

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, पाँचौं तह, पब्लिक हेल्थ नर्स/सि.अ.न.मी./काउन्सलर (नर्स)
पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

पत्र	विषय	पूर्णाङ्क	उर्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या × अङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२० प्रश्न × २ अङ्क	४५ मिनेट
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)					३० प्रश्न × २ अङ्क	
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) लामो उत्तर (Long Answer)	१२ प्रश्न × ५ अङ्क ४ प्रश्न × १० अङ्क	२ घण्टा १५ मिनेट

द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

पत्र /विषय	पूर्णाङ्क	उर्तीर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता (Interview)	३०		मौखिक (Oral)

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 अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । तर एकैदिनमा परीक्षा लिइनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको 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 ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा 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 ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अंकको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नको उत्तर सोहीखण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।

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११. 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 ।
१२. प्रथम चरणको परीक्षाबाट छनोट भएका उम्मेदवारलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
१३. यस भन्दा अगाडि लागू भएको माथि उल्लेखित सेवा, समूहको पाठ्यक्रम खारेज गरिएको छ ।
१४. पाठ्यक्रम लागू मिति : - २०८०/१०/२२

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प्रथम पत्र (Paper I) :-

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग (Part I) :

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन

(General Awareness and Public Management)

खण्ड (Section - A) : (१० प्रश्न× २ अङ्क = २० अङ्क)

1. सामान्य ज्ञान (General Awareness)

- 1.1 नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- 1.2 नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- 1.3 नेपालको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- 1.4 जैविक विविधता, दिगो विकास, वातावरण, प्रदूषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- 1.5 मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्वपूर्ण उपलब्धिहरू
- 1.6 जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- 1.7 नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीहरू)
- 1.8 संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- 1.9 क्षेत्रीय संगठन (सार्क, बिमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- 1.10 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू

खण्ड (Section - B) : (१० प्रश्न× २ अङ्क = २० अङ्क)

2. सार्वजनिक व्यवस्थापन (Public Management)

- 2.1 कार्यालय व्यवस्थापन (Office Management)
 - 2.1.1 कार्यालय (Office) : परिचय, महत्व, कार्य र प्रकार
 - 2.1.2 सहायक कर्मचारीका कार्य र गुणहरू
 - 2.1.3 कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
 - 2.1.4 कार्यालयमा सञ्चारको महत्व, किसिम र साधन
 - 2.1.5 कार्यालय कार्यविधि (Office Procedure) : पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), फाइलिङ (Filing), परिपत्र (Circular), तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू
 - 2.1.6 अभिलेख व्यवस्थापन (Record Management)
- 2.2 निजामती सेवा ऐन र नियमावलीमा भएका देहायका व्यवस्थाहरू
 - 2.2.1 निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
 - 2.2.2 कर्मचारीको नियुक्ति, सरुवा, बढुवा, विदा, विभागीय सजाय र अवकाश
 - 2.2.3 कर्मचारीले पालन गर्नुपर्ने आचरण, नैतिक दायित्व र कर्तव्यहरू
- 2.3 संघीय मामिला तथा सामान्य प्रशासन मन्त्रालय सम्बन्धी जानकारी
- 2.4 संवैधानिक निकाय सम्बन्धी जानकारी
- 2.5 सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- 2.6 सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- 2.7 मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- 2.8 सार्वजनिक वडापत्र (Public Charter)
- 2.9 व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- 2.10 मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

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भाग (Part II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)

(३० प्रश्न× २ अङ्क = ६० अङ्क)

