

धर्मदेवी नगरपालिका

सङ्खुवासभा

स्थानीय स्वास्थ्य सेवा, नर्सिङ समूह, मिडवाइफ्री नर्सिङ उपसमूह, चौथो तह, अ.न.मी. पदको खुला प्रतियोगितात्मक

परीक्षाको पाठ्यक्रम

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

प्रथम चरण: लिखित परीक्षा

पूर्णाङ्क: १००

द्वितीय चरण: अन्तर्वार्ता

पूर्णाङ्क :- २०

**परीक्षा योजना (Examination Scheme)**

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	सेवा सम्बन्धित कार्य-ज्ञान (Job based-knowledge)	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (MCQs)	Section A: २५ प्रश्नx२ अङ्क=५० अङ्क Section B: २५ प्रश्नx२ अङ्क=५० अङ्क	४५ मिनेट

द्वितीय चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	२०	मौखिक	

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ, सोही भाषाको आधारमा नेपाली वा अंग्रेजीमध्ये कुनै एक मात्र भाषा हुनेछ । तर, विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषासमेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको गलत उत्तर दिएमा प्रत्येक गलत उत्तरबापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर, उत्तर नदिएमा त्यसबापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- वस्तुगत बहुवैकल्पिक प्रश्न हुने परीक्षामा परीक्षार्थीले उत्तर लेखदा अंग्रेजी ठूलो अक्षरहरू (Capital letters): A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षरहरू (Small letters): a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइएअनुसार हुनेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मितिभन्दा ३(तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।

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परीक्षाको पाठ्यक्रम  
प्रथम पत्र

सेवा सम्बन्धित कार्य-ज्ञान (Job based knowledge)

खण्ड (Section) (A)

- 1. Anatomy and Physiology of Different Systems and related organs (Structure, Functions, Mechanism)**
  - 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. Fundamentals of Nursing**
  - 2.1. Professional Organizations
    - 2.1.1.1. International Council of Nursing (ICN)
    - 2.1.1.2. Nepal Nursing Council
    - 2.1.1.3. Nursing Association of Nepal (NAN)
  - 2.2. Ethical and Legal responsibilities of Nurses in Nepal
  - 2.3. Nursing Process- Nursing Care Plan, Vital Signs, Physical Examination
  - 2.4. Maslow's hierarchy of basic needs
  - 2.5. Nursing Procedure
    - 2.5.1. Prevention and treatment of bed sore
    - 2.5.2. Nutritional and elimination needs
    - 2.5.3. Catheterization
    - 2.5.4. Infection Prevention and Control
    - 2.5.5. Essential drugs and Administration of drugs- Routes and Nursing responsibilities
    - 2.5.6. Pre and post operative care
    - 2.5.7. Care of dead body
  - 2.6. First aid treatments of: Fracture, Shock, Epistaxis, Foreign body in eye ear and nose, Choking, Burn, Insect bite, Snake bite, Dog bite, Poisoning.
- 3. Treatment of Simple Diseases and Disorders**
  - 3.1. Nursing management of following conditions: Diarrhea/Dysentery, Anemia, Typhoid, Tuberculosis, Pneumonia, Rheumatic fever, Hypertension, Diabetes, Urinary tract infection, Meningitis, Head injury, Worm infestation, Conjunctivitis. Cataract, Glaucoma, Eye infections, Scabies, Leprosy, Anxiety, Depression, Mania, Mental Retardation, Dengue, COVID-19
- 4. Maternal, Child Health (MCH) and Nutrition**
  - 4.1. Vaccines, Immunization and National Immunization Schedule
  - 4.2. Major killer diseases

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- 4.3. Developmental milestones
- 4.4. Growth monitoring, Nutritional deficiencies (macro and micronutrients) and their management
- 4.5. Community Based Integrated Management of Newborn and Childhood Illness (CBIMNCI)
- 4.6. Breast feeding and Supplementary /Complementary feeding
- 4.7. Nutritional requirement in various age group, pregnant and lactating mothers

