

नेपाल सरकार
गृह मन्त्रालय
नेपाल प्रहरी अस्पताल
महाराजगंज, काठमाण्डौ ।

स्टाफ नर्स (करार) पदको खुला प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम

सेवा: नेपाल प्रहरी
उपसमूह: स्वास्थ्य, नर्सिङ

समूह: प्राविधिक
श्रेणी: राजपत्रअनङ्कित प्रथम

परीक्षा योजना(Examination Scheme)

क्र.सं.	परीक्षा चरण	विवरण	पूर्णाङ्क
१.	प्रथम चरण	प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण	-
२.	द्वितीय चरण	लिखित परीक्षा	१००

प्रथम चरण:- प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण

- नेपाल प्रहरी अस्पतालको स्वास्थ्यकर्मी तथा अन्य कर्मचारी करार सेवा सम्बन्धी कार्यादेश २०८० को अनुसूची -४ बमोजिम हुने ।

द्वितीय चरण:- लिखित परीक्षा योजना (Written Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
Professional and Service Specific Test (PSST)	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (Multiple choice)	१००प्रश्न × १ अंक = १००	१ घण्टा ३० मिनेट

- यो पाठ्यक्रमको योजना अनुसार एक पत्रको लिखित परीक्षा हुनेछ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।
- लिखित परीक्षाको प्रथम तथा द्वितीय पत्रको पाठ्यक्रमका इकाइहरूको प्रश्नहरूको संख्या निम्नानुसार हुनेछ

लिखित परीक्षाका पाठ्यक्रमका एकाई	१	२	३	४	५	६	७	८	९	१०
प्रश्न संख्या	१२	६	१६	६	१२	१०	१०	८	१४	६

५. यस पाठ्यक्रममा जे सुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन नियमहरू तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्छ ।
६. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत १(एक) अंक दिईने छ । गलत उत्तर दिएमा वा उत्तर नदिएमा त्यस बापत अंक दिईने छैन र अंक कट्टा पनि गरिने छैन ।

पाठ्यक्रम लागू मिति:- २०८०/ ०६ /१८ गते ।

नेपाल प्रहरी

लिखित परीक्षा (Written Examination)

प्रथम र द्वितीय पत्र :- Professional and Service Specific Test (PSST)

खण्ड “क” (Section-A)

1. Fundamentals of Nursing:

- 1.1. Introduction to Nursing
- 1.2. Basic needs of clients
- 1.3. The nursing process
- 1.4. Common nursing procedures used in the hospital
- 1.5. Pain Management
- 1.6. Stress and coping mechanism
- 1.7. First aid treatment
- 1.8. Administration of drugs
- 1.9. Infection prevention
- 1.10. Methods of collecting different specimen for routine and culture test
- 1.11. Care of Dead body

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, Rehydration therapy, Common investigation and its significance, Microbiology, Infection diseases, Common drugs, its action and side effects.
- 2.3. Basic science applied to Nursing

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
- 3.3. Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anaemia, Leukaemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes incipides, Hypertension, Fracture, Dislocation, Osteomyelitis
- 3.4. Care of patient with common sensory disorders and nursing management
- 3.5. Rehabilitation
- 3.6. Oncology Nursing

4. Community Health Nursing

- 4.1. Introduction to Health
- 4.2. Concepts of primary health care
- 4.3. Nursing Practice in the community
- 4.4. Community diagnosis
- 4.5. Health education
- 4.6. Environment Health & sanitation
- 4.7. Occupational Health
- 4.8. Epidemiological concepts and approaches
- 4.9. Nutrition, deficiency diseases and management
- 4.10. Immunization
- 4.11. Communicable diseases and management
- 4.12. Health Indicators
- 4.13. Family planning

खण्ड “ख” (Section-B)

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
- 5.8. Physiological changes, psychological & Emotional changes during pregnancy
- 5.9. Explain the Medication to pregnancy
- 5.10. labor & management
- 5.11. Postnatal care

6. Nursing Care of Gynecological 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
- 6.7. Menopause
- 6.8. Reproductive Neoplasm

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
- 7.10. Community based Integrates management of Neonatal & childhood illness (CBJMNCI)
- 7.11. Common Emergency condition

8. Mental Health & Behavioural science

- 8.1. Management of clients with mental disorders
- 8.2. Characteristics of mentally ill patient
- 8.3. Classification of mental disorders
- 8.4. Understanding Psychology
- 8.5. Psychological/Personality
- 8.6. Motives/Intelligence
- 8.7. Learning

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.
- 9.7. Nursing Professions
- 9.8. Job description of Nurses & other personnel
- 9.9. Disaster Management

10. Geriatric Nursing

- 10.1. Introduction of Gerontology & Geriatric Nursing
- 10.2. Ageing Population in Nepal
- 10.3. Common Geriatric Problems
- 10.4. Different facility for Health care service
- 10.5. Care of Terminal ill