

नेपाली सेना

प्रा.उ.से.सैनिक उपचारीका (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

समय : २ घण्टा ३० मिनेट

पूर्णाङ्क : १००
उत्तीर्णाङ्क : ४०

यो पाठ्यक्रम नेपाली सेनाको विभिन्न ईकाईहरूमा रिक्त रहेको प्रा.उ.से.सैनिक उपचारीका (खुला) पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धि विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

(क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।

(ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईने छ ।

(ग) प्रश्न पत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई समेटिनेछ ।

(घ) नेपाली सेनाको आवश्यकता तथा विविध परिस्थितमा नेपाली सेना अनुकूल हुने गरी उल्लेखित विवरणहरूमा हेरफेर हुन सक्नेछ ।

(ङ) पाठ्यक्रमको रूपरेखा देहायमा उल्लेख गरे अनुसार हुनेछ ।

(च) पाठ्यक्रम लागु मिति २०७३/१/ ६ गते ।

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या X अङ्क	समय
पेशा सम्बन्धी	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	४० प्रश्न X १ अङ्क = ४०	२ घण्टा ३० मिनेट
			विषयगत (Subjective)	छोटो उत्तर	६ प्रश्न X ५ अङ्क = ३०	
				लामो उत्तर	३ प्रश्न X १० अङ्क = ३०	

पेशा सम्बन्धी विषयको पाठ्यक्रम
(SYLLABUS FOR NURSING OFFICER)

1. Basic Nursing

- 1.1 Nursing process and its steps: Nursing assessment, nursing diagnosis, planning, implementation and evaluation of nursing care
- 1.2 Assessment of the client's health status: History taking, physical examination, measurement of height, weight and vital signs
- 1.3 Meeting safety needs
- 1.4 Promotion of comfort, rest and sleep
- 1.5 Meeting hygiene needs
- 1.6 Meeting nutritional and elimination needs
- 1.7 Infection prevention and control measures: Hand hygiene, universal precaution, disinfection and sterilization of equipment and hospital waste management
- 1.8 Emergency conditions and their first aid management: Choking, burn, fracture, hemorrhage, shock and poisoning

2. Nursing Concepts and Principles

- 2.1 Stress and crisis and their management
- 2.2 Pain management: Physiology, assessment and management
- 2.3 Communication and its role in nurse–client relationship
- 2.4 Nursing theories of Florence Nightingale, Orem, Virginia Henderson & Faye Abdullah
- 2.5 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 2.6 Concept of rehabilitation and rehabilitation process
- 2.7 Rights of patients
- 2.8 Ethical and legal aspects in nursing

3. Adult Nursing

- 3.1 Developmental needs and tasks of young adult and middle aged adult
- 3.2 Life style of young adult and middle aged adult
- 3.3 Common health problem of young and middle aged adult and their management: Respiratory, GI, urinary, cardio-vascular, endocrine, musculo-skeletal , neurological, eye ENT gynae problems
- 3.4 Preoperative , operative and post-operative care
- 3.5 Nursing role in promotion and maintenance of the health of young and middle-aged adults

4. Geriatric Nursing

- 4.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout
- 4.2 Health promotion activities of elderly clients
- 4.3 Common cancers of elderly clients and their treatment therapies
- 4.4 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

5. **Child Health Nursing**

- 5.1 Concept of growth and development and assessment of children
- 5.2 Growth of body systems at different age groups from infancy, toddlerhood, pre- school, school age to adolescence
- 5.3 Developmental milestones and tasks
- 5.4 Promotion of optimum growth and developments of children
- 5.5 Care of new born: Immediate and subsequent care
- 5.6 Common health problems of children using system approach
- 5.7 Common psycho-social and behavioral problems of children
- 5.8 Role of nurse in the care of sick children
- 5.9 Stress of illness and hospitalization

6. **Psychiatric Nursing**

- 6.1 Mental health assessment: History taking and mental status examination
- 6.2 Treatment modalities for mental illnesses
- 6.3 Thought and mood disorders: Schizophrenia, depression
- 6.4 Neurotic and stress-related disorders
- 6.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome
- 6.6 Substance and alcohol related disorders

