

वी.पी. कोइराला मेमोरियल क्यान्सर अस्पताल
प्राविधिक (स्वास्थ्य) सेवा, नर्सिङ्ग समुह, क्लिनिकल/कम्युनिटी उपसमुह, अधिकृत आठौं तह, वरिष्ठ सिष्टर पदको
खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण (First Phase) : लिखित परीक्षा

Paper	Subject	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	Technical Subject & Organizational Knowledge	100	40	100× 1= 100 (Objective Multiple Choice Questions)	1.15 hrs
II		100	40	4 × 5 = 20 8 × 10 = 80 (Subjective Descriptive Type)	3.00 hrs

द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination
Interview	30	Oral

द्रष्टव्य :

१. यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
२. प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
३. प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
४. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
५. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
६. वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital letter) A,B,C,D मा लेख्नुपर्नेछ । सानो अक्षर (Small letter) a,b,c,d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
७. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
८. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र /विषयमा दिइए अनुसार हुनेछ ।
९. परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
१०. विषयगत प्रश्न हुने पत्रका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्ने छ ।
११. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्भन्नु पर्दछ ।
१२. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
१३. पाठ्यक्रम लागू मिति :- २०७८/०२/१५

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Paper I & II : - Technical Subject & Organizational Knowledge
Section (A): 45% 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/ complementary 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
- 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
- 2.12 Human anatomy and physiology
- 2.13 Pharmacology

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

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- 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

Section (B): 45% Marks

7. **Cancer prevention**
 - 7.1 Epidemiology, concept and approach
 - 7.2 Level of cancer prevention, screening and diagnosis
 - 7.3 Most ten common cancers 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 : Introduction and its classification
 - 8.1.3 Safe handling of cytotoxic agent and its preparation
 - 8.1.4 Chemo administration and disposal of chemo related waste
 - 8.1.5 Extravasations of chemo and its management
 - 8.1.6 Management of chemo spill
 - 8.1.7 Management of side effects of antineoplastic agent
 - 8.1.8 Nursing care of patients receiving chemotherapy
 - 8.1.9 Management of neutropenia in cancer
 - 8.1.10 Diabetes mellitus, Diabetes insipidus, Hypertension, pathological fracture related to cancer, Dislocation

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- 8.1.11 Pediatric oncology
 - 8.1.11.1 Major developmental characteristics and milestones
 - 8.1.11.2 Promoting optimum development of children
 - 8.1.11.3 Nursing care of critically ill children
 - 8.1.12 Stress of illness and hospitalization
 - 8.1.13 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 following:
 - 8.3.2.1 Neurosurgery
 - 8.3.2.2 Thoracic surgery
 - 8.3.2.3 Head and Neck surgery
 - 8.3.2.4 Gynecological malignancies
 - 8.3.2.5 Urological surgery
 - 8.3.2.6 Malignancies of bone
 - 8.3.2.7 GI surgery
 - 8.3.2.8 Breast surgery
 - 8.3.3 Cancer related conditions : HIV and cancer, TB and cancer, Infections and cancer and Diabetes and cancer
 - 8.3.4 Management of anaemia in cancer
 - 8.3.5 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
 - 8.4.4 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
 - 8.5.6 Stoma care
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

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- 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

Section (C): 10 % Marks

12. Concept of management

- 12.1 Management: concept, scope, functions, principles, and its practices
- 12.2 Hospital Management : concept, scope, function, principle and its practices
- 12.3 Communication skills, problem solving and decision making
- 12.4 Planning, organizing, monitoring and evaluation in health sector
- 12.5 Participative management
- 12.6 Social justice and social security system in Nepal
- 12.7 Positive attitude and self-development
- 12.8 Demographic characteristic of Nepal

13. Organizational Knowledge and General Health Issues

- 13.1 B.P.Koirala Memorial Cancer Hospital : History, organizational structure, functions, roles, services, problems and challenges
- 13.2 National Health Policy
- 13.3 B.P.Koirala Memorial Cancer Hospital related act and regulations
- 13.4 Health Service Act, 2053 and Health Service Regulation, 2055
- 13.5 Professional council related acts and regulations
- 13.6 NMC and National Health Agencies
- 13.7 Nursing council Act, 2052
- 13.8 Professional and medical ethics