

नेपाली सेना

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प्रा.अम.मेडिकल (खुला तथा आन्तरिक) पदको पेशा सम्बन्धी विषयको  
लिखित परीक्षा योजना र पाठ्यक्रम

समय : २ घण्टा ३० मिनेट

पूर्णाङ्क : १००

उत्तीर्णाङ्क : ४०

यो पाठ्यक्रम नेपाली सेनाको विभिन्न ईकाईहरूमा रिक्त रहेको प्रा.अम.मेडिकल (खुला तथा आन्तरिक) 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 : २०७४/०५/२९ गतेदेखि ।

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### प्रा.अम.मेडिकल (खुला तथा आन्तरिक) पदको पेशा सम्बन्धी विषयको लिखित परीक्षा योजना र पाठ्यक्रम

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	८ प्रश्न X ५ अङ्क = ४०	
				लामो उत्तर	२ प्रश्न X १० अङ्क = २०	

### प्रा.अम.मेडिकल (खुला तथा आन्तरिक) पदको पेशा सम्बन्धी विषयको पाठ्यक्रम

#### 1. FUNDAMENTAL OF NURSING

- 1.1. Qualities of a good Nurse
- 1.2. Introduction to hospital nursing
  - 1.2.1. Introduction to Hospitals : Purpose, Types, Functions, Admission & Discharge Procedure, Rules and regulations, Orientation to the ward, Importance of team work
- 1.3. Basic needs of patient : Nutritional need, Elimination, Need of comfort, Safety needs prevention of infection & Complication, Giving treatment, Love and security, Care of emotion
- 1.4. Care of unconscious Patients.
- 1.5. Pressure relief measure (Prevention of bed sore) & Introduction the meaning & causes of pressure sore - Sign & Symptoms; - Preventive measure (Back care; Positioning & using cradle, foot board; Air ring, sand bag pillows, back rest & cardiac table)
- 1.6. Nursing measure to assess the patient.
  - 1.6.1. Procedures used in assessment : Tray set-up for physical assessment & general physical examination; Cardinal signs (vital signs); Temperature; Pulse; Respiration; Blood pressure
  - 1.6.2. Temperature : Types of fever (Constant, Remittent, Intermittent, Relapsing) ; Grading of fever (Hyper pyrexia, rigor & states of rigor, Subnormal, Factors effecting temperature, Sites of taking temperature & rational, Measurement of body temperature either in centigrade or Fahrenheit and it's conversion); Principles of using mercury in clinical thermometer, Rise of mercury due to capillarity, Nursing intervention while taking care of patient with high fever
  - 1.6.3. Pulse : Types of pulse, Characteristics of normal pulse, Site of taking pulse, Factors affecting pulse rate and rhythm
  - 1.6.4. Respiration : Definition, Types of respiration, Factors affecting respiration, Characteristics of normal and abnormal respiration
  - 1.6.5. Blood pressure: Definition, Types - hypotension and hypertension, Areas of taking B.P., Factors affecting B.P.

