

गोलबजार नगरपालिका
नगर कार्यपालिकाको कार्यालय
गोलबजार, सिरहा
परीक्षाको पाठ्यक्रम

सेवा : नेपाल स्वास्थ्य

पद: अनमी

तह: चौथो

परीक्षा योजना (Examination Scheme)

क. प्रथम चरण: लिखित परीक्षा

| पत्र | विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | | प्रश्न संख्या × अङ्क | समय |
|---------|-----------------------------|-----------|--------------|-----------------|--------------------|-------------------------|----------|
| प्रथम | सेवा सम्बन्धी ज्ञान | ४० | १६ | वस्तुगत | बहुवैकल्पिक प्रश्न | ४० प्रश्न × १ = ४० अङ्क | ४० मिनेट |
| द्वितीय | खण्ड-क: सेवा सम्बन्धी ज्ञान | १० | ८ | विषयगत | छोटो उत्तर | ५ प्रश्न × २ = १० अङ्क | ४० मिनेट |
| | खण्ड-ख: सेवा सम्बन्धी ज्ञान | १० | | विषयगत | लामो प्रश्न | २ प्रश्न × ५ = १० अङ्क | |
| जम्मा | | ६० | २४ | | | | ८० मिनेट |

ख. द्वितीय चरण: मौखिक अन्तरवार्ता

| पत्र/विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | समय |
|-------------------|-----------|--------------|-------------------|-----|
| मौखिक अन्तरवार्ता | ४० | - | अन्तरवार्ता समिति | - |

द्रष्टव्य:

१. प्रश्नपत्र नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै भाषामा हुनेछ ।
२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
३. बहुवैकल्पिक वस्तुगत (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा अङ्क कट्टा गरिने छैन ।
४. परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
५. लिखित परीक्षामा वस्तुगत प्रश्नको उत्तर कुञ्जिका बुझाएपछि विषयगत प्रश्नपत्र उपलब्ध गराइनेछ ।
६. वस्तुगत प्रश्नको उत्तर कुञ्जिका उपलब्ध गराइनेछ ।
७. विषयगत प्रश्नको प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तर पुस्तिकाहरू उपलब्ध गराइनेछ । परीक्षार्थीलाई उपलब्ध गराइएको उत्तर पुस्तिकामा सम्बन्धित खण्डको प्रश्नको उत्तर लेख्नुपर्नेछ ।
८. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई द्वितीय चरणको प्रयोगात्मक र तृतीय चरणको मौखिक अन्तरवार्तामा सामेल गराइनेछ ।
९. लिखित परीक्षामा यथासम्भव दिइएको पाठ्यक्रमबाट प्रश्नहरू सोधिनेछ ।
१०. पाठ्यक्रम लागू हुने : मिति २०८०/०५/२४ गते जारी “सेवा करारमा खरिद गर्ने सूचना” सम्बन्धमा ।

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, SubHealth 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; Vitamin A deficiency; Vitamin B deficiency; Vitamin C deficiency; Vitamin D deficiency; Iron and Iodine deficiency
- 5.5 Breast Feeding and Weaning food
- 5.6 Health Education : Methods and media
- 5.7 Elements, barriers and techniques 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 Health hazards and waste management
- 5.18.2 Mode of transmission of diseases

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 of newborn baby
- 7.11 Examination of newborn baby
- 7.12 Emergency Obstetric and Newborn Care (EONC)
- 7.12.1 Primary care
- 7.12.2 Basic Emergency Obstetric and Newborn Care (BEONC)
- 7.12.3 Comprehensive Emergency Obstetric and Newborn Care (CEONC)
- 7.13 Abnormal Labor

- 7.13.1 Occipito-posterior Position
- 7.13.2 Multiple Pregnancy
- 7.13.3 Breech Presentation
- 7.13.4 Prematurity and Post maturity
- 7.13.5 Cephalo pelvis disproportion (CPD)
- 7.13.6 Trial of labor (Induction)
- 7.14 Vacuum Extraction
- 7.15 Obstetrical Emergency and their management
- 7.15.1 Post Partum Hemorrhage
- 7.15.2 Retained placenta
- 7.15.3 Shock 7.15.4 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 Puperal 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

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