

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ समूह, सहायक चौथो तह, ब. न. मि. पदको खुला र बान्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
द्वितीय पत्र (Paper II) :-
सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)

खण्ड (Section) (A) : - ५० अङ्क

1. **Anatomy and Physiology (Structure and Functions)**
 - 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 Reproductive System
 - 1.10 Sensory System
2. **Mechanism of different system**
 - 2.1 Mechanism of digestion
 - 2.2 Mechanism of respiration
 - 2.3 Mechanism of Pulmonary circulation
3. **Fundamentals of Nursing**
 - 3.1 Role and Job description of Auxiliary Nurse Midwife (ANM)
 - 3.2 Ethical and legal responsibilities of Nurse in Nepal
 - 3.3 Nursing Procedure
 - 3.3.1 Vital signs and Physical Examination
 - 3.3.2 Prevention and treatment of bed sore
 - 3.3.3 Nutritional needs
 - 3.3.4 Catheterization
 - 3.3.5 Constipation
 - 3.3.6 Infection Prevention and Control
 - 3.3.7 Administration of Drug and Essential drugs used in Health Post, Sub-Health Post and Hospital
 - 3.3.8 First aid treatment of Poisoning, Foreign body, choking, Burn, Snake bite, Epistaxis
4. **Treatment of Simple Diseases and Disorders**
 - 4.1 Different types of micro-organisms including spore and parasites
 - 4.2 Nursing management of following conditions: Diarrhea/Dysentery; Anemia; Tuberculosis; Pneumonia; Diabetes; Rheumatic fever; Diabetes; Urinary tract infection; Meningitis, Head Injury; Worm infestation; Conjunctivitis, cataract and glaucoma; Scabies and leprosy
 - 4.3 Anxiety, Depression and Mental Retardation
5. **Community Health Nursing**
 - 5.1 National Reproductive Health Policy, Strategy and its Components
 - 5.2 Family Planning Methods
 - 5.3 Immunization
 - 5.4 Nutritional Deficiency : Malnutrition; Vitamins - A, B, C D deficiencies; Iron and Iodine deficiency
 - 5.5 Breast Feeding and Weaning food
 - 5.6 Health Education : Methods and media

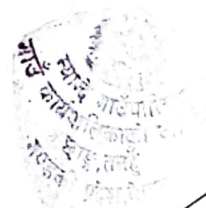
१०/११/२३
बुद्धि सागर खनाल
नि. प्रमुख प्रशासकीय अधिकृत

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, सहायक चौथो तह, ब. न. मि. पदको खुला र आन्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 5.7 Elements, techniques and barriers of communication
- 5.8 Epidemiology and Communicable Diseases
- 5.9 Growth and Development Children (infancy to adolescence)
- 5.10 Anthropometric measurement
- 5.11 Growth monitoring (Road-to-Health Card)
- 5.12 Developmental Milestone, Developmental Task, Developmental Theories
- 5.13 Common Problems of Adolescence
- 5.14 Major killer diseases (Tuberculosis, Diarrhea, ARI, Tetanus, Malnutrition, Measles)
- 5.15 CB-IMNCI
- 5.16 School Health Programme
- 5.17 Child-to-Child Approach
- 5.18 Environmental sanitation
 - 5.18.1 Mode of transmission of diseases
 - 5.18.2 Health hazards and waste management

