

सूर्यवनियायक नगरपालिका
स्वास्थ्य सेवा, जनरल नर्सिङ समूह, नर्सिङ अधिकृत, सातौं तहको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ :

प्रथम चरण :-	लिखित परीक्षा	पूर्णाङ्क :- १००
द्वितीय चरण :-	अन्तर्वार्ता	पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Written Examination Scheme)

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न X २अङ्क = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

दृष्टव्य :

१. यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा द्वितीय चरण (अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ ।
२. प्रश्नपत्र अंग्रेजी भाषामा हुनेछ ।
३. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
४. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत अङ्क कट्टा गरिने छैन ।
५. परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
६. परीक्षामा यथासम्भव सबै इकाईबाट प्रश्न सोधिने छ ।
७. नगरपालिकाबाट संचालन हुने परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
८. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाका मिति भन्दा ३ महिना अगाडि (संशोधन भएको वा संशोधन भई हटाईएको वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
९. लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
१०. लिखित परीक्षा र अन्तर्वार्ताको कुल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।

विषय :- जनरल नर्सिङ

1 Nursing concept & Principles

1.1 Nursing Theory

- 1.1.1. V. Henderson
- 1.1.2. D. Orem
- 1.1.3. Roy's
- 1.1.4. 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
 - 1.6.9 Laws related to health and nursing
 - 1.6.9.1 Medico legal case
 - 1.6.9.2 Disposal of dead body
 - 1.6.9.3 Organ transplantation
 - 1.6.9.4 Narcotic Drugs
 - 1.6.9.5 Abortion
- 2 Behavioral Science and Psychology applied in Nursing**
 - 2.1 Major cultural groups and their health seeking behaviour.
 - 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 Health Care Management

3.1 Trends of Health Care delivery system in Nepal

3.2 Management:

3.2.1 Concept, principles, theories

3.2.2 Resource management

3.3 Planning:

3.3.1 Elements, process

3.3.2 Benefits and Limitation

3.4 Organization

3.4.1 Types, Principles, elements

3.5 Organizational behavior

3.5.1 Group Dynamic

3.5.2 Communication

3.5.3 Organizational conflict and management (Problem solving)

3.6 Organizational structures of Health Care Delivery system in Nepal

3.7 Leadership

3.7.1 Theories

3.7.2 Types

3.7.3 Functions

3.7.4 Characteristics

3.8 Supervision and monitoring

3.8.1 Concept

3.8.2 Purpose

3.9 Personnel development

3.9.1 Motivation

3.9.2 Morale

3.9.3 Leadership and decision making

3.10 Human Recourse Development

3.10.1 Elements, steps

3.10.2 Production/distribution

3.11 Health Economics

3.11.1 Concepts

3.11.2 Demand and supply

3.11.3 Cost benefit and cost effectiveness in Nursing Management

3.11.4 Application in Nursing service

3.12 Health Information Management

3.13 Disaster Management

3.14 Quality Assurance Management

3.15 Job description

3.16 National Policies

3.16.1 National Health Policy

3.16.2 Strategy

3.16.2.1 Priority

4 Applied Health Sciences

4.1 Anatomy and physiology of :

- 4.1.1 Cardiovascular System
- 4.1.2 Respiratory system
- 4.1.3 Digestive system
- 4.1.4 Muscular skeletal system
- 4.1.5 Nervous system
- 4.1.6 Special senses
- 4.1.7 Reproductive system
- 4.1.8 Endocrine system

4.2 Pharmacology

- 4.2.1 Principles of pharmacy kinetics and pharmacy dynamic
- 4.2.2 Important Drugs and their actions
- 4.2.3 List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)
- 4.2.4 Life saving drugs

4.3 Patho- physiology

- 4.3.1 General concepts of necrosis
- 4.3.2 Inflammation
- 4.3.3 Thrombosis
- 4.3.4 Embolism
- 4.3.5 wound – healing oedema
- 4.3.6 Neoplasms
- 4.3.7 Antigens and antibodies

4.4 Microbiology

- 4.4.1 Classification of Micro – organism
- 4.4.2 Microbial Morphology and the process of :
 - 4.4.2.1 Drug sensitivity testing
 - 4.4.2.2 Important terminologies
 - 4.4.2.3 Opportunistic infections
 - 4.4.2.4 Pathogens
 - 4.4.2.5 Bacterial toxins

