

प्रदेश लोक सेवा आयोग  
कोशी प्रदेश, विराटनगर, नेपाल

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, कम्युनिटी नर्सिङ्ग समूह, सहायकस्तर पाँचौ तह, पब्लिक हेल्थ नर्स पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

यस पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छः

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा (वस्तुगत)	१००
द्वितीय	लिखित परीक्षा (विषयगत)	१००
अन्तिम	अन्तर्वार्ता	३०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण (First Phase): लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
प्रथम	सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x २ = १०० अङ्क	४५ मिनेट

२. द्वितीय चरण (Second Phase): लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
द्वितीय	सेवा सम्बन्धी	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) १२ प्रश्न x ५ = ६० लामो उत्तर (Long Answer) ४ प्रश्न x १० = ४०	२ घण्टा ३० मिनेट

३. अन्तिम चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Interview)	

**द्रष्टव्यः**

- यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा: वस्तुगत), द्वितीय चरण (लिखित परीक्षा: विषयगत) तथा अन्तिम चरण (अन्तर्वार्ता) गरी तीन चरणमा विभाजन गरिएको छ।
- प्रश्न पत्र नेपाली वा अंग्रेजी भाषामा हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेडफोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।

६. विषयगत प्रश्नका लागि तोकिएका अङ्कका हकमा एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ।
७. परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।
८. द्वितीय पत्र (विषयगत प्रश्न हुने पत्र)का हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तर पुस्तिकामा लेख्नु पर्नेछ।
९. प्रथम र द्वितीय पत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या देहाय अनुसार हुनेछ:

प्रथम पत्रका ईकाई	१	२	३	४	५	६	७	८	जम्मा
प्रश्न संख्या	६	६	६	१२	८	४	३	५	५०
अंक भार	१२	१२	१२	२४	१६	८	६	१०	१००
द्वितीय पत्र खण्ड	क			ख					
लामो उत्तर प्रश्न	१			३					४
छोटो उत्तर प्रश्न	५			७					१२
अंक भार	३५			६५					१००

१०. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/ विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
११. प्रथम चरण (First Phase) को लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरण (Second Phase) को लिखित परीक्षामा सम्मिलित गराइनेछ।
१२. लिखित परीक्षाको प्रथम चरण (First Phase) मा प्राप्त गरेको प्राप्ताङ्कको शत प्रतिशत अङ्क तथा द्वितीय चरण (Second Phase) को प्राप्ताङ्क जोडी कूल अङ्कको आधारमा लिखित परीक्षाको नतिजा प्रकाशित गरिनेछ।
१३. लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
१४. लिखित परीक्षा र अन्तिम चरणको अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१५. पाठ्यक्रम लागू मिति:- २०८०/०४/०१

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प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, कम्युनिटी नर्सिङ्ग समूह,  
सहायकस्तर पाँचौ तह, पब्लिक हेल्थ नर्स पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र: सेवा सम्बन्धी

खण्ड: क

**1. Basic and Applied Science**

- 1.1. Anatomy and Physiology of all body systems
- 1.2. Body Mechanisms, Friction, Gravity, Newton's Law, Force and Transfer of heat
- 1.3. Fluid and electrolyte; its importance in relation to health of clients, osmosis, diffusion, acid base balance, rehydration therapy, imbalance of fluid and electrolytes
- 1.4. Common investigations and their significance
- 1.5. Microbiology: various disease-causing organism and its effect on human health and environment
- 1.6. Drugs used in different system, mode of action, contraindications, side effects and nursing management

**2. Fundamentals of Nursing**

- 2.1. Basic needs of clients
- 2.2. The nursing process
- 2.3. Nursing procedures used in patient care
- 2.4. Stress and Coping Mechanism
- 2.5. First aid treatment
- 2.6. Administration of drugs
- 2.7. Infection prevention
- 2.8. Pre- and post-operative nursing care
- 2.9. National and international professional organization related to nursing and their code of ethics

