

बि.पि. कोइराला मेमोरियल क्यान्सर अस्पताल
प्राविधिक (स्वास्थ्य) सेवा, नर्सिङ समुह, कम्प्युनिटी/क्लिनिकल उपसमुह, सिष्टर पदको खुला र आन्तरिक प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

कूल पूर्णाङ्क :- १५०

१. प्रथम चरण : - लिखित परीक्षा				पूर्णाङ्क :- १००			
पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या X अङ्क	समय
प्रथम	प्राविधिक विषय र सम्बन्धित कानूनहरु	१००	४०	वस्तुगत	बहुवैकल्पिक प्रश्न	१०० प्रश्न x १ अङ्क	१ घण्टा ३० मिनेट
२. द्वितीय चरण : - प्रयोगात्मक							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
प्रयोगात्मक	३०	-	प्रयोगात्मक				
३. तृतीय चरण : - अन्तर्वार्ता							
विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली			समय	
अन्तर्वार्ता	२०	-	मौखिक				

द्रष्टव्य :

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा), द्वितीय चरण (प्रयोगात्मक) र तृतीय चरण गरी तीन चरणमा विभाजन गरिएको छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- लिखित परीक्षामा यथासम्भव पाठ्यक्रमका सबै एकाईबाट प्रश्नहरु सोधिनेछ ।
- विषयगत प्रश्नमा प्रत्येकपत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरु हुनेछन् । परिक्षार्थीले प्रत्येक खण्डका प्रश्नहरुको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरु 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 उम्मेदवारहरुलाई मात्र दोस्रो चरणको परीक्षामा सम्मिलित गराईनेछ । दोस्रो चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र तृतीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको गलत उत्तर दिएमा अङ्क कट्टा गरिने छैन ।
- पाठ्यक्रम लागू मिति :- २०७३/४/३०

यस पत्र/विषयको पाठ्यक्रमबाट यथासम्भव निम्नानुसार प्रश्नहरु सोधिनेछ ।

खण्ड	अङ्कभार	प्रश्न संख्या
		वस्तुगत
A	९०	९० प्रश्न X १ अङ्क = ९०
B	१०	१० प्रश्न X १ अङ्क = १०

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Section (A) – 10 Marks

1. **B.P.Koirala Memorial Cancer Hospital, Related Legislations and General Health Issues**
 - 1.1. B.P.Koirala Memorial Cancer Hospital : History, organizational structure, functions, roles, services, problems and challenges
 - 1.2. National Health Policy
 - 1.3. B.P.Koirala Memorial Cancer Hospital related act and regulations
 - 1.4. Health Service Act, 2053 and Health Service Regulation, 2055
 - 1.5. Professional council related acts and regulations
 - 1.6. NMC and National Health Agencies
 - 1.7. Nursing council Act 2052

Technical Subject

Section (B) – 90 Marks

1. Nursing Concepts and Principles.

- 1.1 Basic needs of clients
- 1.2 Nursing Process : Steps of Nursing process
- 1.3 Common nursing procedures used in the hospital
- 1.4 Stress and crisis and their management
- 1.5 First aid treatment
- 1.6 Administration of drugs
- 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: Chocking, burn, fracture, hemorrhage, shock and poisoning
- 1.9 Methods of collecting different specimen for routine and culture test
- 1.10 Pain management: Physiology, assessment and management
- 1.11 Concept of holistic health/ complimentary and alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 1.12 Communication/counseling
- 1.13 Ethical and legal aspects in nursing
- 1.14 Nursing theories.

2. Applied Science

- 2.1 Friction, Force, Gravity, Transfer of heat, Fluid and Electrolyte, Osmosis, Diffusion, Acid-base balance
- 2.2 Anatomy and Physiology of all body systems and organs and body mechanisms
- 2.3 Microbiology
- 2.4 Common investigation and its significance
- 2.5 Common drugs/action /side effects

