

स्टाफ नर्स पदको खुल्ला प्रतियोगिताको लिखित परीक्षाको पाठ्यांश



समुह-क

१. सामाजिक अध्ययन

- भौगोलिक आधारमा नेपालको विभाजन र यसका विशेषताहरू
- (नेपालको प्राकृतिक सम्पदा, जलस्रोत, वन, खानी र जलवायु)
- नेपालको इतिहास पृथ्वीनारायण शाहदेखि हालसम्मका महत्वपूर्ण घटनाहरू
- नेपालका प्रमुख चाडपर्व, धर्म र संस्कृति
- वातावरण प्रदूषण, जनसंख्या वृद्धि र शहरीकरण यसका कारण र निवारण
- नेपालको संविधान र यसको विकासक्रम

२. सुशासन र नागरिक अधिकार

- सुशासन र नागरिक अधिकारको महत्व र आवश्यकता
- अख्तियार दुरुपयोग अनुसन्धान आयोग र राष्ट्रिय सतर्कता केन्द्रको काम, कर्तव्यअधिकार
- प्रशासनमा संचार र विद्युतीय शासन (e-governance) को आवश्यकता र यसको महत्व
- सार्वजनिक उत्तरदायित्व

३. बोध र अभिव्यक्ति:

संक्षेपीकरण, विस्तृतीकरण, बुदा टिपोट, सारांश, टिप्पणी लेखन, अनुच्छेद लेखन वा बोध प्रश्नहरूका माध्यमबाट गहनतम ढंगले बोध र अभिव्यक्ति विषयको क्षमता परीक्षण,

४. सार्वजनिक प्रशासन

- सार्वजनिक प्रशासनको अर्थ, उद्देश्य र यसको कार्यक्षेत्र
- कर्मचारीतन्त्रको आवधारणा र परिभाषा, कर्मचारीतन्त्रका प्रकारहरू
- प्रशासनमा कर्मचारीतन्त्रको स्थान
- कर्मचारी प्रशासनका विविध पक्षहरू (नियुक्ति देखि निवृत्त सम्म)
- कार्यलय व्यवस्थापन सम्बन्धी आधारभूत ज्ञान: दर्ता, चलानी, रेकर्डिङ, फाइलिङ, पत्रव्यवहार टिप्पणी र जनसम्पर्क
- शैक्षिक प्रशासन अर्थ उद्देश्य र कार्यक्षेत्र
- लेखा र जिन्सी श्रेष्ठा सम्बन्धी सामान्य जानकारी
- अख्तियार दुरुपयोग अनुसन्धान आयोग र राष्ट्रिय सतर्कता केन्द्रको सामान्य जानकारी

५. संविधान एन नियम

- नेपालको संविधान २०७२
- मूलभूत विशेषताहरू कार्यपालिका व्यवस्थापिका र न्यायपालिका
- मौलिक हक निर्देशक सद्धान्त र राज्यका नीतिहरू
- मानवअधिकार
- नागरिक चेतना जनताका कर्तव्य र जिम्मेवारीहरू
- कानूनको शासन लोकतान्त्रिक मूल्य र मान्यता समावेशिकरण समानुपातिक प्रतिनिधित्व र सकारात्मक विभेद
- सुकुना बहुमुखी क्याम्पसको विधान २०७७
- सार्वजनिक खरिद ऐन

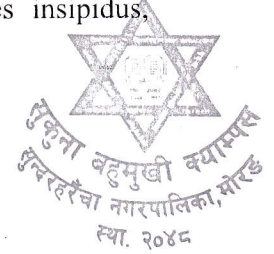
क्याम्पस प्रमुख



Anatomy and Physiology

- 1.1 Organs and functions of different body system
 - 1.1.1 Skeletal System
 - 1.1.2 Muscular System
 - 1.1.3 Respiratory System
 - 1.1.4 Circulatory System
 - 1.1.5 Digestive System
 - 1.1.6 Urinary System
 - 1.1.7 Reproductive System
 - 1.1.8 Nervous System
 - 1.1.9 Structure and functions of skin
 - 1.1.10 Cardiovascular system
 - 1.1.11 Endocrine system
 - 1.1.12 Sense organ system
 - 1.2 Body temperature regulation
 - 1.2.1 Conduction; Convection; Radiation
 - 1.2.2 Excretion (excretion)
 - 1.3 Organisms and parasites
 - 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi
 - 1.4 Factors affecting microorganisms
 - 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients
 - 1.5 Mechanism of acid-base balance
 - 1.5.1 Electrolyte
 - 1.5.2 Relationship with respiration
 - 1.5.3 Relation with excretion
 - 1.6 Fluid and electrolyte replacement
 - 1.6.1 Oral rehydration solution
 - 1.6.2 Intra venous therapy
 - 1.7 Pharmacokinetics
 - 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs
 - 1.8 Drugs acting on endocrine system
 - 1.8.1 Insuline
 - 1.8.2 Oral hypoglycemic drug
 - 1.8.3 Male and female sex hormone
 - 1.9 Uses of essential drugs in Nepal
- 2. Fundamentals of Nursing**
- 2.1 Basic needs of clients - Maslow's Hierarchy of need
 - 2.2 Nursing process
 - 2.3 Procedure used in Physical Assessment
 - 2.4 Routes of administration of drug ; Oral & Parental
 - 2.5 First aid treatment : Drowning; Bites; Choking; Hemorrhage; Poisoning; Burn
 - 2.6 Purpose, principle and methods of sterilization of different goods
 - 2.7 Roles and responsibilities of nurses
 - 2.8 National and international professional organization and its code of ethic
 - 2.8.1 International Council of Nurses (ICN)
 - 2.9 Stress and coping with stress
- 3. Nursing care of the Adult**
- 3.1 Medical/surgical nursing management of the disease condition in different body system
 - 3.1.1 Nervous System : Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury
 - 3.1.2 Respiratory System : Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism
 - 3.1.3 Urinary system : Urinary Tract Infection (UTI), Nephrotic syndrome,

