

**प्रदेश लोक सेवा आयोग**  
**कोशी प्रदेश, विराटनगर, नेपाल**  
 प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, कम्युनिटी नर्सिङ्ग समूह, सातौँ तहका पदको खुला, अन्तर स्थानीय तह तथा अन्तर तह प्रतियोगितात्मक लिखित परीक्षाको  
**पाठ्यक्रम**

पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छ :

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामूहिक परीक्षण र अन्तर्वार्ता	४०

**परीक्षा योजना (Examination Scheme)**

**१. प्रथम चरण (First Phase)**

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्क	समय
प्रथम	सेवा सम्बन्धी सामान्य विषय	१००	४०	वस्तुगत: बहुवैकल्पिक प्रश्न (MCQs)	१०० प्रश्न X १ अंक	१ घण्टा ३० मिनेट
द्वितीय	सेवा सम्बन्धी प्राविधिक विषय	१००	४०	विषयगत (Subjective)	१० X १० अंक	३ घण्टा

**३. अन्तिम चरण:- सामूहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)**

विषय	पूर्णाङ्क	परीक्षण प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल ( Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	-

**द्रष्टव्य:-**

- यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा अन्तिम चरण (सामूहिक परीक्षण र अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
- प्रश्न पत्र अंग्रेजी वा नेपाली 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।

५. परीक्षा हलमा मोबाइल फ़ोन, स्मार्ट वाच, हेडफोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाईने 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 अङ्क भार र संख्या देहाय अनुसार हुनेछः

प्रथम पत्रका ईकाई	१	२	३	४	५	६	७	जम्मा
प्रश्न संख्या	२०	१०	१०	२५	१५	१०	१०	१००
द्वितीय पत्रका खण्ड	A			B		C	D	
पाठ संख्या	१	२	३	४	५	६	७	८
अंक भार	१०	१०	१०	२०	१०	१०	२०	१०
								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 चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्तामा सम्मिलित गराइने छ ।
१२. प्रथम चरणको लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।
१३. पाठ्यक्रम लागू हुने मिति:- २०८०/०६/३०

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पाठ्यक्रम

**प्रथम पत्र (Paper I): सेवा सम्बन्धी सामान्य विषय (General Subject)**

**1. Nursing Concept & Principles**

- 1.1 Nursing Theory
  - 1.1.1. V. Henderson
  - 1.1.2. D. Orem
  - 1.1.3. Roy's
  - 1.1.4. Florence Nightingale
- 1.2. Nursing Process
  - 1.2.1. Steps of Nursing process
- 1.3. Pain and Stress management
  - 1.3.1. Nursing Management
  - 1.3.2. Medical Management
- 1.4. Holistic Health Care
  - 1.4.1. Components of holistic health care
  - 1.4.2. Methods of holistic care
  - 1.4.3. Alternative medicines
- 1.5. Creativity in Nursing
  - 1.5.1. Methods of creativity
  - 1.5.2. Barriers of creativity
- 1.6. Professional Development
  - 1.6.1. Nursing ethics
  - 1.6.2. Professional and clients' right
  - 1.6.3. Legal Right
  - 1.6.4. ICN code of Nursing
  - 1.6.5. ICM code of Nursing
  - 1.6.6. Nursing Association of Nepal (N.A.N.)
  - 1.6.7. Nepal Nursing Council (N.N.C.)
  - 1.6.8. Medical Education Commission
  - 1.6.9. Laws related to health and nursing
    - 1.6.9.1. Medico legal case
    - 1.6.9.2. Disposal of dead body
    - 1.6.9.3. Organ transplantation
    - 1.6.9.4. Narcotic Drugs
    - 1.6.9.5. Abortion legalization
    - 1.6.9.6. Safe motherhood and reproductive health rights act 2075

**2. Behavioral Science and Psychology applied in Nursing**

- 2.1. Major cultural groups and their health seeking behavior
- 2.2. Factors affecting health of the people.
  - 2.2.1. Socio economic conditions
  - 2.2.2. Education

