

लोक सेवामा written question कसरी लेख्ने ?

Required format and way of explaining the topics

Fundamental of nursing

1. Define Nursing and Explain its Scope of Practice

- Discuss the definition of nursing according to the **American Nurses Association (ANA)** or **International Council of Nurses (ICN)**.
- Explain the **scope of nursing practice**, including roles, responsibilities, and ethical considerations.
- How does nursing differ from other healthcare professions?

2. Explain the Nursing Process and Its Five Key Steps

- Define the **nursing process** and its importance in patient care.
- Describe each of the **five steps (ADPIE): Assessment, Diagnosis, Planning, Implementation, and Evaluation**.
- Provide an example of how the nursing process is applied in a clinical setting.

3. Discuss the Importance of Therapeutic Communication in Nursing

- Define **therapeutic communication** and its role in nurse-patient relationships.
- Compare and contrast **verbal and non-verbal communication** techniques.
- How can nurses overcome communication barriers with patients?

4. What Are the Principles of Aseptic Technique and Infection Control?

- Define **medical asepsis vs. surgical asepsis**.
- Explain the **chain of infection** and how nurses can break it.

- Discuss **standard precautions** and **transmission-based precautions** in healthcare settings.

5. Describe the Concept of Patient Safety and Risk Management in Nursing

- What are the **common safety risks** for patients in hospitals (e.g., falls, medication errors, infections)?
- Explain the **SBAR (Situation-Background-Assessment-Recommendation)** technique in communication.
- How can nurses promote a **culture of safety** in healthcare?

6. Explain the Ethical and Legal Responsibilities of Nurses

- Discuss **key ethical principles** in nursing (autonomy, beneficence, non-maleficence, justice).
- What are the **legal responsibilities** of nurses (e.g., informed consent, negligence, malpractice)?
- Explain the role of the **Nurse Practice Act** in regulating nursing practice.

7. What Are the Different Methods of Patient Assessment

- Compare **subjective vs. objective data** in patient assessment.
- Explain the **head-to-toe assessment** and its significance.
- How do nurses prioritize patient needs using **Maslow's Hierarchy of Needs**?



8. Discuss the Importance of Vital Signs Monitoring in Nursing

- List the **five main vital signs** and their normal ranges.
- Explain the correct procedure for measuring **blood pressure, pulse, temperature, respiration, and oxygen saturation**.
- What factors can influence vital sign readings, and how should nurses respond to abnormal findings?

9. Explain the Role of Nursing in Pain Management

- Differentiate between **acute pain and chronic pain**.

- Discuss **pharmacological and non-pharmacological pain management** techniques.
- How do nurses assess pain using scales like the **Numeric Rating Scale (NRS) or Wong-Baker FACES Scale?**

10. Describe the Fundamentals of Wound Care and Healing

- Explain the **stages of wound healing (hemostasis, inflammation, proliferation, maturation)**.
- Compare **primary, secondary, and tertiary wound healing**.
- What are the best practices for **wound assessment, dressing changes, and preventing infection?**

Mero Healthline

How to write answer

1. Read the question carefully
2. Identify key terms and action verbs (e.g., describe, explain, list)
3. Understand the mark weightage and answer accordingly
4. Start with a short and clear introduction
5. Use headings and subheadings
6. Write in pointwise or bullet format for clarity
7. Use diagrams or flowcharts if applicable
8. Use official/government terms and examples
9. Maintain neat and legible handwriting
10. Write in the instructed language (Nepali/English)
11. Avoid unnecessary details or repetition
12. Focus on facts, logic, and structured flow
13. Use conclusion for long/descriptive answers
14. Highlight key terms or headings
15. Stick to word/page limits as per marks

16. Leave a line between points or sections
17. Use technical terms correctly
18. Incorporate relevant national policies or programs
19. Write chronologically or in process-wise order if required
20. Be concise but complete in answers



