

**शहीद गंगालाल राष्ट्रिय हृदय केन्द्र**  
**पदपूर्ति समिति**  
**पद: वरिष्ठ स्टाफ नर्स (सेवा - प्राविधिक, समूह - मेडिकल, उप-समूह - नर्सिङ) को**  
**खुल्ला/आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम**  
**एवं परीक्षा योजना**

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

**प्रथम चरण :-** लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १००

**द्वितीय चरण :-** अन्तर्वार्ता (Interview)

पूर्णाङ्क :- २०

**प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)**

Paper	Subject	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	Technical Subject	100	40	50× 1 = 50 (Objective Multiple Choice Questions)	2.15 hrs
				10× 5= 50 (Subjective Descriptive Type)	

**द्वितीय चरण (Second Phase)**

Subject	Full Marks	Examination
Interview	20	Oral

**द्रष्टव्य :**

- यो परीक्षा योजनालाई प्रथम चरण (लिखित परीक्षा) र द्वितीय चरण (अन्तर्वार्ता) गरी दुई चरणमा विभाजन गरिएको छ ।
- 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 कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- विषयगत प्रश्नको हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डका उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम विनियम तथा नीतिहरू 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 उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति :- २०७६।११।१

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1. **Fundamentals of Nursing:**

- 1.1 Basic needs of clients with application of Maslow hierarchy theory
- 1.2 History taking and Physical examination
- 1.3 The nursing process
- 1.4 Common nursing procedures used in the hospitals, care of Mechanically Ventilated patients, Care of CVP lines, Arterial lines, peripheral lines
- 1.5 First aid treatment
- 1.6 Methods of Collection and transport of different specimens and culture tests
- 1.7 Patient's rights and Patient safety:
- 1.8 Special management of the client undergoing diagnostic and intervensive procedures
- 1.9 Infection prevention and control in health care setting
- 1.10 Hospital waste management system

2. **Applied science**

- 2.1 Anatomy and physiology all body systems
- 2.2 Cardiovascular system in detail
- 2.3 Sensory organs
- 2.4 Body Mechanisms, Friction, Gravity, Transfer of Heat.
- 2.5 Fluid And Electrolytes, Osmosis, Diffusion, Acid Base Balance, Rehydration Therapy, Common investigations and its significance
- 2.6 Common drugs
- 2.7 Common cardiac drugs including Streptokinase, TNK
- 2.8 Inotropic drugs
- 2.9 Narcotic drugs
- 2.10 Antiepileptic drugs
- 2.11 Emergency drugs
- 2.12 Common side effects of above drugs and nursing implications of drug administration

3. **Cardiovascular Nursing**

- 3.1 Health assessment
  - 3.1.1 History taking
  - 3.1.2 Physical examination
  - 3.1.3 Application of Nursing process
  - 3.1.4 Common diagnostic procedure: Non-invasive; ECG, Echo, TMT, Holter, ABP, CT scanning, CT Angiogram, Invasive: TEE, Cath procedures: Coronary Angiogram, Renal/peripheral angiogram, Right/Left heart catheterization, Electrophysiological study of heart etc.
- 3.2 Disorders related to different body systems and nursing management:
  - 3.2.1 Trauma/Burns, Allergies, Anaphylactic Shock, Acute Bronchitis, Atelectasis, Asthma COPD, Pneumonia, Pulmonary Tuberculosis, Pulmonary Embolism, Pulmonary Oedema, Pleural Effusion
  - 3.2.2 Cardiovascular System: Hypertension, Coronary Artery Disease (Acute Coronary Syndrome), Angina Pectoris, CABG, Congestive Heart Failure, Cardiomyopathies, Rheumatic Heart Disease, Valve Replacement, Congenital Heart Diseases, Anemias, Leukemias, Cardiac Arrest,

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Cardiopulmonary Resuscitation, Arrhythmias, Pericardial Effusion,  
Cardiac Tamponade, Heart Blocks, DVT, Sepsis

3.2.3 Cath Interventions: PCI, PTMC, Device Closures, EPS + RFA, TPI/PPI

#### 4. **Medical Surgical Nursing**

Gastritis, Peptic Ulcer, Diarrhoea / Dysentery, Constipation, Appendicitis, Intestinal Obstruction, Peritonitis, Infective Hepatitis and its Types, Cholelithiasis, Cholecystitis, Cirrhosis of Liver, UTI, Kidney and Bladder Stones, Acute Kidney Injury, Chronic Renal Failure, Osteoarthritis, Osteoporosis, Fractures, Hypo/Hyper Thyroidism, Diabetes Mellitus, Diabetes Insipidus, Stroke, Head Injury, Spinal Injury, Meningitis, Encephalitis, Epilepsy, Disorders of uterine bleeding, Cystocele/ rectocele, Uterine prolapses, Infertility, STD/ HIV/ AIDS, BPH

#### 5. **Pediatric Nursing:**

- 5.1 Major developmental characteristics and milestones
- 5.2 Promoting optimum development of children
- 5.3 New trends and issues on child health care
- 5.4 Role of nurse in promotive, preventive, curative and rehabilitative aspect of child nursing management
- 5.5 Six major killer diseases health problems in children
- 5.6 Common health problems/hazards in children and their nursing management
- 5.7 Congenital disorders /disabilities
- 5.8 Role of nurses in reduction of morbidity and mortality rate of children
- 5.9 Nursing care of critically ill children
- 5.10 Nutritional requirement of children

#### 6. **Infection prevention and control in hospital**

- 6.1 Standard Precaution , Disinfection and Sterilization
- 6.2 Hospital acquired infections, CRBSI, CLABSI, CAUTI, SSI, VAP and its prevention.
- 6.3 Occupational Safety
- 6.4 Antibiotic stewardship
- 6.5 Patient safety: WHO safety checklist
- 6.6 Hospital waste management system; role and responsibility of nurse manager on it

#### 7. **Leadership and management in nursing**

- 7.1 Management process: Supervision, motivation, coordination, controlling, implementation and evaluation
- 7.2 Leadership styles
- 7.3 Organizational structure of Governmental health services
- 7.4 National health planning and concept of national health system
- 7.5 Communication process
- 7.6 Performance evaluation
- 7.7 Job description