

**Test Guidelines for
the National Licensure Examination
for Nurses (NLEN) 2012**

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Nepal Nursing Council
Kathmandu, Nepal

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I Background

Nepal Nursing Council is an autonomous body under Nepal Nursing Council Act 2052 formulated by the Government of Nepal. It aims at promoting quality nursing education in order to bring quality nursing service in the country.

The Licensure Examination for Nurses is a national examination for nurses developed by the Nepal Nursing Council. National Licensure Examination for Nurses is an examination to qualify as nursing professionals. This National Licensure Examination for Nurses is required for all new graduates of Proficiency Certificate Level (PCL) and Bachelor of Science in Nursing (BSc N.) The examination is geared towards testing knowledge and skills in relation to the job functions most commonly required by entry-level nurses. The examination determines eligibility to earn a title of registered nurse for to begin to working as a professional nurse.

Nepal Nursing Council went through several processes to establish the Licensure Examination for Nurses in Nepal. Nursing council took references on licensing exam from SAARC as well as other developed countries. Nepal Nursing Council also received technical and human resource from JICA to support the conduct of the licensure examination.

II Objectives

The objectives of licensure examination are as follows:

- To maintain quality nursing services to the public
- To maintain professional standard of knowledge and skills among new graduates
- To recommend for strengthening the capability of nursing institutions for quality nursing education

III. Test guidelines for the National Licensure Examination for Nurses (NLEN)

Pre requisite for NLEN

▪ Eligibility

(A) Nepali citizen graduated from Nepal

To meet the professional education requirement for licensure as a qualified professional nurse, the candidate must present satisfactory evidence of having received at least a four-year degree (B.Sc N.) or 3 years of Proficiency Certificate Level (Diploma level) program that is approved by NNC.

(B) Nepali citizen graduated from other countries

Applicants, who have completed nursing education from other country, must have their equivalence certificate from the concerned authority. Individual applicant need to be graduated from the institute recognized from the respective nursing council or authorized government body and must submit the documents as mentioned in table 1.

(C) Foreigners graduated from Nepal

Foreign applicants graduated from Nepal must have completed nursing program from the institution approved by NNC and must submit the document as mentioned in table 2.

(D) Foreigners graduated from other countries

A person, who comes to Nepal to work, must appear National Licensure Examination for Nurses in order to registered in NNC. Person, who stay with tourist visa are not allowed to apply

▪ **Exception**

(A) Reporting prior convictions or discipline against licenses

Applicants are required under 'Regulation of the National Licensure Examination for Nurses' to report all misdemeanor and felony convictions. Failure to report prior disciplinary action is considered falsification of application and is a ground for denial of licensure or revocation of license.

(B) Applicants with differently abled

Applicants, who are differently abled, are under Civil Law.

▪ **Application process**

The following documents are required for application.

Table 1: The list of documents required for P.C.L. Nursing/B.Sc. Nursing

Items	Number
1. Application form (original)	1
2. <u>Photocopies of the following documents</u> * <ul style="list-style-type: none">• SLC Mark sheet and Character Certificate• Citizenship• Academic Transcript or Mark sheet and Character Certificate of PCL Nursing• Academic Transcript or 10+2 Mark sheet or I.Sc. Mark sheet and Character Certificate for B.Sc. Nursing• Academic Transcript or Mark sheet and Character Certificate of B.Sc. Nursing	1
3. Passport Size Photo	6
4. Examination fee (SBI Bank Voucher Original) Call Deposit A/C No, 20435240100009	1500
5. Document of recognition /accreditation of institute from the nursing council or individual registration in the nursing council or in the authorized body (only in case of non-existence of nursing council) of the respective country (only applicable for the Nepalese graduated from the other countries). <ul style="list-style-type: none">• Attested by Notary Public for Foreign Degree Certificates• Equivalency letter from CTEVT/TU	1
* Original Certificate Document need to brought for Verification	

Table 2: The list of documents required for Foreign Nurses

Items	Number
1. Application form, original	1
2. Photocopy of Certificate of nursing educational degree,	1
3. Photocopy of Certification of registration from the nursing council of respective country	1
4. Recommendation letter from the organization in Nepal where the applicant is going to work (original)	1
5. Photocopy of Valid visa or Passport/citizenship for those who do not need to have visa to enter Nepal,	1
6. Examination fee (SBI Bank Voucher Original) Call Deposit A/C No, 20435240100009	2500
7. Passport size photo	5
8. Attested Photocopy of the Certificate of Nursing Educational degree by the Concerned Organization where the Individual works.	1

The process is:

1. The applicant must submit all the documents to NNC within the time period mentioned in the notice.
2. NNC will notify the examination center at the time of admit card distribution.

