

प्रदेश लोक सेवा आयोग  
कर्णाली प्रदेश

नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह, स्टाफ नर्स पदको खुल्ला र आन्तरिक प्रतियोगितात्मक  
लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:— यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

लिखित परीक्षा	पूर्णाङ्क:— १००
अन्तर्वार्ता	पूर्णाङ्क:— २०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्क भार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत: बहुवैकल्पिक (Multiple Choice)	७० प्रश्न X १ अङ्क = ७०	१ घण्टा ३० मिनेट
			विषयगत: छोटो उत्तर (Short Answers)	६ प्रश्न X ५ अङ्क = ३०	

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनसक्नेछ ।
- लिखित परीक्षाको वस्तुगत र विषयगत प्रश्नहरूको लागि छुट्टा छुट्टै उत्तरपुस्तिका परीक्षा सुरु हुनु अगावै दिइनेछ। परीक्षार्थीले वस्तुगत र विषयगत प्रश्नहरूको उत्तर सम्बन्धित उत्तरपुस्तिकामा लेखनुपर्नेछ ।
- पाठ्यक्रमका एकाईवाट निम्नानुसार प्रश्नहरू सोधिनेछन् ।

एकाई	१	२	३	४	५	६	७	८	९
वस्तुगत	१०	८	१३	६	१२	५	५	३	८
विषयगत	१		२		१	१		१	

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको उत्तर सही दिएका प्रत्येक सही उत्तर बापत १ (एक) अङ्क प्रदान गरिनेछ भने 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 ।

५. यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियमहरु तथा नीतिहरु परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
६. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
७. पाठ्यक्रम लागू मिति:- २०७८।७।११

**1. Fundamentals of Nursing:**

- 1.1. Basic needs of clients
- 1.2. The nursing process
- 1.3. Nursing procedure used in patient care
- 1.4. Common nursing measures used to meet the physical needs of client
- 1.5. Stress and coping mechanism including nurses role in meeting the emotional need
- 1.6. Protective measure to provide safety need of clients and principle of body mechanics
- 1.7. Measure to meeting the elimination need of the clients in different condition
- 1.8. Disease transmission cycle, infection prevention and control: principle and process
- 1.9. Instrument processing
  - 1.9.1. Cleaning
  - 1.9.2. Decontamination
  - 1.9.3. High level disinfection
  - 1.9.4. Sterilization
  - 1.9.5. Standard precaution
- 1.10. Dressing and Bandaging
- 1.11. Hot and cold application: Sitz bath
- 1.12. Active and passive exercise including deep breathing and coughing exercise with postural drainage
- 1.13. Administration of drugs (IM, IV, SC, Oral, Intrathecal, Intracavitary)
- 1.14. Methods of collecting different specimen for routine and culture test
- 1.15. Common first aid treatment in different condition
- 1.16. Pre and post-operative procedure including care of patient during this period
- 1.17. National and international professional organization related to nursing and its code of ethics
  - 1.17.1. International Council of Nurses(ICN)
  - 1.17.2. Nepal Nursing Council (NNC)
  - 1.17.3. 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 postoperative 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, Brain tumors
  - 3.2.3. Respiratory disorder: Bronchitis, Asthma, Pulmonary TB, Pleurisy, Rhinitis, Atelectasis, Influenza, Lungs abscess, Pneumonia, Thoracic empyema, Haemothorax / Pneumothorax, Pulmonary embolism
  - 3.2.4. 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
  - 3.2.5. Genitourinary Disorder: Urinary Tract Infection (UTI), Hydrocele, Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Shock, Bladder stones, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure, Uremia, Neoplasm
  - 3.2.6. Cardiovascular Disorder: Pericarditis, Myocarditis, Endocarditis, Cor pulmonale, 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
  - 3.2.7. Endocrine Disorders: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's Syndrome
  - 3.2.8. Alteration in Skin Integrity: Burn, Boils, Carbuncles, Scabies, Burn Pressure Ulcer
  - 3.2.9. Fluid replacement therapy and electrolyte balance and its management
  - 3.2.10. 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,
  - 3.2.11. Geriatric Problems: Dementia/Alzheimer's, Depression, Suicidal tendency, Anxiety, Insomnia, Neurosis, Social Isolation and Loneliness
  - 3.2.12. 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, communication skill, health education
  - 4.2. Community diagnosis
  - 4.3. Concept of reproductive health and its components
  - 4.4. Epidemiological concepts and approaches
  - 4.5. Nutrition, Nutritional deficiency diseases and their management
  - 4.6. Immunization, Family planning and MCH clinic
  - 4.7. Communicable disease (Scabies, worm- infestation, Malaria, Dengue fever, Kala-azar, Typhoid, Paratyphoid, Cholera, HIV/AIDS/ STI and Covid-19)
  - 4.8. Non communicable burden of diseases and its management
  - 4.9. Health Indicators/ vital statistics
  - 4.10. Family health nursing and School health nursing
  - 4.11. Occupational and environmental health hazards
  - 4.12. Common epidemics and current health issues
  - 4.13. 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, 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
  - 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
  - 9.9. Stress management
  - 9.10. Health related fundamental rights and duties in Constitution of Nepal

