

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ समूह, सातौं तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको
पाठ्यक्रम
द्वितीय पत्र :- जनरल नर्सिङ सम्बन्धी विषय

Section A - 20 Marks

- 1. Advanced Nursing** **10%**
- 1.1 Developmental tasks of different age groups
 - 1.2 Problem solving approach in care of patient
 - 1.3 Application of holistic approach in care of patient
 - 1.4 Advancement in the diagnostic procedures for different illnesses
 - 1.5 Case study and case presentation
- 3. Nursing care of geriatric and Communicable diseases** **10%**
- 3.1 Physiological changes and common physical problems.
 - 3.2 Common medical problems
 - 3.3 Cognitive changes and diagnostic methods in use.
 - 3.4 Support system / family support / community support.
 - 3.5 Mental preparation for adaptations to changing needs.
 - 3.6 Water borne diseases
 - 3.7 Air borne diseases
 - 3.8 Vector transmission
 - 3.9 (STI) Sexual Transmitted Infection
 - 3.10 Trans placental diseases

Section B - 30 Marks

- 2. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems** **30%**
- 2.1 Respiratory problems
 - 2.2 Cardiovascular problems
 - 2.3 Neurological problems
 - 2.4 Muscular-Skeletal problems
 - 2.5 Hepatobiliary problems
 - 2.6 Endocrine problems
 - 2.7 Gastrointestinal problems
 - 2.8 Reproductive problems
 - 2.9 Genital urinary problems
 - 2.10 Special Senses problems

Section C - 20 Marks

- 4. Nursing Management of Patient in Burn Unit and OT** **10%**
- 4.1 Pain Management
 - 4.2 Fluid & electrolyte balance
 - 4.3 Infection preventions
 - 4.4 Reconstructive / Rehabilitation.
 - 4.5 Preparation of OT
 - 4.6 Pre and Post OT. care
- 5. Role of the Nurse in ICU/ CCU and Emergency Nursing** **10%**
- 5.1 Advance nursing
 - 5.2 Management of clients with critical conditions / cardiac conditions
 - 5.3 Resuscitation
 - 5.3 Use of various monitors
 - 5.4 Specific Investigation and treatment.
 - 5.5 Emergency preparedness
 - 5.6 Emergency Resuscitations
 - 5.7 Mass casualty management

Section D - 30 Marks

- 6. Obstetric Nursing (Midwifery)** **30%**
- 6.1 Parental Nursing
 - 6.1.1 Preconception and parental Preparedness
 - 6.1.2 Prenatal assessment and management
 - 6.1.3 Preparation of child birth
 - 6.1.4 Management of High risk pregnancy
 - 6.2. Intra- natal (Labor)
 - 6.2.1 Assessment of client during Labor
 - 6.2.2 Care required during different stages of Labor
 - 6.2.3 Immediate care of new born / mother
 - 6.2.2 Management of complications of labor.
 - 6.3 Newborn / Neonate Management
 - 6.3.1 Assessment of newborn
 - 6.3.2 Physiological needs of a newborn & neonate
 - 6.3.3 Management of minor / major disorders.
 - 6.4 Post Natal
 - 6.4.1 Physiology of puerperium & need of post natal mother.
 - 6.4.2 Lactation & trends in breast feeding
 - 6.4.3 Minor discomforts in puerperium & their management
 - 6.4.4 Major disorders of puerperium & their management.
 - 6.4.5 Follow up and advice on F/P

द्वितीय पत्रको एकाईहरूको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका खण्ड	A	B	C	D		
द्वितीय पत्रका एकाई	1	3	2	4	5	6
प्रश्न संख्या	1	1	3	1	1	3

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नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ समूह, सातौं तहको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको
पाठ्यक्रम
विषयगत नमूना प्रश्नहरू (Sample questions)

1. Mrs. A came with severe chest pain and pain radiation left arm in Out Patient Department.
 - a) How would you assess her condition?
 - b) Write her provisional diagnosis.
 - c) Write Nursing care and management of the patient. 2+2+6= 10
2. Explain the importance of Fluid and Electrolyte balance in burn injury. 10
3. Write short notes on any two of the followings. 5+5=10
 - a) Resuscitation
 - b) Pain management
 - c) Water borne diseases
 - d) Infection prevention
4. Discuss the High Risk pregnancy and its Nursing management. 10
5. Write short notes on any two of the followings. 5+5=10
 - a) Importance of Apgar score
 - b) Post Abortion care
 - c) Lochea

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नेपाल आर्थिक योजना तथा तथ्याङ्क, इन्जिनियरिङ्ग, कृषि, वन, विविध र शिक्षा सेवाका सबै समूह/उपसमूह, राजपत्रांकित तृतीय श्रेणी र एवं स्वास्थ्य सेवाको सातौँ र आठौँ तहका पदहरूमा प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र लिइने **सामूहिक परीक्षण (Group Test)** को लागि

सामूहिक छलफल (Group Discussion)

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ। दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ। यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको ३ जना भन्दा बढीको समिति रहनेछ।

आयोगका सदस्य	-	अध्यक्ष
आयोगका सदस्य	-	सदस्य
मनोविज्ञ	-	सदस्य
दक्ष/विज्ञ (१ जना)	-	सदस्य

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणको लागि - उर्जा संकट, गरीबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन जस्ता Topics मध्ये कुनै एक Topic मात्र दिइनेछ।