



बेदकोट नगरपालिका नगर कार्यपालिकाको कार्यालय



सम्पर्क: ०१९-४१३१२१
०१९-४१३१२२

प.सं:-
च.नं.

मिति २०८२।१२।०२

विषय : अ.न.मी. पदको पाठ्यक्रम सम्बन्धी सूचना ।

प्रस्तुत विषयमा यस नगरपालिकाद्वारा प्रकाशित विज्ञापन नं. ११-२०८२/०८३ अनुसार अ.न.मी. पदका लागि हुने लिखित परीक्षाको पाठ्यक्रम तपसिल अनुसार निर्धारण गरिएको व्यहोरा सम्बन्धित सबैको जानकारीका लागि अनुरोध गरिन्छ ।

क्र.सं	विषय	विषयवस्तु	प्रश्न संख्या	प्रति प्रश्नको अंकभार	कैफियत
१	सामान्य ज्ञान	सामान्य ज्ञान	5	1	समय : ४५ मिनेट
२	सेवा सम्बन्धी	Skilled Birth Attendance(SBA)	5	1	प्रश्नको प्रकार: बस्तुगत बहुउत्तर पूर्णाङ्क : ४० उत्तीर्णाङ्क : १६
		Midwifery A, B, C	10	1	
		Fundamental of Nursing	5	1	
		Community Health	5	1	
		Infection Prevention and waste management	5	1	
		Disease and treatment	5	1	
Total			40		

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प्रमुख प्रशासकीय अधिकृत

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द्वितीय पत्र (Paper II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)

खण्ड (Section) (A) :- ५० अङ्क

1. **Anatomy and Physiology (Structure and Functions)**
 - 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. **Mechanism of different system**
 - 2.1 Mechanism of digestion
 - 2.2 Mechanism of respiration
 - 2.3 Mechanism of Pulmonary circulation
3. **Fundamentals of Nursing**
 - 3.1 Role and Job description of Auxiliary Nurse Midwife (ANM)
 - 3.2 Ethical and legal responsibilities of Nurse in Nepal
 - 3.3 Nursing Procedure
 - 3.3.1 Vital signs and Physical Examination
 - 3.3.2 Prevention and treatment of bed sore
 - 3.3.3 Nutritional needs
 - 3.3.4 Catheterization
 - 3.3.5 Constipation
 - 3.3.6 Infection Prevention and Control
 - 3.3.7 Administration of Drug and Essential drugs used in Health Post, Sub-Health Post and Hospital
 - 3.3.8 First aid treatment of Poisoning, Foreign body, choking, Burn, Snake bite, Epistaxis
4. **Treatment of Simple Diseases and Disorders**
 - 4.1 Different types of micro-organisms including spore and parasites
 - 4.2 Nursing management of following conditions: Diarrhea/Dysentery; Anemia; Tuberculosis; Pneumonia; Diabetes; Rheumatic fever; Diabetes; Urinary tract infection; Meningitis, Head Injury; Worm infestation; Conjunctivitis, cataract and glaucoma; Scabies and leprosy
 - 4.3 Anxiety, Depression and Mental Retardation
5. **Community Health Nursing**
 - 5.1 National Reproductive Health Policy, Strategy and its Components
 - 5.2 Family Planning Methods
 - 5.3 Immunization
 - 5.4 Nutritional Deficiency : Malnutrition; Vitamins - A, B, C D deficiencies; Iron and Iodine deficiency
 - 5.5 Breast Feeding and Weaning food
 - 5.6 Health Education : Methods and media
 - 5.7 Elements, techniques and barriers of communication
 - 5.8 Epidemiology and Communicable Diseases

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- 5.9 Growth and Development Children (infancy to adolescence)
- 5.10 Anthropometric measurement
- 5.11 Growth monitoring (Road-to-Health Card)
- 5.12 Developmental Milestone, Developmental Task, Developmental Theories
- 5.13 Common Problems of Adolescence
- 5.14 Major killer diseases (Tuberculosis, Diarrhea, ARI, Tetanus, Malnutrition, Measles)
- 5.15 CB-IMNCI
- 5.16 School Health Programme
- 5.17 Child-to-Child Approach
- 5.18 Environmental sanitation
 - 5.18.1 Mode of transmission of diseases
 - 5.18.2 Health hazards and waste management

