

लोक सेवा आयोग  
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौं तह, स्टाफ नर्स पदको खुला र आन्तरिक  
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
द्वितीय पत्र (Paper II) :-  
सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge)

**खण्ड (Section) (A) : - ५० अङ्क**

1. **Fundamentals of Nursing**
  - 1.1 Basic needs of clients
  - 1.2 The nursing process
  - 1.3 Common nursing procedures used in the hospital
  - 1.4 Stress and coping mechanism
  - 1.5 First aid treatment
  - 1.6 Administration of drugs
  - 1.7 Infection prevention
  - 1.8 Methods of collecting different specimen for routine and culture test
2. **Applied Science**
  - 2.1 Anatomy and Physiology of all body systems and organs
  - 2.2 Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Diffusion, Acid base balance
  - 2.3 Rehydration therapy
  - 2.4 Common investigation and its significance
  - 2.5 Microbiology
  - 2.6 Infection diseases
  - 2.7 Common drugs, its action and side effects
3. **Medical/Surgical Nursing**
  - 3.1 Developmental tasks, Application of nursing process, Common diagnostic procedures
  - 3.2 Nursing management of common disease conditions including pre and post operative care, Accidents, Injuries, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Pleurisy, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Haemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia, Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anaemia, Leukaemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes insipidus, Hypertension, Fracture, Dislocation, Osteomyelitis
  - 3.3 Care of patient with common sensory disorders and nursing management
4. **Community Health Nursing**
  - 4.1 Concepts of primary health care
  - 4.2 Epidemiological concepts and approaches
  - 4.3 Nutrition, deficiency diseases and management
  - 4.4 Immunization
  - 4.5 Communicable diseases and management
  - 4.6 Health Indicators
  - 4.7 Family planning

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प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
खण्ड (Section) (B) : - ५० अङ्क

5. **Midwifery**

- 5.1 Anatomy and Physiology of male and female reproductive systems
- 5.2 Antenatal, natal and post natal care of a mother
- 5.3 Management of high risk mothers
- 5.4 Management of minor and major disorders of pregnancy
- 5.5 Diseases associated with pregnancy
- 5.6 Care of new born baby with observation and assessment
- 5.7 Breast care and management

6. **Nursing Care of Gynaecological Problems**

- 6.1 Disorder of Uterine Bleeding
- 6.2 Cystocele and Rectocele
- 6.3 Uterine Prolaps
- 6.4 Vesico Vaginal Fistula
- 6.5 STD/HIV/AIDS
- 6.6 Infertility

7. **Pediatric Nursing**

- 7.1 Major developmental characteristics and milestones
- 7.2 Promoting optimum development of children
- 7.3 Adolescent changes and problems
- 7.4 Six major killer diseases
- 7.5 Common health problems in children and their nursing management
- 7.6 Common health hazards in children in Nepal and their prevention
- 7.7 Congenital disorders/disabilities
- 7.8 Role of nurses in reduction of mortality rate of children
- 7.9 Nursing care of critically ill children

8. **Mental Health**

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

9. **Leadership and Management in Nursing Planning**

- 9.1 Management process: Supervision, motivation, implementation and evaluation
- 9.2 Leadership style
- 9.3 Organizational structure of Government health services
- 9.4 National health planning and concept of national health system
- 9.5 Policies, rules and regulations in management of different level of hospitals and health centres
- 9.6 Communication Process

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based-Knowledge)	(A)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०
		(B)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०