ATTENTION!

- If an applicant changes her/his name and/or address after submitting an application for licensure, the applicant must notify the NNC immediately in order to document receive current information. Applicants are required to submit legal documentation of any change to the NNC immediately after the change occurs.
- Applicant's name must match EXACTLY as it appears on photo identification that will be at the test center. The same name must also be provided to the NLEN test service at the time s/he register in order to prevent delays with issuing examination authorization.

Examination Process / Rule

▪ **Duration of Examination**

Licensure Examination will be of three and half hours (3:30) duration. Applicants are not allowed to enter the examination room after 15 minutes from starting examination. Applicants can leave the room only after 1 hour of starting the examination.

▪ **Type of Questions**

All of the test items are Multiple Choice Question (MCQ) with four options. Applicants are to select the most appropriate choice.

Distribution of Test Items

Table 4: Subject wise distribution of test items

Subjects	Distribution of test items (%)	Possible numbers of items
Integrated Science	5%	10
Fundamental of Nursing	25%	50
Community Health Nursing	15%	30
Adult Nursing	20%	40
Child Health Nursing	10%	20
Midwifery and Gynecology	20%	40
Leadership and Management	5%	10
Total		200

▪ **Frequency of the NLEN**

The Nepal Nursing Council conducts the NLEN three times a year. If applicant fails an examination, s/he will be allowed to apply for the next examination.

▪ **Application Fee**

The fee for the NLEN is NRs 1,500. Fees are not refundable even if an applicant is found ineligible.

▪ **Scoring System**

There is no negative scoring system. It means when applicant gives wrong answer, no minus marking will be done. Marks count only for correct answers.

▪ **Passing Standard**

The grading system on the NLEN is either pass or fail. No numerical score will be provided. In order to pass the Licensure examination, the applicant must score at least 50 % marks in aggregate.

Result of NLEN

The result of NLEN will be published within a week of the examination. Results will be published in Nepal Nursing Council notice board. Nepal Nursing Council will not inform the candidates individually.

Registration

Once applicants have successfully passed NLEN they can apply for registration to get their nursing license. Registration fee is NRs 800 and they should also bring the admit card of licensing examination.

IV. Syllabus for NLEN

NLEN Content

Below is the list of topics that will be used by item writers and item reviewers of NLEN

Integrated Science

Integrated Science includes subjects like Anatomy/ Physiology, Microbiology, and Pharmacology related content but is **not limited** to:

I. Anatomy/ Physiology

Cardiovascular/ Lymphatic System:

Body fluid/Electrolytes and Acid- Base Balance
Blood Composition, Plasma and Plasma
Proteins
Physiology of Red Blood Cells, White Blood Cells,
Platelets Blood Groups and blood transfusion
Anatomy of Cardiovascular System: The Heart and Blood
Vessels Physiological Activities of the Heart
Physiology of Circulation
Cardiovascular Regulation and
Adjustments Lymphatic/ Immune system
Human cell and its structure

Musculoskeletal System

The Human Skeleton, its structure and
physiology The Joints
The Skeletal Muscles of Human Body
Neuromuscular Junction and Muscle Physiology

Nervous System

Functional unit of nervous
system Central Nervous System
Peripheral Nervous System
Autonomic Nervous System
Somatosensory, Somatomotor System and Reflexes
Meninges, Cerebrospinal Fluid, Blood- Brain Barrier and Central Blood Flow

Respiratory System

Structure and Functions of Respiratory System
Physiology/Mechanism/ Control of Respiration

Gastro-Intestinal System

Structure and Functions of Digestive System
Digestion and Absorption of nutrients
Accessory organs of Gastro-Intestinal
system

Endocrine System

Structure and functions of endocrine glands and hormones.

Urinary System

Functional unit of urinary
system Physiology of urine
formation

Reproductive System

Male Reproductive System
Female Reproductive
System Physiology of
Contraception

Special Sensory System

Eye, Ear, Nose,
Throat The Skin and
Fascia

2. Microbiology/ Parasitology

- Factors affecting the growth and survival of micro organisms
- Types of parasites affecting to human body and its mechanism to develop diseases

Pharmacology

- Types and Function of Drugs
- Pharmacokinetics: absorption, distribution, metabolism, excretion of drug, and factors influencing the pharmacokinetics

- Pharmacodynamics: drug action, adverse reaction to drugs
- Essential, emergency and Life Saving Drugs used in Nepal
- Drugs acting on different body systems

II. Fundamentals of Nursing

Related content includes but is **not limited** to:

