

सशस्त्र प्रहरी बल
प्राविधिक सशस्त्र प्रहरी नायव निरीक्षक (स्टाफ नर्स) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

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

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- २०

१. प्रथम चरण :- लिखित परीक्षा						पूर्णाङ्क :- १००	
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	सेवा सम्बन्धी र सामान्य ज्ञान	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	५० प्रश्न X १ अङ्क	२ घण्टा ३० मिनेट
				विषयगत	छोटो उत्तर लामो उत्तर	८ प्रश्न X ५ अङ्क १ प्रश्न X १० अङ्क	
२. द्वितीय चरण :- अन्तर्वार्ता							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
अन्तर्वार्ता	२०	-	मौखिक				

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरु सोधिनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको 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 ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु 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 उम्मेदवारहरुलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७३/०५/२३ गते

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प्राविधिक सशस्त्र प्रहरी नायब निरीक्षक (स्टाफ नर्स) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पत्र/विषय :- सेवा सम्बन्धी र सामान्य ज्ञान

खण्ड (A) : 80 Marks

1. Nursing Concepts and Principles

- 1.1 Basic needs of clients
- 1.2 Nursing Process : Steps of Nursing process
- 1.3 Common nursing procedures used in the hospital
- 1.4 Stress and crisis and their management
- 1.5 First aid treatment
- 1.6 Administration of drugs
- 1.7 Infection prevention
- 1.8 Methods of collecting different specimen for routine and culture test
- 1.9 Pain management: Physiology, assessment and management
- 1.10 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 1.11 Communication and its role in nurse-client relationship
- 1.12 Ethical and legal aspects in nursing

2. Applied Science

- 2.1 Friction, Force, Gravity, Transfer of heat, Fluid and Electrolyte, Osmosis, Diffusion, Acid-base balance
- 2.2 Anatomy and Physiology of all body systems and organs and body mechanisms
- 2.3 Microbiology
- 2.4 Common investigation and its significance
- 2.5 Infection diseases
- 2.6 Common drugs, its action and side effects
- 2.7 Rehydration therapy

3. Medical/Surgical Nursing

- 3.1 Developmental tasks, Application of nursing process, Common diagnostic procedures
- 3.2 Nursing management of common disease conditions including pre- and post-operative care
- 3.3 Accidents, Injuries, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Pleurisy, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Haemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract Infection, Renal stone, Acute and Chronic Renal failure, Uremia
- 3.4 Congestive Heart Failure, Angina, Cardiac Arrest, Anaemia, Leukaemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes incipides, Hypertension, Fracture, Dislocation, Osteomyelitis
- 3.5 Care of patient with common sensory disorders and nursing management

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- 3.6 Cancer related conditions : HIV and cancer, TB and cancer, Infections and cancer and Diabetes and cancer
- 3.7 Management of anaemia in cancer
- 3.8 Diet and nutrition in cancer patients
4. **Community Health Nursing**
 - 4.1 Concepts of primary health care
 - 4.2 Epidemiological concepts and approaches
 - 4.3 Nutrition, deficiency diseases and management
 - 4.4 Immunization
 - 4.5 Communicable diseases and management
 - 4.6 Health Indicators
 - 4.7 Family planning
5. **Midwifery**
 - 5.1 Anatomy and Physiology of male and female reproductive systems
 - 5.2 Antenatal, natal and post natal care of a mother
 - 5.3 Management of high risk mothers
 - 5.4 Management of minor and major disorders of pregnancy
 - 5.5 Diseases associated with pregnancy
 - 5.6 Care of new born baby with observation and assessment
 - 5.7 Breast care and management
6. **Nursing Care of Gynaecological Problems**
 - 6.1 Disorder of Uterine Bleeding
 - 6.2 Cystocele and Rectocele
 - 6.3 Uterine Prolaps
 - 6.4 Vesico Vaginal Fistula
 - 6.5 STD/HIV/AIDS
 - 6.6 Infertility
7. **Pediatric Nursing**
 - 7.1 Major developmental characteristics and milestones
 - 7.2 Promoting optimum development of children
 - 7.3 Adolescent changes and problems
 - 7.4 Six major killer diseases
 - 7.5 Common health problems in children and their nursing management
 - 7.6 Common health hazards in children in Nepal and their prevention
 - 7.7 Congenital disorders/disabilities
 - 7.8 Role of nurses in reduction of mortality rate of children
 - 7.9 Nursing care of critically ill children
8. **Mental Health**
 - 8.1 Management of clients with mental disorders
 - 8.2 Characteristics of mentally ill patient
 - 8.3 Classification of mental disorders
9. **Leadership and Management in Nursing Planning**

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- 9.1 Principles of leadership and management
 - 9.2 Management process: Supervision, motivation, implementation and evaluation
 - 9.3 Principles of leadership and management
 - 9.4 Concept of authority, power, responsibility and accountability
 - 9.5 Change process
 - 9.6 Management of resources including human resource management
 - 9.7 Health management information system (HMIS)
 - 9.8 Management of budget
 - 9.9 National health planning and concept of national health system
10. Nursing Research
- 10.1 Purpose and significance of research in nursing
 - 10.2 Research process
 - 10.3 Principles, purposes and components of research proposal
 - 10.4 Principles and components of a research report
 - 10.5 Basic statistics in research: Graphic presentation of data, frequency distribution, measures of central tendency and measures of variability

खण्ड (B) : 20 Marks

11. सामान्य ज्ञान तथा ऐन, नियमहरू
- 11.1 नेपालको भौगोलिक, ऐतिहासिक, आर्थिक, सामाजिक, सांस्कृतिक अवस्था सम्बन्धी जानकारी
 - 11.2 राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटनाहरू : राजनैतिक, आर्थिक, वैज्ञानिक, खेलकूद
 - 11.3 विद्यमान नेपालको संविधानको सामान्य जानकारी
 - 11.4 सशस्त्र प्रहरी बल सम्बन्धी सामान्य जानकारी
 - 11.5 सशस्त्र प्रहरी ऐन, २०५८ र सशस्त्र प्रहरी नियमावली, २०७२

यस पत्र/विषयको पाठ्यक्रमबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

खण्ड	अङ्कभार	प्रश्न संख्या	
		वस्तुगत	विषयगत
A	८०	३० प्रश्न X १ अङ्क = ३०	८ प्रश्न X ५ अङ्क = ४० १ प्रश्न X १० अङ्क = १०
B	२०	२० प्रश्न X १ अङ्क = २०	-