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- 1.7. Disposal of Infected materials - Hand washing technique
- 1.8. Measure to provide safety need
  - 1.8.1. Protective measures : Use of side rails to prevent falling from bed, Use of restraints, Care of environment (Provision of water, Adequate ventilation, Adequate light, Floor free of water and sharp object)
  - 1.8.2. Technique of moving and lifting the patient from wheel chair to bed & trolley and vice versa
- 1.9. Measure related to meeting the nutritional needs of the patient.
  - 1.9.1. Meeting nutritional status : Maintain fluid and electrolytes balance, Attractive ways of serving food, Feeding helpless patient by normal process or Ryle's tube, Maintain Intake output Chart
  - 1.9.2. Ryle's tube insertion procedure : Purpose, Articles required, Procedure
- 1.10. Measure related to meeting the elimination needs of patient.
  - 1.10.1. Constipation : Definition, Way of relieving Constipation (Encourage Oral fluid, Encourage food having fibre, Abdominal exercise)
  - 1.10.2. Diarrhoea : Definition and Causes, Sign and symptoms of diarrhoea and dehydration, Management - method of making Oral rehydration Salt
  - 1.10.3. Enema : Type (Non retention & retention enema, Principles of giving enema, Articles required for the procedure, Procedure, Recording and reporting)
  - 1.10.4. Distension : Definition, Way of relieving distension/flatus tube (Ambulation, Oral fluid, Maintaining I/O chart)
  - 1.10.5. Catheterization of male & female, adult & child : Definition, purpose and type of catheter, Principles, Articles required, Step by step procedure, Record & reporting
  - 1.10.6. Catheter care : Care of Foley's catheter, Urinary drainage, Ways of prevention of ascending infection, Bladder irrigation
- 1.11. Measures related to prevention of infection & Complication
  - 1.11.1. Medical asepsis - Hand washing technique
  - 1.11.2. Surgical asepsis : Hand washing, Sterilisation (Definition, Purpose and principles, Method of sterilisation and Sterilisation of different Goods-glass wares, sharp instruments, rubber goods, linen and metal goods, Use of chittle forceps)
  - 1.11.3. Dressing : Definition, types, purpose and procedure, Nurses responsibilities
- 1.12. Pre & post operative care of the patient
  - 1.12.1. Pre-operative Care : Meaning, Psychological Preparation, Physical Preparation, General Procedure, Immediate Preparation
  - 1.12.2. Post-operative care: Immediate and routine care, Post-operative complication, Fluid and nutrition balance
- 1.13. Active and passive exercise - Definition, Purpose and procedure
  - 1.13.1. Deep breathing and coughing exercise - Purpose and procedure
  - 1.13.2. Postural drainage - Purpose and procedure
- 1.14. Different nursing procedure

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- 1.14.1. Seitz bath: Definition, purpose, articles required procedure, responsibility, recording & reporting.
- 1.14.2. Application of hot & cold compress : Type & purpose; Scientific principle; Method & procedure; Precautionary measures; Nurses responsibility
- 1.14.3. Health teaching to the diabetic patients - Food, exercise, medication, regular follow up
- 1.15. Administrations of Drugs
  - 1.15.1. Introduction
  - 1.15.2. Nurses responsibilities while administering drugs
  - 1.15.3. Rules for administering drugs - Care of medicine and Precautions
  - 1.15.4. Terms abbreviations used when administering drugs - AC,PC,OD,BD,TDS,QID,PRN,HS,SOS, N/A
  - 1.15.5. Side effects of drugs - Hyper Sensitivity, Tolerance, Signs and symptoms.
  - 1.15.6. Routes of administration of drugs : Oral-emulsion, Liquors, Linctus, Mixture, Syrup, Tablets, Capsules; Injections- Intramuscular, Intravenous, Subcutaneous, Intradermal ; Per rectum
- 1.16. Oxygen therapy : Definition, Principle, Purpose, Indic, Methods, Procedure & Precaution
- 1.17. Steam Inhalation : Definition, Purpose, Indication, Precaution & Procedure

## 2. **FIRST-AID**

- 2.1 Bites
  - 2.1.1 Insect bite : Bees: Sign & symptoms, First aid treatment, referral; Scorpions: Sign & symptoms, First aid treatment, referral
  - 2.1.2 Animal bite : Dog bite: Sign & symptoms, First aid treatment, referral; Monkey bite: Sign & symptoms, First aid treatment, referral
  - 2.1.3 Snake bite: Viper: Sign & symptoms, First aid treatment, referral; Cobra: Sign & symptoms, First aid treatment, referral
- 2.2 Chocking : Definition, Type, Causes, Symptoms, First aid treatment, referral
- 2.3 Drowning : Definition, Sign & Symptoms, First aid treatment, referral
- 2.4 High altitude & Frost bite : Definition, Sign & symptoms, First aid treatment, referral
- 2.5 Haemorrhage : Definition, Type, Causes, Sign & symptoms, First aid treatment, referral
- 2.6 Shock : Definition, Type, Causes, Sign & symptoms, First aid treatment, referral
- 2.7 CPR (Cardio Pulmonary Resuscitation) : Definition, Purpose, Articles required, indication, procedure, referral
- 2.8 Burns : Definition, Causes, Sign & symptoms, Degree of burns, First aid & treatment, referral
- 2.9 Poisoning : Definition, Types of poisoning, Sign & symptoms, First aid treatment, referral
- 2.10 Heat stroke : Definition, Sign & symptoms, First aid treatment, referral
- 2.11 Fracture

