

शहीद गंगालाल राष्ट्रिय हृदय केन्द्र
पदपूर्ति समिति
पद: सिष्टर (सेवा - प्राविधिक, समूह - मेडिकल, उप-समूह - नर्सिङ) को खुल्ला/आन्तरिक
प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

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

Paper	Subject	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	Technical Subject	100	40	50 × 2 = 100 (Objective Multiple Choice Questions)	1.00 hrs
II		100	40	6 × 10 = 60 2 × 20 = 40 (Subjective Descriptive Type)	3.00 hrs

द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination
Interview	30	Oral

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 ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै 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 ।
- विषयगत प्रश्नको हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम विनियम 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 :- २०७६।११।१९

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Paper I & II : - Technical Subject

Section (A): 50 % Marks

1. **Fundamentals of Nursing:**
 - 1.1 Basic needs of clients with application of Maslow hierarchy theory
 - 1.2 The nursing process
 - 1.3 Common nursing procedures used in the hospitals, care of Mechanically Ventilated patients, Care of CVP lines, Arterial lines, peripheral lines
 - 1.4 Patient's rights
 - 1.5 Special management of the client undergoing diagnostic and intervention procedures
2. **Applied science**
 - 2.1 Anatomy and physiology all body systems
 - 2.2 Cardiovascular system in detail
 - 2.3 Sensory organs
 - 2.4 Body mechanisms, friction, transfer of heat.
 - 2.5 Fluid and electrolytes, osmosis, diffusion, acid base balance, Rehydration therapy, common investigations and its significance
3. **Pharmacology**
 - 3.1 Common drugs
 - 3.2 Common cardiac drugs including Streptokinase, TNK
 - 3.3 Inotropic drugs
 - 3.4 Narcotic drugs
 - 3.5 Antiepileptic drugs
 - 3.6 Emergency drugs
 - 3.7 Common side effects of above drugs and nursing implications of drug administration
4. **Methods of Collection and transport of specimens**
 - 4.1 Microbiology
 - 4.2 Bacteriology
 - 4.3 Virology
 - 4.4 Mycology
5. **Nutrition and dietary**
 - 5.1 Main sources of nutrients
 - 5.2 Digestion, absorption and metabolism of carbohydrates, protein and fats
 - 5.3 Daily requirement of nutrients according to age
 - 5.4 Therapeutic diet
 - 5.5 Nutritional deficiency diseases
6. **Infection prevention and control in hospital**
 - 6.1 Standard Precaution, disinfection and sterilization
 - 6.2 Hospital acquired infections, CRBSI, CLABSI, CAUTI, SSI, VAP and its prevention.
 - 6.3 Hospital Waste Management

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- 6.4 Occupational safety
- 6.5 Patient safety: WHO safety checklist

Section (B): 50 % Marks

7. Cardiovascular Nursing

- 7.1 Health assessment
 - 7.1.1 History taking
 - 7.1.2 Physical examination
 - 7.1.3 Application of Nursing process
 - 7.1.4 Common diagnostic procedure: Non-invasive; ECG, Echo, TMT, Holter, ABP, CT scanning, CT Angiogram, Invasive: TEE, Cath procedures: Coronary Angiogram, Renal/peripheral angiogram, Right/ Left heart catheterization, Electrophysiological study of heart
- 7.2 Disorders related to different body systems and nursing management:
 - 7.2.1 Trauma/Burns, Allergies, Anaphylactic Shock, Acute Bronchitis, Atelectasis, Asthma COPD, Pneumonia, Pulmonary Tuberculosis, Pulmonary Embolism, Pulmonary Oedema, Pleural Effusion
 - 7.2.2 Cardiovascular System: Hypertension, Coronary Artery Disease (Acute Coronary Syndrome), Angina Pectoris, CABG, Congestive Heart Failure, Cardiomyopathies, Rheumatic Heart Disease, Valve Replacement, Congenital Heart Diseases, Anemias, Leukemias, Cardiac Arrest, Cardiopulmonary Resuscitation, Arrhythmias, Cardiac Tamponade, Pericardial Effusion, Heart Blocks, DVT, Sepsis,
 - 7.2.3 CathInterventions: PCI, PTMC, Device Closures, EPS + RFA, TPI/PPI

8. Medical Surgical Nursing

Gastritis, Peptic Ulcer, Diarrhoea/ Dysentery, Constipation, Appendicitis, Intestinal Obstruction, Peritonitis, Infective Hepatitis and its Types, Cholelithiasis, Cholecystitis, Cirrhosis of Liver, UTI, Kidney And Bladder Stones, AKI, Chronic Renal Failure, Osteoarthritis, Osteoporosis, Fractures, Hypo/Hyper Thyroidism, Diabetes Mellitus, Diabetes Insipidus, Stroke, Head Injury, Spinal Injury, Meningitis, Encephalitis, Epilepsy

9. Leadership and management in nursing

- 11.1 Management process: Supervision, motivation, coordination, controlling, implementation and evaluation
- 11.2 Leadership styles
- 11.3 Organizational structure of Governmental health services
- 11.4 National health planning and concept of national health system
- 11.5 Communication process
- 11.6 Performance evaluation
- 11.7 Job description
- 11.8 National health care delivery system
- 11.9 Recording and reporting
- 11.10 Quality assurance in health care
- 11.11 Health information management system