**3. Medical/Surgical Nursing**

- Medical/surgical and nursing management of the disease condition in different body system
- 3.1. Nervous system: Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Parkinson disease
  - 3.2. Respiratory system: Chronic Obstructive Pulmonary Disease (COPD), Bronchitis, Bronchial Asthma, Pulmonary Tuberculosis, Influenza, Pneumonia, Hemothorax / Pneumothorax, Pulmonary embolism
  - 3.3. Gastrointestinal system: Peptic ulcer, Intestinal obstruction, Appendicitis, Pancreatitis, Peritonitis, Hernias, Abdominal tuberculosis, Hemorrhoids, Cirrhosis of liver, Cholelithiasis / Cholecystitis, Hepatitis, Liver abscess
  - 3.4. Genitourinary system: Urinary Tract Infection (UTI), Pyelonephritis, Glomerulonephritis, Acidosis & Alkalosis, Renal calculi, Nephrotic syndrome, Benign Prostatic Hyperplasia, Hydronephrosis, Acute and Chronic Renal failure
  - 3.5. Cardiovascular system: Pericarditis, Myocarditis, Infective Endocarditis, Congestive Heart Failure (CHF), Angina Pectoris, Myocardial infarction, Cardiac Arrest, Rheumatic Heart Disease, Valvular disorders, Hypertension, Shock, Anemia

- 3.6. Endocrine system: Hyperthyroidism, Hypothyroidism, Hyperpituitarism, Hypopituitarism, Diabetes Insipidus, Diabetes Mellitus, Addison's disease, Cushing's syndrome
- 3.7. Integumentary system: Burn, Boils, Carbuncles, Scabies, Dermatitis
- 3.8. Disorders of Eye, Ear, Nose and Throat: Foreign body in eye, ear, nose and throat, Conjunctivitis, cataract, Glaucoma, Retinal detachment, Xerophthalmia, Otitis media, Mastoiditis, Meniere's disease, Sinusitis, Epistaxis, Rhinitis, Laryngitis, Pharyngitis, Tonsillitis
- 3.9. Common Cancers

### खण्ड ख

#### **4. Community Health Nursing**

- 4.1. Determinants of health, Modes of disease transmission
- 4.2. Communicable diseases and their management: Malaria, Kala-azar, Lymphatic Filariasis, Dengue, HIV/AIDS, Leprosy, Cholera, Typhoid, Covid-19, Chicken pox, Worm infestations, Trachoma, Measles, Rubella
- 4.3. Primary health care (PHC) and Basic Health Services
- 4.4. Community health diagnosis
- 4.5. Health indicators and statistics
- 4.6. Health education: Principles, methods, media
- 4.7. Family planning
- 4.8. Nursing practice in the community/Scope of nursing outside the hospital:
  - 4.8.1. Safe motherhood program
  - 4.8.2. School health program
  - 4.8.3. Home based care- nursing home
  - 4.8.4. Occupational health
  - 4.8.5. Rehabilitation center
  - 4.8.6. Mental health nursing service
  - 4.8.7. Ageing people home/center
- 4.9. Role of community/public health nurse
- 4.10. Female Community Health Volunteers (FCHV)
- 4.11. Environmental Health and Sanitation
- 4.12. Communication
- 4.13. Epidemiological concepts and approaches
- 4.14. Vaccines, Immunization and National Immunization Program (NIP)
- 4.15. Major killer diseases
- 4.16. Developmental milestones
- 4.17. Growth monitoring
- 4.18. Community based Integrated management of neonatal and childhood illness (CB-IMNCI)
- 4.19. Breast feeding and Supplementary/Complementary feeding
- 4.20. Nutritional requirement in various age group, pregnant and lactating mothers
- 4.21. Nutritional deficiencies and management- Vitamins A, B, C, D, Iron, Iodine, Acute Malnutrition: Severe Acute Malnutrition (SAM) & Moderate Acute Malnutrition (MAM)

#### **5. Midwifery**

- 5.1. Anatomy and Physiology of male and female reproductive system
- 5.2. Fetal development and fetal circulation
- 5.3. Antenatal Care

- 5.3.1. Antenatal Care: Examination, Purpose, Antenatal visits and Counselling
- 5.3.2. Signs, symptoms and diagnosis of pregnancy
- 5.3.3. Physiological changes during pregnancy
- 5.3.4. Calculation of Gestational age and Expected Date of Delivery (EDD)
- 5.3.5. Danger signs
- 5.3.6. Minor and major disorders during pregnancy and their management
- 5.3.7. Birth preparedness and complication readiness
- 5.3.8. Prevention of Mother to Child Transmission (PMTCT)