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- 2.6 Rehydration therapy
- 2.7 Cancer pathology.
- 2.8 Cell cycle and level of carcinogenesis
- 2.9 Carcinogenesis; initiation, promotion, progressions
- 2.10 Characteristics of cancer cell; Pleomorphism, Heterogeneity, Biochemical
- 2.11 Staging and Grading.
- 3. Leadership and Management in Nursing Planning**
 - 3.1 Principles of leadership and management
 - 3.2 Management process: Supervision, motivation, implementation and evaluation
 - 3.3 Concept of authority, power, responsibility and accountability
 - 3.4 Change process
 - 3.5 Management of resources including human resource management
 - 3.6 Health management information system (HMIS)
 - 3.7 Management of budget
 - 3.8 National health planning and concept of national health system.
- 4. Nursing Research**
 - 4.1 Purpose and significance of research in nursing
 - 4.2 Research process
 - 4.3 Principles, purposes and components of research proposal
 - 4.4 Principles and components of a research report
 - 4.5 Basic statistics in research: Graphic presentation of data, frequency distribution, measures of central tendency and measures of variability
- 5. National and International Non-Governmental organization – NAN, Nepal Nursing Council, ICN**
 - 5.1 Family planning association of Nepal
 - 5.2 Aama Milan Kendra (Mothers Club)
 - 5.3 Nepal CRS company
 - 5.4 Nepal Red Cross Society
 - 5.5 National Vitamin A Programme
 - 5.6 Britain Nepal Medical Trust (BNMT)
 - 5.7 WHO
 - 5.8 UNICEF
 - 5.9 UNFPA
 - 5.10 USAID
 - 5.11 GTZ
 - 5.12 Professional Development
- 6. Indicators**
 - 6.1 Health indicators
 - 6.2 Demography/Socio-cultural
 - 6.3 Socioeconomic
 - 6.4 Reproductive health indicators
 - 6.5 Population Dynamic

7. Cancer prevention

- 7.1 Epidemiology, concept and approach.
- 7.2 Level of cancer prevention, screening and diagnosis
- 7.3 Most ten common cancer in male and female in world.
- 7.4 Vaccine use in cancer prevention.

8. Cancer Treatment Modalities:

8.1 Medical Oncology

8.1.1 Cancer of lung, head and neck cancer, CLL, CML, Colorectal, Breast , cancer of GB and hepatic cancer, lymphoma, prostate, germ cell tumors, Osteosarcoma, Rhabdomyosarcoma, soft tissue sarcoma, cancer of urinary bladder, multiple myeloma

8.1.2 Antineoplastic agent;

8.1.2.1 Introduction

8.1.2.2 It's Classification.

8.1.2.3 Safe handling of cytotoxic agent and it's preparation.

8.1.2.4 Chemo administration and disposal of chemo related waste.

8.1.2.5 Extravasations of chemo and its management.

8.1.2.6 Management of chemo spill

8.1.2.7 Management of side effects of antineoplastic agent.

8.1.2.8 Nursing care of patients receiving chemotherapy

8.1.2.9 Management of neutropenia in cancer.

8.1.2 Diabetes mellitus, Diabetes insipidus, Hypertension
, pathological Fracture related to cancer, Dislocation.

8.1.3 Pediatric oncology

8.1.3.1 Major developmental characteristics and milestones

8.1.3.2 Promoting optimum development of children

8.1.3.3 Nursing care of critically ill children

8.1.3.4 Stress of illness and hospitalization.

8.1.3.5 Hematological malignancies; ALL, AML, Lymphoma. Wilm's Tumors, Retinoblastoma,

Ewing's sarcoma, osteosarcoma, hepatoblastoma germ cell tumours, soft tissue sarcoma,

8.2 Biological Therapy: Cytokines, Antibody therapy, Effectors cells, Immunomodulators, Retinoids

8.3 Surgical oncology

8.3.1 Developmental tasks, Application of nursing process, Common diagnostic procedures

8.3.2 Nursing management of patient with neuro surgery.

8.3.3 Nursing management of patient with thoracic surgery.

8.3.4 Nursing management of patient with head and neck surgery.

8.3.5 Nursing management of patient with gynaecological malignancies.

8.3.6 Nursing management of patient with urological surgery.

8.3.7 Nursing management of patient with malignancies of bone.

8.3.8 Nursing management of patient with GI surgery

8.3.9 Nursing management of patient with breast surgery.

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8.3.10 Cancer related conditions : HIV and cancer, TB and cancer, Infections and cancer and
Diabetes and cancer

8.3.11 Management of anaemia in cancer.

8.3.12 Diet and nutrition in cancer patients.

8.4 Radiation Therapy:

8.4.1 Introduction

8.4.2 Principle of RT and types of RT.

8.4.3 Patient preparation for external radiation therapy and brachy therapy

8.3.4 Systemic and local Side effects management after radiation therapy

8.5 Hospice and palliative care

8.5.1 Pain management: Physiology, assessment and management

8.5.2 Symptom management in palliative care- wound care, dyspnea, and constipation

8.5.3 Psychosocial issues:

8.5.4 End of life care

8.5.5 Breaking bad news.

9. Nursing management in oncological emergencies

9.1 Structural and Metabolic

10 Geriatric Nursing

10.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, cancer, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout

10.2 Health promotion activities of elderly clients

10.3 Common cancers of elderly clients and their treatment therapies

10.4 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

10.5 Stress of illness and hospitalization.

11 Psychiatric Nursing

11.1 Mental health assessment: History taking and mental status examination

11.2 Treatment modalities for mental illnesses

11.3 Thought and mood disorders:, depression

11.4 Neurotic and stress-related disorders

11.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome