

काठमाडौं महानगरपालिका
प्राविधिक सेवा, स्वास्थ्य समूह, सहायक पाँचौं तह, अ.न.मी पदको खुल्ला र आन्तरिक प्रतियोगितात्मक
लिखित परीक्षाको पाठ्यक्रम ।

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme) विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	१००X१ = १००	१ घण्टा १५ मिनेट

द्वितीय चरण	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य :

(१) पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छन् । Course Unit	Number of Questions
1	8
2	8
3	20
4	10
5	20
6	4
7	10
8	6
9	10
10	4

गल्ती गरेको प्रश्नोत्तरका लागि २० प्रतिशत अंक कटौत गरिनेछ ।

पाठ्यक्रम लागु मिति: २०७३-०२-२४

1. Fundamentals of Nursing:

- 1.1. Basic needs of clients
- 1.2. The nursing process
- 1.3. Common nursing procedures used in the hospital
- 1.4. Stress and coping mechanism
- 1.5. First aid treatment
- 1.6. Administration of drugs: Different routes
- 1.7. Infection prevention and universal precaution: Importance, types, Method
 - Different types of micro-organisms
 - Hand washing
 - Gloving
 - Decontamination
 - Disinfection
 - Sterilization
- 1.8. Methods of collecting different specimen for routine and culture test

2. Anatomy and Physiology including Applied Science

- 2.1. Anatomy and Physiology of all body systems and organs
- 2.2. Applied Science related to body: Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat,
- 2.3. Fluid and electrolyte, Osmosis, Diffusion, Acid base balance, Rehydration therapy,
- 2.4. Common drugs: its action side effects and nursing considerations.

3. Medical/Surgical Nursing

- 3.1 Developmental tasks of different stages
- 3.2 Application of nursing process in management of diseases
- 3.3 Common diagnostic procedures used during management
- 3.4 Definition, causes, Sign/symptoms, management including prevention of common medical and surgical disorders of:
 - Respiratory system
 - Gastro-intestinal system
 - Hepatobiliary system
 - Musculo-skeletal system
 - Cardio-vascular and hamatologic system
 - Endocrine system
 - Urinary system
 - Nervous system
 - Special sensory system

4. Community Health Nursing

- 4.1 Concepts of primary health care
- 4.2 Epidemiological concepts and approaches
- 4.3 Nutrition, deficiency diseases and management
- 4.4 Vaccination
 - Different types of vaccine
 - Storage and maintenance of vaccine
 - Immunization to children
- 4.5 Communicable diseases and management
- 4.6 Health Indicators: fertility, mortality, morbidity, disability, others..

4.7 Family planning

- Temporary methods for male and female
- Permanent methods for male and female
- Family planning counseling
- Family planning in special conditions: Adolescent, Post-abortion, Women above 35 years, Emergency contraception
- Various rates and ratio used in population education

4.8 management and prevention of health problems related to:

- Environment
- Water
- Air
- Poor housing

4.9 Health education and Communication

- Principle and importance of health education
- Methods and media used in health education
- Elements, barriers and techniques of communication

5. Midwifery

1. Antenatal care (ANC)

- 1.1 Core and annex skills of SBA
- 1.2 Physiological and psychological changes during pregnancy
- 1.3 Signs and symptoms of pregnancy.
- 1.4 Purpose and components of Antenatal care.
- 1.5 Calculation of Expected Date of Delivery (EDD) and Period of Gestation (POG).
- 1.6 Investigations during pregnancy
- 1.7 Care and health teaching during antenatal visit
- 1.8 Minor and major disorders during pregnancy its management
- 1.9 High risk factors during pregnancy and their management
- 1.10 Birth Preparedness and complication readiness
- 1.11 Drugs used in pregnancy: Tocolytic, Teratogenic, haemetenic, dewarming, anti-convulsant, antihypertensive etc

