

# 100 written questions for koshi province ANM AHW Koshi province

1. Explain the structure and functions of the skeletal system. Discuss the role of bones in body support and blood cell formation.
2. Describe the types of muscles and their role in body movement. Explain the mechanism of muscle contraction.
3. Illustrate the structure and functions of the digestive system. Describe the process of digestion and absorption of food.
4. Explain the structure and function of the heart. Describe the mechanism of blood circulation in the human body.
5. Describe the structure and function of the urinary system. Explain the process of urine formation and excretion.
6. Illustrate the structure of the brain and spinal cord. Explain the functions of the nervous system.
7. Describe the structure of the respiratory system and explain the mechanism of respiration.
8. Discuss the major endocrine glands and hormones. Explain how hormonal imbalance affects body function.
9. Describe the male and female reproductive systems, their structures, and functions.
10. Illustrate the sensory organs (eye, ear, nose, tongue, and skin) and their roles in the human body.

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## Section 2: Fundamentals of Nursing (15 Questions)

11. Explain the nursing process and the steps involved in developing a nursing care plan.
12. Discuss the methods of assessing vital signs and explain the procedure of physical examination.
13. Describe Maslow's hierarchy of basic needs and its relevance in nursing care.
14. Describe nursing procedures to prevent and manage pressure ulcers.

15. Explain the techniques and nursing responsibilities in oral, nasogastric, and orogastric feeding.
  16. Describe nursing management in meeting elimination needs including catheterization and enema.
  17. Discuss the infection prevention and control procedures including hand hygiene, disinfection, and sterilization.
  18. Describe the various routes of drug administration and nursing responsibilities.
  19. List and explain the essential and free drugs provided in Nepal's healthcare system.
  20. Describe the preoperative and postoperative care of patients.
  21. Explain the nursing procedure for the care of a dead body.
  22. Describe first aid treatment for shock, fractures, choking, and animal bites.
  23. Write short notes on the roles of ICN, Nepal Nursing Council, and Nursing Association of Nepal.
  24. Discuss the ethical and legal responsibilities of nurses in the context of Nepal.
  25. Describe first aid management for poisoning, burns, and foreign bodies in the eye, ear, and nose.
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### **Section 3: Management of Diseases (8 Questions)**

26. Describe the nursing management of diarrheal diseases and typhoid fever.
27. Discuss the nursing care for patients suffering from tuberculosis and pneumonia.
28. Explain the nursing management of dengue, malaria, and COVID-19.
29. Describe the nursing care for patients with hypertension and diabetes mellitus.
30. Discuss the management of chronic obstructive pulmonary disease (COPD) and cardiovascular disorders.
31. Write short notes on nursing management of leprosy, scabies, conjunctivitis, and measles.
32. Discuss the nursing responsibilities in mental health issues like anxiety, depression, and mania.
33. Describe nursing interventions in cases of renal failure and head injury.

#### **Section 4: Maternal, Child Health and Nutrition (8 Questions)**

34. Describe the National Immunization Schedule of Nepal and the function of Vaccine Vial Monitor (VVM).
  35. Write short notes on the major killer diseases of under-five children and their prevention.
  36. Explain the developmental milestones in children and the importance of growth monitoring.
  37. Describe the nutritional requirements of pregnant and lactating mothers.
  38. Discuss the management of common nutritional deficiency disorders in children.
  39. Describe the key components and interventions of CBIMNCI.
  40. Write short notes on breastfeeding and complementary feeding practices.
  41. Describe the importance and process of monitoring child growth using growth charts.
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#### **Section 5: Community Health Nursing (7 Questions)**

42. Describe the determinants of health and their impact on community well-being.
  43. Explain the modes of disease transmission and strategies for their prevention.
  44. Discuss the methods and advantages of various family planning methods available in Nepal.
  45. Explain the role of a nurse in environmental sanitation and healthcare waste management.
  46. Discuss the techniques, elements, and barriers to effective communication in community health.
  47. Describe the process and importance of community diagnosis in community health nursing.
  48. Write short notes on the principles, methods, and media used in health education.
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#### **Section 6: Health Management (7 Questions)**

