



Chhimek Laghubitta Bittiya Sanstha Ltd.

Syllabus for Junior Officer (Vacancy Number 04/080/81)

Pattern and Syllabus for Written Examination:

Full Marks: 100

Time: 2 hours

S.N.	Subject	Full marks	No of questions & weightage	Time allowed
1	Technical subjects	85	Objectives 25x2=50	30min
2	Organizational Knowledge	15	Subjective 3x10=30 5x4=20	1.5 hours

Technical Subject & Organizational Knowledge

1. Nursing Concepts and Principles

- 1.1 Basic needs of clients
- 1.2 Developmental tasks of different age groups
- 1.3 Nursing Process : Steps of Nursing process
- 1.4 Stress and crisis and their management
- 1.5 Administration of drugs
- 1.6 Infection prevention and control measures: Hand hygiene, universal precaution, disinfection and waste management
- 1.7 Emergency conditions and their first aid management: Chocking, burn, fracture, hemorrhage, shock and poisoning
- 1.8 Pain management: Physiology, assessment and management
- 1.9 Concept of holistic health/ complementary and alternative therapies: Therapeutic touch, bio- feedback relaxation, meditation and yoga
- 1.10 Communication/counseling
- 1.11 Ethical and legal aspects in nursing

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 Common investigation and its significance
- 2.4 Common drugs/action /side effects
- 2.5 Rehydration therapy
- 2.6 Pharmacology

3. **Behavioral Science and Psychology applied in Nursing**

- 3.1 Major cultural groups and their health seeking behavior.
- 3.2 Factors affecting health of the people: Socio economic conditions, Education, Politics, Gender, Physical environment
- 3.3 Social problems in Nepal: Population explosion and migration, Poverty, Unemployment, Substance abuse, Prostitution, Violence, Child abuse, Girl trafficking, Gender bias
- 3.4 Characteristics of human behavior
- 3.5 Causes of behavioral changes
- 3.6 Emotional development
- 3.7 Control of emotions

4. **Leadership and Management in Nursing**

- 4.1 Principles of leadership and management
- 4.2 Management: concept, scope, functions, principles, and its practices
- 4.3 Management process: Supervision, motivation, implementation and evaluation
- 4.4 Concept of authority, power, responsibility and accountability
- 4.5 Change process
- 4.6 Management of resources including human resource management
- 4.7 Health management information system (HMIS)
- 4.8 Management of budget
- 4.9 National health planning and concept of national health system
- 4.10 Communication skills, problem solving and decision making
- 4.11 Planning, organizing, monitoring and evaluation in health sector
- 4.12 Participative management
- 4.13 Disaster Management
- 4.14 Social justice and social security system in Nepal
- 4.15 Positive attitude and self-development

5. **Nursing Research**

- 5.1 Purpose and significance of research in nursing
- 5.2 Research process
- 5.3 Principles, purposes and components of research proposal
- 5.4 Principles and components of a research report
- 5.5 Basic statistics in research: Graphic presentation of data, frequency distribution, measures of central tendency and measures of variability

6. **Indicators**

- 6.1 Health indicators
- 6.2 Demography/Socio-cultural
- 6.3 Socioeconomic

- 6.4 Reproductive health indicators
- 6.5 Population Dynamic

7. Geriatric Nursing

- 7.1 Physiological changes and common health problems of elderly people: Arteriosclerosis, myocardial infarction, hypertension, COPD, cancer, asthma, diabetes mellitus, senile cataract, glaucoma, osteoporosis and gout
- 7.2 Health promotion activities of elderly clients
- 7.3 Geriatric emergencies and their management: Chest pain, syncope, GI bleeding and hypothermia

8. Psychiatric Nursing

- 8.1 Mental health assessment: History taking and mental status examination
- 8.2 Treatment modalities for mental illnesses
- 8.3 Thought and mood disorders: depression
- 8.4 Neurotic and stress-related disorders
- 8.5 Psychiatric emergencies: Panic attacks, attempted suicide, hysterical attacks, alcohol withdrawal syndrome

9. Midwifery Nursing

- 9.1 Parental Nursing: preconception care, prenatal assessment and management, preparation of child birth, management of high risk pregnancy
- 9.2 New born care: assessment of newborn, management of minor disorders
- 9.3 Postnatal care: Physiology of puerperium and need of postnatal mother, lactation and trends in breast feeding, minor & major disorders of puerperium & their management

10. Education Science in Nursing

- 10.1 Teaching and Learning
 - 10.1.1 Principles
 - 10.1.2 Factors which affect Teaching / Learning
- 10.2 Roles and Responsibilities of a Teacher.
- 10.3 Teaching Methods and Media

11. Organizational Knowledge

- 11.1 General Knowledge of Micro Finance Industry
- 11.2 National Health Policy
- 11.3 Health Service Act, 2053 and Health Service Regulation, 2055
- 11.4 Nursing council Act, 2052
- 11.5 Nepal Nursing association (NAN)
- 11.6 Professional and medical ethics