1. **Anatomy and Physiology**
 - 1.1 Organs and functions of different body system
 - 1.1.1 Skeletal System
 - 1.1.2 Muscular System
 - 1.1.3 Respiratory System
 - 1.1.4 Circulatory System
 - 1.1.5 Digestive System
 - 1.1.6 Urinary System
 - 1.1.7 Reproductive System
 - 1.1.8 Nervous System
 - 1.1.9 Structure and functions of skin
 - 1.2 Body temperature regulation
 - 1.2.1 Conduction; Convection; Radiation
 - 1.2.2 Excretion (excretion)
 - 1.3 Organisms and parasites
 - 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi
 - 1.4 Factors affecting microorganisms
 - 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients
 - 1.5 Mechanism of acid-base balance
 - 1.5.1 Electrolyte
 - 1.5.2 Relationship with respiration
 - 1.5.3 Relation with excretion
 - 1.6 Fluid and electrolyte replacement
 - 1.6.1 Oral rehydration solution
 - 1.6.2 Intra venous therapy
 - 1.7 Pharmacokinetics
 - 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs
 - 1.8 Drugs acting on endocrine system
 - 1.8.1 Insuline
 - 1.8.2 Oral hypoglycemic drug
 - 1.8.3 Male and female sex hormone
 - 1.9 Uses of essential drugs in Nepal
2. **Fundamentals of Nursing**
 - 2.1 Basic needs of clients - Maslow's Hierarchy of need
 - 2.2 Nursing process
 - 2.3 Procedure used in Physical Assessment
 - 2.4 Routes of administration of drug ; Oral & Parental
 - 2.5 First aid treatment : Drowning; Bites; Choking; Hemorrhage; Poisoning; Burn
 - 2.6 Purpose, principle and methods of sterilization of different goods
 - 2.7 Roles and responsibilities of nurses
 - 2.8 National and international professional organization and its code of ethic
 - 2.8.1 International Council of Nurses (ICN)
 - 2.9 Stress and coping with stress

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3. Nursing care of the Adult

- 3.1 Medical/surgical nursing management of the disease condition in different body system
 - 3.1.1 Nervous System : Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury
 - 3.1.2 Respiratory System : Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism
 - 3.1.3 Urinary system : Urinary Tract Infection (UTI), Nephrotic syndrome, Renal calculi, Renal failure, Prostetic hyperplasia
 - 3.1.4 Digestive System : Peptic ulcer, Oesophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis
 - 3.1.5 Cardiovascular System : Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases
 - 3.1.6 Endocrine disorders : Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus
- 3.2 Nursing care of gynecological & breast disorder
 - 3.2.1 Disorder of uterine bleeding
 - 3.2.2 Cystocele and Rectocele
 - 3.2.3 Uterine prolaps
 - 3.2.4 Vesico Vaginal Fistula (VVF)
 - 3.2.5 Infection of genital tract
 - 3.2.6 Sexually Transmitted Disease (STD)
 - 3.2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)
 - 3.2.8 Breast disorder
 - 3.2.9 Infertility
- 3.3 Care of eye, ear and nose
 - 3.3.1 Eye : Conjunctivitis, Blephritis, Corneal ulcer, Foreign body in eye, Cataract, Glaucoma
 - 3.3.2 Ear : Foreign body, Otitis media, Mastoiditis, Menier's disease
 - 3.3.3 Nose : Foreign body, Sinusitis, Epistaxis
 - 3.3.4 Throat : Foreign body, Laryngitis, Tonsillitis, Pharyngitis
- 3.4 Mental health problem in Nepal
- 3.5 Nurse's - responsibilities in helping the individual and family in crisis
- 3.6 Service afford to the disabled individual during the rehabilitation
- 3.7 Problem cause by immobility and their prevention

4. Community Nursing

- 4.1 Factors influencing health in Nepal
- 4.2 Elements of primary health care
- 4.3 Five basic principle of Primary Health Care (PHC)
- 4.4 Important and steps of home visit
- 4.5 Nursing in community
 - 4.5.1 Maternal Child Health & Family Planning (MCH & F)
 - 4.5.2 School health
 - 4.5.3 Public health nursing service

