

प्रदेश लोक सेवा आयोग
कर्णाली प्रदेश

नेपाल स्वास्थ्य, सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, सहायक चौथो तह, अ. न. मि. पदको
खुला लिखित परीक्षाको पाठ्यक्रम

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

| | |
|---------------|-----------------|
| 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 |
| | | | विषयगत: छोटो उत्तर (Short Answers) | ६ प्रश्न X ५ अङ्क = ३० | ३० मिनेट |

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 |
|---------|----|----|---|----|----|----|
| वस्तुगत | १२ | १२ | ७ | १५ | १२ | १२ |
| विषयगत | १ | १ | १ | २ | 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, नियमहरू तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधनभई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
६. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
७. पाठ्यक्रम लागू मिति:- २०७८।७।११

पत्र/विषय: सेवा सम्बन्धी

1. Anatomy and Physiology

- 1.1. General Concept (Cell, tissue, embryology)
- 1.2. Structure and functions of different body system
 - 1.2.1. Musculoskeletal System
 - 1.2.2. Respiratory System
 - 1.2.3. Cardio-vascular System
 - 1.2.4. Gastro-intestinal System
 - 1.2.5. Urinary System
 - 1.2.6. Reproductive System
 - 1.2.7. Nervous System
 - 1.2.8. Special Sensory and Integumentary System
 - 1.2.9. Endocrine System
 - 1.2.10. Blood, Lymphatic and Immune System

2. Fundamental of Nursing

- 2.1. History of Nursing in Nepal
- 2.2. Hospital: Types, functions
- 2.3. Professional organizations
 - 2.3.1. International Council of Nursing (ICN)
 - 2.3.2. Nepal Nursing Council(NNC)
 - 2.3.3. Nursing Association of Nepal (NAN)
- 2.4. Maslow's hierarchy of basic need
- 2.5. Promoting Comfort, Rest & Sleep, Bed making and positioning
- 2.6. Meeting Safety Needs: Safe environment, protective Measures: turning and moving a client with impaired mobility
- 2.7. Meeting Nutritional Needs
- 2.8. Nursing Procedure: Bed making, Sponge bath, Mouth care, Enema, Catheterization,
- 2.9. Vital signs
- 2.10. First Aid Treatment
 - 2.10.1. Fracture
 - 2.10.2. Shock, Wound, Hemorrhage, Epistaxis, Scald and Burn
 - 2.10.3. Unconscious, Fits
 - 2.10.4. Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose
- 2.11. Stress and coping mechanism
- 2.12. The Nursing Process & its steps
- 2.13. Admission and Discharge Procedure
- 2.14. Fluid and Electrolyte balance (intake & output)
- 2.15. Caring clients with IV infusion
- 2.16. Infection prevention and control: Principle and process
 - 2.16.1. Instrument processing: Cleaning, Decontamination, Disinfection and Sterilization
 - 2.16.2. Standard precaution and PPE
- 2.17. Exercises: Active and passive, deep breathing and coughing
- 2.18. Hot and Cold application: Introduction, purposes, indication and methods.
- 2.19. Administration of Drugs: Rules, Routes and Nursing responsibilities
- 2.20. Pre and post-operative care

2.21. Care of the dead body

3. Reproductive Health (RH) and Nursing Care of Children

3.1. Reproductive Health: Components of RH

3.2. Family Planning: Temporary, permanent and natural methods

3.3. Maternal and Child Health

3.4. Immunization:

3.4.1. Immunization schedule and procedure

3.4.2. Vaccine preventable diseases

3.4.3. Maintenance of vaccine potentiality, cold chain

3.5. Growth and Development of Children from Infancy to adolescence

3.6. Factors influencing growth and development

3.7. Changes in Adolescent period: Physical, physiological, psychological & emotional.

3.8. Community Based Integrated Management Neonatal and Childhood Illness (CB-IMNCI)

4. Midwifery

4.1. Antenatal care (ANC)

4.1.1. Diagnosis of pregnancy and calculation of Last mensuration period (LMP), expected date of delivery(EDD) and period of gestation (POG)

4.1.2. Pelvis and pelvic floor

4.1.3. Fetal skull

4.1.4. Fetal and placental development

4.1.5. Fetal circulation

4.1.6. Function of placenta

4.1.7. Physiological changes during pregnancy

4.1.8. Assessment of the pregnant women

4.1.9. Minor and Major disorders during pregnancy and their management

4.1.10. High risk factors during pregnancy, their management and timely referral

4.1.11. Health teaching during antenatal visit

4.2. Intra-natal Care (Labor)

4.2.1. Labor: signs & symptoms, onset of labor

4.2.2. Admission of women in labor

4.2.3. Maternal and fetal distress and their management

4.2.4. Partograph

4.2.5. Examination of birth canal, placenta and membrane

4.2.6. Immediate newborn care/ Essential newborn care

4.2.7. Examination of newborn, Complication of third stage of labour and its management

4.2.8. Abnormal Labor and its management

4.2.9. Management of prolonged/ obstructed labor and its management

4.3. Postnatal care

4.3.1. Definition, Principles and purpose of postnatal care

4.3.2. Post natal assessment of mother and new born, postnatal visit

4.3.3. Minor disorders of mother and newborn during puerperium and their management

4.3.4. Birth Injuries/ Congenital anomalies

4.3.5. Major disorder during puerperium

- 4.3.5.1. Puerperal sepsis
- 4.3.5.2. Urinary Tract Infection (UTI)
- 4.3.5.3. Incontinence of urine and stool
- 4.3.5.4. Puerperal hemorrhage
- 4.3.5.5. Venous thrombosis
- 4.3.5.6. Pulmonary embolism
- 4.3.5.7. Postnatal psychosis and depression
- 4.3.5.8. Causes, signs and symptoms, complications and management of mother and baby
- 4.3.5.9. Major disorders of new born
- 4.3.6. Danger signs of newborn

5. Community Health Nursing

- 5.1. Determinants of health, Mode of Disease Transmission
- 5.2. communicable diseases and non-communicable diseases
- 5.3. Primary health care (PHC) : Principles and element
- 5.4. Excreta disposal: Importance, methods of disposal and types of latrines
- 5.5. Solid waste disposal: classification and method of disposal in community and health facilities
- 5.6. Water pollution, methods of purification of water in small and large scale
- 5.7. Air pollution: sources of air pollution, prevention
- 5.8. Health hazard due to environment pollution
- 5.9. Noise pollution and its effects on health
- 5.10. Epidemiological triad: Agent, host and environment
- 5.11. Community diagnosis : Importance and Process of community diagnosis
- 5.12. Anthropometrical measurement: Height, Weight and Mid Upper Arm Circumference (MUAC)
- 5.13. Nutritional deficiency diseases: (Protein Energy Malnutrition (PEM), Night blindness, Rickets , Scurvy, Anemia, Goiter)
- 5.14. Food adulteration, food additives and food fortification
- 5.15. Method and media of health education
- 5.16. Communication: Elements, barriers and techniques of communication
- 5.17. Health insurance
- 5.18. Current health issues

6. Health Management

- 6.1. Job description of Auxiliary Nurse Midwife (ANM)
- 6.2. Function: Process, Planning, organizing, Directing, Motivation, Implementation & Evaluation
- 6.3. Leadership Style
- 6.4. Supervision, monitoring and evaluation
- 6.5. Logistic management and store management
- 6.6. Organizational structure in different facilities under Province and Local level
- 6.7. Recording and Reporting including IHMIS

Sample questions

First paper

1. Which gas stimulates the respiratory centre in the absence of any pathological (disease) condition?

- a) Carbon monoxide
- b) Oxygen
- c) Nitrogen
- d) Carbon dioxide

2. Pick out the organs related to gastro-intestinal tract from the following list.

- A. mouth
- B. nose
- C. stomach
- D. liver
- E. intestine
- F. gall bladder

- a) A, B, C
- b) A, C, E,
- c) B, C, D
- d) B, D, E

3. Which cranial nerve is responsible for hearing and balance in our body?

- a) Olfactory nerve (CN I)
- b) Facial nerve (CN VII)
- c) Vestibulocochlear nerve (CN VIII)
- d) Vagus nerve (CN X)

4. Intramuscular injection is given most commonly in which of the following muscles?

- a) Gastrocnemius and quadriceps muscles
- b) Flexor muscles in forearm
- c) Deltoid and gluteus maximus muscles
- d) Abdominal muscles

5. Nurse must take universal precautions while dealing the patient with infectious disease to prevent cross infection. The universal precaution includes:

- a) Wearing gown.
- b) Wearing double gloves, gown and boots.
- c) Wearing goggles, and cap.

