

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश

प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायकस्तर पाँचौं तह, स्टाफ नर्स वा सो सरह पदको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित 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
अन्तिम चरण	कम्प्युटर सीप परीक्षण (Computer Skill Test)	१०
	अन्तर्वार्ता (Interview)	३०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: २००

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्याxअङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General awareness & Public management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२०x२=४०	४५ मिनेट
	सेवा सम्बन्धी ज्ञान (Service Based knowledge)					३०x२=६०	
द्वितीय	प्राविधिक विषय (Technical Subject)	१००	४०	विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	१२x५=६० ४x१०=४०	२ घण्टा १५ मिनेट

२. अन्तिम चरण: कम्प्युटर सीप परीक्षण र अन्तर्वार्ता

पूर्णाङ्क: ४०

पत्र/विषय	पूर्णाङ्क	परीक्षा प्रणाली
कम्प्युटर सीप परीक्षण (Computer Skill test)	१०	प्रयोगात्मक (Practical)
अन्तर्वार्ता (Interview)	३०	मौखिक (Oral)

द्रष्टव्य:

- यस पाठ्यक्रम योजनालाई प्रथम चरण र अन्तिम चरण गरी दुई चरणमा विभाजन गरिएको छ।
- प्रश्नपत्रको भाषा नेपाली वा अङ्ग्रेजी वा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ।
- परीक्षाको भाषा नेपाली वा अङ्ग्रेजी अथवा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ।
- खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।

५. प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ। दुवैपत्रको परीक्षा एकैदिनमा वा छुट्टाछुट्टै दिनमा लिन सकिनेछ।
६. 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।
७. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा मोबाईल फोन, स्मार्ट वाच, क्याल्कुलेटर जस्ता सामग्रीहरू प्रयोग गर्न पाइने छैन।
८. 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।
९. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ।
१०. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक भाग/खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक भाग/खण्डका प्रश्नहरूको उत्तर सोही भाग/खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
११. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१२. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको कम्प्युटर सीप परीक्षण र अन्तर्वार्तामा सम्मिलित गराइनेछ।
१३. प्रथम चरणको लिखित परीक्षाको प्राप्ताङ्क, अन्तिम चरणको कम्प्युटर सीप परीक्षण र अन्तर्वार्ताको प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१४. यस भन्दा अगाडि लागू गरिएको माथि उल्लेखित सेवा, समूहको पाठ्यक्रम खारेज गरिएको छ।
१५. पाठ्यक्रम लागू हुने मिति: २०८१।०९।२३

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायकस्तर पाँचौं तह, स्टाफ नर्स वा सो
सरह पदको खुला, अन्तरतह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
प्रथम पत्र (Paper I): सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धी ज्ञान

भाग (Part I):

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन
(General awareness & Public management)

Section -A

(१०प्रश्न×२अङ्क= २०अङ्क)

१. सामान्य ज्ञान (General Awareness)

- १.१. नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- १.२. कर्णाली प्रदेशको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- १.३. कर्णाली प्रदेशको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- १.४. मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्त्वपूर्ण उपलब्धिहरू
- १.५. जैविक विविधता, दिगो विकास, वातावरण प्रदुषण, जलवायु परिवर्तन र जनसङ्ख्या व्यवस्थापन
- १.६. नेपालको संविधान (भाग १ देखि भाग ५ सम्म र अनुसूचीहरू)
- १.७. संघ, प्रदेश र स्थानीय तहको शासन व्यवस्था सम्बन्धी जानकारी
- १.८. संयुक्त राष्ट्र संघ, सार्क, बिमस्टेक सम्बन्धी जानकारी
- १.९. राष्ट्रिय तथा अन्तर्राष्ट्रिय महत्त्वका समसामयिक गतिविधिहरू

Section –B

(१०प्रश्न ×२अङ्क= २०अङ्क)

२. सार्वजनिक व्यवस्थापन (Public management)

