

Government of Jammu and Kashmir, Services Selection Board, Zum Zum Building Rambagh, Srinagar. (www.jkssb.nic.in)

Syllabus for Written test (Objective Type) for the post of "JR. GRADE NURSE / JR. STAFF NURSE/JR NURSE"

SYLLABUS FOR WRITTEN TEST

Marks :-150 Time :- 2.30 Hours

ANATOMY PHYSIOLOGY

Cell, various parts and its function.

15 Marks

Skeletal System -Bones ۶ Axial Skelton Appendicular Skelton structure and function. \triangleright Muscular System-Types Structure and Function. Digestive System-Structure, Function of Organs, Process of digestion. ≻ Respiratory System. Structure, Function of organs, Physiology of Respiration > Exerelory System -Structure, Function of Urinary System Structure and Function of Skin. \triangleright Heart Blood Vessels/ Position, Structure, and Function Cardio Vascular System-Blood Circulation -Blood Pressure, Pulse Systemic and Pulamanary Lumphalic System -Lhmph Glands Function. Blood Composition -Function Clottong Type \geq Nervious System -Structure and Function of :a) Central Nervious System. b) Autonomic Nervious System. Structure, Function of Pituitary Glands. Endoerine System -Sense Organs -Ear, Eye, Nose, Structure and Function. Female Reproductive System- Structure, Functions, Accessory Organs, Menstural Cycle, Menopause and process of Reproduction Male Reproductive System-Structure and Functions. \geq

MICROBIOLOGY

- Bacterialogy, Microbiology usefulness in Nursing.
 - Common disease caused by different types of organisons.
 - Sources ofinction, made of exit and transmission of disease,
 - Immunity and Immunization schedule.
 - Disinfection
 - Sterilization.
 - Asepsis.

PSYCHOLOGY

- > Definition of Psychology scope and its importance for Nurses.
- > Behavious-Nature of behavior classification, dynamics types behavior.
- > Motivation.
- > Function, Emotions.
- > Habits-Meaning, Principals inhabit formation.
- > Frastraction and conflicts
- > Learning laws, types, factors of learning.
- > Intelligence.
- > Personality, meaning, types, development, characterists.
- > Mental health characterists, national mental health program.

<u>SOCIOLOGY</u>

Society - Def, meaning Gp, Types, structures, Rural and Urban society, Family, types, basic needs of family.

NURSING ARTS NUTRITION

- Fundamentals of Nursing
 - > Nurses qualities, def, nursing principals, scope of Nursing.
 - History of Nursing.
 - Role and responsibility of a Nurse.
 - Components of Bsis Bursing.
 - Health Agencies.

Admission and discharge of patient.

- > Signs and symptoms of approaching death.
- > Nurses role in maintaining good personal hygiene.
 - Bed making, various types of beds, k nuses procedure for bed making.
 - Vitals -Temperature, pulse, respiration, B.P (ded, type) equipments procedure
 - Mouth care purposes, equipment, procedure complication sol used,
 - Bed sore Def signs and symptoms, causes pressure points prevention,
 - Back care. Def. purposes, equipment, procedure.
 - Bed bath. Def. types purpose, equipment, procedure different patients uses for different procedure.
 - Rlyes tube feeding Indication equipments procedure suction,
 - Stomach wash or gastric lavage Def. indication procedure purpose, equipments.
 - Catherization Indication purpose, procedure articles, types of catheter,
 - Enema-Def types, indication, procedure, equipments,

05 Marks

03 Marks

07 Marks

35 Marks

- Flatus tube Def. purpose, procedure, equipments,
- Gaginal douche Def. purposes, Sol, used, procedure equipments. Local hot application - Def purpose, types, equipments procedure precautions,
- Local cold application Def. purposes types equipment procedure.
- Inhalations Def. types purpose equipment precautions procedure post of care for surgery.
- Care of patient fever (Unconcious patient) Dyspnoea.
- Barrier Nursing Isolation, technique, Control of infection diseases, immunization. Burns.
 - First Aid of

Accident, Haemorrhage, Fractions.

- > Various Bandages.
 - **Blood Transfusions Grouping Crossmating**
 - RH factor, Precautions Blood Transmission.
- Recording and Reporting
- Collection of Specimen.
- > Drugs route of Administration of drugs.

NUTRITION

- Constituents of food and its function \triangleright
 - Protene, EHO, fats, minerals, vitamins, waterthen sources, function daily requirement, deficiencies.
 - Applied nutrition programmes.
 - Community nutrition programmes.
 - Diet types of diet, balanced diet.
 - Diet for different diseases.
 - Planning and preparation of menui.
 - Factors effecting coming.
 - Presentation of mal nutrition.
 - Health problems in India (Nutrational problems)
 - Communicable disease prob.
 - Population Prob.
 - Environmental suction Prob.
 - Medical care Prob.
- Community Health Nursing: \triangleright
 - Definition and concent of health ad elements.
 - Principles Primary Health care.
 - Qualities and functions of a Community Health Nurse.
 - National Health Problems and Programmes.
- Hygiene-Personal and Environmental-Safe Water, Sanitation. \triangleright
 - Building of good health, habits, Immunization.
 - Physical health including menstrual hugience.
 - Mental health.
- First Aid in Emergency. \triangleright

10 Marks

- Importance of First Aid and its rules:
- First Aid Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Bullet injuries, Drawing, Hoemarrhages, Dog Bites.
- Bandaging and splinking.

