

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ्ग समूहको सातौँ तहको खुला तथा आन्तरिक प्रतियोगितात्मक लिखित
परीक्षाको पाठ्यक्रम
द्वितीय पत्र :- पब्लिक हेल्थ नर्सिङ्ग सम्बन्धी विषय

Section A - 30 Marks

- 1. Concept of health/disease/health illness continuum /PHC 10%**
1.1 Determinates of health
1.2 Responsibilities of Individual, family, group, & community
1.3 Concept of PHC
1.4 Principles of PHC
1.5 Elements of PHC
- 7. Community diagnosis and Community participation 10%**
7.1 Concept and Process of Community diagnosis
7.2 Concept, Process, Barriers and resource mobilization in community participation
- 9. Community health Nursing Management 10%**
9.1 Planning
9.2 Organizing
9.3 Implementing/follow up
9.4 Supervision & monitoring
9.5 Evaluating
9.6 Referral

Section B - 30 Marks

- 2. Recording/Reporting Family Health & Reproductive Health 20%**
2.1 Role and responsibilities of Nurse in providing Family Health Care.
2.2 Importance of Home visit.
2.3 Reproductive Health
2.3.1 Concept
2.3.2 Components
2.3.3 Life span reproductive health care
2.3.4 Safe motherhood
2.3.5 Family planning
2.3.6 Care and Prevention of HIV/AIDS /STI
- 8. Domiciliary midwifery services & Responsibilities 10%**
8.1 Domiciliary midwifery services
8.1.1 Birth preparedness package
8.1.2 Basic Emergency Obstetric Care
8.1.3 Clean, home delivery services
8.1.4 Supervision and guidance in domiciliary midwifery service
8.1.5 Post abortion care
8.2 Role and Responsibilities of following professionals
8.2.1 RHD (Regional Health Director)
8.2.2 Senior Public Health Nurse
8.2.3 Public Health Nurse
8.2.4 Staff Nurse (PHCC)
8.2.5 ANM/AHW
8.2.6 MCHW
8.2.7 FCHW
8.2.8 VHW

Section C - 20 Marks

- 3. Epidemiology and vital health statistics. 10%**
3.1 Health, economics and socio-indicators.
3.2 Epidemiological approach & methods.
- 5. Occupational Health 10%**
5.1 Occupational health hazards
5.2 Preventive measures

Section D - 20 Marks

- 4. Special health program in Nepal 10%**
4.1 Nutrition
4.2 ARI (Acute Respiratory Infection)
4.3 CDD (Control of Diarrhoeal Disease)
4.4 Maternal and child health care Family Planning
- 6. Common communicable and Non-communicable diseases 10%**
6.1 **Communicable diseases**
6.1.1 TB
6.1.2 Malaria, Kalazar, Encephalitis
6.1.3 HIV/AIDS, STI
6.1.4 Hepatitis 'B'
6.1.5 Water borne diseases
6.2 **Non-communicable diseases**
6.2.1 Heart Disease
6.2.2 Diabetes
6.2.3 Cancer
6.2.4 Mental Problems
6.2.5 Hypertension

द्वितीय पत्रको एकाईहरुको प्रश्नसंख्या निम्नानुसार हुनेछ

द्वितीय पत्रका एकाई	A			B		C		D	
द्वितीय पत्रका एकाई	1	7	9	2	8	3	5	4	6
प्रश्न संख्या	1	1	1	2	1	1	1	1	1

विषयगत नमूना प्रश्नहरु (Sample questions)

1. Discuss concept and process of community development and explain how will you overcome its Barriers. 5+5=10
2. List the special health programmes of Nepal and explain one of them. 3+7=10
3. Discuss the Role and Responsibilities of a Nurse in providing Family Health care in Nepal. 10