

लोक सेवा आयोग

कोशी प्रदेश, बिराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकार सेवाका प्रशासकीय तर्फका स्वास्थ्य सेवा, सहायकस्तर चौथो तह, अ.न.मि.र अ.हे.ब.

लागि लिएको खुला प्रतिस्पर्धात्मक नमूना लिखित परीक्षा

मिति: 2080/02/14 गते

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पूर्णाङ्क: 100

सबै प्रश्न अनिवार्य छन्। प्रश्नहरूको उत्तर खण्ड (Section) अनुसार क्रमसङ्ख्यामा उल्लेखबमोजिम क्रमबद्ध रूपमा लेख्नुहोस्।
परीक्षामा मोबाइल लगायतका विद्युतीय उपकरणहरूको प्रयोग गर्नु पाइँदैन।

Section A

1. Explain the process and prepare a care plan for a patient with dehydration. (6 marks)

Dehydration is a condition resulting from excessive loss of water and electrolytes from the body. It can occur due to diarrhea, vomiting, fever, sweating, or inadequate fluid intake.

Process of Managing Dehydration:

1. Assessment:

- Symptoms: Dry mucous membranes, sunken eyes, decreased urine output, low skin turgor, lethargy, hypotension.
- History: Diarrhea, vomiting, fever, reduced fluid intake.
- Vitals: Monitor pulse, blood pressure, temperature.
- Laboratory: Electrolyte levels (if available).

2. Nursing Diagnosis:

- Fluid volume deficit related to fluid loss as evidenced by signs of dehydration.

3. Planning:

- Short-term goal: Rehydrate the patient within 24 hours.
- Long-term goal: Maintain normal hydration status.

4. Implementation:

- For mild to moderate dehydration: Administer Oral Rehydration Solution (ORS) frequently.
 - For severe dehydration: Start IV fluids (Normal Saline or Ringer's Lactate).
 - Monitor input and output strictly.
 - Educate patient/family on fluid intake.
- ##### 5. Evaluation:
- Return of normal vitals.
 - Adequate urine output (>30 ml/hr).
 - Improved skin turgor and alertness.

Nursing Care Plan Example:

Nursing Problem	Goal	Intervention	Evaluation
Dehydration	Maintain fluid volume within 24 hours	Administer ORS/IV, monitor vitals, educate patient on hydration	Patient rehydrated; urine output normal

2. Describe the correct steps to assess and record vital signs. (6 marks)

Vital signs are indicators of essential body functions and include:

1. Temperature:

- Instruments: Digital, mercury, tympanic thermometers.
- Sites: Oral (37°C), Axillary (36.5°C), Rectal (37.5°C).
- Procedure: Clean thermometer, place properly, wait the appropriate time, record.

2. Pulse:

- Site: Radial artery.
- Normal: 60-100 beats/min.
- Assess for rate, rhythm, volume for 1 full minute.

3. Respiration:

- Normal: 12-20 breaths/min.
- Count chest rise and fall, assess rhythm and depth.

4. Blood Pressure:

- Use sphygmomanometer and stethoscope.
- Measure on the upper arm at heart level.
- Note systolic and diastolic values.

5. Oxygen Saturation:

- Use pulse oximeter.
- Normal: 95-100%.

Recording: All readings should be documented accurately with date, time, and initials.

3. Discuss the basic human needs and how they guide patient care. (5 marks)

Based on **Maslow's Hierarchy of Needs**, human needs are prioritized into five levels:

- 1. Physiological Needs:** Food, water, air, sleep.
 - Nursing: Provide proper nutrition, oxygen, fluid therapy.
- 2. Safety Needs:** Protection from harm.
 - Nursing: Safe environment, infection control.
- 3. Love/Belonging:** Emotional connection.
 - Nursing: Family visits, therapeutic communication.
- 4. Esteem Needs:** Respect, independence.

- Nursing: Encourage self-care, recognize patient efforts.

5. Self-Actualization: Personal growth.

- Nursing: Education, motivation, goal setting.

Application: Prioritizing physiological and safety needs first in emergencies ensures effective care.

4. How can pressure sores be prevented and managed in a hospital setting? (5 marks)**Prevention:**

- Reposition patients every 2 hours.
- Use foam mattresses or air beds.
- Keep skin dry and clean.
- Encourage mobility and activity.
- Ensure good nutrition and hydration.