- २.१. कार्यालय व्यवस्थापन
 - २.१.१ कार्यालय: परिचय, महत्त्व, कार्य र प्रकार
 - २.१.२ सहायक कर्मचारीका कार्य र गुणहरू
 - २.१.३ कार्यालय स्रोत साधन: परिचय र प्रकार
 - २.१.४ कार्यालयमा सञ्चारको महत्त्व, किसिम र साधन
 - २.१.५ कार्यालय कार्यविधि: पत्र व्यवहार, दर्ता र चलानी, फाइलिङ, परिपत्र, तोक आदेश, टिप्पणी लेखन
 - २.१.६ अभिलेख व्यवस्थापन
- २.२. प्रदेश निजामती सेवा ऐन र स्थानीय सेवा ऐनमा भएका व्यवस्थाहरू
 - २.२.१ निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
 - २.२.२ कर्मचारीको नियुक्ति, सरुवा, बढुवा, विदा, विभागीय सजाय र अवकाश
 - २.२.३ कर्मचारीले पालना गर्नुपर्ने आचरण, नैतिक दायित्व र कर्तव्यहरू
- २.३. सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- २.४. मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- २.५. सार्वजनिक वडापत्र
- २.६. कानूनी शासन र कर्मचारीतन्त्र

भाग (Part II):

सेवा सम्बन्धी ज्ञान (Service Based Knowledge)

(३०प्रश्न×२अङ्क= ६०अङ्क)

1. Fundamentals of Nursing:

- 1.1. Nursing concept, history
- 1.2. Types of hospital
- 1.3. Basic needs of clients
- 1.4. The nursing process
- 1.5. Nursing procedure used in patient care
- 1.6. Common nursing measures used to meet the physical needs of client
- 1.7. Stress and coping mechanism including nurses role in meeting the emotional need
- 1.8. Protective measure to provide safety need of clients and principle of body mechanics
- 1.9. Measure to meeting the elimination need of the clients in different condition
- 1.10. Disease transmission cycle, infection prevention and control: principle and process
- 1.11. Instrument processing
 - 1.11.1. Cleaning
 - 1.11.2. Decontamination
 - 1.11.3. High level disinfection
 - 1.11.4. Sterilization
 - 1.11.5. Standard precaution
- 1.12. Dressing and Bandaging
- 1.13. Hot and cold application: Sitz bath
- 1.14. Active and passive exercise including deep breathing and coughing exercise with postural drainage
- 1.15. Administration of drugs (IM, IV, SC, Oral, Intrathecal, Intracavitary)
- 1.16. Methods of collecting different specimen for routine and culture test
- 1.17. Common first aid treatment in different condition
- 1.18. Dead body care
- 1.19. Pre and post-operative procedure including care of patient during this period
- 1.20. National and international professional organization related to nursing and its code of ethics
 - 1.20.1. International Council of Nurses(ICN)
 - 1.20.2. Nepal Nursing Council (NNC)
 - 1.20.3. Nursing Association of Nepal (NAN)

2. Applied Science

- 2.1. Anatomy and Physiology of all body systems or organs
- 2.2. Drugs used in different system (pharmacokinetics and pharmacodynamics and essential drugs)
- 2.3. Microbiology: various disease causing organism and its effect on human health and environment; investigation; common drugs used in infectious disease its action and side effects
- 2.4. Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy
- 2.5. Mechanisms body or joint movement and relation with principle of lever, Friction, Gravity, Newton's Law, Force and Transfer of heat
- 2.6. Mechanisms of respiration and Boyle's law
- 2.7. Mechanism of stimuli transmitted in nervous system and reflex action
- 2.8. Blood grouping: types and Rhesus factors of human blood
- 2.9. Defense mechanism: various way of the body defense against injuries and harmful organism