7. **Midwifery**

- 7.1 Trends and issues in midwifery
- 7.2 Concept of Family and reproductive health and related policies and strategies
- 7.3 Prenatal/antenatal care.
- 7.4 Assessment of fetal wellbeing
- 7.5 Minor and major disorders of pregnancy
- 7.6 Medical diseases associated with pregnancy: Cardiac disease, diabetes, anemia and TORCH infection
- 7.7 Health education/counseling of pregnant women
- 7.8 Pain relief measures during labor
- 7.9 Management of first, second, third and fourth stage of labor
- 7.10 Malpresentations including their diagnosis and management: Breech, shoulder, cord presentation, placenta previa and multi-fetal pregnancy
- 7.11 Obstetric emergencies and their life saving management: Intrapartum and post-partum hemorrhage, cord prolapsed and retained placenta
- 7.12 Normal puerperium and care of postnatal mother
- 7.13 Minor discomfort and major disorders of puerperium

8. **Community Health Nursing**

- 8.1 Concept of community and community health
- 8.2 Family and reproductive health
- 8.3 Community health assessment and diagnosis
- 8.4 Primary health care: Principles and elements.

- 8.5 Concept of disease causation and epidemiological approach in solving health problems
- 8.6 Levels of diseases prevention and modes of intervention
- 8.7 Family planning program and nursing responsibilities
- 8.8 National immunization policy and program
- 8.9 Nutrition program in Nepal: Major nutritional problems, food hygiene and food act
- 8.10 Diarrheal disease control program and nursing responsibilities

9. Leadership and Management

- 9.1 Principles of leadership and management
- 9.2 Concept of authority, power, responsibility and accountability
- 9.3 Change process
- 9.4 Management of resources including human resource management
- 9.5 Health management information system (HMIS)
- 9.6 Process and tools of supervision
- 9.7 Management of budget
- 9.8 Management of disaster /emergency situation and preparation of hospital for disaster management (pre, during, and post)

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

यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

एकाइ नं. (Unit No.)	अङ्कभार (Weightage)	बहुवैकल्पिक प्रश्न (MCQs) को संख्या	छोटो उत्तर प्रश्नको संख्या	लामो उत्तर प्रश्नको संख्या
१	२०	१०	६ प्रश्न X ५ अङ्क	३ प्रश्न X १० अङ्क
२				
३	३०	१०		
४				
५	३५	१५		
६				
७				
८	१५	५		
९				
१०				
जम्मा	१००	४० प्रश्न X १ अङ्क = ४० अङ्क	६ प्रश्न X ५ अङ्क = ३० अङ्क	३ प्रश्न X १० अङ्क = ३० अङ्क

Multiple Choice Sample Questions

1. To utilize the nursing process, the nurse must first:
 - a. Write goals for nursing care
 - b. Identify the client's nursing needs
 - c. *Gather information about the client*
 - d. Prioritize the plan of nursing actions
2. The effectiveness of nurse –client communication is best validated by:
 - a. *Client's feedback*
 - b. Medical assessment
 - c. Health team conferences
 - d. Client's physiologic adaptation
3. When a disaster occurs, the nurse may have to treat mass casualty. In triage the person to be cared first would be the one who is:

a. Panic	b. Depressed
c. In coma	d. In euphoria
4. Elderly people are prone to hip fracture because of:

a. Carelessness	b. <i>Fragility of bone</i>
c. Sedentary lifestyle	d. Rheumatoid disease
5. Before giving the drug digoxin to a client, the nurse should check the:
 - a. *Apical heart rate*
 - b. Radial pulse in both arms
 - c. Radial pulse on the left side
 - d. Different between apical and radial pulses
6. The nurse should be aware that many of the chemotherapeutic agents used in the treatment of cancer can cause:
 - a. Leucytosis
 - b. *Bone marrow depression*
 - c. Decreased sedimentation rate
 - d. Increased hemoglobin
7. The most important electrolyte of intracellular fluid is:

a. Sodium	b. Calcium
c. Chloride	d. <i>Potassium</i>
8. The coronary care unit nurse draws an arterial blood sample to assess for acidosis. A normal value of pH of arterial blood is:

a. 7.0	b. 7.30
c. 7.45	d. 7.60
9. The nurse understands that a pulmonary embolism is a least likely complication in the postoperative period following:

a. Hysterectomy	b. Prostatectomy
c. <i>Appendectomy</i>	d. Saphenous vein ligation
10. A client with myocardial infarction is admitted in CCU. Which of the following is the most likely complication for which the nurse should observe?