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- 4.5.4 Industrial health Nursing
 - 4.5.5 Mental health Nursing
 - 4.5.6 Geriatric Nursing
 - 4.5.7 Rehabilitation Nursing
 - 4.6 Source of Nutrients
 - 4.7 Communication
 - 4.8 Epidemiology concepts of:
 - 4.8.1 Infection, Epidemic, Sporadic & Pandemic
 - 4.8.2 Communicable and non communicable disease
 - 4.9 Immunization
 - 4.9.1 Cold chain
 - 4.9.2 Type of vaccine
 - 4.10 Various health indicator and statistics
 - 4.11 Environmental sanitation
 - 4.11.1 Method of refuse disposal
 - 4.11.2 Transmission of feecal borne disease
 - 4.12 Method of sewage disposal
 - 4.13 Water-sources and purification of water
 - 4.14 Ways and means of public relation
 - 4.15 Role of nurses in community organization
 - 4.16 Principle, methods and media of health education
 - 4.17 Roles and function of the nurses in family health care.
 - 4.18 Home delivery: Preparation, Care of the mother, Care of the baby
 - 4.19 Family planning
 - 4.19.1 Population problem and need of it in Nepal
 - 4.19.2 Methods of Family Planning : Behavioral, Chemical, Mechanical, Physiological, Voluntary surgical contraception (VSC)
 - 4.20 Nutritional deficiencies diseases : Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia
5. **Midwifery**
- 5.1 Antenatal
 - 5.1.1 Four types of female pelvic and their effect on birth baby
 - 5.1.2 Structure and function of female reproductive organs
 - 5.1.3 Normal reproductive age and menopause
 - 5.1.4 Development of fertilized ovum and foetus
 - 5.1.5 Lie, presentation, attitude, denominator, position, presenting part, engagement, station
 - 5.1.6 Signs and symptoms of pregnancy
 - 5.1.7 Physical examination of Antenatal mother
 - 5.1.8 Duration of pregnancy: Calculation of LMP (Last Menstrual Period) and EDD (Expected Date of Delivery) week of gestation
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- 8.3 Health Planning
 - 8.3.1 National health planning and concept of National Health System
 - 8.3.2 Categories of different level of health personnel in Nepal
 - 8.3.3 Job Description of different level of nursing personnel

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयबस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सार्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रथम पत्रको **भाग (Part II)** सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका इकाईबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

इकाई	1	2	3	4	5	6	7	8
प्रश्न संख्या	4	3	5	5	5	4	2	2

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द्वितीय पत्र (Paper II) :-
सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge)

खण्ड (Section) (A) :- ५० अङ्क

1. **Anatomy and Physiology**
 - 1.1 Organs and functions of different body system
 - 1.1.1 Skeletal System
 - 1.1.2 Muscular System
 - 1.1.3 Respiratory System
 - 1.1.4 Circulatory System
 - 1.1.5 Digestive System
 - 1.1.6 Urinary System
 - 1.1.7 Reproductive System
 - 1.1.8 Nervous System
 - 1.1.9 Structure and functions of skin
 - 1.2 Body temperature regulation
 - 1.2.1 Conduction; Convection; Radiation
 - 1.2.2 Excretion (excretion)
 - 1.3 Organisms and parasites
 - 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi
 - 1.4 Factors affecting microorganisms
 - 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients
 - 1.5 Mechanism of acid-base balance
 - 1.5.1 Electrolyte
 - 1.5.2 Relationship with respiration
 - 1.5.3 Relation with excretion
 - 1.6 Fluid and electrolyte replacement
 - 1.6.1 Oral rehydration solution
 - 1.6.2 Intra venous therapy
 - 1.7 Pharmacokinetics
 - 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs
 - 1.8 Drugs acting on endocrine system
 - 1.8.1 Insuline
 - 1.8.2 Oral hypoglycemic drug
 - 1.8.3 Male and female sex hormone
 - 1.9 Uses of essential drugs in Nepal
2. **Fundamentals of Nursing**
 - 2.1 Basic needs of clients - Maslow's Hierarchy of need
 - 2.2 Nursing process
 - 2.3 Procedure used in Physical Assessment
 - 2.4 Routes of administration of drug ; Oral & Parental
 - 2.5 First aid treatment : Drowning; Bites; Choking; Hemorrhage; Poisoning; Burn
 - 2.6 Purpose, principle and methods of sterilization of different goods
 - 2.7 Roles and responsibilities of nurses
 - 2.8 National and international professional organization and its code of ethic
 - 2.8.1 International Council of Nurses (ICN)
 - 2.9 Stress and coping with stress

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3. Nursing care of the Adult

