

Pokhara University Teaching Hospital
Curriculum for Staff Nurse (Head Assistant) Level Examination

For Written Examination
Full Marks: 65

There shall be 3 hrs. written examination based on the following syllabus

Group A: Written Examination

65 Marks

1. Applied Science (10)

Anatomy and Physiology of all body systems and organs. Fluid, electrolyte and rehydration therapy. Common investigation and its significance. Infectious diseases, common drugs, its action and side effects.

2. Medical/Surgical Nursing (10)

Developmental tasks, Accidents, Injuries, Head Injuries, Spinal cord injury, Meningitis, Encephalitis, Tetanus, Epilepsy, Bronchitis, Asthma, Pulmonary TB, Common Cold, Rhinitis, Atelectasis, Peptic Ulcer, Intestinal Obstruction, Appendicitis, Peritonitis, Cirrhosis of liver, Hemorrhoids, Cholecystitis, Hepatitis, Hernias, Hydrocele, Bladder stones, Pyelonephritis, Urinary Tract Infection (UTI), Renal stone, Acute and Chronic Renal failure, Uremia, Congestive Heart Failure (CHF), Angina, Cardiac Arrest, Anemia, Leukemia, Myocardial infarction, Gangrene, Diabetes mellitus, Diabetes incipits, Hypertension, Fracture, Dislocation, Osteomyelitis and Care of patient with common sensory disorders.

3. Community Health Nursing (10)

Concepts of primary health care, Epidemiological concepts and approaches, Nutrition, deficiency diseases and management, Immunization, Communicable diseases and management, Health Indicators and Family planning.

4. Obstetrics and Gynecological Nursing (10)

Anatomy and Physiology of male and female reproductive systems • Management of high-risk mothers • Management of minor and major disorders of pregnancy • Diseases associated with pregnancy • Disorder of Uterine Bleeding, Cystocele and Rectocele, Uterine Prolapse, Vesical Vaginal Fistula, STD/HIV/AIDS and Infertility.

5. Pediatric Nursing (10)

Major developmental characteristics and milestones, Promoting optimum development of children, Adolescent changes and problems, Six major killer diseases, Common health problems in children and their nursing management, Common health hazards in children in Nepal and their prevention, Congenital disorders/disabilities, Role of nurses in reduction of mortality rate of children and Nursing care of critically ill children.

6. Mental Health Nursing (10)

Management of clients with mental disorders, Characteristics of mentally ill patient, Classification of mental disorders, Mood Disorders, Psychiatric Emergency, Substance use disorders, and Depression.

7. Leadership and Management in Nursing Planning (5)

Management process: Supervision, motivation, implementation and evaluation, Leadership style, Organizational structure of Government health services, National health planning and concept of national health system, Policies, rules and regulations in management of different level of hospitals and health centers and Communication Process.

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For Practical Examination
Full Marks: 35

Practical examination based on the following syllabus

Group B: Practical Examination

35 Marks

Blood Transfusion, Oxygen Administration, Bed making, Dressing, Bandage, Plaster cast, ECG, Measurement of vital signs, Physical examination, Active and passive exercise, Deep breathing and coughing exercise, use of comfort devices, Position change, First aid treatment, Administration of drugs, Infection prevention, Application of nursing process, Common diagnostic procedures, Care of new born baby with observation and assessment, Breast care and management, Antenatal, intranatal and Postnatal care.