a. Hypokalemia	b. Anaphylactic shock
c. <i>Cardiac arrhythmia</i>	d. Cardiac enlargement

11. When obtaining a central venous pressure reading the nurse should place the client:
 - a. In a low Fowler's position
 - b. Supine in the contour position
 - c. *In the dorsal recumbent position*
 - d. On the opposite side
12. The position in which a client with dyspnea should be placed is:
 - a. Sim's
 - b. Supine
 - c. *Orthopneic*
 - d. Trendelenburg
13. A client with fractured ribs is prone to develop:
 - a. Scoliosis
 - b. *Pneumothorax*
 - c. Obstructive lung disease
 - d. Herniation of the diaphragm
14. In a client with diabetic ketoacidosis, the insulin that would be administered is:
 - a. NPH
 - b. *Regular*
 - c. Globulin
 - d. Protamine zinc
15. Following abdominal surgery a client complains of pain. The first action by the nurse should be to:
 - a. Reposition the client
 - b. Monitor the vital signs
 - c. Administer the ordered analgesic
 - d. *Determine the characteristic of pain*
16. When caring for a client with sustained a head injury, the nurse should assess for:
 - a. Decreased carotid pulse
 - b. Bleeding from the nose
 - c. *Altered level of consciousness*
 - d. Absence of deep tendon reflexes
17. A client with dysphagia experiences difficulty in:
 - a. Writing
 - b. Focusing
 - c. *Swallowing*
 - d. Understanding
18. A client has undergone total hip replacement surgery. The nurse should avoid placing him in the:
 - a. *Orthopneic position*
 - b. Supine position
 - c. Lateral position
 - d. Semi-fowler's position
19. The main indication for hemodialysis in a client with chronic renal failure is:
 - a. Ascites
 - b. Acidosis
 - c. Hypertension
 - d. *Hyperkalemia*
20. When planning discharge teaching the nurse should include the potential health problems common to that age group. Which of the following should the nurse include in the teaching plan for a young adult?
 - a. *Accident prevention*
 - b. Eye problem
 - c. Cardiovascular disease
 - d. Kidney dysfunction

Sample (Long and Short Questions)

1. List the common health problem of young adult and short describe of any one common health problem?
2. Explain the immediate and subsequent care of the newborn baby in NICU ward?
3. What is the meaning of geriatric nursing and why it is important today?
4. What is the meaning of reproductive health and explain the major component of reproductive health?
5. Explain the common treatment modalities for the psychiatric illnesses?
6. State the role of SBA in promoting maternal and newborn health?

7. What is meaning of Guillain-Barre Syndrome and explain their clinical manifestation, diagnosis and nursing management? 1+2+2+5
8. Explain the cause, signs & symptoms, medical treatment and nursing intervention of spinal cord injury? 2+2+2+4
9. Explain the importance of using the Glasgow Coma scale (GCS) in special case of head injury in ITCU? 10

10	Performs nursing procedures using appropriate technique.	2.0	
11	Leaves the patient in clean and comfortable position after performing the procedure.	2.0	
12	Cleans equipment after use and replaces in appropriate place.	2.0	
13	Reports and records the procedure done including the condition of the patient and his/her reaction to the procedure.	2.0	
14	Accepts constructive feedback positively for improvement.	2.0	
15	Demonstrates professional behavior through neat and calm appearance.	2.0	
Total		30.0	

Comments:

Signature of Examiner

Name:

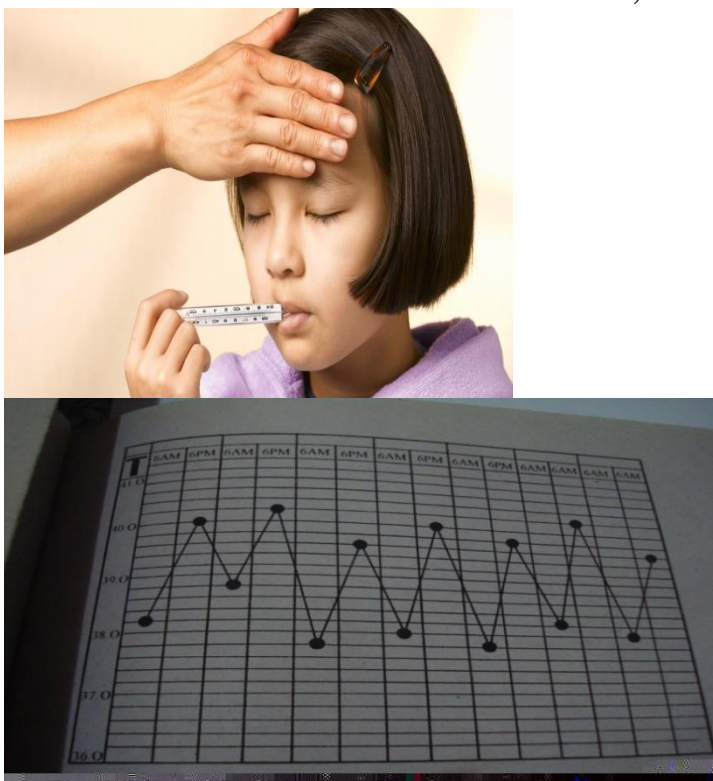
Date:

