and middle aged adult
- 6.3 Common health problem of young and middle aged adult and their management: Respiratory, GI, urinary, cardio-vascular, endocrine, musculo-skeletal , neurological, eye ENT gynae problems
- 6.4 Preoperative , operative and post-operative care
- 6.5 Nursing role in promotion and maintenance of the health of young and middle-aged adults

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7. Geriatric Nursing

- 7.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout
- 7.2 Health promotion activities of elderly clients
- 7.3 Common cancers of elderly clients and their treatment therapies
- 7.4 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

8. Child Health Nursing

- 8.1 Concept of growth and development and assessment of children
- 8.2 Growth of body systems at different age groups from infancy, toddlerhood, pre- school, school age to adolescence
- 8.3 Developmental milestones and tasks
- 8.4 Promotion of optimum growth and developments of children
- 8.5 Care of new born: Immediate and subsequent care
- 8.6 Common health problems of children using system approach
- 8.7 Common psycho-social and behavioral problems of children
- 8.8 Role of nurse in the care of sick children
- 8.9 Stress of illness and hospitalization

9. Psychiatric Nursing

- 9.1 Mental health assessment: History taking and mental status examination
- 9.2 Treatment modalities for mental illnesses
- 9.3 Thought and mood disorders: Schizophrenia, depression
- 9.4 Neurotic and stress-related disorders
- 9.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome
- 9.6 Substance and alcohol related disorders
- 9.7 Psychiatric emergency
- 9.8 Common Mental Health problems in Nepal
- 9.9 Mental Health Policy in Nepal

10. Midwifery

- 10.1 Trends and issues in midwifery
- 10.2 Concept of Family and reproductive health and related policies and strategies
- 10.3 Prenatal/antenatal care
- 10.4 Assessment of fetal wellbeing
- 10.5 Minor and major disorders of pregnancy
- 10.6 Medical diseases associated with pregnancy: Cardiac disease, diabetes, anemia and TORCH infection
- 10.7 Health education/counseling of pregnant women
- 10.8 Pain relief measures during labor
- 10.9 Management of first, second, third and fourth stage of labor
- 10.10 Malpresentations including their diagnosis and management: Breech, shoulder, cord presentation, placenta previa and multi-fetal pregnancy
- 10.11 Obstetric emergencies and their life saving management: Intrapartum and post-partum hemorrhage, cord prolapsed and retained placenta
- 10.12 Normal puerperium and care of postnatal mother

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10.13 Minor discomfort and major disorders of puerperium

10.14 Menstrual cycle & its disorders

10.15 Gynaecological disorder of adolescence & childhood

11. Community Health Nursing

11.1 Concept of community and community health

11.2 Family and reproductive health

11.3 Community health assessment and diagnosis

11.4 Primary health care: principles and elements

11.5 Concept of disease causation and epidemiological approach in solving health problems

11.6 Levels of diseases prevention and modes of intervention

11.7 Family planning program and nursing responsibilities

11.8 National immunization policy and program

11.9 Nutrition program in Nepal: Major nutritional problems, food hygiene and food act

11.10 Diarrheal disease control program and nursing responsibilities

12. Professionalism in Nursing

12.1 Code of ethics, code of professional conduct

12.2 Professional organization: NAN, NNC, ICN

12.3 Educational and career opportunities in nursing

12.4 Role of nursing education and research in professional advancement

13. Nursing Practice Issues

13.1 Alternative system of health and complementary therapies including USANi, ayurvedic and homeopathy

13.2 Models of illness prevention and health promotion, rehabilitation and referral

13.3 Family nursing and home health care/ family centered nursing approach

13.4 Disaster nursing management

13.5 Evidence based practice and its important in work place

14. Leadership and Management

14.1 Principles of leadership and management

14.2 Concept of authority, power, responsibility and accountability

14.3 Change process

14.4 Management of resources including human resource management

14.5 Health management information system (HMIS)

14.6 Process and tools of supervision

14.7 Management of budget

14.8 Management of disaster /emergency situation and preparation of hospital for disaster management (pre, during, and post)

15. Nursing Research

15.1 Purpose and Significance of research in Nursing

15.2 Research process

15.3 Principles, purposes and components of research proposal

15.4 Principles and components of a research report

15.5 Basic statistics in research: Graphic presentation of data, Frequency distribution, measures of central tendency and measures of variability