

स्थानीय तह अन्तर्गत प्राविधिक तर्फ नेपाल स्वास्थ्य सेवा पब्लिक हेल्थ नर्सिङ्ग समूह सहायक स्तर चौथो तह अ.न.मी. पदको प्रतियोगितात्मक परिक्षाको लागि पाठ्यक्रम ।

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क : ५०

द्वितीय चरण :- प्रयोगात्मक परीक्षा पूर्णाङ्क : २०

तृतीय चरण :- अन्तरवार्ता, शैक्षिक योग्यता, अन्य पूर्णाङ्क : ३०

प्रथम चरण :- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x	समय
सेवा सम्बन्धी	५०	२०	वस्तुगत बहुबैकल्पिक (Multiple choice)	५० प्रश्न, प्रति प्रश्न १ अङ्क	४५ मिनेट

द्वितीय चरण :- प्रयोगात्मक परीक्षा

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सेवा सम्बन्धी	२०	(Vital Sign/Medicine/Injection/Client Counselling (FP, Nutrition, ANC)	६० मिनेट

तृतीय चरण :- अन्तरवार्ता, शैक्षिक योग्यता, अन्य

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१०	मौखिक कागजात
शैक्षिक योग्यता, अनुभव र भौगोलिक	२०	

सि.नं.	किसिम	पाप्ताङ्क	कूल अंक	कैफियत
१	लिखित परीक्षा		५०	
२	प्रयोगात्मक परीक्षा		२०	
३.१	अन्तर्वार्ता		१०	
३.२	क) कार्य अनुभव १ वर्ष भएमा ख) कार्य अनुभव २ वर्ष भएमा ग) कार्य अनुभव ३ वर्ष भएमा घ) कार्य अनुभव ४ वर्ष वा सो भन्दा वढी भएमा	७ ८ ९ १०	१०	

३.३	शैक्षिक योग्यता		५	
	सम्बन्धित न्यूनतम् शैक्षिक योग्यता			
क	प्रथम श्रेणी वापत	५		
ख	द्वितीय श्रेणी वापत	४		
ग	द्वितीय श्रेणी भन्दा कम	३		
३.४	स्थानीय वासिन्दाको लागी		५	
क	सैनामैना नगरपालिकाको स्थानीय	५		
ख	जिल्ला भित्र	४		
ग	प्रदेश भित्र	३		
	<b>जम्मा</b>		<b>१००</b>	

## सैनामैना नगरपालिका

नेपाल स्वास्थ्य, सेवा, पब्लिक हेल्थ नर्सिङ्ग समूह, सहायक स्तर चौथो तह, अ. न. मि. पदको  
खुला लिखित परीक्षाको पाठ्यक्रम

### (A) Anatomy and physiology

1. Names, types and functions of the different Organs of following system
  - 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 Sensory Organs
2. Mechanism of the different system
  - 2.1 Mechanism of digestion of food
  - 2.2 Mechanism of respiration
  - 2.3 Mechanism of Menstrual cycle
  - 2.4 Mechanism of urinary system

### (B) Nursing Procedure and First Aid

1. Nursing Procedure
  - 1.1 Job description of Auxiliary Nurse Midwife (ANM) in Health Post, Community and district
  - 1.2 Prevention and treatment of bed sore
  - 1.3 Vital signs
  - 1.4 Sterilization:- Importance, types and methods
  - 1.5 Catheterization
  - 1.6 Medicine (Essential drugs used in Health Post, Sub-Health Post and Hospital)
2. First aid treatment of following condition
  - 2.1 Fracture
  - 2.2 Shock, Wound, Haemorrhages, Epistaxis, Scald and Burn
  - 2.3 Unconscious, Fits
  - 2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose

### (C) Family Planning, Maternal and Child Health (MCH) and Nutrition

1. Methods of family planning
  - 1.1 Temporary methods for male and female
  - 1.2 Permanent methods for male and female
  - 1.3 Family planning counseling
  - 1.4 Various rates and ratio used in population education
2. Maternal and Child Health (MCH)
  - 2.1 Immunization
  - 2.2 Six killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles)
  - 2.3 Milestone