#### 5. Community Health Nursing

- 5.1. Determinants of health, Modes of disease transmission
- 5.2. Communicable disease: Malaria, Kala-azar, Lymphatic Filariasis, Dengue, HIV/AIDS, Leprosy, Cholera, Typhoid, Covid-19, Chicken pox, Worm infestations, Trachoma, Measles, Rubella
- 5.3. Non-communicable diseases: Diabetes, Hypertension, Cardiovascular disease, Cancer, Chronic Obstructive Pulmonary Disease (COPD)
- 5.4. Family Planning
- 5.5. Environmental sanitation, Waste management and Health hazards due to various environmental pollution
- 5.6. Communication: technique, process, elements and barriers
- 5.7. Community Diagnosis: Methods, importance
- 5.8. Health education: Principles, methods and media

#### 6. Health Management

- 6.1. Job description of Auxiliary Nurse Midwife (ANM)
- 6.2. Principle and Functions of management
- 6.3. Supervision, monitoring and evaluation
- 6.4. Organizational structures of health services (Federal, Provincial and Local level)
- 6.5. Recording and reporting in various level of health care system
- 6.6. Rights and policies related to health in The Constitution of Nepal
- 6.7. Local government operation Act 2074 (health related provisions)

### खण्ड (Section) (B)

#### 7. Midwifery

##### 7.1. Antenatal Care

- 7.1.1. Structure and functions of female reproductive organs
- 7.1.2. Antenatal Care: Examination, Purpose, Antenatal visits and Counselling
- 7.1.3. Physiological changes during pregnancy
- 7.1.4. Fetal Development and Fetal circulation
- 7.1.5. Signs, symptoms and diagnosis of pregnancy
- 7.1.6. Calculation of Gestational Age and Expected Date of Delivery (EDD)
- 7.1.7. Investigations during pregnancy
- 7.1.8. Minor and major disorders during pregnancy and their management
- 7.1.9. Birth preparedness and complication readiness
- 7.1.10. Prevention of Mother to Child Transmission (PMTCT)
- 7.1.11. Safe Abortion Services and Post Abortion Care

##### 7.2. Intrapartum Care (Labor)

- 7.2.1. Mechanism of labor
- 7.2.2. Physiological changes during first, second and third stage of labor
- 7.2.3. Partograph
- 7.2.4. Induction and Augmentation

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7.2.5.Active management of 3<sup>rd</sup> stage of labor

7.2.6.Care during 4<sup>th</sup> stage of labor

7.2.7.Maternal and Fetal distress

7.2.8.Episiotomy

7.2.9.APGAR Score

7.2.10.Essential newborn care

7.2.11.Overview of Emergency Obstetric and Newborn Care (EONC): BEONC and CEONC

7.2.12. Abnormal labor - Occipito-posterior Position, Multiple pregnancy, Breech presentation. Pre and Post maturity, Cephalo pelvis disproportion

7.2.13.Obstetric Emergency and their management- Post Partum Hemorrhage (PPH), Retained placenta, Shock, Vulval hematoma

### 7.3. Postnatal Care

7.3.1.Postnatal care- Examination, Purpose, Postnatal visits and Counselling

7.3.2.Baby friendly hospital initiatives

7.3.3.Helping baby breathe

7.3.4.Disorders during puerperium and its management

7.3.4.1. After pain, Postpartum blues

7.3.4.2. Retention, Incontinence of urine

7.3.4.3. Sub involution of uterus

7.3.4.4. Puerperal sepsis

7.3.4.5. Breast engorgement

7.3.5.Kangaroo Mother Care

7.3.6.Disorders of newborn- Physiological jaundice, Pathological jaundice, Neonatal Tetanus, Septicemia

7.3.7. Congenital Abnormalities of Newborn- Hydrocephalus, Hirschsprung's disease, Undescended testes, Imperforated anus, Neural tube defect, Cleft lip and palate