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- 2.11.1 Definition, Causes, Types of fracture, Sign & symptoms, First aid treatment, referral
  - 2.11.2 Common terms used while treating fracture (Sling, Padding, Splints, Bandaging)
  - 2.12 Bullet injury & first aid treatment : Ambush, Blast, Splinter
  - 2.13 Chest injury & first aid treatment
  - 2.14 Spinal injury & first aid treatment
  - 2.15 Hemorrhage and Treatment
- 3. ANATOMY & PHYSIOLOGY**
- 3.1 Types of bones & their function
    - 3.1.1 Long bone (Tibia, Fibula, Humerus, Femur, Ulna, Radius)
    - 3.1.2 Short bone (Carpal, Metacarpal, and Tarsal).
    - 3.1.3 Flat bone (In nominate bone)
    - 3.1.4 Irregular bone (Vertebra bone)
  - 3.2 Circulatory system
    - 3.2.1 Introduction of circulatory system
    - 3.2.2 Organs of the circulatory system : Heart (Structure, Function)
    - 3.2.3 Characteristics & function of blood
  - 3.3 Respiratory system
    - 3.3.1 Structure & function of the upper & lower respiratory system
    - 3.3.2 Organs of the respiratory system
  - 3.4 Digestive System
    - 3.4.1 Introduction
    - 3.4.2 Structure & function of eliminatory tract: Mastication, Ingestion, Digestion, Excretion
    - 3.4.3 Structure and function of accessory organs of the digestive system; Salivary gland, liver, and gall bladder
  - 3.5 Urinary System
    - 3.5.1 Organs Involved in the Urinary system structure and function – Kidney, Ureter, Urinary bladder, Urethra
  - 3.6 Reproductive System
    - 3.6.1 Introduction
    - 3.6.2 Structure & function of reproductive system (Male & Female)
- 4. COMMUNITY HEALTH**
- 4.1 Health
    - 4.1.1 Definition of health by WHO Optimum health
    - 4.1.2 Factors influencing health in Nepal : Human biology, Environment, Ways of living, Economic status, Health services
    - 4.1.3 Definition of Various terms : Community, Community Health
  - 4.2 Immunization
    - 4.2.1 Immunity : Definition, Classification of immunity, Natural immunity, Acquired Immunity

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- 4.2.2 EPI programme : Different types of immunization; DPT, T.T., BCG, Polio, Measles and others
- 4.3 Environmental sanitation
  - 4.3.1 Definition of environmental sanitation
  - 4.3.2 Components of environment: Physical, Social, Biological
  - 4.3.3 Definition of refuses
  - 4.3.4 Methods of refuse disposable : Burning, Dumping Controlled, Tipping, Composting
  - 4.3.5 Transmission of faecal disease : Water, Food, Finger, Soil, Flies
- 4.4 Introduction and management of common diseases
  - 4.4.1 Water borne diseases:- Cholera, Hepatitis A
  - 4.4.2 Air borne diseases: Chicken pox, Measles, Tuberculosis, RTI (Pneumonia, Bronchitis, COPD)
  - 4.4.3 Direct contact : Common Skin diseases, Hepatitis B & C; HIV/AIDS & STI (Introduction, Global & National situation of HIV/AIDS, Source of transmission & precaution, Sign & symptoms, Prevention, treatment, care & support, VCT (voluntary counselling testing))