Medical Surgical Nursing

25 Marks

- Disorders of Respiratory system:-
- Definitions, causes, types, factors, indications, investigations, treatment, NSG, Management, Prevention, Health Education, Complications of:-
 - Asthma/Bronchial.
 - Pnemonia.

 \triangleright

- Lung Abscess.
- Plaursy.
- Emphyma.
- Emphysema.
- Pulmonary Tuberculosis.
- Lobactomy.
- Pneumonectomy.
- Diet Therapy
- Drug Therapy.
- > Cardio Vascular System:
 - Cardia Arrhythmias.
 - Pericarditis.
 - Myocarditis.
 - Congestive Heart Failure.
 - Myocardial infection.
 - Fallots of Tetralogy.
 - Hypertension.
 - Angina Pectoris.
 - Mitral Stenosis.
 - Anaemia.
 - Lenkaemia.
 - Haemophilia.
- Gastro Intestinal System:
 - Gastritis.
 - Peptic Uleer.
 - Appendicitis.
 - Ca Stomach
 - Colostomy, Intestinal Obstruction
 - Haemorrhoids.
 - Gastrectomy.
 - Gastrastomy.
 - Hernia.
 - Leprotomy.
- > Disease of Liver, Spleen, Gall Bladder, Pancreas:
 - Hepatitis.
 - Cirrhosis of Liver.
 - Caliver, Pancreas.

- Pancreatitis.
- Tumours.
- Cholieystities/Cholieysteetomy.
- Spleeneetomy.
- > Genito Urinary System and Male Reproductive System:
 - Nephritis.
 - Ureamia.
 - Dialysis.
 - Prostate/Prostectomy.
 - Nephrectomy.
 - Hydrocoel.
- > Nervious System-Spinal Card, Nervious:
 - Epilepsy.
 - Meningitis.
 - Parkinsonisom.
 - Encephalitis.
 - Head Injury.
 - Cerebro Vascular Accident.
 - Paraplegia.
 - Haemoplegia.
 - Quardriplegia.
 - Sciatica.

> Endrocrine System, Metabolic Disorder:

- Hypothyrodism.
- Hyperthyrobism.
- Thyrodictomy.
- Diabtes Mellitus.
- Gouts.
- Obesity.
- > Skin:
 - Burn including radition burns.
 - Allergy.
 - Infections EC Zema.
- > Operation and Theatre:
 - Care of unconscious patients/coma.
 - Pre and post operative care > adult, infant.
 - Intensive Care Nursing.
 - Commo.....
- > Common Investigation and Advanced Nursing Procedures:
 - USG, OGC, CT, Lithotripsy, LP, MRI, Radiotherapy, Chemotherapy, Catheterization, Bone Marrow, Paracentisis, Thoracynthesis, LFT, Endoscopy, Sigmoclocopy, Bronehosocopy, Intercostal Drainage, H20 Drainage, Review of Vitals.
- > Communicable Diseases:

 Meascles, Chickenpox, Smallpox, Mumps, Poliomyelitis, Diptheria, Wooping Cough, Telanus, Leprosy, Typhoid, Dysentry, Cholera, Plague, Malaria, Dengu, Fever, AIDs, Pulse Polo, National Health Programme/ Problems.

ORTHOPAEDIC

20 Marks

- Disorders and Dieases of Bone and Joints.
 (Def. causes, types, preparation, investigations, indications, management).
 - Arthritis.
 - Osteomyelitis.
 - Rheunatuid Arthritis.
 - Fractures, Dislocations, Sprains.
 - Amiulation.
 - Traction.
 - Casts.

Special senses (Eye, ENT, Ear)

- Conjunctivists.
- Dacro Cystitis.
- Glaucoma.
- Trachoma.
- Myopia.
- Hypermetropia.
- Cataract.
- Corneal Ulcer.
- Otitis Media.
- Mastoiclitis.
- Clift Lip.
- Clift Palate.
- DNS. S
- Sinasitis.
- Adenoids.
- Laiyngitis.
- Tonsilitis/Tonsilectomy.
- Phyryngitis.
- Tracheostomy.
- Epistais.
- Phychaitric Nursing
- Depression.
- Hallucination.
- Delusion.
- Scheziophslia.
- Psychosis.
- Nerosis.
- Hyteria.
- Epilopsy.
- *ECT.*
- Drugs used in Psychiatric diseases.
- > Paediatric Nursing:

