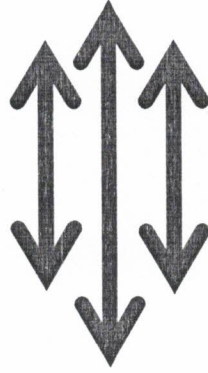
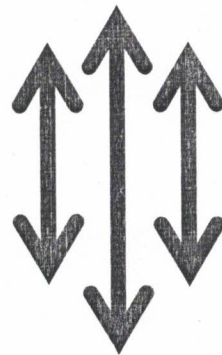


नेपाली सेना  
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,  
जंगी अड्डा



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 उम्मेदवारहरुको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरु सोधिने छ ।

(क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।

(ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईनेछ ।

(ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरुलाई यथासंभव समितनेछ ।

(घ) वस्तुगत र विषयगत संयुक्त रुपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।

(ङ) वस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।

(च) वस्तुगत 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 सम्बन्धी	७५	६०	वस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा
	७५		विषयगत (Subjective)	छोटो उत्तर	९ प्रश्न x ५ अङ्क = ४५	३ घण्टा
				लामो उत्तर	३ प्रश्न x १० अङ्क = ३०	

## लिखित परीक्षाको पाठ्यक्रम

### 1. Basic Nursing

- 1.1 Nursing process and 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: Choking, burn, fracture, hemorrhage, shock and poisoning

### 2. Nursing Concepts and Principles

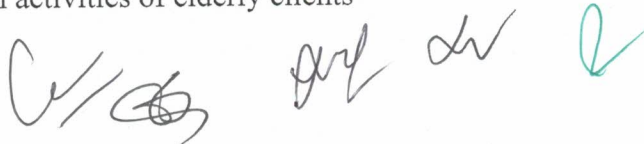
- 2.1 Stress and crisis and their management
- 2.2 Pain management: Physiology, assessment and management
- 2.3 Communication and its role in nurse-client relationship
- 2.4 Nursing theories of Florence Nightingale, Orem, Virginia Henderson & Faye Abdullah
- 2.5 Concept of holistic health/ alternative 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



- 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 postpartum hemorrhage, cord prolapsed and retained placenta
- 7.12 Normal puerperium and care of postnatal mother
- 7.13 Minor discomfort and major disorders of puerperium

## 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

*Ce* *ph* *sh* *l*

यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरू निम्नानुसार हुनेछ

Section number	MCQs number	Long answer question	Short answer question	
1.	25	1X1=10	2 x 5 = 10	
2.				
3.				
4.			3 x 5 = 15	
5.				
6.				
7.	15	2 x 10 = 20	2 x 5 = 10	
8.	15			
9.	20		2 x 5 = 10	
10.				
Total	75 x 1 = 75	3 x 10 = 30	9 x 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