- 2.2.3. Politics
- 2.2.4. Gender
- 2.2.5. Physical environment
- 2.3. Social problems in Nepal
  - 2.3.1. Migration
  - 2.3.2. Poverty
  - 2.3.3. Unemployment
  - 2.3.4. Substance abuse
  - 2.3.5. Prostitution
  - 2.3.6. Domestic Violence and Gender based violence
  - 2.3.7. Child abuse / Exploitation
  - 2.3.8. Gender discrimination
  - 2.3.9. Girl trafficking
- 2.4. Psychology applied to Nursing
  - 2.4.1. Characteristics of human behavior
  - 2.4.2. Causes of behavioral changes
  - 2.4.3. Emotional development
  - 2.4.4. Control of emotions
- 3. Education Science in Nursing**
  - 3.1. Teaching and Learning
    - 3.1.1. Principles and factors affecting teaching / Learning
  - 3.2. Roles and Responsibilities of a Teacher/facilitator
  - 3.3. Teaching Methods and Medias
    - 3.3.1. Teaching methods
      - 3.3.1.1. Microteaching problems
      - 3.3.1.2. Evidenced based learning
      - 3.3.1.3. Self directed learning
      - 3.3.1.4. Seminar/Symposium exhibition
      - 3.3.1.5. Case study
    - 3.3.2. Medias
      - 3.3.2.1. Audio Aids
      - 3.3.2.2. Video Aids
      - 3.3.2.3. Audio / Video Aids
  - 3.4. In-service Education
    - 3.4.1. Need Assessment
    - 3.4.2. Planning, organizing & conducting
    - 3.4.3. Class room teaching
    - 3.4.4. Clinical Teaching
    - 3.4.5. Clinical Mentoring
    - 3.4.6. Evaluation and Feedback
  - 3.5. Components of Curriculum Development
  - 3.6. Evaluation
    - 3.6.1. Types and characteristics of evaluation tools
- 4. Health Care Management**
  - 4.1. Management
    - 4.1.1. Concept, principles, theories of health care management
    - 4.1.2. Stakeholders analysis, SWOT Analysis

- 4.2. Planning
  - 4.2.1. Elements, process
  - 4.2.2. Benefits and Limitation
- 4.3. Organization
  - 4.3.1. Types, Principles, elements
- 4.4. Organizational behavior
  - 4.4.1. Group Dynamic
  - 4.4.2. Communication
  - 4.4.3. Organizational conflict and management (Problem solving)
- 4.5. Quality Assurance Management
- 4.6. Leadership
  - 4.6.1. Theories
  - 4.6.2. Types
  - 4.6.3. Functions
  - 4.6.4. Characteristics
- 4.7. Supervision and monitoring
  - 4.7.1. Concept
  - 4.7.2. Purpose
- 4.8. Personnel development
  - 4.8.1. Motivation
  - 4.8.2. Morale
  - 4.8.3. Leadership and decision making
- 4.9. Human Recourse Development
  - 4.9.1. Elements, steps
  - 4.9.2. Production/distribution
- 4.10. Health Economics
  - 4.10.1. Concepts
  - 4.10.2. Demand and supply
  - 4.10.3. Cost benefit and cost effectiveness in Nursing Management
  - 4.10.4. Application in Nursing service
- 4.11. Health Information Management
- 4.12. Disaster Management
- 4.13. Job description
- 4.14. National Policies and plans
  - 4.14.1. National Health Policy
  - 4.14.2. Nepal Health Sector Strategy
  - 4.14.3. Sustainable development goals (SDGs)
  - 4.14.4. The Constitution of Nepal
  - 4.14.5. Health related fundamental rights and related legislation
  - 4.14.6. Civil Service Acts and regulations (Federal, Provincial and Local Level)
  - 4.14.7. Public Health Services Act 2075 and Public Health Service regulation 2077
  - 4.14.8. Koshi Province Public Health Act 2077
  - 4.14.9. Local government operation Act 2074
  - 4.14.10. General information on Public Procurement
  - 4.14.11. The Prevention of Corruption Act 2059
  - 4.14.12. Right to Information Act, 2064 (2007)

- 4.14.13. Provincial Good Governance (management and operation) act 2076 and regulations 2079
- 4.14.14. Current Periodic Plan (National and Provincial)
- 4.14.15. Health System and its governance in the federal context
- 4.14.16. Provincial financial procedure and fiscal accountability
- 4.14.17. Federation, Province and Local level (Coordination and Interrelation) Act, 2077
- 4.14.18. Consumer protection act 2075
- 4.14.19. International Health Regulations (IHR)