- Ethics in Nursing: International Councils of Nurses (ICN) Code, Nepal Nursing Council Act and Regulation.
- Patient's Rights
- Informed Consent
- Assessment (history taking vital signs and physical)
- Nursing diagnosis
- Evaluation of nursing care: objective data
- Nursing Process
- Caring
 - Admission and discharge procedure
 - Role and responsibility of nurse in laboratory test/examination: invasive and non-invasive procedures: e.g. blood test, lumbar puncture, thoracentesis, ultrasonography
 - Personal hygiene
 - Safety and Infection Control: Safety Devices, Accident/ Injury Prevention, Infectious Materials, Universal Precaution
 - Rest and Sleep pressure relief measure
 - Comfort/ pain relief measure
 - Meeting nutritional needs Meeting elimination needs: catheterization, intake
 - Rehabilitative care
 - Care for dead body
- Nursing responsibility for drug administration
 - Routes of administration of the drug
 - Dosage Calculation and Administration of drugs
 - Indications, contraindications and interactions, adverse effect, side-effect
 - Responsibility of nurses in administration of medicine: e.g. Six rules in administration of the drug
 - Administration and management of IV fluids, Blood and Blood products
- First Aid
 - Basic Cardiopulmonary Resuscitation (CPR)
 - Bites : insects, snake, animals and their first aid management
 - Burn: Degrees / types of management
 - Wounds: Dressing and Bandage
 - Hemorrhage
 - Choking
 - Fracture
 - Drowning
 - Frostbite
 - Poisoning

Community Health Nursing

Related content includes but is **not limited** to:

- Community Health and Community Health Nursing
- Communication skills
- Community resources
- Health Education
- Home visiting

- Primary Health Care (PHC): Elements and role of nurses in PHC
- Demography/ Health Indicators: (e.g. IMR, MMR, TFR)
- Epidemiology
 - Role of epidemiology
 - Community Diagnosis
 - Role and responsibilities of Nurses in epidemiological approach
- Environmental Health: Sanitation, Water, Housing, Pollution
- Nutrition
 - Nutrients and their functions
 - Nutritional Deficiency disorders: Types and characteristics
 - Management of the clients with nutritional deficiency
- Immunization
 - Types, Purposes and Functions of immunization
 - Administration of immunization Routs
 - National Immunization Program in Nepal
- Maternal and Child Health
 - MCH clinics: Antenatal Care (ANC), Postnatal Care (PNC)
 - Growth Monitoring of Under Five Children
 - Under Five's Clinic
- Gender Issues
 - Sex and gender
 - Gender issues: e.g. gender equity, gender equality, gender discrimination, Domestic Violence
- Family Planning
 - Population problems in Nepal
 - Types, methods, advantages and disadvantages of different family planning methods
 - Emergency Contraception and methods
 - FP Counseling
- HIV/AIDs, STI
 - Prevention of HIV/AIDS, STI
 - Treatment and management for the clients with HIV/AIDS, STI
- Family Health Nursing

III. Adult Nursing

Related content includes but is **not limited** to:

- Characteristics of adulthood, developmental tasks of young adult, middle-aged adults, elderly adults
- Aging process
- Disorders of each body system: Blood, Body Fluids/Electrolytes, Nervous System, Circulatory System, Respiratory System, Musculoskeletal System, Gastro-Intestinal and Nutritional System, Urinary System, Endocrine System, Sensory System
 - Common disorders, investigations and medical/surgical treatment of different body system disorders
 - Medical/Surgical nursing management for the client with disorders in each system
- Mental Health Problems
 - Assessment of mentally ill clients, characteristic of mental health
 - Major and minor disorders, treatment and nursing management
- Operation Theatre Nursing
 - Operation Theatre (OT) Nursing, Characteristics of OT nurse
 - OT technique (e.g. aseptic technique, sterilization, scrubbing, gowning, gloving)
 - Role and Responsibilities of scrub nurse, circulatory nurse, and recovery nurse
 - Common surgical materials, equipments, and supplies in OT and their preparation
 - Sterilization and
- Pre and Post-operative Nursing care
- Rehabilitation
 - Disability: Types and characteristics
 - Role and responsibility of nurses in rehabilitation

- Nursing management of disable client
- Nursing care of the client in the terminal stage
 - Stages of dying
 - Grief and Loss
 - Holistic Care
- Stress and Crisis Management
 - Body's response to stress
 - Role of nurses in stress and crisis management

Child Health Nursing

Related content includes but is **not limited** to:

