

चौदण्डीगढी नगरपालिका
नगर कार्यपालिकाको कार्यालय, बेल्टार, उदयपुर
अ.न.मी. सहायक चौथो तहको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम
यस पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छ

प्रथम चरण: लिखित परीक्षा: पूर्णाङ्क: १००
द्वितीय चरण: अन्तर्वार्ता: पूर्णाङ्क: ३०

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या * अङ्क	समय
प्रमथ	सेवा सम्बन्धी	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQ)	५० प्रश्न *२ अङ्क	४५ मिनेट

द्वितीय चरण: प्रयोगात्मक परीक्षा र अन्तर्वार्ता

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	३०		मौखिक	

1. Anatomy and Physiology of Different Systems and related organs (Structure, Functions, Mechanism)

- 1.1. Skeletal System
- 1.2. Muscular System
- 1.3. Digestive System
- 1.4. Circulatory System
- 1.5. Urinary System
- 1.6. Nervous System
- 1.7. Respiratory System
- 1.8. Endocrine System
- 1.9. Reproductive System
- 1.10. Sensory System

2. Fundamentals of Nursing

- 2.1. Professional Organizations
 - 2.1.1.1. International Council of Nursing (ICN)
 - 2.1.1.2. Nepal Nursing Council
 - 2.1.1.3. Nursing Association of Nepal (NAN)
- 2.2. Ethical and Legal responsibilities of Nurses in Nepal



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2.5.2. Nutritional and elimination needs

2.5.3. Catheterization

2.5.4. Infection Prevention and Control

2.5.5. Essential drugs and Administration of drugs- Routes and Nursing responsibilities

2.5.6. Pre and post operative care

2.5.7. Care of dead body

2.6. First aid treatments of: Fracture, Shock, Epistaxis, Foreign body in eye ear and nose, Choking, Burn, Insect bite, Snake bite, Dog bite, Poisoning.

3. Treatment of Simple Diseases and Disorders

3.1. Nursing management of following conditions: Diarrhea/Dysentery, Anemia, Typhoid, Tuberculosis, Pneumonia, Rheumatic fever, Hypertension, Diabetes, Urinary tract infection, Meningitis, Head injury, Worm infestation, Conjunctivitis. Cataract, Glaucoma, Eye infections, Scabies, Leprosy, Anxiety, Depression, Mania, Mental Retardation, Dengue, COVID-19

4. Maternal, Child Health (MCH) and Nutrition

4.1. Vaccines, Immunization and National Immunization Schedule

4.2. Major killer diseases

4.3. Developmental milestones

4.4. Growth monitoring, Nutritional deficiencies (macro and micronutrients) and their management

4.5. Community Based Integrated Management of Newborn and Childhood Illness (CBIMNCI)

4.6. Breast feeding and Supplementary /Complementary feeding

4.7. Nutritional requirement in various age group, pregnant and lactating mothers

5. Community Health Nursing

5.1. Determinants of health, Modes of disease transmission

5.2. Communicable disease: Malaria, Kala-azar, Lymphatic Filariasis, Dengue, HIV/AIDS, Leprosy, Cholera, Typhoid, Covid-19, Chicken pox, Worm infestations, Trachoma, Measles, Rubella

5.3. Non-communicable diseases: Diabetes, Hypertension, Cardiovascular disease, Cancer, Chronic Obstructive Pulmonary Disease (COPD)

5.4. Family Planning

5.5. Environmental sanitation, Waste management and Health hazards due to various environmental pollution

5.6. Communication: technique, process, elements and barriers

5.7. Community Diagnosis: Methods, importance

5.8. Health education: Principles, methods and media

6. Health Management 6.1. Job description of Auxiliary Nurse Midwife (ANM)

6.2. Principle and Functions of management

6.3. Supervision, monitoring and evaluation

6.4. Organizational structures of health services (Federal, Provincial and Local level)

6.5. Recording and reporting in various level of health care system

6.6. Rights and policies related to health in The Constitution of Nepal

6.7. Local government operation Act 2074 (health related provisions)

6.8. General information on civil service act (province and local level)

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7. Midwifery

7.1. Antenatal Care

7.1.1. Structure and functions of female reproductive organs

7.1.2. Antenatal Care: Examination, Purpose, Antenatal visits and Counselling

7.1.3. Physiological changes during pregnancy



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- 7.1.7. Investigations during pregnancy
- 7.1.8. Minor and major disorders during pregnancy and their management
- 7.1.9. Birth preparedness and complication readiness
- 7.1.10. Prevention of Mother to Child Transmission (PMTCT)
- 7.1.11. Safe Abortion Services and Post Abortion Care

7.2. Intrapartum Care (Labor)

- 7.2.1. Mechanism of labor
- 7.2.2. Physiological changes during first, second and third stage of labor
- 7.2.3. Partograph
- 7.2.4. Induction and Augmentation
- 7.2.5. Active management of 3rd stage of labor
- 7.2.6. Care during 4th stage of labor
- 7.2.7. Maternal and Fetal distress
- 7.2.8. Episiotomy
- 7.2.9. APGAR Score
- 7.2.10. Essential newborn care
- 7.2.11. Overview of Emergency Obstetric and Newborn Care (EONC): BEONC and CEONC
- 7.2.12. Abnormal labor - Occipito-posterior Position, Multiple pregnancy, Breech presentation. Pre and Post maturity, Cephalo pelvis disproportionate
- 7.2.13. Obstetric Emergency and their management- Post Partum Hemorrhage (PPH), Retained placenta, Shock, Vulval hematoma
- 7.3. Postnatal Care
 - 7.3.1. Postnatal care- Examination, Purpose, Postnatal visits and Counselling
 - 7.3.2. Baby friendly hospital initiatives
 - 7.3.3. Helping baby breathe
 - 7.3.4. Disorders during puerperium and its management
 - 7.3.4.1. After pain, Postpartum blues
 - 7.3.4.2. Retention, Incontinence of urine
 - 7.3.4.3. Sub involution of uterus
 - 7.3.4.4. Puerperal sepsis
 - 7.3.4.5. Breast engorgement
 - 7.3.5. Kangaroo Mother Care
 - 7.3.6. Disorders of newborn- Physiological jaundice, Pathological jaundice, Neonatal Tetanus, Septicemia
 - 7.3.7. Congenital Abnormalities of Newborn- Hydrocephalus, Hirschsprung's disease, Undescended testes, Imperforated anus, Neural tube defect, Cleft lip and palate



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