- Growth and development from Birth to adolescence. Factors responsible for growth and development. Assessment of growth and development.
- Immunity/ Immunization schedule.
- Disorders of infections Vomitting, Dirrhaea, Convulsions, Distensions.
- Recognition, causes, prevention and management of congenital anomalies.
- Breast feedin:
 - Importance and principals.
 - Preparation of mother.
 - Difficulties in breast feeding.
 - Factors inhibiting/ promotion lactation.
 - Introduction of sosids.
 - Artificial feeding:
 - Maintenance of bottle hygiene.
 - Feeding techniques.
- > Disease of Childrens:
 - Def. causes s/s investigations, factors indications; prevention, management complications of :-
 - Gastro entoritis.
 - Oeasophogal Atresia.
 - Mega Colon.
 - Imperferated Anus.
 - Jaundice.
 - Phototherapy.
- Benito Urinary System:
 - Hypospodiasis.
 - Undesecndel Tests.
- Cardio Vascular System:
 - Patient Duetus Arteriosus.
 - Atrial Septal Defect.
 - Ventricular spetal Defect.
 - Fallots Telrology.
 - Rheumative Fever.
- > Nervous System:
 - Cerebral Pulsy.
 - Mental Retardation.
 - Meningocele.
 - Mangolism.
 - Hydrocephalus.
- Eye, Ear:
 - Squint.
 - Deafness.
- > Components of nutrition and Disorders:
 - Marasmas.
 - Kwashiorkar.
 - Vitamin Dificencies.

- Nutritional Programme.
- Community Health Nursing:
 - > Primary Health Centre.
 - Set Up.
 - Function.
 - Services.
 - Sub Centre.
 - Health services Organisation at different levels:
 - National.
 - State.
 - Local.
 - > Special community Health Services and Nurses Role:
 - Industrial Nursing.
 - Tuberculosis Nursing.
 - Geriatric Nursing.
 - Leprosy Nursing.
 - Oncology Nursing.
 - > Function of District Public Health Nurse:
 - Health Assessment.
 - Antenatal/Care.
 - Postnatal/Care.
 - Brest Palpation.
 - Introduction of RCH.
 - > Human Sexuality:
 - Puberity in male and female.
 - Importance of sex education and sex hygiene.
 - Different nethods of family planning.
 - Planning, Organishing Family Planning Programmes in our area.
 - > Sex Life:
 - Sterilization.
 - Female Reproductive System and Breast:
 - Cysts, Tumours and Fibroid of Ut. Hystrectomy.
 - Abortions, MTP.
 - Venereal Disease.
 - Abnormalities of Mensturation.
 - Breast Cancer/ Mastectomy

Midwifery

- > Introduction of Hisotiral Review.
 - Morbidity and Mortality Rates their Significance.
 - Review of reproductive System and embiyology.
 - The female pelvis and generative organs,
 - Menstrual Cycle.
 - Maturation, fertilization and implantation of Ovum,
 - Formation of foetal membrances and placenta,
 - Foetal bones, skull sutures and fontanels,
 - Foetal development of foetal circulation,

30 Marks

- Measurement.
- > Normal Pregnancy:
 - Physiological changes due to pregnancy,
 - Sings and symptoms diagnosis of pregnancy.
 - Pre Natal Care.
 - Objectives.
 - History raking.
 - Calculation of expected date of delivery.
 - Rotec examination.
 - care and advice regarding diet in pregnancy and ante excise.
 - Minor disorders or pregnancy and alleviation of discomfort.
- > Diseases Associated with pregnancy:
 - Cardio Vascular.
 - Urinary.
 - Respiratory.
 - Metabolic.
 - Nutritional deficiencies.
 - Normal Delivery (Preparation):
 - Requirements for mother and Baby.
 - Preparation of patient and Delivery Room hospital and Home.
 - Psychological preparation of mother and Family.
- > Normal Labour:

 \triangleright

- Onset of Labour,
- Physiological changes,
- Mechanisms,
- Stages of Labour,
- Technique of vaginal examination.
- Management of labour and Nursing Care of mother in labour.
- > Puerperium:
 - Physiology,
 - Management of puerperium.
 - Postnatal examination and care,
 - Care of episiotomy.
 - Establishment of breast feeding,
 - Postnatal exercises,
 - Minor ailments and management,
 - Family welfare.
- Care of New Born:
 - Establishment of respiration,
 - Care of card eyes and skin,
 - Examination of the new born,
 - Examination of defeats,
 - Care of premature,
 - Minor ailments.
- > Abnormal Midwifery:
 - Pregnancy its complications Medical and gynaecological.
 - Contracted pelvis

Ante Partum.

Harmon ages > _

Post Partum.

- Abortions. _
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- Ectopic gestation. Hydrated form Mole. -
- Toxaemia of pregnancy. Polyhydromnias. -
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(S. A. Raina),KAS Secretary, J&K Services Selection Board, Srinagar.