- Terminology of Child Health Nursing
- Growth and development of child in each stage: infancy, school-age and adolescence
- Nursing role on promotion of growth and development of children
- Nursing care to child and family
 - Influences brought by diseases and hospitalization
 - Nursing care for children with accident/ injury
 - Nursing care for children with common communicable diseases
 - Nepal Nursing care for children with congenital/ chromosomal disorders
 - Nursing care for children withof different body systems : nervous system, musculoskeletal system, respiratory system, circulatory system, blood, gastro-intestinal, urinary system, endocrine system, sensory
- Health Promotion for system children: Nutrition, exercise, play, anticipatory guidance
Mortality and Morbidity in Under Five Children and their prevention
Nursing role on prevention and management of children with HIV/AIDs
- Integrated Management of Childhood Illness (IMCI) program
- Paediatric Procedure
 - Oxygen administration (e.g. head box, oxygen tent)
 - Nebulization
 - Positioning/ Restraining
 - Calculation of drugs and its administration
 - Different types feeding
 - IV fluid administration and management
 - Phototherapy
 - Care for incubator
 - Colostomy and tracheostomy care
 - Cardio Pulmonary Resuscitation (CPR)
 - Specimen collection
 - Assisting in common invasive procedures (e.g. lumbar puncture)

Midwifery and Gynecology

Related contents include the following but **not limited** to:

- Deformation of and, Reproduction in human being
- Components of reproductive health
- Reproductive rights
- Maternal and Newborn Health in Nepal
 - Strategies and policies of reproductive health in Nepal
 - Skill Birth Attendant (SBA) policy
 - Safe Motherhood Program
- Nursing care in every stage of female life cycle
 - Puberty/ Adolescent Health: physical and psychological changes, nursing care for during puberty /adolescent
 - Reproductive age/years: nursing care for the client of reproductive ages/years
 - Climacteric care: physical and psychological changes during the peri-menopause, counseling

- medical management(e.g. Hormone Replacement Therapy; HRT)
- Fetal growth and development: normality and abnormalities on fetal, placenta, membrane and cord
- Care during Pregnancy
 - Health promotion of pregnant women
 - Components of antenatal care
 - Birth Preparedness and Complication readiness
 - Care of pregnant women with minor/major disorders of pregnancy (e.g. constipation, varicose veins, back pain, edema, threatened abortion , placenta previa)
- Care during labor and birth
 - Physiology and mechanism of labor
 - Management of mother in labor : normal delivery, induction and augmentation of labor
 - Monitoring fetal condition: prevention and manager
- Postnatal Care
 - Physical and psychological changes during puerperial period
 - Nursing care for women with minor/major problems of puerperium (e.g. hemorrhage, infection)
 - Breast Feeding: Importance, mechanism of secretion of breast milk, nursing care for mother with problems on breast feeding (e.g. mastitis)
 - Breast feeding in HIV / Hepatitis B positive mothers (e.g. PMTCT)
- Newborn Baby Care
 - Neonatal assessment
 - Immediate care of newborn
 - Nursing care for newborn baby with dysfunction and problems (e.g. Respiratory distress syndrome, meconium aspiration syndrome)
- Obstetric Emergencies
 - Nursing management for the clients with high risk/ critical condition in antenatal period (e.g. PIH)
 - Nursing management for the clients with high risk/ critical condition in perinatal period (e.g mal presentation and prolapse of the cord.)
 - Nursing management for the clients with high risk/ critical condition in postnatal period (e.g. PPH, ruptured uterus)
- Nursing Care for Gynecological problems
 - Sub fertility/ Infertility: Types, cause and treatment and nursing management of infertility in both male and female,
 - Sexually Transmitted Infection (STI): National Protocol to manage STIs, Cervical Cancer, Breast Cancer
 - Genital prolapsed

Nursing management obstetric fistula: Recto-vaginal fistula and vesico-vaginal fistula)

Leadership and Management

Related content includes but is **not limited** to:

- Concept of Leadership and Management
 - Role, Styles, Characteristics and Functions of Leadership
 - Role and Responsibilities of Health Care Team Members
 - Principles, Types and Functions of Management
 - Conflict Management
 - Purpose, principles, categories of Supervision
 - Qualities of Supervisor
- Health Service Delivery System: Hospital and Community Methods of Organizational management
 - Organogram Management of Resources
 - Patient assignment methods: Rotation Plan, assignment
 - Job Description of different categories of health personnel
 - Job Description of different level of nursing personnel
- Professional Development
 - Definition and Criteria of Profession
 - Professional Organizations: Nursing Association of Nepal (NAN), Nepal Nursing Council (NNC), International Council of Nurses (ICN), International Confederation of Midwives (ICM)
- Health Policy and Planning
 - National Health Planning: SLTHP and Five Year Plans Country Profile

For further information please visit Nepal Nursing Council website: www.nnc.org.np or contact Nepal Nursing Council office Tel: 4372521.