4.4.3 Sterilization

- 4.4.3.1 Different methods and Types

4.5 Biochemistry

- 4.5.1 Digestion and absorption of carbohydrate, protein and fat
- 4.5.2 Malabsorption
- 4.5.3 Classifications of vitamins and requirement of different age group

4.6 Nutrition

- 4.6.1 Assessment of Nutrition status
- 4.6.2 Therapeutic diet in various medical conditions
- 4.6.3 Menu planning & calculation of calorie for different age group
- 4.6.4 Food belief & practice

4.6.5 Common Nutritional deficiency diseases .

5. Advanced Nursing

- 5.1.1 Developmental tasks of different age groups
- 5.1.2 Problem solving approach in care of patient
- 5.1.3 Application of holistic approach in care of patient
- 5.1.4 Advancement in the diagnostic procedures for different illnesses
- 5.1.5 Case study and case presentation

6. Nursing care of geriatric and Communicable diseases

- 6.1 Physiological changes and common physical problems.
- 6.2 Common medical problems
- 6.3 Cognitive changes and diagnostic methods in use.
- 6.4 Support system / family support / community support.
- 6.5 Mental preparation for adaptations to changing needs.
- 6.6 Water borne diseases
- 6.7 Air borne diseases
- 6.8 Vector transmission
- 6.9 (STD) Sexual Transmitted Infection
- 6.10 Trans placental diseases

7. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems

- 7.1 Respiratory problems
- 7.2 Cardiovascular problems
- 7.3 Neurological problems
- 7.4 Muscular-Skeletal problems
- 7.5 Hepatobiliary problems
- 7.6 Endocrine problems
- 7.7 Gastrointestinal problems
- 7.8 Reproductive problems
- 7.9 Genital urinary problems
- 7.10 Special Senses problems

8. Nursing Management of Patient in Burn Unit and OT

- 8.1 Pain Management
- 8.2 Fluid & electrolyte balance
- 8.3 Infection preventions
- 8.4 Reconstructive / Rehabilitation.
- 8.5 Preparation of OT
- 8.6 Pre and Post OT care

9. Role of the Nurse in ICU/ CCU and Emergency Nursing

- 9.1 Advance nursing
- 9.2 Management of clients with critical conditions / cardiac conditions
- 9.3 Resuscitation
- 9.3 Use of various monitors
- 9.4 Specific Investigation and treatment.
- 9.5 Emergency preparedness

- 9.6 Emergency Resuscitations
- 9.7 Mass casualty management

10. Obstetric Nursing (Midwifery)

- 10.1 Parental Nursing
 - 10.1.1 Preconception and parental Preparedness
 - 10.1.2 Prenatal assessment and management
 - 10.1.3 Preparation of child birth
 - 10.1.4 Management of High risk pregnancy
- 10.2 Intra- natal (Labor)
 - 10.2.1 Assessment of client during Labor
 - 10.2.2 Care required during different stages of Labor
 - 10.2.3 Immediate care of new born / mother
 - 10.2.2 Management of complications of labor.
- 10.3 Newborn / Neonate Management
 - 10.3.1 Assessment of newborn
 - 10.3.2 Physiological needs of a newborn & neonate
 - 10.3.3 Management of minor / major disorders.
- 10.4 Post Natal
 - 10.4.1 Physiology of puerperium & need of post natal mother.
 - 10.4.2 Lactation & trends in breast feeding
 - 10.4.3 Minor discomforts in puerperium & their management
 - 10.4.4 Major disorders of puerperium & their management.
 - 10.4.5 Follow up and advice on F/P

11 Mental Health

- 11.1 Concept of mental health / Illness
 - 11.1.1 Neuroses
 - 11.1.2 Psychoses
 - 11.1.3 Mental Retardation
 - 11.1.4 Epilepsy
 - 11.1.5 Alcohols and Drug abuse
 - 11.1.6 Psychosexual problems
- 11.2 Role and Responsibilities of Nurse in :
 - 11.2.1 Primodial
 - 11.2.2 Primary Prevention
 - 11.2.3 Secondary care
 - 11.2.4 Tertiary prevention
- 11.3 Modality of Treatment
 - 11.3.1 Drug therapy
 - 11.3.2 ECT
 - 11.3.3 Counseling
 - 11.3.4 Diversional Therapy
 - 11.3.5 Legal Responsibilities
 - 11.3.6 Emergency management of violent patient
- 11.4 Common Mental Health problems in Nepal