- Renal calculi, Renal failure, Prostatic hyperplasia
- 3.1.4 Digestive System : Peptic ulcer, Esophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis
- 3.1.5 Cardiovascular System : Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases
- 3.1.6 Endocrine disorders : Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus
- 3.2 Nursing care of gynecological & breast disorder
 - 3.2.1 Disorder of uterine bleeding
 - 3.2.2 Cystocele and Rectocele
 - 3.2.3 Uterine prolaps
 - 3.2.4 Vesico Vaginal Fistula (VVF)
 - 3.2.5 Infection of genital tract
 - 3.2.6 Sexually Transmitted Disease (STD)
 - 3.2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)
 - 3.2.8 Breast disorder
 - 3.2.9 Infertility
- 3.3 Care of eye, ear and nose
 - 3.3.1 Eye : Conjunctivitis, Blephritis, Corneal ulcer, Foreign body in eye, Cataract, Claucoma
 - 3.3.2 Ear : Foreign body, Otitis media, Mastoiditis, Menier's disease
 - 3.3.3 Nose : Foreign body, Sinusitis, Epistaxis
 - 3.3.4 Throat : Foreign body, Laryngitis, Tonsillitis, Pharynxitis
- 3.4 Mental health problem in Nepal
- 3.5 Nurse's - responsibilities in helping the individual and family in crisis
- 3.6 Service afford to the disabled individual during the rehabilitation
- 3.7 Problem cause by immobility and their prevention



4. Community Nursing

- 4.1 Factors influencing health in Nepal
- 4.2 Elements of primary health care
- 4.3 Five basic principle of Primary Health Care (PHC)
- 4.4 Important and steps of home visit
- 4.5 Nursing in community
 - 4.5.1 Maternal Child Health & Family Planning (MCH & F)
 - 4.5.2 School health
 - 4.5.3 Public health nursing service
 - 4.5.4 Industrial health Nursing
 - 4.5.5 Mental health Nursing
 - 4.5.6 Geriatric Nursing
 - 4.5.7 Rehabilitation Nursing
- 4.6 Source of Nutrients
- 4.7 Communication
- 4.8 Epidemiology concepts of:
 - 4.8.1 Infection, Epidemic, Sporadic & Pandemic
 - 4.8.2 Communicable and non communicable disease
- 4.9 Immunization
 - 4.9.1 Cold chain
 - 4.9.2 Type of vaccine
- 4.10 Various health indicator and statistics
- 4.11 Environmental sanitation
 - 4.11.1 Method of refuse disposal
 - 4.11.2 Transmission of feacal borne disease
- 4.12 Method of sewage disposal
- 4.13 Water-sources and purification of water



- 4.14 Ways and means of public relation
- 4.15 Role of nurses in community organization
- 4.16 Principle, methods and media of health education
- 4.17 Roles and function of the nurses in family health care.
- 4.18 Home delivery: Preparation, Care of the mother, Care of the baby
- 4.19 Family planning
 - 4.19.1 Population problem and need of it in Nepal
 - 4.19.2 Methods of Family Planning : Behavioral, Chemical, Mechanical, Physiological, Voluntary surgical contraception (VSC)
- 4.20 Nutritional deficiencies diseases : Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia

5. Behavioral Science

- 5.1 Factors and theories of effective learning
- 5.2 Characteristic of mentally health assessment
- 5.3 Component of mental health assessment
- 5.4 Classification of mental disorders: Psychosis; Neurosis; Personality disorder; Mental retardation

6. Leadership and Management in Nursing

- 6.1 Leadership and management : Leadership style; Factor affecting leadership; Management process
- 6.2 Delivery of health care services
 - 6.2.1 Organizational structure of government and nongovernment health service
 - 6.2.2 Integrated health services
 - 6.2.3 Co-operation and collaboration of multisectoral groups and agencies in Nepal
- 6.3 Health Planning
 - 6.3.1 National health planning and concept of National Health System
 - 6.3.2 Categories of different level of health personnel in Nepal
 - 6.3.3 Jon Description of different level of nursing personnel

प्रश्न योजना

पूर्णाङ्क : १००

सबै प्रश्नहरू अनिवार्य हुनेछन्।

सबै खण्डबाट प्रतिनिधित्व हुने गरी देहाय अनुसार प्रश्नहरू सोधिनेछन्।

क. प्रश्न १० x ५ अङ्क = ५०

ख. प्रश्न ३ x १० अङ्क = ३०

ग. प्रश्न २० x १ अङ्क = २० (बहुवैकल्पिक)

जम्मा १००

क्याम्पस प्रमुख