

नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, पाँचौ तह, विद्यालय नर्स पदको लिखित परीक्षाको लागि पाठ्यक्रम

लिखित परीक्षा (Written Examination)

विषय	पूर्णाङ्क	उर्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
सेवा सम्बन्धी	५०	२०	बस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x १ = ५० अङ्क	४५ मिनेट

द्रष्टव्य:

- बस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अङ्क कट्टा गरिने छ । तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्ककट्टा गरिने छैन ।
- परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेडफोन, यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छ ।

लिखित परीक्षा पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या देहाय अनुसार हुनेछ :

पाठ्यक्रमको एकाई	१	२	३	४	५	६	७	८	९	जम्मा
प्रश्न संख्या	५	५	१०	७	५	५	५	३	५	५०
अङ्क भार	५	५	१०	७	५	५	५	३	५	५०

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## 1. Basic and Applied Science

- 1.1. Anatomy and Physiology of all body systems
- 1.2. Body Mechanisms, Friction, Gravity, Newton's Law, Force and Transfer of heat
- 1.3. Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy, imbalance of fluid and electrolytes
- 1.4. Common investigations and their significance
- 1.5. Microbiology: various disease-causing organism and its effect on human health and environment
- 1.6. Drugs used in different system, mode of action, contraindications, side effects and nursing management

## 2. Fundamentals of Nursing

- 2.1. Basic needs of clients
- 2.2. The nursing processes
- 2.3. Nursing procedures used in patient care
- 2.4. Stress and Coping Mechanism
- 2.5. First aid treatment
- 2.6. Administration of drugs
- 2.7. Infection prevention
- 2.8. Pre- and post-operative nursing care
- 2.9. National and international professional organization related to nursing and their code of ethics

## 3. Medical/Surgical Nursing

- 3.1. Developmental need and tasks, Common nursing procedures, Common diagnostic procedures
- 3.2. Nursing management of common disease conditions including pre and postoperative care
- 3.3. Disorders of musculoskeletal system: Soft tissue injuries, Fracture, Dislocation, Osteomyelitis, Osteoarthritis, Osteoporosis
- 3.4. Disorders of nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Polyneuritis, Parkinson disease, Brain tumors
- 3.5. Disorders of respiratory system: Chronic Obstructive Pulmonary Disease (COPD), Bronchitis, Asthma, Pulmonary Tuberculosis, Pleurisy, Atelectasis, Influenza, Lung



- abscess, Pneumonia, Thoracic empyema, Hemothorax / Pneumothorax, Pulmonary embolism
- 3.6. Disorders of gastrointestinal system: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Hepatic coma, Liver abscess
  - 3.7. Disorders of genitourinary system: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure
  - 3.8. Disorders of cardiovascular and hematologic system: Pericarditis, Myocarditis, Infective Endocarditis, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, Valvular Disorders, Hypertension, Anemia, Gangrene, Thrombosis, Embolism, Aneurysm, Cerebro-vascular accident (CVA)
  - 3.9. Disorders of endocrine system: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's syndrome
  - 3.10. Disorders of integumentary system: Burn, Boils, Carbuncles, Scabies, Dermatitis
  - 3.11. Disorders of eye, ear, nose and throat: Foreign body in eye, ear, nose and throat Conjunctivitis, Cataract, Glaucoma, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Meniere's disease, Sinusitis, Epistaxis, Rhinitis, Laryngitis, Pharyngitis, Tonsillitis
  - 3.12. Common Cancers

#### 4. Community Health Nursing

- 4.1. Concepts of primary health care and Basic Health Care
- 4.2. Epidemiological concepts and approaches
- 4.3. Nutrition: Concept, nutritional requirements, nutritional deficiency diseases and their management
- 4.4. Breast feeding and Supplementary/Complementary feeding,
- 4.5. Immunization: Immunity, National Immunization Program (NIP)
- 4.6. Communicable diseases and their management: Malaria, Kala-azar, Lymphatic Filariasis, Dengue, HIV/AIDS, Leprosy, Cholera, Typhoid, Covid-19, Chicken pox, Worm infestations, Trachoma, Measles, Rubella
- 4.7. Common health indicators/vital statistics
- 4.8. Family planning: Concept, methods, counselling
- 4.9. Communication process
- 4.10. Health education
- 4.11. Environmental health and sanitation

#### 5. Midwifery

- 5.1. Anatomy and Physiology of male and female reproductive system
- 5.2. Fetal development and fetal circulation
- 5.3. Antenatal Care
  - 5.3.1. Antenatal Care: Examination, Purpose, Antenatal visits and Counselling