- 9.11. Health related Directive Principles, Policies and Obligations of the State under Constitution of Nepal and Karnali province
- 9.12. Organizational Structure and Functions
  - 9.12.1. Federal Government: Ministry of Health and Population, Department of Health Service, Department of Drug administration, Department of Ayurveda and Alternative medicine, National Health Training Center
  - 9.12.2. Provincial Government: Ministry of social development, Provincial Health Directorate, Provincial Health Logistic Management Center, Public Health Office, Public Health Laboratory Management Center, Provincial Health Training Center
  - 9.12.3. Local Level: Primary Hospitals, Primary Health Care Center (PHCC), Health Post (HP), Basic health service center, Urban health clinic, Community health unit
- 9.13. Health related aspects of Sustainable Development Goals
- 9.14. National health planning and concept of national health system
- 9.15. Job description of staff nurse
- 9.16. Disaster management
- 9.17. Health insurance

## Sample questions

### First paper

1. A patient may have many problems. We should prioritize the problems during ..... Step of nursing process.
  - a. Assessment
  - b. Planning
  - c. Implementation
  - d. Evaluation
  
2. If a patient has burn on legs, what is the immediate first aid action?
  - a. Soak the burn part with running water
  - b. Apply any paste
  - c. Apply CS cream
  - d. cover the burn part as infection may occur
  
3. Please choose the correct matching from following regarding angle to needle insertion for for different types of injections.
 

A. Intradermal	1. 15°
B. Intravenous	2. 30°
C. Subcutaneous	3. 45°
D. Intramuscular	4. 90°

  - a. A-1, B - 3, C - 4, D - 2
  - b. A-2, B - 3, C - 1, D - 4

- c. A-1, B - 2, C - 3, D - 4
- d. A-4, B - 3, C - 1, D - 2

4. Furosemide (Lasix) is often used to treat hypertension. The reason for furosemide administration is:
- a. It blocks the sympathetic stimulation of the heart
  - b. It inhibits reabsorption of sodium and water in the kidney tubule and thus controls blood volume.
  - c. It helps in reabsorption of sodium and excretion of potassium (K<sup>+</sup>)
  - d. It dilates peripheral blood vessels.
5. A person with 50 kg has 30% burn on face, chest and abdomen and come to emergency. The patient needs IV fluid for resuscitation. What is the amount of IV fluid needed for that patient over 24 hours?
- a. 2000 ml
  - b. 4000 ml
  - c. 6000 ml
  - d. 8000 ml
6. What is the primary responsibility of a nurse during a patient's generalized tonic clonic seizure?
- a. Determining if an aura was experienced.
  - b. Administering the prescribed SOS anti-convulsants.
  - c. Clearing the immediate environment for safety.
  - d. Inserting a plastic airway in between the teeth.
7. You have dissolved 1 gm of Vancomycin in 10ml of water for injection. You have to give 750 mg. How much medicine you should draw in syringe?
- a. 5.5 ml
  - b. 6.5 ml
  - c. 7.5 ml
  - d. 8.5 ml
8. You have started blood transfusion to a patient. The patient complains of itching and headache. What is your first immediate action?
- a. Counsel the patient that this is normal phenomena and will resolve after some time.
  - b. Flush the IV site with normal saline and continue the blood transfusion.
  - c. Call the doctor.
  - d. Stop the blood immediately, start normal saline and notify the doctor