3. Medical/Surgical Nursing

- 3.1. Developmental need and tasks, Application of nursing process, Common diagnostic procedures
- 3.2. Nursing management of common disease conditions including pre and post operative care.
 - 3.2.1. Musculoskeletal disorder: Accidents, Soft tissue injuries, Fracture, Dislocation, Osteomyelitis, Osteoarthritis
 - 3.2.2. Disorder of nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Polyneuritis, Parkinson disease, Braintumors
 - 3.2.3. Respiratory disorder: Bronchitis, Asthma, Pulmonary TB, Pleurisy, Rhinitis, Atelectasis, Influenza, Lungs abscess, Pneumonia, Thoracicempyema, Haemothorax / Pneumothorax, Pulmonary embolism
 - 3.2.4. Tracheostomy care
 - 3.2.5. Gastrointestinal Disorders: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Ulcerative colitis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Hepatic coma, Liver abscess
 - 3.2.6. Genitourinary Disorder: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Bladderstones, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure, Uremia, Neoplasm
 - 3.2.7. Cardiovascular Disorder: Pericarditis, Myocarditis, Endocarditis, Corpulmonale, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, stenosisand incompetency of valve, Hypertension, Anemia, Leukemia, Hodgkin's disease, Gangrene, Thrombosis, Embolism, Aneurysm, Cerebrovascular accidents
 - 3.2.8. Endocrine Disorders: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's Syndrome
 - 3.2.9. Alteration in Skin Integrity: Burn, Boils, Carbuncles, Scabies, Burn Pressure Ulcer
 - 3.2.10. Fluid replacement therapy and electrolyte balance and its management
 - 3.2.11. Eye and ENT disorders: Conjunctivitis, cataract, Glaucoma, foreign body in eye, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Menier's disease, Sinusitis, Epistaxis, Laryngitis, pharyngitis, Tonsillitis,
 - 3.2.12. Geriatric Problems: Dementia/Alzheimer's, Depression, Suicidal tendency, Anxiety, Insomnia, Neurosis, Social Isolation and Loneliness
 - 3.2.13. Care of patient with common sensory disorders and nursing management
- 3.3. Preparation of patients for specific diagnostic investigation related to different system disorders
- 3.4. Nursing care patient with under water seal drainage, postural drainage and oxygen inhalation therapy and Tracheostomy
- 3.5. Disability: Problem caused by immobility, Rehabilitation and role of nurses in rehabilitation process, Care of patient with immobility problems
- 3.6. Specific Nursing management for individual with gastrointestinal disorder
 - 3.6.1. Meeting the nutritional needs by Nasogastric tube insertion, feeding and care
 - 3.6.2. Colostomy feeding and care
 - 3.6.3. Therapeutic Diets
- 3.7. Specific nursing management for the patient with Dialysis (Hemodialysis, Peritoneal dialysis), Continuous urinary drainage and Bladder irrigation
- 3.8. Basic Life support, advance Life support and care of patient after resuscitation

- 3.9. Blood transfusion and care of the patient with before and after blood transfusion
- 3.10. Special nursing procedure and care of the patient with insulin administration and cortisone therapy
- 3.11. Importance of psychological knowledge and implication of psychological process in caring for the patients and themselves
- 3.12. Nursing management of terminally ill patient/palliative care
4. Community Health Nursing
 - 4.1. Concepts of primary health care: components, elements
 - 4.2. communication skill, health education
 - 4.3. Community diagnosis
 - 4.4. Concept of reproductive health, RH Morbidity and its components
 - 4.5. Epidemiological concepts and approaches
 - 4.6. Nutrition, Nutritional deficiency diseases and their management
 - 4.7. Immunization, Family planning and MCH clinic
 - 4.8. Communicable disease (Scabies, worm- infestation, Malaria, Dengue fever, Kala-azar, Typhoid, Paratyphoid, Cholera, HIV/AIDS/ STI and Covid-19)
 - 4.9. Non communicable burden of diseases and its management
 - 4.10. Health Indicators/vital statistics
 - 4.11. Family health nursing and School health nursing
 - 4.12. Occupational and environmental health hazards
 - 4.13. Common epidemics and current health issues
 - 4.14. Communication Process
5. Midwifery
 - 5.1. Safe motherhood, SBA policy and core competency and strategies of Nepal
 - 5.2. Fetal development and fetal circulation
 - 5.3. Physiological changes and care during pregnancy, labour and puerperium
 - 5.4. Diagnosis of pregnancy and calculation of expected date of delivery (EDD) and period of gestation (POG)
 - 5.5. Antenatal, natal and postnatal care of a mother
 - 5.6. Malpresentation and Malposition
 - 5.7. Management of high risk mothers
 - 5.8. Management of minor and major disorders during pregnancy and postpartum period
 - 5.9. Common sexually transmitted infection and their management during pregnancy
 - 5.10. Medical disorder associated with pregnancy and its management
 - 5.11. Post term pregnancy; Induction and Augmentation of labour
 - 5.12. Physiology and mechanism of labour; Conduction of normal delivery; Obstetrical emergency: BEONC (basic essential obstetric and newborn care), CEONC (comprehensive emergency obstetric and newborn care), Abnormal labour and Instrumental Delivery
 - 5.13. Physiological change in a new born and adaptation to extra uterine environment
 - 5.14. Care of new born baby with observation and assessment including Newborn Resuscitation
 - 5.15. Breast feeding: Exclusive breast feeding, Breast care, Problem in breast feeding and its management
 - 5.16. Minor and Major problems of Newborn; congenital anomalies and its Management
 - 5.17. Common drugs used during pregnancy, labour and postpartum period
 - 5.18. Danger signs of mother and newborn and its management
 - 5.19. Importance of kangaroo mother care (KMC)
6. Nursing Care of Gynecological Problems
 - 6.1. Malformation and Malposition female reproductive organ: Cystocele and Rectocele; Uterine Prolapse, Vesico Vaginal Fistula