49. Describe the job description of an Auxiliary Nurse Midwife (ANM) and her key responsibilities.
  50. Explain the principles and functions of management in health service delivery.
  51. Describe the process of supervision, monitoring, and evaluation in health programs.
  52. Discuss the role and responsibilities of the Health Facility Operation and Management Committee (HFOMC).
  53. Illustrate the organizational structure of Nepal's health system at federal, provincial, and local levels.
  54. Write short notes on HMIS and the importance of recording and reporting in healthcare.
  55. Discuss the Minimum Service Standards (MSS) for Health Posts and Hospitals in Nepal.
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### **Section 7: Midwifery (10 Questions)**

56. Describe the structure and functions of female reproductive organs.
  57. Explain antenatal care, its purpose, examination process, and counseling approach.
  58. Discuss pre-conceptional and prenatal counseling and its importance in maternal health.
  59. Explain the physiological changes that occur during pregnancy.
  60. Describe fetal development, including fetal circulation and stages of intrauterine growth.
  61. Discuss the signs and symptoms of pregnancy and methods used to diagnose it.
  62. Write short notes on the calculation of gestational age and expected date of delivery (EDD).
  63. List the routine investigations during pregnancy and their significance.
  64. Explain the concept of continuum of care for pregnant women and safe motherhood.
  65. Describe common minor and major disorders during pregnancy and their management.
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66. Explain the anatomy and physiology of the respiratory system. Describe the mechanism of breathing and gas exchange.

67. Discuss the structure and functions of the endocrine glands. Explain the feedback

mechanism involved in hormone regulation.

**68.** Describe the sensory system in detail. Explain the structure and function of the eye and ear.

**69.** What is the nursing process? Describe each step in detail with an example of a nursing care plan.

**70.** Define vital signs. Describe the procedure for measuring each vital sign and their normal ranges.

**71.** Explain Maslow's hierarchy of needs. How does it help in prioritizing nursing care?

**72.** Describe the classification, routes of administration, and nursing responsibilities related to drug administration.

**73.** Explain in detail the infection prevention and control procedures in a health facility.

**74.** Discuss the procedures for nasogastric and orogastric feeding and the nurse's responsibilities.

**75.** Describe catheterization and enema procedures. What are the indications, contraindications, and nursing responsibilities?

**76.** What are the methods of sterilization and disinfection? Explain HLD with examples used in health facilities.

**77.** List and explain essential drugs provided under Nepal's healthcare system.

**78.** Describe the steps of pre-operative and post-operative nursing care.

**79.** Explain the ethical and legal responsibilities of a nurse in Nepal.

**80.** What is a pressure ulcer? Discuss its causes, stages, and prevention techniques.

**81.** Describe the nursing procedure for care of a dead body in hospital and community settings.

**82.** Write the first aid management of a snake bite and dog bite in rural settings.

**83.** Define shock. What are its types and first aid treatments?

**84.** Explain nursing management of pneumonia, tuberculosis, and COVID-19.

**85.** Discuss the causes, symptoms, prevention, and nursing care for worm infestation and scabies.

**86.** Describe the signs and symptoms of mental retardation, depression, and mania. Explain the nursing interventions.

**87.** Write a detailed note on maternal nutrition during pregnancy and lactation with

nutritional recommendations.

- 88.** Explain the concept of growth monitoring. Describe methods and tools used in the community.
- 89.** What are the major vaccines given under the national immunization schedule of Nepal?
- 90.** Discuss the clinical features and nursing management of dengue and malaria.
- 91.** Describe the steps and importance of Community-Based Integrated Management of Neonatal and Childhood Illness (CBIMNCI).
- 92.** Explain the developmental milestones in children under five years of age.
- 93.** Describe the principles and methods of health education. Mention suitable teaching aids for maternal and child health.
- 94.** Define community diagnosis. Describe the process and significance in community health nursing.
- 95.** Explain the structure of health services at federal, provincial, and local levels in Nepal.
- 96.** What is the Minimum Service Standard (MSS)? Explain its components at health post and hospital levels.
- 97.** Explain the role and responsibilities of the Health Facility Operation and Management Committee (HFOMC).
- 98.** Write about the recording and reporting system in Nepal's health care system. Discuss HMIS forms used at health post level.
- 99.** Discuss the components and purpose of supervision, monitoring, and evaluation in healthcare management.
- 100.** Explain the antenatal care services provided at health post level. Describe antenatal visits and counseling practices in Nepal.