खण्ड (Section) (B) :- ५० अङ्क

6. **Midwifery: Antenatal Care**
 - 6.1 Antenatal Care: Examination, Purpose, Antenatal visit and Health teaching
 - 6.2 Physiological changes During Pregnancy
 - 6.3 Signs and Symptoms of Pregnancy
 - 6.4 Diagnosis of pregnancy
 - 6.5 Calculation of Last Menstrual Period (LMP), Expected Date of Delivery (EDD) and Week of Gestation (WOG)
 - 6.6 Investigations and Drugs used in Obstetrics
 - 6.7 Disorders during pregnancy and its management
 - 6.7.1 Morning sickness, Heart burn
 - 6.7.2 Constipation, Pica
 - 6.7.3 Physiological edema and varicose vein
 - 6.7.4 Pre-eclampsia and Eclampsia
 - 6.7.5 Oligo-hydraminous and Poly-hydraminous
 - 6.7.6 Pregnancy Induced Hypertension (PIH)
 - 6.7.7 Hyperemesis Gravidarum
 - 6.8 Birth Preparedness and Complication Readiness
 - 6.9 Preventing Mother to Child Transmission
 - 6.10 Safe Motherhood and Skilled Birth Attendance
 - 6.11 Pre-conception Counseling
7. **Midwifery: Intranatal Care (Labor)**
 - 7.1 Mechanism of Labor
 - 7.2 Physiological changes during first, second and third stages of labor
 - 7.3 Partograph
 - 7.4 Augmentation and Induction
 - 7.5 Active 3rd stage of Management
 - 7.6 Care during 4th stage of Labor
 - 7.7 Maternal and Fetal distress
 - 7.8 Episiotomy
 - 7.9 APGAR score
 - 7.10 Immediate care and examination of newborn baby
 - 7.11 Emergency Obstetric and Newborn Care (EONC)
 - 7.11.1 Primary care
 - 7.11.2 Basic Emergency Obstetric and Newborn Care (BEONC)
 - 7.11.3 Comprehensive Emergency Obstetric and Newborn Care (CEONC)

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- 7.12 Abnormal Labor
7.12.1 Occipito-posterior Position
7.12.2 Multiple Pregnancy
7.12.3 Breech Presentation
7.12.4 Prematurity and Post maturity
7.12.5 Cephalo pelvis disproportion (CPD)
7.12.6 Trial of labor (Induction)
- 7.13 Vacuum Extraction
- 7.14 Obstetrical Emergency and their management
7.14.1 Post Partum Hemorrhage
7.14.2 Retained placenta
7.14.3 Shock
7.14.4 Vulval hematoma
8. Midwifery: Postnatal Care
8.1 Postnatal Care - Examination, Purpose, Postnatal visit and Health teaching
8.2 Baby Friendly Hospital
8.3 Helping Baby Breathe (HBB)
8.4 Disorders during puerperium and its management
8.4.1 After pain
8.4.2 Fourth days blues
8.4.3 Retention of Urine
8.4.4 Postpartum Blues
8.4.5 Incontinence of Urine
8.4.6 Sub-involution of Uterus
8.4.7 Puerperal pyrexia
8.4.8 Breast engorgement
8.5 Essential Newborn Care
8.6 Kangaroo Mother Care (KMC)
8.7 Several disorders of newborn: Physiological Jaundice; Sore Buttocks; Pathological Jaundice; Projectile Vomiting; Neonatal Tetanus; Septicemia
8.8 Congenital abnormalities of newborn
8.8.1 Hydrocephalus
8.8.2 Hirschsprung's Disease
8.8.3 Undescended testes
8.8.4 Imperforated anus
8.8.5 Spina bifida
8.8.6 Cleft lip and palate

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरु सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based-Knowledge)	(A)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०
		(B)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०