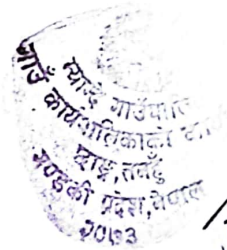
खण्ड (Section) (B) : - ५० अङ्क

- 6. **Midwifery: Antenatal Care**
 - 6.1 Antenatal Care: Examination, Purpose, Antenatal visit and Health teaching
 - 6.2 Physiological changes During Pregnancy
 - 6.3 Signs and Symptoms of Pregnancy
 - 6.4 Diagnosis of pregnancy
 - 6.5 Calculation of Last Menstrual Period (LMP), Expected Date of Delivery (EDD) and Week of Gestation (WOG)
 - 6.6 Investigations and Drugs used in Obstetrics
 - 6.7 Disorders during pregnancy and its management
 - 6.7.1 Morning sickness, Heart burn
 - 6.7.2 Constipation, Pica
 - 6.7.3 Physiological edema and varicose vein
 - 6.7.4 Pre-eclampsia and Eclampsia
 - 6.7.5 Oligo-hydraminous and Poly-hydraminous
 - 6.7.6 Pregnancy Induced Hypertension (PIH)
 - 6.7.7 Hyperemesis Gravidarum
 - 6.8 Birth Preparedness and Complication Readiness
 - 6.9 Preventing Mother to Child Transmission
 - 6.10 Safe Motherhood and Skilled Birth Attendance
 - 6.11 Pre-conception Counseling
- 7. **Midwifery: Intranatal Care (Labor)**
 - 7.1 Mechanism of Labor
 - 7.2 Physiological changes during first, second and third stages of labor
 - 7.3 Partograph
 - 7.4 Augmentation and Induction
 - 7.5 Active 3rd stage of Management
 - 7.6 Care during 4th stage of Labor
 - 7.7 Maternal and Fetal distress
 - 7.8 Episiotomy
 - 7.9 APGAR score
 - 7.10 Immediate care and examination of newborn baby
 - 7.11 Emergency Obstetric and Newborn Care (EONC)


[Signature]
२०७३/१२/२२
बुद्धि सागर खनाल
नि. प्रमुख प्रशासकीय अधिकृत

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ समूह, सहायक चौथो तह, अ. न. मि. पदको खुला र आन्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 7.11.1 Primary care
- 7.11.2 Basic Emergency Obstetric and Newborn Care (BEONC)
- 7.11.3 Comprehensive Emergency Obstetric and Newborn Care (CEONC)
- 7.12 Abnormal Labor
 - 7.12.1 Occipito-posterior Position
 - 7.12.2 Multiple Pregnancy
 - 7.12.3 Breech Presentation
 - 7.12.4 Prematurity and Post maturity
 - 7.12.5 Cephalo pelvis disproportion (CPD)
 - 7.12.6 Trial of labor (Induction)
- 7.13 Vacuum Extraction
- 7.14 Obstetrical Emergency and their management
 - 7.14.1 Post Partum Hemorrhage
 - 7.14.2 Retained placenta
 - 7.14.3 Shock
 - 7.14.4 Vulval hematoma
- 8. **Midwifery: Postnatal Care**
 - 8.1 Postnatal Care - Examination, Purpose, Postnatal visit and Health teaching
 - 8.2 Baby Friendly Hospital
 - 8.3 Helping Baby Breathe (HBB)
 - 8.4 Disorders during puerperium and its management
 - 8.4.1 After pain
 - 8.4.2 Fourth days blues
 - 8.4.3 Retention of Urine
 - 8.4.4 Postpartum Blues
 - 8.4.5 Incontinence of Urine
 - 8.4.6 Sub-involution of Uterus
 - 8.4.7 Pupal pyrexia
 - 8.4.8 Breast engorgement
 - 8.5 Essential Newborn Care
 - 8.6 Kangaroo Mother Care (KMC)
 - 8.7 Several disorders of newborn: Physiological Jaundice; Sore Buttocks; Pathological Jaundice; Projectile Vomiting; Neonatal Tetanus; Septicemia
 - 8.8 Congenital abnormalities of newborn
 - 8.8.1 Hydrocephalus
 - 8.8.2 Hirschsprung's Disease
 - 8.8.3 Undescended testes
 - 8.8.4 Imperforated anus
 - 8.8.5 Spina bifida
 - 8.8.6 Cleft lip and palate



[Signature]
बुद्धि साधन विभाग
नि. प्रमुख (प्रशासकीय अधिकृत)