Management:

- Clean wound with antiseptic solution.
- Apply hydrocolloid or alginate dressings.
- Use antibiotics if infected.
- Debride necrotic tissue if needed.
- Educate family/caregiver on prevention.

Nurse Role: Early identification using risk assessment tools (e.g., Braden Scale) is crucial.

5. Describe the procedures of feeding through nasogastric and orogastric routes. (6 marks)**Nasogastric (NG) Feeding:**

1. Confirm physician's order.
2. Explain procedure to the patient.
3. Position patient in 45° angle.
4. Verify tube placement by aspiration and pH test.
5. Use syringe or feeding set to administer feed.
6. Flush with water before and after feeding.

7. Document intake and patient tolerance.

Orogastric (OG) Feeding:

- Similar to NG, but tube is passed via mouth.
- Common in neonates or unconscious patients.
- Extra care to prevent aspiration and gagging.

6. Outline the standard methods used to prevent and control infections in healthcare. (6 marks)

1. **Hand Hygiene:** Most effective measure using soap or alcohol rub.
2. **PPE Use:** Gloves, gowns, masks during contact with patients.
3. **Aseptic Techniques:** During procedures like catheterization or injections.
4. **Environmental Cleaning:** Routine disinfection of surfaces and instruments.
5. **Waste Management:** Segregate and dispose of biomedical waste properly.
6. **Safe Injection Practices:** Use auto-disable syringes.
7. **Isolation Protocols:** For infectious patients.

7. List the different drug administration routes and responsibilities of the nurse. (6 marks)

Routes:

- Oral
- Intramuscular (IM)
- Intravenous (IV)
- Subcutaneous (SC)
- Inhalation
- Rectal/Vaginal
- Topical

Nurse Responsibilities:

- Ensure 6 Rights: Right patient, drug, dose, route, time, documentation.
- Educate patient on drug purpose and side effects.
- Monitor for allergic or adverse reactions.
- Maintain aseptic techniques for parenteral administration.
- Record administration in patient chart.

8. Write short notes on any two professional nursing organizations in Nepal. (5 marks)

a. Nepal Nursing Council (NNC):

- Statutory body established by the government.
- Maintains registration and licensing of nurses and midwives.
- Regulates nursing education and professional conduct.

b. Nursing Association of Nepal (NAN):

- Professional organization advocating for nursing rights.
- Conducts training, research, and capacity development.
- Promotes unity among nursing professionals.

Section B

9. List five free essential drugs used in the government healthcare system. (5 marks)

1. Paracetamol: Antipyretic and analgesic.
2. ORS (Oral Rehydration Solution): For dehydration due to diarrhea.
3. Iron and Folic Acid Tablets (IFA): For prevention and treatment of anemia in pregnant/lactating women.

4. Cotrimoxazole: Broad-spectrum antibiotic used for respiratory and urinary infections.
5. Albendazole: Deworming agent, especially for intestinal parasites.

These drugs are available free of cost in government health institutions under the National Free Drug Program.

10. Describe the steps involved in pre-operative and post-operative care. (6 marks)

Pre-operative Care:

- Inform and obtain written consent.
- Conduct pre-operative assessments (vital signs, lab tests, allergy history).
- Maintain NPO status (nothing by mouth) 6–8 hours before surgery.
- Administer prescribed pre-op medications (e.g., sedatives, antibiotics).
- Provide emotional support and answer questions.
- Ensure personal hygiene and shave the surgical site if required.

Post-operative Care:

- Monitor vital signs frequently (every 15 minutes initially).
- Observe for signs of complications: bleeding, infection, pain.
- Assess consciousness level and airway patency.
- Manage surgical site: clean and dry dressing, check for drainage.
- Encourage deep breathing, coughing exercises to prevent pneumonia.
- Promote early ambulation as per doctor's advice.

11. Describe the first aid management of any three of the following: fracture, burn, choking, poisoning, or animal bite. (6 marks)

Fracture:

- Immobilize the injured area with splints.
- Do not move or straighten the limb.
- Apply ice packs to reduce swelling.
- Control bleeding if any.
- Seek immediate medical help.

Burn:

- Remove the patient from the source of heat.
- Cool the burn under running cold water for 10-20 minutes.
- Cover with sterile non-stick dressing.
- Do not apply ointments or break blisters.
- Give fluids to prevent dehydration.

