

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, छैठौं तहको नर्सिङ्ग सुपरभाइजर पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या र अङ्कभार	समय
प्रथम	Technical subject	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	५० प्रश्न x २ अङ्क	४५ मिनेट
द्वितीय		१००	४०	विषयगत Subjective	१० प्रश्न x १० अङ्क	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	३०	मौखिक

द्रष्टव्य :

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा) र द्वितीय चरण (अन्तर्वार्ता) गरी दुई चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा तोकिए अनुसार हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्नमा प्रत्येक पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :-

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PAPER I and II

GROUP A- 20%

1 Nursing concept & Principles

- 1.1 Nursing Theory
 - 1.1.1. V. Henderson
 - 1.1.2. D. Orem
 - 1.1.3. Roy's
 - 1.1.4. Florence Nightingale
- 1.2. Nursing Process
 - 1.2.1 Steps of nursing process
- 1.3. Pain and Stress management
 - 1.3.1 Nursing Management
 - 1.3.2 Medical Management
- 1.4. Holistic Health Care
 - 1.4.1 Components of holistic health care
 - 1.4.2 Methods of holistic care
 - 1.4.3 Alternative medicines
- 1.5. Professional Development
 - 1.5.1 Nursing ethics
 - 1.5.2 Professional and client's right
 - 1.5.3 Legal Right
 - 1.5.4 ICN code of Nursing
 - 1.5.5 ICM code of Nursing
 - 1.5.6 (N.A.N.) Nursing Association of Nepal
 - 1.5.7 (N.N.C.) Nepal Nursing Council

2 Behavioral Science and Psychology applied in Nursing

- 2.1. Factors affecting health of the people with special focus to organ failure
 - 2.1.1 Socio economic conditions
 - 2.1.2 Education
 - 2.1.3 Politics
 - 2.1.4 Gender
 - 2.1.5 Physical environment
 - 2.1.6 Occupation
 - 2.1.7. Nutrition
- 2.2. Social problems in Nepal
 - 2.2.1 Organ trafficking
 - 2.2.2 Poverty
 - 2.2.3 Unemployment
 - 2.2.4 Substance abuse

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2.2.5 Violence

2.2.6 Gender bias

3 Education Science in Nursing

3.1 Teaching and Learning

3.1.1 Principles

3.1.2 Factors which affect Teaching / Learning

3.2 Roles and Responsibilities of a Teacher.

3.3 Teaching Methods and Media

3.3.1 Teaching methods

3.3.1.1 Microteaching problems

3.3.1.2 Evidenced based learning

3.3.1.3 Self directed learning

3.3.1.4 Seminar/Symposium exhibition

3.3.1.5 Case study presentation

3.3.2 Media

3.3.2.1 Audio Aids

3.3.2.2 Video Aids

3.3.2.3 Audio / Video Aids

3.4 In-service Education

3.4.1 Need Assessment

3.4.2 Planning, organizing & conducting

3.4.3 Class room teaching

3.4.4 Clinical Teaching

3.4.5 Evaluation and Feedback

GROUP B- 30%

4 Health Care Management

4.1 Management:

4.1.1 Concept, principles, theories

4.1.2 Resource management

4.2 Planning:

4.2.1 Elements, process

4.2.2 Benefits and Limitation

4.3 Organization

4.3.1 Types, Principles, elements

4.4 Organizational behavior

4.4.1 Group Dynamic

4.4.2 Communication

4.4.3 Organizational conflict and management (Problem solving)

4.5 Leadership

4.5.1 Theories

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- 4.5.2 Types
- 4.5.3 Functions
- 4.6 Supervision and monitoring
 - 4.6.1 Concept
 - 4.6.2 Purpose
- 4.7 Personnel development
 - 4.7.1 Motivation
 - 4.7.2 Morale
 - 4.7.3 Leadership and decision making
- 4.8 Health Economics
 - 4.8.1 Concepts
 - 4.8.2 Demand and supply
- 4.9 Disaster Management
- 4.10 Quality Assurance Management
- 4.11 Job description
- 4.12. Nursing management**
 - 4.12.1 Roles and responsibilities of a ward in charge
 - 4.12.2 Performance appraisal
 - 4.12.3 Conflict management
 - 4.12.4 Time management
 - 4.12.5 Quality assurance of nursing procedures
 - 4.12.6 Human resource management
 - 4.12.7 Dealing with violent patients and their visitors

