



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
“M.M.P.H.W./F.M.P.H.W/A.N.M.(MPHW)”**

SYLLABUS FOR WRITTEN TEST

Marks :-150
Time :- 2.30 Hours

Science –I

25 Marks

- Anatomy and Physiology
- Microbiology
- Psychology
- Sociology
- Hygiene
- Nutrition.

Fundamentals of Nursing-I

25 Marks

- Section “A” introduction to Nursing and Nursing procedures.
- Section “B” Nursing techniques
- Section “C” First aid and emergency nursing.

Fundamentals of Nursing-II

25 Marks

- Section A introduction to Child Health.
- Section B introduction to Maternal Health.
- Section C introduction to Family Health and Community Health.

Community Health Nursing-I

20 Marks

- Section A Domiciliary Midwifery.
- Section B Midwifery and Hepernitoy Nursing.
- Section C Family planning and family welfare.

Community Health Nursing-II

25 Marks

- Section A Nutrition Education.
- Section B Health Education.
- Section C Communication skills and Audio-visual aids.

Community Health Nursing-III

30 Marks

- Section A Basic Medicine and Pharmacology.
- Section B Health Problems and Plans.
- Section C Communicable Diseases.
- Section D Mental Diseases.

ANATOMY

- i) Introduction.
- ii) Skeletal system over view of skeletal system, Bones, bone development and the repair, axial skeleton, appendicular Skeleton, surface anatomy and landmarks.
- iii) Structure and function of joints, types of joints, muscular system introduction over vies of skeletal muscles chief muscles and group of muscles.
- iv) Heart, Structure.
- v) Respiratory system structure
- vi) Human Reproductive System structure and Embryology (Prenatal).

PHYSIOLOGY

- i) Introduction.
- ii) Organization of living things.
- iii) Cells, tissues, organs, cavities and body system.
- iv) Typical cell structure, properties of cell, living processes, tissues, types, structure and functions, the skin.
- v) Muscular system-Structure.
- vi) Muscle contraction and properties of muscle.
- vii) Nervous System –division of the nervous system, brain and its functions, oriental nerves, spinal nerves.
- viii) Special senses structure function and location of organs of special senses, eye structure and function of visual apparatus, ear structure and function of auditory apparatus.
- ix) Maintaining the metabolism of the body circulatory system-blood composition, blood cells and plasma, hemoglobin , blood coagulation bleeding time, blood grouping and cross- matching physiological structure of heart and function, heart sounds and heart rates, circulation – systematic and pulmonary, blood vessels, pulse, venous and capillary system.

- x) Digestive system the alimentary tract oral cavity stomach, small and large intestines peristalsis digestion salivary glands. Liver pancreas and gallbladder enzymes absorption and assimilation of food.
- xi) **EXCRETORY** system –Excretory organs location, structure and function. The urinary tract, urine formation composition of urine, micturition . Water and salt balance.
- xii) Endocrine system-overview of the endocrine system, endocrine glands location, structure and function body temperature regulation.
- xiii) Human Reproduction
Embryology, parental Development, maturation of reproduction Organs.

The male reproductive tract external, organs. The Female reproductive tract external organs, menstrual cycle, hormones and reproduction.

Principles of organizing care according to head of the patient. (Seriously ill, Chronically ill)

Moderately ill, terminally.

Principles of organizing care according to patient group.

Maintenance of supplies, equipments and other facilities.

Records and Reports.

Health records, family care records, medical records, use of diaries by health workers understanding the system of reporting and recording referral system.

Maintaining a Healthy environment cleanliness of unit and sick room cleanliness of furniture, floors, space and surfaces doors and windows disposal of waste, garbage.

