



“समुन्नत, सुरक्षित र वातावरणमैत्री सुन्दर शहर: सुशासनयुक्त पर्यटकीय र समृद्ध तिलोत्तमा नगर”

तिलोत्तमा नगरपालिका नगर कार्यपालिकाको कार्यालय

“अन्तर्राष्ट्रिय गुणस्तर १०० प्रमाणित नगरपालिका”

लुम्बिनी प्रदेश, नेपाल



प.सं.:

च.नं.:

विषय: विद्यालय नर्सको पाठ्यक्रम सम्बन्धमा ।

प्रस्तुत विषयमा यस नगरपालिका द्वारा मिति २०८०/६/२९ गते प्रकाशित विद्यालय नर्स करारमा पदपूर्ति गर्ने सम्बन्धी सूचना बमोजिम हुने लिखित परिक्षामा देहायको पाठ्यक्रम तथा अंकभार निर्धारण गरिएको व्यहोरा जानकारीको लागि सम्बन्धित सबैमा जानकारी गराईन्छ ।

देहाय:

प्रथम चरण: लिखित परिक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या* अंक	समय
प्रथम	सेवा सम्बन्धित कार्य ज्ञान (Job Based - Knowledge)	१००	४०	वस्तुगत (Objective) बहुवैकल्पिक प्रश्न (MCQs)	५० प्रश्न x २ अंक	४५ मिनेट

द्वितीय चरण: अन्तरवार्ता

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	समय
अन्तरवार्ता	२०	-	-

पाठ्यक्रम: यसै पत्रसाथ संलग्न पाठ्यक्रम बमोजिम ।

Tilottama Municipality

७/२/८०/६/२९
भा.प्र.स.द. पोखरेल
रा.पा.अ.प.कृत



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नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ समूह, हस्तक्षेपकारी तह, स्टाफ नर्स पदको खुल्ला र
आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम ।

1. **Fundamentals of Nursing:**

- Basic needs of clients
- The nursing process
- Common nursing procedures used in the hospital
- Stress and coping mechanism
- First aid treatment
- Administration of drugs
- Infection prevention
- Methods of collecting different specimen for routine and culture test

2. **Applied Science**

- Anatomy and Physiology of all body systems and organs
- Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Diffusion, Acid base balance, Rehydration therapy, Common investigation and its significance, Microbiology, Infection diseases, Common drugs, its action and side effects.

3. **Medical/Surgical Nursing**

- Developmental tasks, Application of nursing process, Common diagnostic procedures
- Nursing management of common disease conditions including pre and post operative care. Accidents, Injuries, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Pleurisy, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Haemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia
- Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anaemia, Leukaemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes incipides, Hypertension, Fracture, Dislocation, Osteomyelitis
- Care of patient with common sensory disorders and nursing management

4. **Community Health Nursing**

- Concepts of primary health care
- Epidemiological concepts and approaches
- Nutrition, deficiency diseases and management
- Immunization
- Communicable diseases and management
- Health Indicators
- Family planning

5. **Midwifery**

- Anatomy and Physiology of male and female reproductive systems
- Antenatal, natal and post natal care of a mother



- Management of high risk mothers
- Management of minor and major disorders of pregnancy
- Diseases associated with pregnancy
- Care of new born baby with observation and assessment
- Breast care and management

6. **Nursing Care of Gynaecological Problems**

- Disorder of Uterine Bleeding
- Cystocele and Rectocele
- Uterine Prolaps
- Vesico Vaginal Fistula
- STD/HIV/AIDS
- Infertility

7. **Pediatric Nursing**

- Major developmental characteristics and milestones
- Promoting optimum development of children
- Adolescent changes and problems
- Six major killer diseases
- Common health problems in children and their nursing management
- Common health hazards in children in Nepal and their prevention
- Congenital disorders/disabilities
- Role of nurses in reduction of mortality rate of children
- Nursing care of critically ill children

8. **Mental Health**

- Management of clients with mental disorders
- Characteristics of mentally ill patient
- Classification of mental disorders

9. **Leadership and Management in Nursing Planning**

- Management process: Supervision, motivation, implementation and evaluation
- Leadership style
- Organizational structure of Government health services
- National health planning and concept of national health system
- Policies, rules and regulations in management of different level of hospitals and health centres
- Communication Process.