

स्वास्थ्य सेवा, तह ७, नर्सिङ्ग अधिकृत (जनरल) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसारको चरणमा परीक्षा लिइने छः

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- ४०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १००

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या×अङ्क	समय
प्रथम	सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (MCQ)	५० प्रश्न×२अङ्क	१ घण्टा

२. द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ४०

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता	४०	मौखिक	-

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- लिखित परीक्षामा सोधिने प्रश्न संख्या र अंक भार यथासम्भव देहाय बमोजिम हुनेछ।

इकाई	1	2	3	4	5	6	7	8
प्रश्न संख्या	8	5	8	8	7	5	5	4

- 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) मा A, B, C, D मा लेख्नुपर्नेछ। सानो अक्षर (Small Letter) a, b, c, d लेखेको वा अन्य कुनै संकेत गरेको भए उत्तरपुस्तकका रद्द हुनेछ।
- वस्तुगत बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम, विनियम तथा नीतिहरू परीक्षाको मिति भन्दा तीन महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- प्रथम चरणको परीक्षाबाट छतौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ।



स्वास्थ्य सेवा, तह ७, नर्सिङ्ग अधिकृत (जनश्वर) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
प्रथमपत्र:- सेवा सम्बन्धी ।

(50× 2 Mark = 100 Marks)

1. Nursing concept & Principles

1.1 Nursing Theory

- 1.1.1. V. Henderson
- 1.1.2. D. Orem
- 1.1.3. Roy's
- 1.1.3. 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

- 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
- 1.6.2 Trends
- 1.6.3 Professional and clients right
- 1.6.4 Legal Right
- 1.6.5 ICN code of Nursing
- 1.6.6 ICM code of Nursing
- 1.6.7 (N.A.N.) Nursing Association of Nepal
- 1.6.8 (N.N.C.) Nepal Nursing Council
- 1.1.9 (M.E.C.) Medical Education Commission

1.6.10 Laws related to health and nursing

- 1.6.10.1 Medico legal case
- 1.6.10.2 Disposal of dead body
- 1.6.10.3 Organ transplantation
- 1.6.10.4 Narcotic Drugs
- 1.6.10.5 Abortion
- 1.6.10.6 Health insurance act 2074 and Regulation 2075

१.६.१०.७ बिपन्न कार्यक्रम अन्तर्गत दिईदै आएका कडा रोगहरूको उपचार खर्च स्वास्थ्य बीमामा

आबद्ध गर्ने कार्यविधि २०७८



नेपाल सरकार

स्वास्थ्य बीमा बोर्ड

जलेश्वर

स्वास्थ्य सेवा, तह ७, नर्सिङ्ग अधिकृत (जलेश्वर) पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

2. Behavioral Science and Psychology applied to Nursing

2.1 Major cultural groups and their health seeking behavior

2.2 Factors affecting health of the people.

2.2.1 Socio economic conditions

2.2.2 Education

2.2.3 Politics

2.2.4 Gender

2.2.5 Physical environment

2.3 Social problems in Nepal

2.3.1 Population explosion and 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 Girl 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

3.1 Teaching and Learning

3.1.1 Principles

3.1.2 Factors which affect Teaching / Learning

3.2 Roles and Responsibilities of a Teacher.

3.3 Teaching Methods and Media

3.3.1 Teaching methods

3.3.1.1 Microteaching problems

3.3.1.2 Evidenced based learning

3.3.1.3 Self-directed learning

3.3.1.4 Seminar/Symposium exhibition

3.3.1.5 Case study presentation

3.3.2 Media

3.3.2.1 Audio Aids

3.3.2.2 Video Aids

3.3.2.3 Audio / Video Aids

3.4 In-service Education

3.4.1 Need Assessment

3.4.2 Planning, organizing & conducting

3.4.3 Class room teaching



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- 3.4.4 Clinical Teaching
- 3.4.5 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

4.1 Health Care delivery system in federal context

4.2 Management:

- 4.2.1 Concept, principles, theories
- 4.2.2 Resource management

4.3 Planning:

- 4.3.1 Elements, process
- 4.3.2 Benefits and Limitation

4.4 Organization

- 4.4.1 Types, Principles, elements

4.5 Organizational behavior

- 4.5.1 Group Dynamic
- 4.5.2 Communication and co operation
- 4.5.3 Organizational conflict and management (Problem solving)

4.6 Organizational structures of Health Care Delivery system in Nepal (organogram)

4.7 Leadership

- 4.7.1 Theories
- 4.7.2 Types
- 4.7.3 Functions
- 4.7.4 Characteristics

4.8 Supervision and monitoring

- 4.8.1 Concept
- 4.8.2 Purpose

4.9 Personnel development

- 4.9.1 Motivation
- 4.9.2 Morale
- 4.9.3 Leadership and decision making

4.10 Human Recourse Development

- 4.10.1 Elements, steps
- 4.10.2 Production/distribution

4.11 Health Economics

- 4.11.1 Concepts
- 4.11.2 Demand and supply
- 4.11.3 Cost benefit and cost effectiveness in Nursing Management
- 4.11.4 Application in Nursing service

4.12 Health Information Management system

4.13 Disaster Management



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4.14 Quality Assurance Management and minimum service standard

4.15 Job description

4.16 National Policies

4.16.1 National Health Policy

4.16.2 Strategy

4.16.2.1 Priority

4.17 Current fifth five- year plan

4.17.1 Sustainable development goal

5. Research & Statistics

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 Data analysis

5.3.6 Report writing & Dissemination 5.4 Importance of Research in Nursing service

6. Applied Health Sciences

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

6.2 Pharmacology

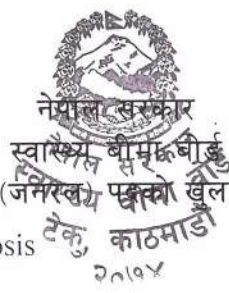
6.2.1 Principles of pharmacy kinetics and pharmacy dynamics

6.2.2 Important Drugs and their actions

6.2.3 List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)

6.2.4 Lifesaving drugs

6.3 Patho- physiology



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- 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 Micro – organism
- 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 Assessment of Nutrition status
- 6.6.2 Therapeutic diet in various medical conditions
- 6.6.3 Menu planning & calculation of calorie for different age group
- 6.6.4 Food belief & practice
- 6.6.5 Common Nutritional deficiency diseases

7. Mental Health

7.1 Concept of mental health / Illness

- 7.1.1 Neuroses
- 7.1.2 Psychoses
- 7.1.3 Mental Retardation
- 7.1.4 Epilepsy
- 7.1.5 Alcohols and Drug abuse
- 7.1.6 Psychosexual problems

7.2 Role and Responsibilities of Nurse in:

- 7.2.1 Primordial, primordial
- 7.2.2 Primary Prevention
- 7.2.3 Secondary care
- 7.2.4 Tertiary prevention

7.3 Modality of Treatment

- 7.3.1 Drug therapy
- 7.3.2 ECT



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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

7.5 suicide

8. Medical / surgical nursing Problems and management and related to system

8.1 Cardiovascular- MI

8.2 neurological-stroke, paralysis, fall injury

8.3 Respiratory, COPD, Pneumonia,

8.4 Endocrinology: Diabetes Melitus

8.4 Gastrointestinal System

8.5 Reproductive System

8.6 Musculoskeletal System

8.7 Urinary System

8.8 Sensory Organs