- 6.2. Abnormal Menstrual bleeding; Dysfunctional Uterine Bleeding (DUB)
- 6.3. Breast cancer; Cervical cancer/VIA (visual inspection with acetic acid), PAP smear
- 6.4. STI/HIV/AIDS
- 6.5. Male and female Infertility/ sub fertility
- 6.6. Preparation of patient for various investigation of gynecological and breast problems
- 7. Nursing Care the children
 - 7.1. Major developmental milestones and tasks of different stages of children
 - 7.2. Promoting optimum development of children
 - 7.3. Basic and special need of sick children
 - 7.4. Adolescent changes and problems/ARH
 - 7.5. Major killer diseases: Diarrheal disease, Acute respiratory Infection (ARI), measles, Malnutrition, Malaria, Tuberculosis, Tetanus
 - 7.6. Community based Integrated management of neonatal and childhood illness(CB-IMNCI)
 - 7.7. Common health problems in children and their nursing management
 - 7.8. Common childhood emergencies condition, their prevention and management (fall, Burn, Drowning, Foreign body aspiration & asphyxiation, Poisoning, Accidents & sharp instrument injuries)
 - 7.9. Congenital disorders/disabilities and their management
 - 7.10. Role of nurses in reduction of mortality rate of children
 - 7.11. Nursing care of critically ill children
 - 7.12. Common health hazards in Karnali province
- 8. Mental Health
 - 8.1. Mental health problems in Nepal
 - 8.2. Management of clients with mental disorders
 - 8.3. Characteristics of mentally ill patient
 - 8.4. Classification of mental disorders
- 9. Leadership and Management
 - 9.1. Principle of Management
 - 9.2. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
 - 9.3. Leadership Style; personal and professional development
 - 9.4. Nursing process in relation to health institution management
 - 9.5. Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction
 - 9.6. Resources Management: Human, material, finance and time
 - 9.7. Organizational Change
 - 9.8. Conflict management
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 - 9.11. Federal, Provincial and local level health related organizational structure
 - 9.12. Health related aspects of Sustainable Development Goals
 - 9.13. National health planning and concept of national health system
 - 9.14. Job description of staff nurse
 - 9.15. Disaster management
 - 9.16. Health insurance
 - 9.17. Minimum Service Standard (MSS)

प्रथम पत्रको प्रश्नसंख्या तालिका

प्रथम पत्रबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

भाग	खण्ड	विषयबस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्नसंख्या×अङ्क
I	A	सामान्यज्ञान	बस्तुगत बहुवैकल्पिक प्रश्न	२०	१०प्रश्न×२अङ्क = २०अङ्क
	B	सार्वजनिक व्यवस्थापन		२०	१०प्रश्न×२अङ्क = २०अङ्क
II		सेवा सम्बन्धी ज्ञान		६०	३०प्रश्न×२अङ्क = ६०अङ्क

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धी ज्ञान विषयका एकाईवाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

एकाई	१	२	३	४	५	६	७	८	९
बस्तुगत प्रश्नसंख्या	४	३	४	४	४	२	३	२	४

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायकस्तर पाँचौं तह, स्टाफ नर्स वा सो
सरह पदको खुला, अन्तर तह र आन्तरिक अन्तर समूह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II): प्राविधिक विषय

(Section-A)

