

काठमाडौं महानगरपालिका
 प्राविधिक सेवा, स्वास्थ्य समूह, पब्लिक हेल्थ आन्तरिक/खुला सहायक चौथो तह, अ. न.मि. पदको
 लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता :- २०

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

द्वितीय चरण	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

Questions from each section

- Anatomy and physiology - 14
- Nursing procedure and first aid - 10
- Family planning, Maternal and Child Health and Nutrition - 20
- Diagnosis and treatment of simple disorders - 16
- Health education and communication - 6
- Midwifery - 24
- Enviromental sanitation and home visit - 6
- Epidemiology and communicable diseases - 2
- Community diagnosis - 2

१. यथासम्भव पाठ्यक्रमको सबै एकाइहरूबाट प्रश्नहरू सोधिनेछ ।

२. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २ (दुई) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात् ०.४ अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।

३. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।

४. पाठ्यक्रम लागू मिति :- २०७३-०२-२४

(A) Anatomy and physiology

1. Names, types and functions of the different Organs of following system

- 1.1 Skeletal System
- 1.2 Muscular System
- 1.3 Digestive System
- 1.4 Circulatory System
- 1.5 Urinary System
- 1.6 Nervous System
- 1.7 Respiratory System
- 1.8 Endocrine System
- 1.9 Special Sensory System
- 1.10 Reproductive System

2. Mechanism of the different system

- 2.1 Mechanism of digestion of food
- 2.2 Mechanism of respiration
- 2.3 Mechanism related to reproductive system
- 2.4 Mechanism related to urinary system

(B) Nursing Procedure and First Aid

1. Nursing Procedure

- 1.1 Job description of Auxiliary Nurse Midwife (ANM) in Health Post, Urban health clinic, community health centre and district
- 1.2 Vital signs
- 1.3 Infection prevention and universal precaution: Importance, types, Method
 - Different types of micro-organisms
 - Hand washing
 - Gloving
 - Decontamination
 - Disinfection
 - Sterilization
- 1.4 Different nursing procedure including Catheterization, Nasogastric tube feeding etc
- 1.6 Medicine: Different routes (Essential drugs used in Health Post, health centre and Hospital)

2. First aid treatment of following condition

- 2.1 Fracture
- 2.2 Shock, Wound, Haemorrhages, Epistaxis, Scald and Burn
- 2.3 Unconscious, Fits
- 2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose

(C) Family Planning, Maternal and Child Health (MCH) and Nutrition

1. Methods of family planning

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

2. Maternal and Child Health (MCH)

2.1 Vaccination

- Different types of vaccine
- Storage and maintenance of vaccine
- Immunization to children

2.2 Milestone of child development

2.3 Examinations of children

- History taking
- Physical examination
- Growth monitoring: weight, height, mid upper arm circumference (MUAC)

2.4 Common childhood problems: causes, sign and symptoms and management according to Integrated Management of Childhood Illnesses (IMCI)

- ARI: Cough and cold, Pneumonia, Severe pneumonia
- Diarrhea: Preparation and use of ORS
- Malnutrition: Bal-vita
- Major Killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles, Malaria)

2.5 Promotion of child health and prevention of disease

- Vitamin A supplementation
- Deworming
- Polio
- Primary prevention of target diseases: Filariasis, malnutrition etc

3. Nutrition

3.1 Importance of nutrition on the growth and development of the body

3.2 Nutritional requirement in normal children, adult, pregnancy and lactating mother

3.3 Disease due to vitamin and mineral deficiency and its source

3.3.1 Vitamin "A"

3.3.2 Vitamin "B"

3.3.3 Vitamin "C"

3.3.4 Vitamin "D"

3.3.5 Vitamin E

3.3.6 Vitamin K

3.4 Iron deficiency and its management

3.5 Iodine deficiency (Goiter, cretinism, mental retardation) and its prevention

(D) Diagnosis and treatment of simple disorders

1. Nursing management of following conditions:

1.1 Diabetes

1.2 Peptic ulcer

1.3 Diarrhoea

1.4 Typhoid

1.5 Bronchial Asthma

1.6 Bronchitis

1.7 Hypertension

1.8 Heart attack: Myocardial infarction

1.9 Congestive cardiac failure

1.10 Coronary artery disease

1.11 Rheumatic fever and Rheumatic heart disease

1.12 Sexually Transmitted Disease (STD) including HIV/AIDS

1.13 Urinary Tract Infection

- 1.14 Renal failure
- 1.15 Meningitis, Encephalitis
- 1.16 Hepatitis A, B, C and E
- 1.17 Head injury
- 1.18 Infection of eye ear
- 1.19 Mental Health (Types and causes of mental problem)
- 1.20 Surgical problems: Cholecystitis, Appendicitis, Renal stone etc

(E) Health education and Communication

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

(F) Midwifery

1. Antenatal care (ANC)

- 1.1 Function of placenta
- 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, Supplemental mineral and vitamin, 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
- 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

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

(G) Environmental Sanitation and Home visit

1. Community and home visit
2. Health problems and diseases due to poor environmental Sanitation, Water pollution, Air pollution
3. Excreta disposal and its importance: Types of latrines
4. Classification and management of solid waste and health care disposal

(H) Epidemiology and communicable diseases

1. Definition and aims of epidemiology
2. Concept of diseases
3. Primary Health care (Definition, element, Basic Principles)
4. Communicable and Non communicable diseases: management, prevention and control

(I) Community diagnosis

1. Importance and methods of community diagnosis

All the best