2 Labour (Intranatal)

- 2.1 Signs & symptoms; and causes of onset of labour
- 2.2 Physiological changes during first, second third and fourth stages of labour
- 2.3 Partograph: Uses, Importance and timing of referral if complication arises
- 2.4 Identification and management of complications during first, second, third and fourth stage of labor including basic emergency obstetric care (BEOC), comprehensive emergency obstetric care (CEOC), MRP
- 2.5 APGAR score
- 2.6 Essential care of newborn baby
 - Immediate care of newborn baby
 - Neonatal resuscitation
 - Care during first 24 hours
 - Care of newborn up to 28 days
- 2.7 Characteristics and examination of newborn baby
- 2.8 Episiotomy and repair: Indication, type, Time and method of suturing

- 2.9 Abnormal Labour
 - 2.9.1 Occipito posterior position
 - 2.9.2 Multiple pregnancy
 - 2.9.3 Mal presentation
 - 2.9.4 Prematurity
 - 2.9.5 Post maturity
- 2.10 Management of prolonged labour
 - 2.10.1 Cephalo pelvis disproportion (CPD)
 - 2.10.2 Trial labour
 - 2.10.3 Augmentation and Induction of labour
- 2.11 Surgical intervention during labour: indications and management
 - 2.11.1 Episiotomy
 - 2.11.2 Vacuum delivery
 - 2.11.3 Forceps delivery
 - 2.11.4 Caesarean section

3 Postnatal care

- 3.1 Definition, Principles purpose and timing of postnatal care
- 3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracked nipple, Engorged breast, Sub-involution of the uterus)
- 3.3 Major disorder during puerperium: Causes, signs and symptoms, complications and management of mother and baby
 - 3.3.1 Puerperal sepsis
 - 3.3.2 Urinary Tract Infection (UTI)
 - 3.3.3 Incontinence of urine and stool
 - 3.3.4 Puerperal haemorrhage
 - 3.3.5 Venous thrombosis
 - 3.3.6 Pulmonary embolism
 - 3.3.7 Postnatal psychosis and depression
 - 3.3.9 Major disorders of new born
- 3.4 Lactation management
 - 3.4.1 Initial early and exclusive breast feeding
 - 3.4.2 Technique and position for successful breast feeding
 - 3.4.3 Advantages of breast feeding
 - 3.4.4 Common problems of breast and their management
- 3.5 Major and Minor disorders of newborn

6. Nursing Care of Gynaecological Problems

- 6.1 Disorder of Uterine Bleeding
- 6.2 Prolapse: Cystocele, Rectocele, Uterine Prolaps
- 6.3 Obstetric fistula: Vesico Vaginal Fistula (VVF), rectovaginal fistula (RVF)
- 6.4 STD: HIV/AIDS, Gonorrhoea, Syphilis, Trichomoniasis, Candidiasis, TORCH infection
- 6.5 Infertility
 - Types
 - Causes
 - Investigation
 - Management including Assisted reproductive Techniques

7. Pediatric Nursing

- 7.1 Major developmental milestones and developmental tasks of different periods
- 7.2 Promoting optimum growth and development of children
- 7.3 Common changes and problems of adolescent
- 7.4 Major Killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles, Malaria)
- 7.5 Common health problems in children and their nursing management
- 7.6 Common health hazards in children in Nepal their prevention and management
- 7.7 Congenital disorders/disabilities
- 7.8 Role of nurses in reduction of mortality and morbidity rate of children
- 7.9 Nursing care of critically ill children
- 7.10 Management and handling of gadgets used in pediatric nursing

8. Mental Health

- 8.1 Characteristics of healthy and mentally ill patient
- 8.2 Classification and management of mental disorders and their management

9. Leadership and Management in Nursing Planning

- 9.1 Management process: Planning, Supervision, motivation, implementation and evaluation
- 9.2 Leadership style
- 9.3 Organizational structure of Government health services
- 9.4 Concept of national health system and National health planning
- 9.5 Policies, rules and regulations in management of different level of hospitals and health centres
- 9.6 Communication Process.
- 9.7 Job description of staff nurse in urban health clinic and hospital
- 9.8 Professional Letters

10. Geriatric Nursing

- 10.1 Physiological and psychological changes of elderly
- 10.2 Common geriatric problems
- 10.3 Nursing care of terminally ill