50 Marks

1. Fundamentals of Nursing:

- 1.1. Nursing concept, history
- 1.2. Types of hospital
- 1.3. Basic needs of clients
- 1.4. The nursing process
- 1.5. Nursing procedure used in patient care
- 1.6. Common nursing measures used to meet the physical needs of client
- 1.7. Stress and coping mechanism including nurses role in meeting the emotional need
- 1.8. Protective measure to provide safety need of clients and principle of body mechanics
- 1.9. Measure to meeting the elimination need of the clients in different condition
- 1.10. Disease transmission cycle, infection prevention and control: principle and process
- 1.11. Instrument processing
 - 1.11.1. Cleaning
 - 1.11.2. Decontamination
 - 1.11.3. High level disinfection
 - 1.11.4. Sterilization
 - 1.11.5. Standard precaution
- 1.12. Dressing and Bandaging
- 1.13. Hot and cold application: Sitz bath
- 1.14. Active and passive exercise including deep breathing and coughing exercise with postural drainage
- 1.15. Administration of drugs (IM, IV, SC, Oral, Intrathecal, Intracavitary)
- 1.16. Methods of collecting different specimen for routine and culture test
- 1.17. Common first aid treatment in different condition
- 1.18. Dead body care
- 1.19. Pre and post-operative procedure including care of patient during this period
- 1.20. National and international professional organization related to nursing and its code of ethics
 - 1.20.1. International Council of Nurses(ICN)
 - 1.20.2. Nepal Nursing Council (NNC)
 - 1.20.3. Nursing Association of Nepal (NAN)

2. Applied Science

- 2.1. Anatomy and Physiology of all body systems or organs
- 2.2. Drugs used in different system (pharmacokinetics and pharmacodynamics and essential drugs)
- 2.3. Microbiology: various disease causing organism and its effect on human health and environment; investigation; common drugs used in infectious disease its action and side effects
- 2.4. Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy
- 2.5. Mechanisms body or joint movement and relation with principle of lever, Friction, Gravity, Newton's Law, Force and Transfer of heat
- 2.6. Mechanisms of respiration and Boyle's law
- 2.7. Mechanism of stimuli transmitted in nervous system and reflex action
- 2.8. Blood grouping: types and Rhesus factors of human blood

2.9. Defense mechanism: various way of the body defense against injuries and harmful organism

3. Medical/Surgical Nursing

3.1. Developmental need and tasks, Application of nursing process, Common diagnostic procedures

3.2. Nursing management of common disease conditions including pre and post operative care.

3.2.1. Musculoskeletal disorder: Accidents, Soft tissue injuries, Fracture, Dislocation, Osteomyelitis, Osteoarthritis

3.2.2. Disorder of nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Polyneuritis, Parkinson disease, Braintumors

3.2.3. Respiratory disorder: Bronchitis, Asthma, Pulmonary TB, Pleurisy, Rhinitis, Atelectasis, Influenza, Lungs abscess, Pneumonia, Thoracicempyema, Haemothorax / Pneumothorax, Pulmonary embolism

3.2.4. Tracheostomy care

3.2.5. Gastrointestinal Disorders: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Ulcerative colitis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Hepatic coma, Liver abscess

3.2.6. Genitourinary Disorder: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Bladderstones, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure, Uremia, Neoplasm

3.2.7. Cardiovascular Disorder: Pericarditis, Myocarditis, Endocarditis, Corpulmonale, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, stenosis and incompetency of valve, Hypertension, Anemia, Leukemia, Hodgkin's disease, Gangrene, Thrombosis, Embolism, Aneurysm, Cerebrovascular accidents

3.2.8. Endocrine Disorders: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's Syndrome

3.2.9. Alteration in Skin Integrity: Burn, Boils, Carbuncles, Scabies, Burn Pressure Ulcer

3.2.10. Fluid replacement therapy and electrolyte balance and its management

3.2.11. Eye and ENT disorders: Conjunctivitis, cataract, Glaucoma, foreign body in eye, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Menier's disease, Sinusitis, Epistaxis, Laryngitis, pharyngitis, Tonsillitis,

3.2.12. Geriatric Problems: Dementia/Alzheimer's, Depression, Suicidal tendency, Anxiety, Insomnia, Neurosis, Social Isolation and Loneliness

3.2.13. Care of patient with common sensory disorders and nursing management

3.3. Preparation of patients for specific diagnostic investigation related to different system disorders

3.4. Nursing care patient with under water seal drainage, postural drainage and oxygen inhalation therapy and Tracheostomy