- 3.1 Medical/surgical nursing management of the disease condition in different body system
 - 3.1.1 Nervous System : Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury
 - 3.1.2 Respiratory System : Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism
 - 3.1.3 Urinary system : Urinary Tract Infection (UTI), Nephrotic syndrome, Renal calculi, Renal failure, Prostetic hyperplasia
 - 3.1.4 Digestive System : Peptic ulcer, Oesophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis
 - 3.1.5 Cardiovascular System : Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases
 - 3.1.6 Endocrine disorders : Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus
- 3.2 Nursing care of gynecological & breast disorder
 - 3.2.1 Disorder of uterine bleeding
 - 3.2.2 Cystocele and Rectocele
 - 3.2.3 Uterine prolaps
 - 3.2.4 Vesico Vaginal Fistula (VVF)
 - 3.2.5 Infection of genital tract
 - 3.2.6 Sexually Transmitted Disease (STD)
 - 3.2.7 Human Immune Deficiency Virus & Acquired immune Deficiency Syndrome (HIV & AIDS)
 - 3.2.8 Breast disorder
 - 3.2.9 Infertility
- 3.3 Care of eye, ear and nose
 - 3.3.1 Eye : Conjunctivitis, Blephritis, Corneal ulcer, Foreign body in eye, Cataract, Glaucoma
 - 3.3.2 Ear : Foreign body, Otitis media, Mastoiditis, Menier's disease
 - 3.3.3 Nose : Foreign body, Sinusitis, Epistaxis
 - 3.3.4 Throat : Foreign body, Laryngitis, Tonsillitis, Pharyngitis
- 3.4 Mental health problem in Nepal
- 3.5 Nurse's - responsibilities in helping the individual and family in crisis
- 3.6 Service afford to the disabled individual during the rehabilitation
- 3.7 Problem cause by immobility and their prevention

खण्ड (Section) (B) : - ५० अङ्क

4. Community Nursing

- 4.1 Factors influencing health in Nepal
- 4.2 Elements of primary health care
- 4.3 Five basic principle of Primary Health Care (PHC)
- 4.4 Important and steps of home visit
- 4.5 Nursing in community
 - 4.5.1 Maternal Child Health & Family Planning (MCH & F)
 - 4.5.2 School health
 - 4.5.3 Public health nursing service

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- 4.5.4 Industrial health Nursing
 - 4.5.5 Mental health Nursing
 - 4.5.6 Geriatric Nursing
 - 4.5.7 Rehabilitation Nursing
 - 4.6 Source of Nutrients
 - 4.7 Communication
 - 4.8 Epidemiology concepts of:
 - 4.8.1 Infection, Epidemic, Sporadic & Pandemic
 - 4.8.2 Communicable and non communicable disease
 - 4.9 Immunization
 - 4.9.1 Cold chain
 - 4.9.2 Type of vaccine
 - 4.10 Various health indicator and statistics
 - 4.11 Environmental sanitation
 - 4.11.1 Method of refuse disposal
 - 4.11.2 Transmission of feecal borne disease
 - 4.12 Method of sewage disposal
 - 4.13 Water-sources and purification of water
 - 4.14 Ways and means of public relation
 - 4.15 Role of nurses in community organization
 - 4.16 Principle, methods and media of health education
 - 4.17 Roles and function of the nurses in family health care.
 - 4.18 Home delivery: Preparation, Care of the mother, Care of the baby
 - 4.19 Family planning
 - 4.19.1 Population problem and need of it in Nepal
 - 4.19.2 Methods of Family Planning : Behavioral, Chemical, Mechanical, Physiological, Voluntary surgical contraception (VSC)
 - 4.20 Nutritional deficiencies diseases : Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia
5. **Midwifery**
- 5.1 Antenatal
 - 5.1.1 Four types of female pelvic and their effect on birth baby
 - 5.1.2 Structure and function of female reproductive organs
 - 5.1.3 Normal reproductive age and menopause
 - 5.1.4 Development of fertilized ovum and foetus
 - 5.1.5 Lie, presentation, attitude, denominator, position, presenting part, engagement, station
 - 5.1.6 Signs and symptoms of pregnancy
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द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
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