9. What is the best management for child with bronchial asthma during acute attack?
- Give high flow oxygen
  - Counseling for rest
  - Give bronchodilator through inhaler
  - Keep in ventilator
10. Pick out the correct one
- Biologically complete protein – Egg
  - Essential amino acids – 10
  - End product of carbohydrate metabolism – Amino acid
  - Energy giving food – Protein
11. After BCG vaccination, mother should instruct following points *except*.....
- Do not put oil and water at injection site.
  - There may be small pustule after 1 – 2 weeks after vaccination.
  - Do not do anything if there is small pustule.
  - The pustule must be incised and drained and put antibiotic.
12. What is the main point to be considered while caring the patient with chest tube drainage for pneumothorax?
- Keep the drainage bag above the chest.
  - Empty the drainage bag complete on daily basis.
  - Check the drainage bag regularly for the presence of air bubbles while coughing.
  - Remove the tube if patient complain pain.
13. According to history of Rama, menstrual cycle was regular in every 30 days. Her last menstruation was on Bhadra 1, 2078. What is her expected date of delivery?
- Baisakh 8, 2079
  - Jestha 8, 2079
  - Chaitra 8, 2078
  - Shrawan 15, 2079
14. The latent phase (early) contractions are usually every 5-20 minute, lasting 20- 40 second and mild intensity and cervix dilates from ..... cm.
- 0 -4 cm
  - 1- 6 cm
  - 6- 8 cm
  - None of the above
15. Choose the correct sequence of active management of third stage of labour from the list given below:
- Uterine massage, Give 10 Unit oxytocin IM, Controlled Cord Traction

- b. Give 10 Unit oxytocin IM, Controlled Cord Traction, Uterine massage
- c. Controlled Cord Traction, Uterine massage, Give 10 Unit oxytocin IM
- d. Uterine massage, Controlled Cord Traction Give 10 Unit oxytocin IM

16. Pick the best of management of mother having PPH from the following list.....

- A. Active management of third stage of labour
  - B. Empty the bladder
  - C. Give misoprostol
  - D. Allow breast feeding
  - E. Withhold the fluid to decrease the amount of bleeding.
  - F. Ambulate to enhance involution
- a. A and C only
  - b. B, D, E
  - c. A, B, C, D, F
  - d. all of the above

17. According to IMCI, what is the choice of IV fluid as per plan C for management of severe dehydration?

- a. Normal saline
- b. Ringer lactate
- c. Dextrose normal saline
- d. 5% Dextrose

18. False perception without any external stimulus is:

- a. Hallucination
- b. Delusion
- c. Illusion
- d. Mania

19. The following are the job description of nurse in primary health centre except...

- a. Give vaccination to children according to their age.
- b. Conduct the government campaign on different activities as nutrition supplementation, dewarming, polio etc.
- c. Manage the treatment of simple problems
- d. Do major surgery by using anesthesia as there is no other health personnel.

20. While making interpersonal or inter-organizational conflict resolution, there is emphasis on consensus and takes an integrative approach to decision making in

- a. Loose-loose approach
- b. Loose-win approach

- c. Win-win approach
- d. Confrontation approach

## **Second paper: Short answer questions**

**Attempt any six questions from following, each question carry five marks  $6 \times 5 = 30$**

1. Explain the steps of instrument processing from cleaning to sterilization.
2. Explain the mechanism of respiration.
3. List the cardinal sign of rheumatic fever in children and write primary prevention of rheumatic heart disease.
4. What is otitis media? Write sign and symptoms and management of otitis media in children.
5. Write the importance and activities of school health nursing in Nepalese context.
6. A 28 years primi mother come to hospital at 39 weeks of gestation with severe pain and regular contraction, what assessment and management you will do for this mother?
7. You are incharge of emergency of one provincial hospital and need to prepare for disaster management. One day 70 accident victim came to emergency at a time. How do you manage this condition, explain with disaster management cycle.