3.5. Disability: Problem caused by immobility, Rehabilitation and role of nurses in rehabilitation process, Care of patient with immobility problems

3.6. Specific Nursing management for individual with gastrointestinal disorder

3.6.1. Meeting the nutritional needs by Nasogastric tube insertion, feeding and care

3.6.2. Colostomy feeding and care

3.6.3. Therapeutic Diets

3.7. Specific nursing management for the patient with Dialysis (Hemodialysis, Peritoneal dialysis), Continuous urinary drainage and Bladder irrigation

- 3.8. Basic Life support, advance Life support and care of patient after resuscitation
- 3.9. Blood transfusion and care of the patient with before and after blood transfusion
- 3.10. Special nursing procedure and care of the patient with insulin administration and cortisone therapy
- 3.11. Importance of psychological knowledge and implication of psychological process in caring for the patients and themselves
- 3.12. Nursing management of terminally ill patient/palliative care
4. Community Health Nursing
 - 4.1. Concepts of primary health care: components, elements
 - 4.2. communication skill, health education
 - 4.3. Community diagnosis
 - 4.4. Concept of reproductive health, RH Morbidity and its components
 - 4.5. Epidemiological concepts and approaches
 - 4.6. Nutrition, Nutritional deficiency diseases and their management
 - 4.7. Immunization, Family planning and MCH clinic
 - 4.8. Communicable disease (Scabies, worm- infestation, Malaria, Dengue fever, Kala-azar, Typhoid, Paratyphoid, Cholera, HIV/AIDS/ STI and Covid-19)
 - 4.9. Non communicable burden of diseases and its management
 - 4.10. Health Indicators/vital statistics
 - 4.11. Family health nursing and School health nursing
 - 4.12. Occupational and environmental health hazards
 - 4.13. Common epidemics and current health issues
 - 4.14. Communication Process

(Section-B)

50 Marks

5. Midwifery
 - 5.1. Safe motherhood, SBA policy and core competency and strategies of Nepal
 - 5.2. Fetal development and fetal circulation
 - 5.3. Physiological changes and care during pregnancy, labour and puerperium
 - 5.4. Diagnosis of pregnancy and calculation of expected date of delivery (EDD) and period of gestation (POG)
 - 5.5. Antenatal, natal and postnatal care of a mother
 - 5.6. Malpresentation and Malposition
 - 5.7. Management of high risk mothers
 - 5.8. Management of minor and major disorders during pregnancy and postpartum period
 - 5.9. Common sexually transmitted infection and their management during pregnancy
 - 5.10. Medical disorder associated with pregnancy and its management
 - 5.11. Post term pregnancy; Induction and Augmentation of labour
 - 5.12. Physiology and mechanism of labour; Conduction of normal delivery; Obstetrical emergency: BEONC (basic essential obstetric and newborn care), CEONC (comprehensive emergency obstetric and newborn care), Abnormal labour and Instrumental Delivery
 - 5.13. Physiological change in a new born and adaptation to extra uterine environment
 - 5.14. Care of new born baby with observation and assessment including Newborn Resuscitation
 - 5.15. Breast feeding: Exclusive breast feeding, Breast care, Problem in breast feeding and its management
 - 5.16. Minor and Major problems of Newborn; congenital anomalies and its Management
 - 5.17. Common drugs used during pregnancy, labour and postpartum period
 - 5.18. Danger signs of mother and newborn and its management
 - 5.19. Importance of kangaroo mother care (KMC)