NURSING PROCEDURES AND TECHNIQUES

- i) Meeting hygienic and comfort needs care of skin , care of hair, care of hands, care of eyes, nutrition mouth care elimination, exercise , body.
- ii) Maternal health factors.
Socio-economic factors affecting maternal health.
Section C- Introduction to family health and Community health.
 - a) Family health care.
The family as integral unit of the health services,
 - Prevention and control of communicable diseases.
 - Home visiting and domiciliary health.
 - b) Introduction to Community health.
 - c) Environmental Health and Sanitation.
 - d) School health Services.

COMMUNITY HEALTH NURSING - (I)

Domiciliary Midwifery

- i) Contacting antenatal mothers.

- ii) *Conducting a delivery in the home.*
- iii) *Post –Natal care.*
Records to be maintained.

Midwifery and maternity nursing

- i) *The reproductive system*
- ii) *Growth and development of foetus*
- iii) *Pregnancy*
- iv) *Labour*
- v) *Normal puerperium*
- vi) *Complication of pregnancy*
- vii) *Complication of labour.*
- viii) *Obstetric operations.*
- ix) *Drugs used in obstetrics*

Family planning and welfare.

- i) *Introduction.*
- ii) *National family welfare programme.*
- iii) *Organizing family welfare work.*
- iv) *Family planning methods.*

COMMUNITY HEALTH NURSING

Nutrition Education:

- i) *Introduction to nutrition education.*
- ii) *Nutrition education for material and cold health.*
- iii) *Nutrition education (method and media)*

Health Education:

- i) *Introduction*
- ii) *The Teaching (Learning Proceed)*
- iii) *Approaches used in health education.*
- iv) *Planning health education activites.*
- v) *Community resources for health education.*

Communication Skills & Audio –Visual AIDS :

- i) *Introduction to communication.*
- ii) *Communication skill for health work.*
- iii) *Introduction to Audio-visual aids.*
- iv) *Selection and utilization of audio-visual aids selecting suitable aids for health work.*
- v) *Preparation of audio- visual aids for health work basic skill/competencies.*

Health Problems and Plans :

- i) *Health problems.*
- ii) *Organization and structure of health services and related welfare services.*

- iii) Health planning and programme.

Communicable Diseases:

- i) Introduction to communicable diseases.
ii) Immunity and immunization.
iii) Care and treatment of patients with infection.
iv) Specific Communicable diseases and infections, symptoms, prevention and control and care in specific communicable diseases and infections.
Malaria, filarial, dengue, typhoid, cholera infections hepatitis, other gastrage intestinal infections-acute waste enteritis, dysenteries small-pox, chicken pox mumps, measles, diphtheria. Trachoma, conjunctivitis, worm infestations hoolworm rouun worn. Threadworm, amoebiasis, rabies, tuberculosis, pertustis.

Mental diseases:

- i) Introduction
ii) Resources and facilities for prevention and early delection of mental illness, use of family health care services.
iii) Maternal and child health services.
- School health services.
- Primary health centre facilities.
- Community, health worker as a resource.
iv) Prevention of mental illness.
v) Early direction of mental disorders.
vi) Mental diseases.

COMMUNITY HEALTH NURSING I (II)

Environmental sanitation:

- i) Basic sanitation needs all village level towns and sen:- Urban areas.
ii) Disinfection and disinfectants, sterilization, antiseptics, disinfectants acodorant, etergent, sterilization.
iii) Environmental sanitation aspects of communicable diseases communicable diseases control.
iv) Venereal diseases.

Microbiology:

- i) Introduction
Classification of micro-organisms, characteristic, of bacteria, viruses, conditions affecting and growth of bacteria, parasites, fungi yeasts and mold.
ii) Universal presence of Micro-organisms useful bacteria and micro-organism in the environment. Micro-organism in the human body normal flora, Micro-organism in water food and mild.
iii) Sources and mode of infection.
Sources of infection, mode of transmission infectin-factors which favour and hinder infection immunity, vicunas.