#### 5.4. Intrapartum Care (Labor)

- 5.4.1. Mechanism of labor
- 5.4.2. Physiological changes during first, second and third stage of labor
- 5.4.3. Partograph
- 5.4.4. Induction and Augmentation
- 5.4.5. Active management of 3<sup>rd</sup> stage of labor
- 5.4.6. Care during 4<sup>th</sup> stage of labor
- 5.4.7. Episiotomy
- 5.4.8. Essential newborn care
- 5.4.9. Concepts of Basic Emergency Obstetric and Newborn Care (BEONC), Comprehensive Emergency Obstetric and Newborn Care (CEONC)
- 5.4.10. Abnormal labor: Occipito-posterior Position, Multiple pregnancy, Breech presentation, Pre and Post maturity, Obstructed labor
- 5.4.11. Complications during labor: Prolonged labor, Maternal and Fetal distress, Cord prolapse, Retained Placenta, Amniotic fluid embolism

#### 5.5. Postnatal Care

- 5.5.1. Physiological changes during puerperium
- 5.5.2. Postnatal care: Examination, Purpose, Postnatal visits and Counselling
- 5.5.3. Danger signs during puerperium and newborn period
- 5.5.4. Baby friendly hospital initiatives
- 5.5.5. Helping baby breathe
- 5.5.6. Disorders during puerperium and its management
  - 5.5.6.1. Minor disorders: After pain, Fourth days blue/Postpartum blues, Retention of urine, Sub involution of uterus, Constipation and Hemorrhoids
  - 5.5.6.2. Major disorders: Puerperal pyrexia, Puerperal sepsis, Post Partum Hemorrhage, Urinary tract infection and incontinence of urine, Vulval hematoma, Pulmonary embolism, Post natal depression and psychosis
  - 5.5.6.3. Common breast problems
- 5.5.7. Kangaroo Mother Care
- 5.5.8. Major and minor disorders of newborn: Physiological jaundice, Pathological jaundice, Neonatal tetanus, Neonatal sepsis, Respiratory distress syndrome, Hypothermia, Hypoglycemia, Oral thrush
- 5.5.9. Congenital Abnormalities of Newborn

#### 5.6. National Safe Motherhood Program

#### 5.7. Nursing Care of Gynecological Problems:

- 5.7.1. Abnormal Menstrual Bleeding
- 5.7.2. Pelvic organ prolapse
- 5.7.3. Vesico-Vaginal Fistula
- 5.7.4. Sexually transmitted infections
- 5.7.5. Cancer of breast and cervix
- 5.7.6. Sub fertility/Infertility

- 5.7.7. Safe Abortion Services
- 5.7.8. Infections of female reproductive system

## **6. Child Health Nursing**

- 6.1. Major developmental milestones and tasks of different stages of children
- 6.2. Promoting optimum development of children
- 6.3. Major killer diseases
- 6.4. Common health problems in children and their prevention, nursing management
- 6.5. Nursing care of critically ill children

## **7. Behavioral Science**

- 7.1. Psychology and human behavior
- 7.2. Theories of effective learning
- 7.3. Mental health problems
  - 7.3.1. Classification of mental disorders
  - 7.3.2. Characteristics of mentally ill patient
  - 7.3.3. Management of client with mental disorders

## **8. Leadership and Management**

- 8.1. Principles and functions of management
- 8.2. Management process
- 8.3. Leadership styles
- 8.4. Communication
- 8.5. Health planning, budgeting and monitoring
- 8.6. Health insurance
- 8.7. Sustainable development goals
- 8.8. Job description of different level of nursing personnel
- 8.9. Organizational structure of health services (Federal, Provincial and Local level)
- 8.10. Rights and policies related to health in The Constitution of Nepal
- 8.11. Civil service Act (Province and local level)
- 8.12. Public health act and regulations (Federal and provincial)
- 8.13. Local government operation Act 2074
- 8.14. General information on The Prevention of Corruption Act 2059
- 8.15. General information on public procurement
- 8.16. Provincial good governance (Management and Operation) Act, 2076 and Regulation 2079

### Model Question (MCQs)

1. A leader who involves subordinates in the decision-making process is:  
A. Autocratic leader  
B. Federal leader  
C. Democratic leader  
D. Situational leader
2. Which of the following condition may result in anemia?  
A. Pneumonia  
B. Diarrhea  
C. Cholera  
D. Hookworm infestation
3. Which of the following method of health teaching is most effective for behavior change?  
A. Role play  
B. Panel discussion  
C. Group discussion  
D. Lecture
4. The **Sustainable Development Goals (SDGs)** have total ..... Global goals.  
A. Seventeen  
B. Twenty-five  
C. Twenty  
D. Thirty

### Model Question (Subjective)

1. Define balanced diet. Discuss protein energy malnutrition in brief. (2+3=5)
2. What is Primary Health Care (PHC)? List the principle of PHC. (2+3=5)
3. Explain in detail the steps of epidemiological investigation. (10)