6. Nursing Care of Gynecological Problems
 - 6.1. Malformation and Malposition female reproductive organ: Cystocele and Rectocele; Uterine Prolapse, Vesico Vaginal Fistula
 - 6.2. Abnormal Menstrual bleeding; Dysfunctional Uterine Bleeding (DUB)
 - 6.3. Breast cancer; Cervical cancer/VIA (visual inspection with acetic acid), PAP smear
 - 6.4. STI/HIV/AIDS
 - 6.5. Male and female Infertility/ sub fertility
 - 6.6. Preparation of patient for various investigation of gynecological and breast problems
7. Nursing Care the children
 - 7.1. Major developmental milestones and tasks of different stages of children
 - 7.2. Promoting optimum development of children
 - 7.3. Basic and special need of sick children
 - 7.4. Adolescent changes and problems/ARH
 - 7.5. Major killer diseases: Diarrheal disease, Acute respiratory Infection (ARI), measles, Malnutrition, Malaria, Tuberculosis, Tetanus
 - 7.6. Community based Integrated management of neonatal and childhood illness(CB-IMNCI)
 - 7.7. Common health problems in children and their nursing management
 - 7.8. Common childhood emergencies condition, their prevention and management (fall, Burn, Drowning, Foreign body aspiration & asphyxiation, Poisoning, Accidents & sharp instrument injuries)
 - 7.9. Congenital disorders/disabilities and their management
 - 7.10. Role of nurses in reduction of mortality rate of children
 - 7.11. Nursing care of critically ill children
 - 7.12. Common health hazards in Karnali province
8. Mental Health
 - 8.1. Mental health problems in Nepal
 - 8.2. Management of clients with mental disorders
 - 8.3. Characteristics of mentally ill patient
 - 8.4. Classification of mental disorders
9. Leadership and Management
 - 9.1. Principle of Management
 - 9.2. Function of Management Process: Planning, Organizing, Staffing, Leading/Directing, Supervision, Controlling, Motivation, Implementation and Evaluation
 - 9.3. Leadership Style; personal and professional development
 - 9.4. Nursing process in relation to health institution management
 - 9.5. Staff motivation in management to maintain the highest standard of care; delegation of responsibilities; Evaluation of staff performance and client satisfaction
 - 9.6. Resources Management: Human, material, finance and time
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 - 9.11. Federal, Provincial and local level health related organizational structure
 - 9.12. Health related aspects of Sustainable Development Goals
 - 9.13. National health planning and concept of national health system
 - 9.14. Job description of staff nurse
 - 9.15. Disaster management
 - 9.16. Health insurance
 - 9.17. Minimum Service Standard (MSS)

10. Policies and laws

10.1. Karnali Province Health Policy, 2076

10.2. Karnali Province Civil Service Act, 2080 and Regulations, 2080 (appointment, promotion, code of conduct, leave and punishment)

10.3. Local Services (Formulation and Operation) Act, 2081 and Regulations, 2081 (appointment, promotion, code of conduct, leave and punishment)

10.4. Karnali Province Health Service Act, 2078 and Regulations, 2080

10.5. Prevention of Corruption Act, 2059 (Chapter 2)

द्वितीय पत्रको प्रश्नसंख्या तालिका

द्वितीय पत्रको एकाईहरूबाट यथासम्भव निम्नानुसार विषयगत प्रश्नहरू सोधिनेछ।

खण्ड	Section-A				Section-B					
	१	२	३	४	५	६	७	८	९	१०
एकाई	१	२	३	४	५	६	७	८	९	१०
छोटो प्रश्न	२	१	२	१	१	१	१	१	१	१
लामो प्रश्न	१		१		१		१			-

२. कम्प्युटर सीप परीक्षण (Computer Skill Test)

विषय: कम्प्युटर सीप परीक्षण (Computer Skill Test)

विषय	पूर्णाङ्क	विषयवस्तु शीर्षक	अङ्क	समय
कम्प्युटर सीप परीक्षण (Computer Skill Test)	१०	Nepali Typing	२ अङ्क	५ मिनेट
		English Typing	२ अङ्क	५ मिनेट
		Ms word	२ अङ्क	१० मिनेट
		Electronic Spreadsheet	२ अङ्क	
		Presentation System	१ अङ्क	
		Windows basic, Email and Internet	१ अङ्क	
जम्मा			१० अङ्क	२० मिनेट