## SECTION C

नेपालको संविधान (भाग १-५, १३-२२) सम्बन्धी दीर्घ प्रश्नहरू

1. नेपालको संविधानको प्रस्तावनाले के जनाउने गर्दछ? यसको विशेषताहरू उल्लेख गर्नुहोस्।
2. नेपालको संविधान भाग १ अन्तर्गतको प्रारम्भिक व्यवस्था (Preliminary Provisions) का मुख्य अंशहरू व्याख्या गर्नुहोस्।
3. संविधान अनुसार नेपालको राज्य संरचना कस्तो छ?
4. नेपालको संघीय लोकतान्त्रिक गणतन्त्र व्यवस्था कसरी स्थापित भएको हो?
5. नागरिकताको हक समेटिएको व्यवस्था संविधानको कुन भागमा छ? व्याख्या गर्नुहोस्।
6. मौलिक हकहरू के-के हुन्? नेपालको संविधानमा कति प्रकारका मौलिक हक उल्लेख छन्?
7. भाग ३ अनुसार मौलिक हकको कार्यान्वयन कसरी हुन्छ? उदाहरणसहित वर्णन गर्नुहोस्।
8. नेपालको संविधान भाग ४ अन्तर्गत राज्यको नीति निर्देशक सिद्धान्तहरू के हुन्?
9. राज्यको सामाजिक तथा सांस्कृतिक उद्देश्यहरू संविधानमा कसरी सुनिश्चित गरिएको छ?
10. भाग ५ अनुसार राज्यशक्ति सञ्चालन कसरी हुने व्यवस्था गरिएको छ?

#### ◆ संविधानको भाग १३-२२ सम्बन्धी दीर्घ प्रश्नहरू

11. नेपालको संघीय कार्यपालिका को-को हुन्? भाग १३ अनुसार व्याख्या गर्नुहोस्।
12. संघीय संसदको संरचना र कार्यसम्पादन के हो?
13. भाग १४ अनुसार आर्थिक प्रणालीको मुख्य विशेषता के छन्?
14. संघीय न्याय प्रणाली संविधान अनुसार कस्तो छ?
15. राष्ट्रपति र उपराष्ट्रपतिको निर्वाचन प्रक्रिया संविधान अनुसार कसरी हुन्छ?
16. प्रधानमन्त्री चयन प्रक्रिया संविधान अनुसार वर्णन गर्नुहोस्।
17. राष्ट्रिय सुरक्षासम्बन्धी व्यवस्था संविधानको कुन भागमा छ? उल्लेख गर्नुहोस्।
18. संविधान अनुसार आपतकालीन व्यवस्था के कस्तो छ? कसले घोषणा गर्न सक्छ?

19. स्थानीय सरकारहरूको अधिकार र कार्य संविधान अनुसार के-के छन्?
  20. संविधान अनुसार प्रदेश सरकारका अधिकार र संरचना के छन्?
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#### ◆ प्रदेश निजामती सेवा ऐन, २०७९ (कोशी प्रदेश)

21. प्रदेश निजामती सेवा ऐन, २०७९ को उद्देश्य र प्रमुख विशेषताहरू के हुन्?
22. कोशी प्रदेश अन्तर्गत प्रदेश निजामती सेवाको संरचना कसरी निर्माण गरिएको छ?
23. प्रदेश निजामती सेवामा नियुक्ति, पदोन्नति र सरुवा कसरी गरिन्छ?

