

नेपाल सरकार
गृह मन्त्रालय
प्रहरी प्रधान कार्यालय
(मानवश्रोत विकास विभाग, भर्ना तथा छनौट शाखा)

प्राविधिक प्रहरी नायव निरीक्षक (स्टाफ नर्स) को खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १५०
द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २५

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

| पत्र | विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | प्रश्न संख्या र अङ्कभार | समय |
|---------|----------------------------|-----------|--------------|------------------------------------|-------------------------|----------|
| प्रथम | सम्बन्धित विषय सम्बन्धी | १०० | ४० | वस्तुगत बहुउत्तर (Multiple Choice) | ५०X२ = १०० | ४५ मिनेट |
| द्वितीय | नेपाल प्रहरी सेवा सम्बन्धी | ५० | २० | वस्तुगत बहुउत्तर | १५X२ = ३० | १ घण्टा |
| | | | | विषयगत | ४X५ = २० | |

द्वितीय चरण

| विषय | पूर्णाङ्क | परीक्षा प्रणाली |
|------------------------|-----------|-----------------|
| व्यक्तिगत अन्तर्वार्ता | २५ | मौखिक |

- (१) लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
(२) पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छन् ।

| Course Unit | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------------------|---|---|----|---|---|---|---|---|---|
| Number of Questions | 5 | 5 | 10 | 7 | 5 | 5 | 5 | 3 | 5 |

३. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा 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 ।
४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
५. द्वितीयपत्र नेपाल प्रहरी सेवा सम्बन्धी प्रश्न संख्या द्वितीयपत्रको पाठ्यक्रममा उल्लेख गरिएको छ ।
६. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
७. अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा व्यवस्था भए बमोजिम हुनेछ ।
८. पाठ्यक्रम लागु मिति :-

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प्राविधिक प्रहरी नायव निरीक्षक (स्टाफ नर्स),को खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र- सम्बन्धित विषय सम्बन्धी

1. Fundamentals of Nursing:

- Basic needs of clients
- The nursing process
- Common nursing procedures used in the hospital
- Stress and coping mechanism
- First aid treatment
- Administration of drugs
- Infection prevention
- Methods of collecting different specimen for routine and culture test

2. Applied Science

- Anatomy and Physiology of all body systems and organs
- Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Difussion, Acid base balance, Rehydration therapy, Common investigation and its significance, Microbiology, Infection diseases, Common drugs, its action and side effects.

3. Medical/Surgical Nursing

- Developmental tasks, Application of nursing process, Common diagnostic Procedures
- 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 incipides, Hypertension, Fracture, Dislocation, Osteomyelitis
- Care of patient with common sensory disorders and nursing management

4. Community Health Nursing

- Concepts of primary health care
- Epidemiological concepts and approaches
- Nutrition, deficiency diseases and management
- Immunization
- Communicable diseases and management
- Health Indicators
- Family planning

5. Midwifery

- Anatomy and Physiology of male and female reproductive systems
- Antenatal, natal and post natal care of a mother
- 2• Management of high risk mothers
- Management of minor and major disorders of pregnancy
- Diseases associated with pregnancy
- Care of new born baby with observation and assessment
- Breast care and management

6. Nursing Care of Gynaecological Problems

- Disorder of Uterine Bleeding
- Cystocele and Rectocele
- Uterine Prolaps
- Vesico Vaginal Fistula
- STD/HIV/AIDS
- Infertility

7. Pediatric Nursing

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

8. Mental Health

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

9. Leadership and Management in Nursing Planning

- Management process: Supervision, motivation, implementation and evaluation
- Leadership style
- Organizational structure of Government health services
- National health planning and concept of national health system
- Policies, rules and regulations in management of different level of hospitals and Health centers
- Communication Process.

Model Questions

1. Meningitis is the disease caused by except
(A) Virus (B) Bacilli (C) Cocci (D) Spirochetes
2. One of the complications that may occur when Otitis media is not treated properly
(A) Meningitis (B) Conjunctivitis (C) Hepatitis (D) Rhinitis
3. Beri Beri is the disease caused due to lack of
(A) Vitamin 'A' (B) Vitamin 'B' (C) Vitamin 'C' (D) Vitamin 'D'
4. One of the main functions of liver is
(A) Formation of blood cells (B) Detoxification of poisonous substance
(C) Secretion of urine (D) Secretion of bile
5. The most essential responsibility of a nurse while caring a critically ill patient is
(A) To keep the airway of the patient (B) To prevent bed sore
(C) To provide nutrition in time (D) To give medications in time
6. The steps of nursing process includes all of the following except
(A) Planning (B) Implementation (C) Evaluation (D) Medication