

शहीद धर्मभक्त राष्ट्रिय प्रत्यारोपण केन्द्र
नेपाल स्वास्थ्य सेवा, जनरल नर्सिङ्ग समूह, सहायक पाँचौ तह स्टाफ नर्स पदको प्रतियोगितात्मक परीक्षाको लागि
पाठ्यक्रम
एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- २०

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

पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	Technical Subject	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न x २ अङ्क	४५ मिनेट

द्वितीय चरण (Second Phase)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	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 ।
- 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 ।
- 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: Technical subject

1. General Nursing

- 1.1 Fundamentals of Nursing:
 - 1.1.1 ICN code for nursing
 - 1.1.2 Nursing ethics
 - 1.1.3 Professional and clients' right
 - 1.1.4 Basic needs of clients
 - 1.1.5 The nursing process
 - 1.1.6 Common nursing procedures used in the hospital
 - 1.1.7 Stress and coping mechanism
 - 1.1.8 Administration of drugs

2. Infection Prevention

- 2.1 Infection
- 2.2 Medical asepsis/ surgical asepsis
- 2.3 Infection control in health care facilities
 - 2.3.1 Hand hygiene
 - 2.3.2 Sterilization
 - 2.3.3 Cleaning
 - 2.3.4 Disinfection
 - 2.3.5 Personal protective equipments
 - 2.3.6 Antimicrobial
- 2.4 Nosocomial infection
- 2.5 Standard precaution

3. Applied Science

- 3.1 Anatomy and Physiology of all body systems and organs with particular focus on urinary, cardiothoracic vascular, and hepato biliary system
- 3.2 Body mechanisms, Friction, Gravity, Newton's Law, Force, Transfer of heat, Fluid and electrolyte, Osmosis, Diffusions, Acid base balance, Rehydration therapy
- 3.3 Common investigation and its significance, Microbiology, Infection diseases, Common drugs, its action and side effects

4. Medical/Surgical Nursing

- 4.1 Developmental tasks
- 4.2 Application of nursing process
- 4.3 Common diagnostic procedures
- 4.4 Nursing management of common disease conditions including pre and post operative care.
- 4.5 Care and management of patient suffering with disease related to following system
 - 4.5.1 Respiratory problems (Pulmonary TB, Pleurisy, Pneumonia, Atelectasis, pneumothorax)

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- 4.5.2 Cardiovascular problems (Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Myocardial infarction, Hypertension, Shock, Anaemia)
 - 4.5.3 Genitourinary problems (Bladder stones, Pyelonephritis, Glumeronephritis, Nephrotic syndrome Urinary Tract Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia)
 - 4.5.4 Hepatobiliary problems (Cirrhosis of liver, Alcoholic liver disease, Acute fulminant hepatic failure, Cholelithiasis, Hepatitis)
 - 4.5.5 Gastrointestinal problems (Peptic Ulcer Disease, Peritonitis, Bowel obstruction)
 - 4.5.6 Neurological problems (Seizure disorder, Menengitis, Cerebro Vascular Accident)
 - 4.5.7 Endocrine problems (Diabetes mellitus, Diabetes incipides, Hypo thyroidism, Hyperthyroidism)
 - 4.5.8 Musculoskeletal problems (Osteoarthritis, Osteomyelitis, Osteomalacia)
 - 4.5.9 Special sensory Problems (Cataract, Glaucoma, Otitis Media, Tonsilitis)
 - 4.6 Basic roles and responsibilities of nurses in OT
- 5. Leadership and Management in Nursing**
- 5.1 Management process: Supervision, motivation, implementation and evaluation
 - 5.2 Leadership style
 - 5.3 Organizational structure of Government health services
 - 5.4 National health planning and concept of national health system
 - 5.5 Policies, rules and regulations in management of different level of hospitals
 - 5.6 Communication Process
- 6. Transplant Nursing**
- 6.1 Modality of treatment in CKD
 - 6.1.1 Hemodialysis
 - 6.1.2 Peritoneal dialysis
 - 6.1.3 Renal transplant
 - 6.1.4 Modality of treatment in end stage liver disease
 - 6.2 Human Organ Donation and Transplantation
 - 6.2.1 Basic concept of organ donation and transplantation
 - 6.2.2 Preoperative preparation of recipient and donor
 - 6.2.3 Postoperative care of donor and recipient
 - 6.2.4 Concept of immunology and immunological tests- HLA, DSA, PRA and CDC cross match
 - 6.2.5 Post transplant follow up
 - 6.2.6 Counseling to the patient and family
 - 6.2.7 Post transplant complication and management
 - 6.2.8 Post transplant infection and its management
 - 6.2.9 Opportunistic infections
 - 6.2.10 Concept of immunology and common infections after organ transplantation

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- 6.3 Drugs used in Transplant
 - 6.3.1 Immunosuppressant
 - 6.3.2 Calcineurin inhibitors
 - 6.3.3 Corticosteroids
 - 6.3.4 Antimetabolites
 - 6.3.5 mTor inhibitors
- 6.4 Human Organ Transplant Act and Regulations
 - 6.4.1 Human Organ Transplantation (Regulation and Prohibition) Act- 2055
 - 6.4.2 Human Organ Transplantation (Regulation and Prohibition) Act- 2072
 - 6.4.3 Human Organ Transplantation Regulations- 2073
 - 6.4.4 Moral, ethical and legal issues in organ transplant
- 6.5 General knowledge on Shahid Dharmabhakta National transplant Center