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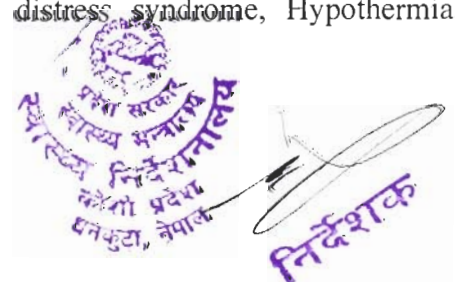
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- 5.3.2. Signs, symptoms and diagnosis of pregnancy
- 5.3.3. Physiological changes during pregnancy
- 5.3.4. Calculation of Gestational age and Expected Date of Delivery (EDD)
- 5.3.5. Danger signs
- 5.3.6. Minor and major disorders during pregnancy and their management
- 5.3.7. Birth preparedness and complication readiness
- 5.3.8. Prevention of Mother to Child Transmission (PMTCT)
- 5.4. Intrapartum Care (Labor)
  - 5.4.1. Mechanism of labor
  - 5.4.2. Physiological changes during first, second and third stage of labor
  - 5.4.3. Partograph
  - 5.4.4. Induction and Augmentation
  - 5.4.5. Active management of 3<sup>rd</sup> stage of labor
  - 5.4.6. Care during 4<sup>th</sup> stage of labor
  - 5.4.7. Episiotomy
  - 5.4.8. Essential newborn care
  - 5.4.9. Newborn Resuscitation
  - 5.4.10. Concepts of Basic Emergency Obstetric and Newborn Care (BEONC), Comprehensive Emergency Obstetric and Newborn Care (CEONC)
  - 5.4.11. Abnormal labor: Occipito-posterior Position, Multiple pregnancy, Breech presentation, Pre and Post maturity, Obstructed labor
  - 5.4.12. Complications during labor: Prolonged labor, Maternal and Fetal distress, Cord prolapse, Retained Placenta, Amniotic fluid embolism
- 5.5. Postnatal Care
  - 5.5.1. Physiological changes during puerperium
  - 5.5.2. Postnatal care: Examination, Purpose, Postnatal visits and Counselling
  - 5.5.3. Danger signs during puerperium and newborn period
  - 5.5.4. Baby friendly hospital initiatives
  - 5.5.5. Disorders during puerperium and its management
    - 5.5.5.1. Minor disorders: After pain, Fourth days blue/Postpartum blues, Retention of urine, Sub involution of uterus, Constipation and Hemorrhoids
    - 5.5.5.2. Major disorders: Puerperal sepsis, Post Partum Hemorrhage, Urinary tract infection and incontinence of urine, Vulval hematoma, Pulmonary embolism, Post natal depression and psychosis
    - 5.5.5.3. Common breast problems
  - 5.5.6. Kangaroo Mother Care
  - 5.5.7. Major and minor disorders of newborn: Physiological jaundice, Pathological jaundice, Neonatal tetanus, Neonatal sepsis, Respiratory distress syndrome, Hypothermia, Hypoglycemia, Oral thrush
  - 5.5.8. Congenital Abnormalities of Newborn

## 6. Nursing Care of Gynecological Problems

- 6.1. Abnormal Menstrual Bleeding
- 6.2. Pelvic organ prolapse
- 6.3. Vesico-Vaginal Fistula

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- 6.4. Sexually transmitted infections
- 6.5. Cancer of breast and cervix
- 6.6. Sub fertility/Infertility
- 6.7. Safe Abortion Services and Post Abortion Care
- 6.8. Infections of female reproductive system

## 7. Child Health Nursing

- 7.1. Major developmental milestones and tasks of different stages of children
- 7.2. Promoting optimum development of children
- 7.3. Major killer diseases
- 7.4. Community based Integrated management of neonatal and childhood illness (CB-IMNCI)
- 7.5. Common health problems in children and their nursing management
- 7.6. Nursing care of critically ill children

## 8. Mental Health Nursing

- 8.1. Characteristics of mentally ill patient
- 8.2. Classification of mental disorders
- 8.3. Management of clients with mental disorders

## 9. Leadership and Management

- 9.1. Principles and functions of management
- 9.2. Management process
- 9.3. Leadership styles
- 9.4. Organizational structures of health services (Federal, Provincial and Local level)
- 9.5. Health planning
- 9.6. Health insurance
- 9.7. Sustainable development goals
- 9.8. Job description of different level of nursing personnel
- 9.9. Health related fundamental rights and policies in The Constitution of Nepal
- 9.10. Civil service Act (Province and local level)
- 9.11. Public health act and regulations (Federal and provincial)
- 9.12. Local government operation Act 2074
- 9.13. General information on The Prevention of Corruption Act 2059
- 9.14. Provincial good governance (Management and Operation) Act, 2076 and Regulation 2079







### Model Question (MCQs)

1. A patient weighing 30 kg is ordered to receive 5 ml per kg body weight of intravenous fluids over an hour. The calculated drip rate is:
  - a. 30 drops per minute
  - b. 50 drops per minute
  - c. 100 drops per minute
  - d. 110 drops per minute
2. Carbon monoxide poisoning should be treated with:
  - a. 10% oxygen
  - b. 25% oxygen
  - c. 50% oxygen
  - d. 100% oxygen
3. The denominator in vertex presentation is:
  - a. Occiput
  - b. Mentum
  - c. Sacrum
  - d. Scapula

  
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