GROUP C- 20%

5 Research & Statistics

- 5.1 Research Terminology
 - 5.1.1 Variables
 - 5.1.2 Principles
 - 5.1.3 Hypothesis
 - 5.1.4 Operational definitions
 - 5.1.5 Limitations & Delimitations
 - 5.1.6 Validity & Reliability
- 5.2 Ethics & Regulations in Health & Nursing Research
 - 5.2.1 Ethics in Research.
- 5.3 Methodology
 - 5.3.1 Types of research
 - 5.3.2 Sampling Techniques
 - 5.3.3 Method of data collection
 - 5.3.4 Development of Instrumentation
 - 5.3.5 Statistical Data analysis
 - 5.3.6 Report writing & Dissemination
- 5.4 Importance of Research in nursing services

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6 Applied Health Sciences

6.1 Anatomy and physiology of :

- 6.1.1 Cardiovascular System
- 6.1.2 Respiratory system
- 6.1.3 Digestive system
- 6.1.4 Nervous system
- 6.1.5 Endocrine system

6.2 Patho- physiology

- 6.3.1 Acute Tubular Necrosis
- 6.3.2 Inflammation
- 6.3.3 Thrombosis
- 6.3.4 Embolism
- 6.3.5 Wound – healing
- 6.3.6 Neoplasms
- 6.3.7 Pneumonia

7 Laws related to health, nursing

- 7.1 Medico-legal case
- 7.2 Disposal of dead body
- 7.3 Narcotic drugs

8. Advanced Nursing

- 8.1 Developmental tasks of different age groups
- 8.2 Problem solving approach in care of patient
- 8.3 Application of holistic approach in care of patient
- 8.4 Case study and case presentation

9. Nursing care of common Communicable and non communicable diseases

- 9.1 Air borne diseases
- 9.2 Sexual Transmitted Infection (STI)
- 9.3 Hypertension
- 9.4 Diabetes mellitus
- 9.5 Obesity
- 9.6 Cancer

10. Medical Surgical Nursing (Adult+ Child) Nursing Care & Management of clients suffering with diseases related to following systems

- 10.1 Genito urinary problems
- 10.2 Cardiovascular problems
- 10.3 Neurological problems
- 10.4 Hepatobiliary problems
- 10.5 Endocrine problems
- 10.6 Gastrointestinal problems
- 10.7 Respiratory problems

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GROUP D- 30%

11. Organ donation and transplantation: Pre and post transplant counseling, nursing care and responsibilities

11.1 Pre and Post transplant counseling

- 11.1.1. Important aspects in pre and post organ transplant counseling
- 11.1.2 Counseling of the bereaving families for cadaveric organ donation
- 11.1.3 Challenges in dealing with patients and families with chronic diseases and roles and responsibilities of a nurse in their management

11.2 Nursing care of the patients with chronic diseases

- 11.2.1 Common chronic diseases prevalent in Nepal with special focus on organ failure
- 11.2.2 Management of clients with renal, liver, pancreas, heart and lung failure
- 11.2.3 Emergency preparedness
- 11.2.4 Resuscitation
- 11.2.5 Nurse's roles and responsibilities in the prevention of organ failure.

11.3 Nurses' roles in organ transplantation

- 11.3.1 Indications for organ transplantation
- 11.3.2 Specific investigations of prospective organ donor and recipient
- 11.3.3 Nursing care of the patient after kidney, liver, pancreas, heart and lung transplantation
- 11.3.4 Possible complications after transplantation and their nursing management
- 11.3.5 Nursing responsibilities while administering commonly used drugs after transplantation
- 11.3.6 Concept of immunology, immunological tests (HLA, DSA, PRA, CDC), common post transplant infections and their nursing management.
- 11.3.7 Discharge teaching and follow-up of transplant recipients

11.4. Human Organ Transplant Act and Regulations

- 11.4.1. Human Organ Transplantation (Regulation and Prohibition) Act- 2055
- 11.4.2. Human Organ Transplantation (Regulation and Prohibition) Act- 2072
- 11.4.3. Human Organ Transplantation Regulations- 2073

12. General knowledge about Shahid Dharmabhakta National Transplant Center