#### ◆ प्रदेश निजामती सेवा नियमावली, २०८१ (कोशी प्रदेश)

24. कोशी प्रदेशको प्रदेश निजामती सेवा नियमावली २०८१ अनुसार सेवा अनुशासन कसरी कायम गरिन्छ?
  25. नियमावली अनुसार कारबाही प्रक्रिया र अनुशासनात्मक संरचना वर्णन गर्नुहोस्।
  26. कर्मचारीको तलब, सुविधा र कार्यसम्बन्धी व्यवस्था के छ?
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#### ◆ स्थानीय सरकारी सेवा (गठन तथा सञ्चालन) ऐन, २०८० (कोशी)

27. स्थानीय सरकारी सेवा ऐन, २०८० को प्रमुख उद्देश्य र संरचना के छन्?
  28. पालिकामा सेवा पदहरू गठन कसरी गरिन्छ?
  29. स्थानीय सेवाको प्रशासन सञ्चालन कसरी हुने व्यवस्था गरिएको छ?
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### प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६

30. प्रदेश सुशासन ऐन, २०७६ को उद्देश्य के हो?
  31. ऐन अनुसार पारदर्शिता, जवाफदेहिता र दक्षता कायम गर्ने उपायहरू के छन्?
  32. सुशासन सुनिश्चित गर्न अख्तियार प्राप्त निकायहरू के हुन्?
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### ◆ प्रदेश लोक सेवा आयोग ऐन, २०७६ (कोशी प्रदेश)

33. प्रदेश लोक सेवा आयोगको गठन, भूमिका र जिम्मेवारी के छन्?
  34. आयोगको कार्यशैली, नियुक्ति प्रक्रिया र स्वतन्त्रता बारे वर्णन गर्नुहोस्।
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### प्रदेश आर्थिक कार्यविधि तथा वित्तीय उत्तरदायित्व ऐन, २०७८

(परिच्छेद १ र ६ मा आधारित)

35. परिच्छेद १ अनुसार ऐनको उद्देश्य र कार्यान्वयन निकायहरू के हुन्?
  36. परिच्छेद ६ अनुसार बजेट निर्माण प्रक्रिया र खर्च निगरानी कसरी हुने व्यवस्था छ?
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### ◆ कोशी प्रदेशको योजनावद्ध विकास तथा चालु योजना

37. कोशी प्रदेशको चालू आवको योजनावद्ध प्राथमिकताहरू के-के छन्?
38. प्रदेश सरकारका विकास लक्ष्यहरू र नीतिगत रणनीतिहरू उल्लेख गर्नुहोस्।
39. चालु योजना निर्माण र अनुमोदन प्रक्रिया के हो?

#### ◆ सेवा समूहको पदको कार्यसँग सम्बन्धित कानुनी व्यवस्था

40. निजामती सेवा समूहहरूको वर्गीकरण कसरी गरिएको छ?
41. सेवा समूह अनुसार कार्यविभाजन र जिम्मेवारी उल्लेख गर्नुहोस्।
42. हरेक पदका लागि योग्यता र भूमिकाको कानुनी आधार के छन्?

#### ◆ अनुसूचीहरू सम्बन्धी प्रश्नहरू (नेपालको संविधान अनुसार)

42. संविधानको अनुसूची ५, ६, ७, ८ र ९ मा उल्लेखित अधिकारहरूको वितरण कसरी गरिएको छ?
  44. अनुसूची ८ मा समेटिएका स्थानीय तहका अधिकारहरू व्याख्या गर्नुहोस्।
  45. अनुसूची ९ अनुसार साझा अधिकारहरूको उदाहरण सहित विवरण गर्नुहोस्।
  46. अनुसूची ७ अन्तर्गत संघ र प्रदेश बीचको साझा कार्यक्षेत्र उल्लेख गर्नुहोस्।
  47. संविधानको अनुसूची ५ मा संघीय सरकारलाई प्रदान गरिएका अधिकारहरू के हुन्?
  48. अनुसूची ६ अनुसार प्रदेश सरकारका विशेष कार्यहरू के छन्?
  49. संविधानको अनुसूची ३ र ४ को प्रयोजन र उपयोग के हो?
  50. नेपालको संविधान अन्तर्गत अनुसूचीहरू किन आवश्यक छन्? तिनीहरूको व्यावहारिक उपयोग वर्णन गर्नुहोस्।

समाप्त