

## नेपाली सेना

### अ.न.मि. (स्थायी तथा करार सेवा) पदको लिखित परीक्षाको पाठ्यक्रम

समय : २ घण्टा ३० मिनेट

पूर्णाङ्क : १००

उत्तीर्णाङ्क : ४०

यो पाठ्यक्रम नेपाली सेनाको श्री कल्याणकारी योजना निर्देशनालय अन्तरगत अ.न.मि. (स्थायी तथा करार सेवा) उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । अ.न.मि. उम्मेदवार छनौटको 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 ।

सि.नं.	प्रश्नको किसिम	प्रश्न संख्या र अंक	समय
१.	वस्तुगत प्रश्न (Objective) बहुवैकल्पिकप्रश्न (MCQS)	५०x१=५०	२ घण्टा ३० मिनेट
२.	छोटो उत्तर दिनु पर्ने प्रश्न (Short Questions)	६x५=३०	
३	लामो उत्तर दिनु पर्ने प्रश्न (Long Questions)	२x१०=२०	

(च) पाठ्यक्रम लागु मिति : २०७१/०९/ गतेदेखि ।

अ.न.मि. (स्थायी तथा करार सेवा) लिखित परीक्षाको पाठ्यक्रम

Full Marks : 100

Pass Marks : 40

1. **Anatomy and physiology . 10%**
  - 1.1 Define terms used in anatomy and physiology.
  - 1.2 Anatomy and physiology of all system of the body( skeleton system, muscular system, respiratory system, lymphatic system, urinary system, reproductive system, male and female, endocrine system, nervous system, special sensory organ, Digestive system.)
2. **Fundamental of Nursing : 10%**
  - 2.1 Define Nurse, ANM and Nursing.
  - 2.2 Define Cardinal (vital) signs
  - 2.3 Nursing process and it's components in brief.
  - 2.4 Basic needs and the differential ways and means of meeting them.
  - 2.5 Nursing Procedures step by step with it's purpose , principles and articles required.(Mouth Wash, Nail cure, Hair wash, Sponge Bath, Back Care etc)
  - 2.6 Nutritional need and different ways of meeting nutritional needs of patient.
  - 2.7 Elimination need of patient and condition of constipation, Distention and Retention with the relief of measures (Enema, Catheterization).
  - 2.8 Purpose and importance of infection prevention practice.
  - 2.9 Different terms used in administration of drugs.
  - 2.10 First Aid.
  - 2.11 Care of dead body.
3. **Reproductive Health 10%**
  - 3.1 Anatomy and physiology of Male and Female reproductive organ .
  - 3.2 Adolescence's reproductive health and problems including it's cause signs and symptoms, prevention and management.
  - 3.3 Problems of women, their cause signs and symptoms, prevention and management.
  - 3.4 Safe motherhood program in Nepal.
  - 3.5 Counseling process.
  - 3.6 Client assessment and examination.
  - 3.7 Different methods of family planning.
4. **Community health Nursing 10%**
  - 4.1 Various terms related to community health.
  - 4.2 Factors influencing health of society .
  - 4.3 Immunization and vaccine.
  - 4.4 Nutrition and its relationship to health.
  - 4.5 Role and responsibilities of ANM.
  - 4.6 Additional requirement of food during the various stages of life.

- 4.7 Balance diet and its importance to health.
- 4.8 Importance and advantage of breast feeding.
- 4.9 Different terminology of breast feeding.
- 4.10 Weaning food.
- 4.11 Food Adulteration and its impact on health.
- 4.12 Environmental sanitation.
- 4.13 Health Education.
- 4.14 Family Health(PHC).
- 4.15 Child Health Nursing(Terminology used in child health, Growth and Development).
- 4.16 Community Diagnosis.
- 5. **Epidemiology and Communicable Diseases(Terms used in Epidemiology) 10%**
- 6. **Treatment of Simple Disorder 10%**
  - 6.1 Terminology used health illness, diagnosis and treatment of diseases.
  - 6.2 Terms used in microbiology.
  - 6.3 Different methods of collecting labeling and dispatching different specimen to the lab (Blood, Stool, Urine, Sputum).
  - 6.4 Different forms of Drugs, classification of drugs, types of antibiotics.
  - 6.5 Minor Disease Condition(Medical Disease, Disease of urinary system, nervous system, worm infestation, common eye problem, mental illness, skin problem).
- 7. **Health Management. 10%**
- 8. **Midwifery 'A' 10%**
  - 8.1 Anatomy and physiology of female pelvis, fetal skull.
  - 8.2 Process of conception and fetal development.
  - 8.3 Development of fertilize ovum, fetal and placenta.
  - 8.4 Fetal Circulation.
  - 8.5 Major physiological changes during pregnancy.
  - 8.6 Assessment of pregnant mother, needs of pregnant mother.
  - 8.7 Minor disorder of pregnancy and its management.
  - 8.8 Disease associated with pregnancy and in management.
  - 8.9 Drugs used in obstetrics.
- 9. **Midwifery 'B' 10%**
  - 9.1 Normal labour, Mechanism of labour, admission procedure,
  - 9.2 Management of first stage, second stage, third stage and fourth stage of labour.
  - 9.3 Complication of third and fourth stage of labour.
  - 9.4 Abnormal labour and its management.
  - 9.5 Abnormal presentation.
  - 9.6 Obstetric emergency and their management.
  - 9.7 Instrumental operational delivery and its management.

9.8 Obstructed labour, cause, signs and symptoms and its management of complication.

9.9 Skill birth attendance.

10. **Midwifery 'C'** 10%

10.1 Physiological changes, cause and management of puerperium.

10.2 Minor disorder of puerperium and their management.

10.3 Major disorder of puerperium and their management.

10.4 Exclusive breast feeding.

10.5 Causes and management of difficulties in breast feeding.

10.6 Management of breast problem.

10.7 New born care, common problem and management.

10.8 Minor disorder of new born babies and management.

10.9 Common major disorder of new born and their management.

10.10 Congenital abnormalities and their management.

**SAMPLE QUESTION****long answer question**

1. Explain role and responsibilities of ANM for maintaining nutrition status of children?

**Short answer question**

1. Explain rule of administering drugs?

**Subjective Question**

1. In female, the catheter should be inserted into urethra to a distance of:
  - a. 2 inches
  - b. 3 inches
  - c. 4 inches
  - d. 5 inches

## **Practical Syllabus for ANM**

Full Marks : 25  
Pass Marks : 12.5

### **Course**

1. Anatomy and Physiology
2. Fundamental of Nursing (Theory)
3. Fundamental of Nursing (Practical)
4. Reproductive health
5. Community health Nursing
6. Epidemiology and communicable disease.
7. Treatment of simple disorder
8. Health management
9. Midwifery A (Theory)
10. Midwifery A (Practical)
11. Midwifery B (Theory)
12. Midwifery B (Practical)
13. Midwifery C (Theory)
14. Midwifery C (Practical)