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- 2.4 Record Height, Weight and Mid Upper Arm Circumference (MUAC)
- 2.5 ARI (Acute Respiratory Tract Infection)
- 2.6 Malnutrition; Protein energy malnutrition (P.E.M.)
- 2.7 Control of Diarrhoeal Diseases (CDD)
- 2.8 Preparation of oral rehydration solution (ORS)
- 2.9 Advantages of breast feeding
- 2.10 Vaccines
- 2.11 Maintenance vaccine potentiality

### 3. Nutrition

- 3.1 Importance of nutrition on the growth and development of the body
- 3.2 Nutritional requirement in normal children, adult, pregnancy and lactating mother
- 3.3 Disease due to vitamin deficiency and source of vitamin
  - 3.3.1 Vitamin "A"
  - 3.3.2 Vitamin "B"
  - 3.3.3 Vitamin "C"
  - 3.3.4 Vitamin "D"
- 3.4 Anaemia and its management
- 3.5 Goiter, cretinism, mental retardation and its prevention

### (D) **Diagnosis and treatment of simple disorders**

1. Different types of micro organisms including spore and parasites
2. Common skin problems and its management
3. Nursing management of following conditions:
  - 3.1 Diabetes
  - 3.2 Peptic ulcer
  - 3.3 Jaundice
  - 3.4 Typhoid
  - 3.5 Bronchial Asthma
  - 3.6 Bronchitis
  - 3.7 Hypertension
  - 3.8 Congestive cardiac failure
  - 3.9 Rheumatic fever
  - 3.10 Sexually Transmitted Disease (STD)
  - 3.11 Urinary Tract Infection
  - 3.12 Meningitis, Encephalitis
  - 3.13 Paralysis
  - 3.14 Head injury
  - 3.15 Infection of eye
  - 3.16 Mental Health (Types and causes of mental problem)

### (E) **Health education and Communication**

1. Principle and importance of health education
2. Methods and media of health education
3. Elements, barriers and techniques of communication

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### (F) Midwifery

1. Antenatal care (ANC)
  - 1.1 Function of placenta
  - 1.2 Physiological changes during pregnancy
  - 1.3 Signs and symptoms of pregnancy.
  - 1.4 Purpose of Antenatal care.
  - 1.5 Calculation of Last Menstrual Period (LMP) and Expected Date of Delivery (EDD) and gestational week of pregnancy
  - 1.6 Investigations during pregnancy
  - 1.7 Health teaching during antenatal visit
  - 1.8 Minor and Major disorders during pregnancy its management
  - 1.9 High risk factors during pregnancy and their management
2. Labour (Intranatal)
  - 2.1 Signs & symptoms; and causes of onset of labour
  - 2.2 Physiological changes during first, second and third stages of labour
  - 2.3 Signs and symptoms and management of maternal and foetal distress
  - 2.4 Indications and time of episiotomy
  - 2.5 Method of scoring of the APGAR score
  - 2.6 Immediate care of newborn baby
  - 2.7 Examination of newborn baby
  - 2.8 Complication of third stage and its management
  - 2.9 Abnormal Labour
    - 2.9.1 Occipito posterior position
    - 2.9.2 Multiple pregnancy
    - 2.9.3 Mal presentation
    - 2.9.4 Prematurity
    - 2.9.5 Post maturity
  - 2.10 Management of prolonged labour
    - 2.10.1 Cephalo pelvis disproportion (CPD)
    - 2.10.2 Trial labour (Induction)
3. Postnatal care
  - 3.1 Definition, Principles and purpose of postnatal care
  - 3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracknipple, Engorge breast, Sub-involution of the Uterus)
  - 3.3 Major disorder during puerperium
    - 3.3.1 Puerperal sepsis
    - 3.3.2 Urinary Tract Infection (UTI)
    - 3.3.3 Incontinence of urine and stool
    - 3.3.4 Puerperal haemorrhage
    - 3.3.5 Venous thrombosis
    - 3.3.6 Pulmonary embolism
    - 3.3.7 Postnatal psychosis and depression
    - 3.3.8 Causes, signs and symptoms, complications and management of mother and baby
    - 3.3.9 Major disorders of new born