## 5. PHARMACOLOGY

- 5.1 Definition of Pharmacokinetics & Phamacodynamic
- 5.2 Anti-Infective drugs
  - 5.2.1 Anti-helminthics
  - 5.2.2 Anti-amoebic drugs
  - 5.2.3 Anti-bacterial drugs
  - 5.2.4 Anti-tubercular drugs
  - 5.2.5 Anti-fungal drugs
  - 5.2.6 Anti-malarial drugs
  - 5.2.7 Anti-filarial drugs
  - 5.2.8 Anti-leishmaniasis drugs
- 5.3 Respiratory tract drugs
- 5.4 Disinfectants & antiseptic
- 5.5 Rules for administering drugs :Care of medicine & precautions

## 6. MICROBIOLOGY

- 6.1 Name of disease caused by Micro Organism & Parasite
  - 6.1.1 Common disease caused by Bacteria: - Typhoid, Paratyphoid, Tonsillitis
    - Difference between amoebic & bacillary Dysentery
    - Diarrhoea
    - Giardia
- 6.2 Describe the functions of the body fluid
  - 6.2.1 Fluid distribution in the body
    - Intercellular fluid
    - Extracellular fluid
  - 6.2.2 Fluid & electrolyte replacement

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- Oral rehydration solution (ORS)
- Intravenous therapy

### 6.3 Blood Transfusion

#### 6.3.1 Precaution

#### 6.3.2 Hazards

#### 6.3.3 Procedure

यस पेशा सम्बन्धी विषयको पाठ्यक्रमका एकाईहरुबाट सोधिने प्रश्नहरुको संख्या निम्नानुसार हुनेछ ।

एकाइ नं. (Unit No.)	अङ्कभार (Weightage)	बहुवैकल्पिक प्रश्न (MCQs) को संख्या	छोटो उत्तर प्रश्नको संख्या	लामो उत्तर प्रश्नको संख्या
1.	40	20	८ प्रश्न X ५ अङ्क	२ प्रश्न X १० अङ्क
2.	20	10		
3.	15			
4.	10	10		
5.	10			
6.	5			
जम्मा	<b>100</b>	४० प्रश्न x १ अङ्क = ४० अङ्क	८ प्रश्न X ५ अङ्क = ४० अङ्क	२ प्रश्न X १० अङ्क = २० अङ्क

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प्रा.अम मेडिकल पदको प्रयोगात्मक परिक्षाको पाठ्यक्रम  
(खुला / आन्तरिक)

Time : 30 Minuets

Full Marks :50

Pass marks :25

S.No.	Statement	Marks
1.	Understand clearly about given assignment	5
2.	Collection of equipment according to assigned procedure	5
3.	Explain the patient about procedure	5
4.	Hand washing before & after procedure	5
5.	Maintain privacy during procedure	5
6.	Perform the procedure appropriate technique	5
7.	Communication of patient	5
8.	Make comfort the patient after procedure.	5
9.	Proper replacement of equipment	5
10.	Record and report properly to senior staff	5

- तोकिएको व्यवहारिक परिक्षाको कार्यलाई बोध गर्न सक्ने क्षमताको मुल्याङ्कन गर्ने ।
- तोकिएको व्यवहारिक परिक्षाको जिम्मेवारी सफलता पूर्वक सम्पन्न गर्न आवश्यक पर्ने समानहरूको छनौट गरि तर्तिवार कार्य गर्न सक्ने क्षमताको मुल्याङ्कन गर्ने ।
- विरामीलाई उपचारको क्रममा के कस्तो तरिकाबाट उपचार गरिनेछ,सो बारेमा प्रष्टाउने क्षमताको मुल्याङ्कन गर्ने ।
- विरामीलाई उपचार गर्दा अपनाउनु पर्ने सहि क्रियाविधि र उपकरणहरूको प्रयोगको बारे मुल्याङ्कन गर्ने ।
- उपचार कार्यको रेकर्डिङ्क र रिपोर्टिङ्कको तर्तिव र ज्ञान बारे मुल्याङ्कन गर्ने ।