- d) Wearing gown, gloves, goggles, mask and boot.
6. How do you instruct a patient to collect the mid stream urine for culture and sensitivity test?
- a) Void in urinal and take small amount of urine from urinal.
 - b) Void in cammod and take small amount of urine from cammod.
 - c) Take urine once he/she start urination.
 - d) Take urine in between the urination.
7. You have 1 gm of Ceftriaxone in vial. You have to dissolve that medicine in 10ml of water for injection. The doctor order to give 750mg Ceftriaxone to a patient. How much medicine you should give to that patient?
- a) 5.5 ml
 - b) 6.5 ml
 - c) 7.5 ml
 - d) 8.5 ml
8. What is the antidote of organo-phosphorus poisoning?
- a) Atropine
 - b) Adrenaline
 - c) Charcoal
 - d) Dexona
9. The main and most effective method of prevention of HIV transmission is.....
- a) Sharing needle
 - b) Having sexual relationship with many partner
 - c) Constant and consistent use on condom
 - d) Transfusion of unscreened blood
10. All of the following are growth monitoring tools of children except...
- a) Weight
 - b) Height
 - c) MUAC
 - d) Abdominal circumference
11. Pick out the correct matching
- a) Four ANC visit – 4, 6, 8 and 9 months
 - b) Female pelvis – android pelvis
 - c) Male pelvis – gynaecoid pelvis
 - d) All are correct matching

12. If you are posted in labour room, then you should keep in mind about the danger sign of mother in fourth stage of labour is:
- P/V bleeding more than 2 pads soaked in 30 mins.
 - Suddenly loss of consciousness
 - Complain severe abdominal pain
 - All of the above
13. Which hormones are responsible for the proliferation phase of menstruation cycle?
- Oestrogen hormone + progesterone
 - Luteinizing and estrogen hormone
 - Progesterone and Luteinizing hormone
 - Follicle – stimulating hormone (FHS) and estrogen.
14. Tab. Misoprostol is commonly used to prevent and manage PPH, it can be used through:
- Sublingual
 - Vaginal
 - Both a & b
 - Intra rectally
15. The principle of the treatment of protein energy malnutrition (PEM) are all except:
- Provision of adequate diet
 - Treatment of underlying health problems
 - Health education on proper nutrition
 - Give excessive protein food irrespective of age.
16. Choose the correct temporary hormonal method of FP from given list below
- Depoprovera
 - IUCD
 - Norplant
 - Condom
 - Pills
- A, B, C
 - B, C, D
 - A, C, E,
 - C, D, E
17. PMTCT is done during pregnancy to reduce the risk of which disease?
- Syphilis
 - Hepatitis B
 - HIV/AIDS
 - Hepatitis C

18. The method of determining what is being accomplished according to set performance and applying corrective measures if necessary is known as.....

- a) supervision
- b) controlling
- c) surveillance
- d) disciplinary action

19. The condition related to democratic leadership include which of the following?

- a) He draws ideas and suggestions from his subordinates by discussion, consultation and participation.
- b) He doesn't like to seek others suggestion and advice.
- c) The leader delegates all his authority so that subordinates themselves take decision.
- d) He entrusts the decision making authority to his subordinates.

20. The main objectives of front line health workers is.....

- a) Manage the health system
- b) Prepare health policy and program for the country
- c) Provide direct patients care in hospital and community
- d) Advocate for national and international conference

Second paper: Short answer questions

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

1. A 24 years male patient has burn on both legs after petrol explosion following fall from motorcycle. Explain the emergency management of this burn patient with special consideration of fluid and electrolyte balance.
2. Write the nursing care of patients having IV infusion and fracture .
3. Explain the physiology of urine formation.
4. Explain the management of acute respiratory infection of 6 months baby according to community based integrated management of childhood illness.
5. Rita is 20 years old and come to ANC clinic for first antenatal check up. Her last menstrual period (LMP) is 2078/02/15. Calculate weeks of gestation and expected date of delivery (EDD). What care and education you will provide for Rita in her first ANC visit?
6. You are conducting delivery of 28 years second gravid mother. She has normal delivery just now but the newborn baby is not crying. What actions/steps/ you will do immediately do including immediate care of new born baby.
7. Your main responsibility is recording and reporting through IHMIS. Explain the process of record and report of IHMIS including the register no of antennal and delivery record.