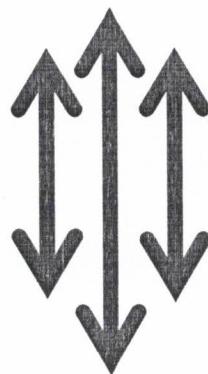


नेपाली सेना

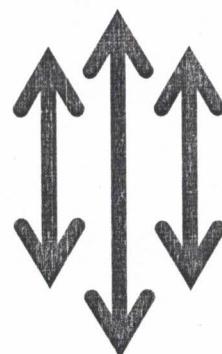
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,

जंगी अड्डा



प्रा.उ.से.सैनिक उपचारिका (खुला तथा आन्तरिक)

पदको लिखित परीक्षाको पाठ्यक्रम



२०७७

नेपाली सेना

प्रा.उ.से.सैनिक उपचारिका (खुला तथा आन्तरिक) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ४ घण्टा

पूर्णाङ्क : १५०

उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से.सैनिक उपचारिका (खुला तथा आन्तरिक) पदको उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईनेछ ।
- (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई यथासंभव समिटनेछ ।
- (घ) बस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
- (ङ) बस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
- (च) बस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
- (छ) यो पाठ्यक्रम मिति २०७७/०६/०६ गतेबाट लागु हुनेछ ।

लिखित परीक्षाको योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या अङ्क	समय
पेशा	७५	६०	बस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा
	७५		विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	९ प्रश्न x ५ अङ्क =४५	३ घण्टा
					३ प्रश्न x १० अङ्क =३०	



लिखित परीक्षाको पाठ्यक्रम

1. Basic Nursing

- 1.1 Nursing process ad its steps: Nursing assessment, nursing diagnosis, planning, implementation and evaluation of nursing care
- 1.2 Assessment of the client's health status: History taking, physical examination, measurement of height, weight and vital signs
- 1.3 Meeting safety needs
- 1.4 Promotion of comfort, rest and sleep
- 1.5 Meeting hygiene needs
- 1.6 Meeting nutritional and elimination needs
- 1.7 Infection prevention and control measures: Hand hygiene, universal precaution, disinfection and sterilization of equipment and hospital waste management
- 1.8 Emergency conditions and their first aid management: Chocking, burn, fracture, hemorrhage, shock and poisoning

2. Nursing Concepts and Principles

- 2.1 Stress and crisis and their management
- 2.2 Pain management: Physiology, assessment and management
- 2.3 Communication and its role in nurse-client relationship
- 2.4 Nursing theories of Florence Nightingale, Orem, Virginia Henderson & Faye Abdullah
- 2.5 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 2.6 Concept of rehabilitation and rehabilitation process
- 2.7 Rights of patients
- 2.8 Ethical and legal aspects in nursing

3. Adult Nursing

- 3.1 Developmental needs and tasks of young adult and middle aged adult
- 3.2 Life style of young adult and middle aged adult
- 3.3 Common health problem of young and middle aged adult and their management: Respiratory, GI, urinary, cardio-vascular, endocrine, musculo-skeletal , neurological, eye ENT gynae problems
- 3.4 Preoperative , operative and post-operative care
- 3.5 Nursing role in promotion and maintenance of the health of young and middle-aged adults

4. Geriatric Nursing

- 4.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout
- 4.2 Health promotion activities of elderly clients

Ch/As Jyoti Shrivastava ✓

- 4.3 Common cancers of elderly clients and their treatment therapies
- 4.4 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

5. Child Health Nursing

- 5.1 Concept of growth and development and assessment of children
- 5.2 Growth of body systems at different age groups from infancy, toddlerhood, pre-school, school age to adolescence
- 5.3 Developmental milestones and tasks
- 5.4 Promotion of optimum growth and developments of children
- 5.5 Care of new born: Immediate and subsequent care
- 5.6 Common health problems of children using system approach
- 5.7 Common psycho-social and behavioral problems of children
- 5.8 Role of nurse in the care of sick children
- 5.9 Stress of illness and hospitalization

6. Psychiatric Nursing

- 6.1 Mental health assessment: History taking and mental status examination
- 6.2 Treatment modalities for mental illnesses
- 6.3 Thought and mood disorders: Schizophrenia, depression
- 6.4 Neurotic and stress-related disorders
- 6.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome
- 6.6 Substance and alcohol related disorders

7. Midwifery

- 7.1 Trends and issues in midwifery
- 7.2 Concept of Family and reproductive health and related policies and strategies
- 7.3 Prenatal/antenatal care.
- 7.4 Assessment of fetal wellbeing
- 7.5 Minor and major disorders of pregnancy
- 7.6 Medical diseases associated with pregnancy: Cardiac disease, diabetes, anemia and TORCH infection
- 7.7 Health education/counseling of pregnant women
- 7.8 Pain relief measures during labor
- 7.9 Management of first, second, third and fourth stage of labor
- 7.10 Malpresentations including their diagnosis and management: Breech, shoulder, cord presentation, placenta previa and multi-fetal pregnancy
- 7.11 Obstetric emergencies and their life saving management: Intrapartum and post-partum hemorrhage, cord prolapsed and retained placenta
- 7.12 Normal puerperium and care of postnatal mother
- 7.13 Minor discomfort and major disorders of puerperium

CW *AF* *dh* ✓

8. Community Health Nursing

- 8.1 Concept of community and community health
- 8.2 Family and reproductive health
- 8.3 Community health assessment and diagnosis
- 8.4 Primary health care: Principles and elements.
- 8.5 Concept of disease causation and epidemiological approach in solving health problems
- 8.6 Levels of diseases prevention and modes of intervention
- 8.7 Family planning program and nursing responsibilities
- 8.8 National immunization policy and program
- 8.9 Nutrition program in Nepal: Major nutritional problems, food hygiene and food act
- 8.10 Diarrheal disease control program and nursing responsibilities

9. Leadership and Management

- 9.1 Principles of leadership and management
- 9.2 Concept of authority, power, responsibility and accountability
- 9.3 Change process
- 9.4 Management of resources including human resource management
- 9.5 Health management information system (HMIS)
- 9.6 Process and tools of supervision
- 9.7 Management of budget
- 9.8 Management of disaster /emergency situation and preparation of hospital for disaster management (pre, during, and post)

10. Nursing Research

- 10.1 Purpose and Significance of research in Nursing
- 10.2 Research process
- 10.3 Principles, purposes and components of research proposal
- 10.4 Principles and components of a research report
- 10.5 Basic statistics in research: Graphic presentation of data, Frequency distribution, measures of central tendency and measures of variability

C
A
M
S
✓

यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरुवाट सोधिने प्रश्नहरु निम्नानुसार हुनेछ

Section number	MCQs number	Long answer question	Short answer question
1.			
2.			$2 \times 5 = 10$
3.			
4.	25	$1 \times 1 = 10$	
5.			$3 \times 5 = 15$
6.			
7.	15		$2 \times 5 = 10$
8.	15	$2 \times 10 = 20$	
9.			$2 \times 5 = 10$
10.	20		
Total	$75 \times 1 = 75$	$3 \times 10 = 30$	$9 \times 5 = 45$

प्रयोगात्मक परिक्षाको पाठ्यक्रम

समय : ५० मिनेट

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

SN	Topic	Full marks	Time
1	History taking	10	10
2	Examination of patient	10	5
3	Nursing Procedure	20	20
4	Nursing diagnosis	2	2
5	Record and report	3	3
6	Viva	10	10
	Total	50	50

The End