

वी.पी. कोइराला मेमोरियल क्यान्सर अस्पताल
प्राविधिक (स्वास्थ्य) सेवा, नर्सिङ्ग समुह, क्लिनिकल/कम्युनिटी उपसमुह, सहायक पाँचौं तह, स्टाफ नर्स 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	50× 2= 100 (Objective Multiple Choice Questions)	45 minutes
II		100	40	12× 5 = 60 4 × 10 = 40 (Subjective Descriptive Type)	2.30 hrs

द्वितीय चरण (Second Phase)

Subject	Full Marks	Examination
Interview	30	Oral

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
- प्रथम र द्वितीय पत्रको पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन ।
- 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र /विषयमा दिइए अनुसार हुनेछ ।
- परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
- विषयगत प्रश्न हुने पत्रका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्ने छ ।
- 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 ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७८/०९/२४

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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 Developmental tasks, Application of nursing process, Common diagnostic procedures
- 1.4 Common nursing procedures used in the hospital
- 1.5 Stress and crisis and their management
- 1.6 First aid treatment
- 1.7 Administration of drugs
- 1.8 Infection prevention
- 1.9 Methods of collecting different specimen for routine and culture test
- 1.10 Concept of holistic health/ alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 1.11 Communication and counseling , its role in nurse–client relationship
- 1.12 Ethical and legal aspects in nursing

2. Leadership and Management in Nursing

- 2.1 Principles of leadership and management
- 2.2 Management process: Supervision, motivation, implementation and evaluation

3. Applied Science

- 3.1 Microbiology
- 3.2 Common investigations and their significance
- 3.3 Common drugs/ action /side effects
- 3.4 Rehydration therapy
- 3.5 Cell cycle and level of carcinogenesis
- 3.6 Staging and grading of tumors

4. Cancer prevention

- 4.1 Epidemiology, concept and approach.
- 4.2 Level of cancer prevention, screening and diagnosis
- 4.3 Most ten common cancer in male and female in world
- 4.4 Vaccine use in cancer prevention

Section (B): 45 % Marks

5. Cancer Treatment Modalities:

5.1 Medical Oncology

- 5.1.1 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
- 5.1.2 Chemotherapy: Introduction
- 5.1.3 Classification of cytotoxic drugs
- 5.1.4 Safe handling of cytotoxic drugs, spill and extravasations management
- 5.1.5 Nursing care of patients receiving chemotherapy
- 5.1.6 Common Side effects of chemotherapy and its management
- 5.1.7 Management of neutropenia in cancer.

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- 5.1.8 Diabetes mellitus, Diabetes incipidus, Hypertension, pathological Fracture related to cancer, Dislocation.
- 5.2 **Pediatric oncology**
 - 5.2.1 Major developmental characteristics and milestones
 - 5.2.2 Promoting optimum development of children
 - 5.2.3 Nursing care of critically ill children
 - 5.2.4 Hematological malignencies; ALL,AML, Wilm's Tumors, Retinoblastoma, Ewing's sarcoma, osteosarcoma, hepatoblastoma germ cell tumours, soft tissue sarcoma, Lymphoma.
- 5.3 **Biological Therapy:** Cytokines, Antibody therapy, Effectors cells, Immunomodulators, Retinoids
- 5.4 **Surgical oncology**
 - 5.4.1 Nursing management of common disease conditions including pre- and post-operative care
 - 5.4.2 Care of Patient with: Brain and Spinal cord malignancies, Breast, Ccolorectal, ca. head and neck, cancer of urinary bladder, Osteosarcoma, cancer of esophagus, cancer of GI, Intestinal Obstruction.
 - 5.4.3 Cancer related conditions : HIV related cancer, TB related cancer.
 - 5.4.4 Colostomy care, urostomy care, lymphedema prevention, fistula care
 - 5.4.5 Diet and nutrition in cancer patients.
 - 5.4.6 Anatomy and Physiology of male and female reproductive system.
 - 5.4.7 Management and nursing care of Gynecological malignancies: Cancer of cervix,Cancer of ovary, Cancer of endometrium, Gestational trophoblastic tumors,Malignancies of valva /vagina
- 5.5 **Radiation Therapy**
 - 5.5.1 Introduction, principle and types of RT
 - 5.5.2 Patient preparation for external radiation therapy and brachy therapy
 - 5.5.3 Systemic and local Side effects management after radiation therapy
- 5.6 **Hospice and palliative care**
 - 5.6.1 Pain management: Physiology, assessment and management
 - 5.6.2 Symptom management in palliative care- wound care, dyspnea, and constipation
 - 5.6.3 Psychological issues: Tension, Anxiety .Depression, Sleeping disorder
 - 5.6.4 End of life care
 - 5.6.5 Breaking bad news
- 6. **Nursing management in oncological emergencies**
 - 6.1 Structural and Metabolic
- 7. **Operation theatre, stoma care, palliative care nursing**

Section (C): 10 % Marks

- 8. **Organizational Knowledge and General Health Issues**
 - 8.1 B.P.Koirala Memorial Cancer Hospital : History, organizational structure, functions, roles, services, **problems and challenges**
 - 8.2 National Health Policy major features
 - 8.3 B.P.Koirala Memorial Cancer Hospital related act and regulations
 - 8.4 Health Service Act, 2053 and Health Service Regulation, 2055
 - 8.5 **Health Professional council** acts and regulations
 - 8.6 NMC and National Health Agencies

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- 8.7 Nursing council Act, 2052
- 8.8 Professional and medical ethics