## **5. Research & Statistics**

- 5.1. Research Terminology
  - 5.1.1. Variables
  - 5.1.2. Principles
  - 5.1.3. Hypothesis
  - 5.1.4. Operational definitions
  - 5.1.5. Limitations & Delimitations
  - 5.1.6. Validity & Reliability
- 5.2. Ethics & Regulations in Health & Nursing Research
  - 5.2.1. Ethics in Research.
  - 5.2.2. National Ethical guidelines in Health research in Nepal (NHRC)
- 5.3. Methodology
  - 5.3.1. Types of research
  - 5.3.2. Sources of health information, Health information system
  - 5.3.3. Sampling Techniques
  - 5.3.4. Method of data collection
  - 5.3.5. Tabulation, graphic and diagrammatic presentation of data
  - 5.3.6. Statistical methods: Measures of central tendency, Measures of variability
  - 5.3.7. Development of Instrumentation
  - 5.3.8. Statistical Data analysis (Parametric and Non-parametric test)
  - 5.3.9. Report writing & Dissemination
- 5.4. Evidence based planning, implication of research policy and research design
- 5.5. Importance of Research in Nursing service

## **6. Applied Health Sciences**

- 6.1. Anatomy and physiology
  - 6.1.1. Cardiovascular System
  - 6.1.2. Respiratory system
  - 6.1.3. Digestive system
  - 6.1.4. Muscular skeletal system
  - 6.1.5. Nervous system
  - 6.1.6. Special senses
  - 6.1.7. Reproductive system
  - 6.1.8. Endocrine system
- 6.2. Pharmacology
  - 6.2.1. Principles of pharmacy kinetics and pharmacy dynamic
  - 6.2.2. Important Drugs and their actions
  - 6.2.3. List of essential Drugs as specified by WHO/ DDA (Department of Drug Administration)
  - 6.2.4. Life-saving drugs

- 6.3. Patho- physiology
  - 6.3.1. General concepts of necrosis
  - 6.3.2. Inflammation, oedema
  - 6.3.3. Thrombosis and Embolism
  - 6.3.4. Fluid and electrolyte balance
  - 6.3.5. wound – healing
  - 6.3.6. Neoplasms
  - 6.3.7. Antigens and antibodies
- 6.4. Microbiology
  - 6.4.1. Classification of Micro – organism
  - 6.4.2. Microbial Morphology and the process of:
    - 6.4.2.1. Drug sensitivity testing
    - 6.4.2.2. Opportunistic infections
    - 6.4.2.3. Pathogens
    - 6.4.2.4. Bacterial toxins
  - 6.4.3. Overview and methods of sterilization
- 6.5. Biochemistry
  - 6.5.1. Digestion and absorption of carbohydrate, protein and fat
  - 6.5.2. Malabsorption of micro and macronutrients
  - 6.5.3. Classifications of vitamins and requirement of different age group
- 6.6. Nutrition
  - 6.6.1. Assessment of Nutrition status
  - 6.6.2. Therapeutic diet in various medical conditions
  - 6.6.3. Menu planning & calculation of calorie for different age group
  - 6.6.4. Food belief & practice
  - 6.6.5. Common Nutritional deficiency disorders

## **7. Mental Health**

- 7.1. Concept of mental health / Illness
  - 7.1.1. Neuroses
  - 7.1.2. Psychoses
  - 7.1.3. Mental Retardation
  - 7.1.4. Epilepsy
  - 7.1.5. Alcohols and Drug abuse
  - 7.1.6. Psychosexual problems
- 7.2. Role and Responsibilities of Nurse in:
  - 7.2.1. Primordial Prevention
  - 7.2.2. Primary Prevention
  - 7.2.3. Secondary Prevention
  - 7.2.4. Tertiary prevention
- 7.3. Modality of Treatment
  - 7.3.1. Drug therapy
  - 7.3.2. ECT
  - 7.3.3. Counseling
  - 7.3.4. Diversional Therapy
  - 7.3.5. Legal Responsibilities
  - 7.3.6. Emergency management of violent patient
- 7.4. Common Mental Health problems in Nepal