- iv) *Pathogenic Micro-organism.*
Transmitted from, respiratory tract. Alimentary tract, food, food poisoning blood-borne pathogenic organism.
- v) *Collection of specimens for bacteriological examination.*

Sociology:

- i) *Introduction.*
Group-primary and secondary, in group and out groups, structure, activities of groups organization of groups Urban and rural administrative pattern pattern panchyats and corporations, crowd public and audience.
- ii) *Social process.*
- iii) *Social controls.*
- iv) *Social stratification.*
- v) *Marriage and family.*
- vi) *Community rural and urban community.*

Psychology:

- i) *Factors influencing human behavior.*
- ii) *Life stages and behavioral patterns.*
- iii) *Emotions and behavior.*
- iv) *Defence mechanism and behavior.*
- v) *Social behavior and interpersonal relations.*
- vi) *Learning, motivation and change in behavior.*

Hygiene:

- i) *Introduction to hygiene and healthful living, consents of health and disease. Factors influencing health and healthful living. Health habits and practice. Scientific principles related to maintenance of normal circulation, respiration, digestion sensory functions, normal skeletal alignment joint function and motor function.*
- ii) *Physical health:- Skin care, cleanliness clothing care of the hair, prevention of pediculosis. Dental care and oral hygiene, care of hands, hygiene of elimination and menstrual hygiene, mental hygiene.*
- iii) *Mental hygiene and health in childhood ensuring mentally healthy growth in later childhood, need for friendship, games and plays, affection and recognition. Mental hygiene, approach to some problems speed problems, reading difficulties, learning problems, day dreaming.*
- iv) *Mental hygiene and health in adolescence. Preparation of girls for menstruation, sex-education.*
- v) *Mental hygiene and health in adulthood. Ensuring mental health in adulthood satisfaction on the job, marriage, marital life, parental responsibilities.*
- vi) *Mental hygiene and health in old age ensuring health in old age and need for preparation for retirement.*
- vii) *Physical health, feature, exercise, rest relaxation and sleep care of the fact, foot wear, care of eyes, ear more and throat food values.*
- viii) *Periodic Health Examination.*

- Health records, delection and correction of defects. Prevention and early treatments of common ailments, common cold, indigestion constipation, headache.*
- ix) *Health in home.*
- *Disposal of refuse, waste.*
 - *Latrines and sanitation, ventilation.*
 - *Safety in the home.*
 - *Sanitation in animal sheds.*
- x) *Mental hygiene and health.*
In adults, in-infancy and early childhood. Like, feeding weaning, thumbsucking, toilet-training, need for security, affection, love, adventure.

Nutrition:

- i) *Introduction to the study of nutrition, definition, relation of nutrition of health classification and functions of food-body building, energy yielding and protective foods*
Nutrients- Carbohydrates, protein, fats, Eatmine.
Mineral- functions, sources and daily requirements of each caloric requirements, water and cellulose.
- ii) *Nutritive value of foodstuffs*
- | | | |
|-------------------|-------------------------------|-----------------------------|
| <i>Cereals</i> | <i>Fruits</i> | <i>Fats and oils</i> |
| <i>Pluses</i> | <i>Milk and Milk products</i> | <i>Sugars condiments</i> |
| <i>Vegetables</i> | <i>Egg, meat and Fish</i> | <i>Spices and beverages</i> |
- iii) *The balance diet.*
Definition, factors to be considered in planning meals, improvement of diars, selection of foods, cultural factors improving maternal nutrition and child nutrition. Modified diets- liquid bland, soft, full.
- iv) *Preparation and preservation of foods general.*
General principles of cooking.
Methods of cooking.
Effects of cooking on nutrients and common foodstuffs, preservations of food– house-hold methods.
Food hygiene simple household measures.
- v) *Malnutrition.*
- *Malnutrition and ;under nutrition.*
 - *Deficiency diseases in the country.*
 - *Cultural factors in nutrition, food fats, food habits, food adulteration practive injurious to health.*
 - *Nutrition education-principles of imparting nutrition knowledge.*

(S. A. Raina),KAS
 Secretary,
 J&K Services Selection Board,
 Srinagar.