Choking:

- Encourage the person to cough.
- If ineffective, give 5 back blows followed by 5 abdominal thrusts (Heimlich maneuver).
- In infants, alternate back blows and chest thrusts.
- If unconscious, initiate CPR and call for emergency.

12. Explain the national vaccination schedule and how to identify damaged vaccines. (6 marks)

National Immunization Schedule (Nepal):

- At birth: BCG + OPV 0
- 6, 10, 14 weeks: Penta (DPT-HepB-Hib), OPV, PCV
- 9 months: Measles-Rubella (MR) 1, JE 1
- 12 months: PCV Booster
- 15 months: MR 2
- IPV at 14 weeks

- Td vaccine at 10 and 16 years

Identification of Damaged Vaccines:

- VVM (Vaccine Vial Monitor) shows dark color beyond the inner square.
- Expiry date exceeded.
- Physical changes: discoloration, cracks, leakage.
- Frozen vaccines (for freeze-sensitive vaccines).
- Breakage of cold chain.

13. Mention the nutritional needs of pregnant and lactating women. (6 marks)

Pregnant Women:

- Increased energy: +350 kcal/day.
- Protein: Extra 14–20g/day.
- Iron: 60 mg + folic acid 400 mcg (IFA tablets).
- Calcium: 1000–1200 mg/day.
- Rich sources: Green leafy vegetables, pulses, meat, dairy, fruits.

Lactating Women:

- Increased energy: +600 kcal/day.
- Continued IFA for 3 months post-delivery.
- Calcium and Vitamin D.
- Adequate hydration and protein-rich diet.
- Encourage exclusive breastfeeding for 6 months.

14. Describe the approach to managing common illnesses in children in the community. (5 marks)

Use of IMNCI (Integrated Management of Neonatal and Childhood Illness):

- Assess: General danger signs (inability to drink, convulsions, lethargy).

- Classify illness based on severity.
- Treat minor cases at home or PHC (e.g., ORS for diarrhea, antibiotics for pneumonia).
- Refer severe cases (e.g., very low weight, severe dehydration).
- Educate caregivers on feeding, danger signs, follow-up.
- Promote immunization and nutrition.

15. Describe the structure of the healthcare system and the role of local-level management bodies. (6 marks)

Structure of Healthcare System in Nepal:

1. **Federal Level:** Ministry of Health and Population (MoHP), policy making, national programs.
2. **Provincial Level:** Provincial Health Directorate, manages provincial hospitals.
3. **Local Level:** Municipal health sections, health posts, and PHCs.

Role of Local-Level Bodies:

- Plan, implement, and monitor local health programs.
- Manage and supervise health facilities (HPs, PHCCs).
- Hire and mobilize health staff.
- Maintain health records and submit reports.
- Coordinate with NGOs, community groups, and higher authorities.

16. कोशी प्रदेश निजामती सेवा नियमावली, २०८१ ले कर्मचारी सरुवा प्रक्रियालाई कसरी व्यवस्थित गर्छ?

उत्तर:

प्रदेश निजामती सेवा नियमावली, २०८१ ले कर्मचारी सरुवालाई निम्न तरिकाले व्यवस्थित गर्छ:

- **प्रमुख प्रावधानहरू:**

- सरुवा आवश्यकता, कार्यसम्पादन, र कर्मचारीको सहमति आधारमा।
- पारदर्शी मापदण्ड र प्रक्रिया।
- ग्रामीण र दुर्गम क्षेत्रमा सेवा सुनिश्चित गर्न प्राथमिकता।
- असन्तुष्ट कर्मचारीहरूका लागि अपील प्रक्रिया।

- **प्रभाव:**

- सेवा वितरण: दुर्गम क्षेत्रमा कर्मचारी उपलब्धता।

- कर्मचारी सन्तुष्टि: निष्पक्ष सरुवाले मनोबल वृद्धि।
- प्रशासनिक दक्षता: उपयुक्त स्थानमा कर्मचारी।

- **लोकसेवा तयारीमा महत्त्व:**

- सरुवा प्रक्रिया र मापदण्डमा प्रश्रहरू।
- कर्मचारी व्यवस्थापनको समझ।

कोशी प्रदेशको प्रशासनमा सरुवाको प्रभाव।