OSPE Examination—Model

Roll No.:
Date:
Time: 20 minutes

Full Mark: 20
Pass Mark: 12
Obtained Mark:

Station A -4 marks, 4 minutes time



Station A

1. How long should the thermometer be placed in mouth for accurate temperature recording? 1.0 mark
.....
2. What is the difference in temperature reading from oral and axillary site? 1.0 mark
.....
3. What type of fever is revealed in the chart? 1.0 mark
.....
4. Name one disease in which this type of fever is seen? 1.0 mark
.....

Station B- 4 marks, 4 minutes time

Station B

1. What is the full form depo? 0.5 mark
.....
2. What is the route of its administration? 0.5 mark
.....
3. How frequently is it administered? 0.5 mark
.....
4. Name two contraindications for its administration? 1.0 mark
.....
5. Write down three possible side effects of this drug? 1.5 mark
.....

Station C- 4 marks, 4 minutes time



Station C

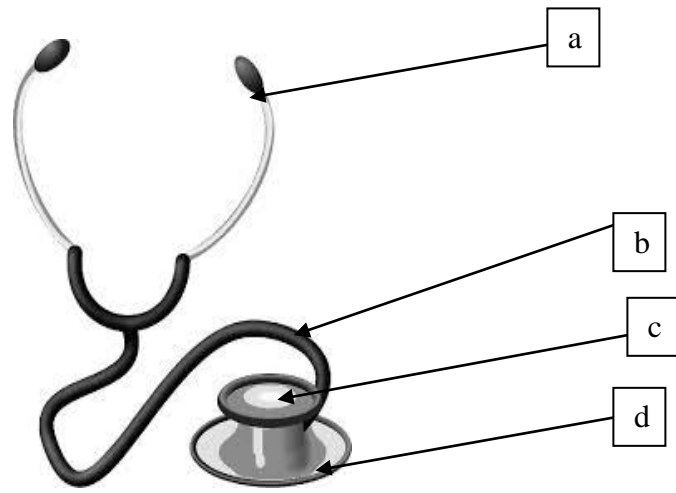
1. Write down the name of this instrument. 0.5 mark
.....

2. List its two uses. 1.0 mark
.....

3. How will you decontaminate it? 1.5 mark
.....

4. How will you sterilize it? 1.0 mark
.....

Station D -4 marks, 4 minutes time



Station D

1 Label the diagram 2.0 marks

a. b..... c..... d.....

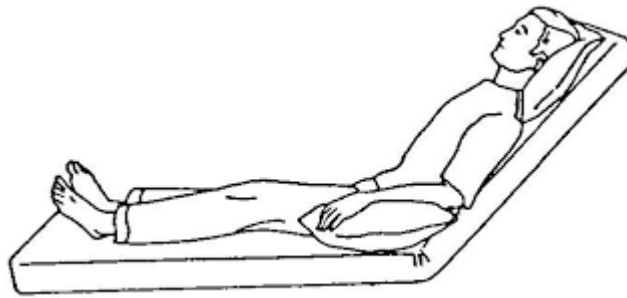
2 What are the uses of this instrument? 1.0 marks

.....

3 How will you clean this equipment? 1.0 marks

.....

Station E – 4 marks, 4 minutes time



Station E

1. Name the position in which the patient is placed in the diagram. 0.5 mark
.....
2. What are the uses of this position? 1.5 mark
.....
3. What precautions should be taken when the patient is in this position? 1.0 mark
.....
4. What are the contraindications for this position? 1.0 marks