Contents

1. Ms word (0.5×2=1 Marks and 1×1=1 Mark)
 - a. Creating, saving and opening documents
 - b. Typing in Nepali and English
 - c. Text formatting (Font, Size, Color, Underline, Italic, Bold, etc.) and paragraph formatting (alignment, indentation, spacing)
 - d. Inserting Header, Footer, Page Number, Table, Pictures, Shapes, Hyperlink, Bookmark, Text Box and Symbol
 - e. Page Formatting
 - f. Security Techniques of Document
 - g. Mail merge
2. Electronic Spreadsheet (0.5×2=1 Marks and 1×1=1 Mark)
 - a. Organization of Electronic Spreadsheet applications (Cells, Rows, Columns, Worksheet, Workbook and Workspace)
 - b. Creating, Opening and Saving Work Book
 - c. Editing, Copying, Moving, Deleting Cell Contents
 - d. Formatting Cells (Font, Border, Pattern, Alignment, Number, Protection, Margins and text wrap)
 - e. Formatting Rows, Column and Sheets
 - f. Using Formula with Relative and Absolute Cell Reference
 - g. Using Basic Functions (SUM, MAX, MIN, AVERAGE)
3. Presentation System (0.5×2=1 Marks)
 - a. Introduction to presentation application
 - b. Creating, Opening & Saving Slides
 - c. Formatting Slides, Slide design, Inserting header & footer
 - d. Slide Show, hyper link
 - e. Animation
 - f. Inserting Built-in picture, Picture, Table, Chart, Graphs, and Organization Chart etc.
4. Windows basic, Email and Internet (0.5×2=1 Marks)
 - a. Introduction to Graphical User Interface
 - b. Starting and shutting down Windows
 - c. Basic Windows elements: Desktop, Taskbar, My Computer, Recycle Bin etc.
 - d. Concept of file, folder, menu, toolbar
 - e. Searching files and folders
 - f. Internet browsing & searching content in the web
 - g. Creating Email ID, Using email and mail client tools

अंग्रेजी र नेपाली Typing Skill Test को लागि निर्देशन

१. नेपाली typing skill test को लागि १५० शब्दको एउटा text दिइनेछ र देहाय अनुसार अङ्क प्रदान गरिनेछ।

शुद्ध शब्द प्रतिमिनेट (Correct words/minute)	पाउने अङ्क
४ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	० अङ्क
४ वा सो भन्दा बढी र ७ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.२५ अङ्क
७ वा सो भन्दा बढी र १० भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.५० अङ्क
१० वा सो भन्दा बढी र १३ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.७५ अङ्क
१३ वा सो भन्दा बढी र १६ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.०० अङ्क
१६ वा सो भन्दा बढी र १९ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.२५ अङ्क
१९ वा सो भन्दा बढी र २२ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.५० अङ्क
२२ वा सो भन्दा बढी र २५ भन्दा कम शुद्धशब्द प्रतिमिनेट वापत	१.७५ अङ्क
२५ वा सो भन्दा बढी शुद्ध शब्द प्रतिमिनेट वापत	२.०० अङ्क

२. English typing skill test को लागि २०० शब्दको एउटा text दिइनेछ र देहाय अनुसार अङ्क प्रदान गरिनेछ।

शुद्ध शब्द प्रतिमिनेट (Correct words/minute)	पाउने अङ्क
४ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	० अङ्क
४ वा सो भन्दा बढी र ८ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.२५ अङ्क
८ वा सो भन्दा बढी र १२ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.५० अङ्क
१२ वा सो भन्दा बढी र १६ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.७५ अङ्क
१६ वा सो भन्दा बढी र २० भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.०० अङ्क
२० वा सो भन्दा बढी र २४ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.२५ अङ्क
२४ वा सो भन्दा बढी र २८ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.५० अङ्क
२८ वा सो भन्दा बढी र ३२ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.७५ अङ्क
३२ वा सो भन्दा बढी शुद्ध शब्द प्रतिमिनेट वापत	२.०० अङ्क

३. नेपालीमा दिइएको text लाई अनिवार्य रूपमा युनिकोड (रोमानाइज्ड वा ट्रेडिसनल) मा टाइप गर्नुपर्नेछ।
 ४. अंग्रेजी र नेपाली typing मा दिइएको text लाई आधारमानी टाइप गरेको text सँग भिडाई परीक्षण गरिनेछ। दिइएको अंग्रेजी वा नेपाली text मा उल्लेखित स्थान बमोजिम परीक्षार्थीहरूले आफ्नो text मा punctuation टाइप नगरेको पाइएमा त्यसको शब्दमा गणना गरिनेछैन। तत्पश्चात, निम्न formula प्रयोग गरी शुद्ध शब्द प्रतिमिनेट (correct words/minute) निकालिनेछ।

Formula: शुद्ध शब्द प्रतिमिनेट (Correct words/minute) = $\frac{(\text{Total words typed} - \text{Wrong words})}{5}$