**Model questions:**

1. The test instrument measures what it is intended to measure is called:  
A) Validity      B) Reliability      C) Objectivity      D) Positive predictive value
2. While planning of in-service education program, focus should be on –  
A) Need of staff    B) Specific program    C) Orientation      D) Evaluation
3. Adoption theory is developed by:  
A) Henderson      B) Orem              C) Roy's              D) Florence Nightingale
4. Providing physical, mental, social and spiritual care is called ....  
A) Primary care    B) Secondary care    C) Holistic health care    D) Health for all
5. 10. Assessment is one of the components of:  
A) Nursing Theory                      B) Creativity of Nursing  
C) Professional Development          D) Nursing process



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पाठ्यक्रम

द्वितीय पत्र (Paper II) : सेवा सम्बन्धी प्राविधिक विषय (Technical Subject)

### Section A

#### 1. Concept of health/disease/health illness continuum /PHC

- 1.1. Determinants of health, Health Illness continuum
- 1.2. Responsibilities of Individual, family, community for health
- 1.3. Concept, Principles and Elements of PHC
- 1.4. Basic health care package
- 1.5. Environmental sanitation, pollution and waste disposal

#### 2. Community diagnosis and Community participation

- 2.1. Concept, Steps and Process of Community diagnosis
- 2.2. Concept, Process, Barriers and resource mobilization in community participation
- 2.3. Communication principles, process and barriers

#### 3. Community health Nursing Management

- 3.3. Planning
- 3.4. Organizing
- 3.5. Implementing/follow up
- 3.6. Supervision & monitoring
- 3.7. Evaluating
- 3.8. Referral

### Section B

#### 4. Family Planning and Reproductive Health

- 4.1. Overview and concepts reproductive Health
- 4.2. Components of reproductive health
- 4.3. Life cycle approach in reproductive health care
- 4.4. Fertility and family planning
- 4.5. Contraceptive use, method mix and unmet need of contraceptives in Nepal
- 4.6. Adolescent Sexual and reproductive health
- 4.7. RH Morbidities
- 4.8. Safe Abortion Services and post abortion contraception
- 4.9. PHC outreach program

#### 5. Safe motherhood and newborn care

- 5.1. Antenatal care
- 5.2. Birth preparedness package and complication readiness
- 5.3. Basic Emergency Obstetric Care
- 5.4. Comprehensive Emergency Obstetric Care
- 5.5. Post abortion care
- 5.6. ANC to PNC Continuum of care
- 5.7. Essential newborn care
- 5.8. Aama Program

- 5.9. Role and Responsibilities of public health nurses

### Section C

#### 6. Epidemiology

- 6.1. Health Indicators (morbidity and mortality)
- 6.2. Epidemiological approach & methods.
- 6.3. Epidemiological Investigation and disease outbreak management
- 6.4. Epidemiological study designs
- 6.5. Epidemiology of occupational hazards
- 6.6. Preventive measures of occupational hazards

### Section D

#### 7. Special health program in Nepal

- 7.1. Child Health and National Immunization Program
- 7.2. Community based-Integrated Management of Neonatal & Childhood Illness (IMNCI)
- 7.3. Nutrition
- 7.4. Health Insurance (Health Insurance Board)
- 7.5. Water Quality Surveillance
- 7.6. Health related response to COVID-19 Pandemic
- 7.7. Geriatric & gender-based violence
- 7.8. Social Health Security
- 7.9. *Bipanna Nagarik Ausadhi Upchar*
- 7.10. Female Community Health Volunteer (FCHV)
- 7.11. Health Information
- 7.12. Logistic Management
- 7.13. Public procurement system in Nepal
- 7.14. Local government operation Act 2074

#### 8. Common communicable and non-communicable diseases

- 8.1. Communicable diseases: TB, Leprosy, Malaria, Kala-azar, Japanese Encephalitis, **Dengue, Lymphatic Filariasis**, HIV/AIDS, STI, Infective hepatitis, Water borne diseases
- 8.2. Non-communicable diseases: Heart Disease, Diabetes, Cancer, Mental Health Problems, Hypertension

### Model Questions

1. Draw the National Immunization Schedule of Nepal and discuss the challenges of expanded program of immunization. 3+7=10
2. Discuss the Role and Responsibilities of a Public Health Nurse in Strengthening Safe Motherhood program in Nepal. 10