



**GOVERNMENT OF JAMMU AND KASHMIR**  
*Leh Autonomous Hill Development - Subordinate Services Recruitment Board*

**LADAKH AUTONOMOUS HILL DEVELOPMENT COUNCIL**

www.leh.nic.in; lehemployment@gmail.com; 01982-252249+258789

The Technical Director  
National Informatics Centre  
Leh

No: DDE&CCL/LAHD-SSRB/Syllabus/FMPHW/Thr.Asstt/16/1271-76

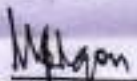
dated: 7-10-2016

**Subject: Syllabus for the post of FMPHW and Theatre Assistant.**

Sir

Apropos to aforementioned subject, you are requested to kindly upload the syllabus for the posts of FMPHW and Theatre Assistant on Leh District website for information of the candidates concerned.

Yours faithfully

  
(Rigzin Spalgon)  
Deputy Director Employment, Leh  
(Secretary LAHD-SSRB)

**Copy to the:**

1. Deputy Commissioner/Chief Executive Officer, LAHDC, Leh (Chairman LAHD-SSRB) for information. This has reference to his approval.
2. Chief Conservator of Forest (Wild Life) Ladakh Region (Project Director LREDA) Nominated member LAHD-SSRB, for information.
3. Pvt. Sec. to Hon'ble Chairman/Chief Executive Councillor LAHDC, Leh for kind information of the HCEC.
4. Station Director All India Radio Leh for information and with the request to kindly announce the above content in local news as well as Employment News for general information of the concerned candidates.
5. Notice board Employment office.





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**Subject: Syllabus for written Test (Descriptive Type) for the post of FMPHW.**

**Marks : 80**

**Time : 2.00 Hours**

**Anatomy:-**

- Introduction
- Skeletal system over view of skeletal system, Bones, bone development and the repair, axial skeleton, appendicular Skeleton, surface anatomy and land-marks.
- Structure and function of joints, a type of joints, muscular system introduction over vies of skeletal muscles chief muscles and group of muscles.
- Heart, structure.
- Respiratory system structure.
- Human Reproductive system structure and Embryology (Prenatal)

**Physiology:-**

- Introduction.
  - Organization of living things.
  - Cells, tissues, organs, cavities and body system.
  - Typical cell structure, properties of cell, living processes, tissues, types, structure and functions, the skin
  - Muscular system-structure.
  - Muscle contraction and properties of muscle.
  - Nervous system- division of the nervous system, brain and its functions, cranial nerves, spinal nerves.
  - 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.
  - 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.
  - 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.
  - Excretory system, excretory organs location, structure and function. The urinary tract, urine formation composition of urine, micturation. Water and salt balance
  - Endocrine system-overview of the endocrine system, endocrine glands location, structure and function body temperature regulation.
  - Human Reproduction; The Male reproductive tract external, organ. The Female reproductive tract external organs, menstrual cycle, hormones and reproduction.
- Principles of organizing care according to the head of the patient

*M. P. Singh*



(Seriously ill, moderately, and terminally)

Principles of organizing care according to patient group.

Maintenance of supplies, equipments and other facilities.

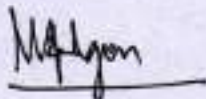
Records and Reports; health records, family care records, medical records, use of diaries by health workers understanding the system of reporting and recording referral system. Maintaining a Healthy environment cleanliness of unit and sick room cleanliness of furniture, floors, space and surfaces doors and windows disposal of waste, garbage.

### Microbiology:-

- Introduction, classification of micro-organisms, characteristic, of bacteria, viruses, conditions affecting and growth of bacteria, parasites, fungi yeast and mould.
- 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 .
- Sources and mode of infection mode of transmission infection factors which favour and hinder infection immunity.
- Pathogenic Micro-organism, transmitted from, respiratory tract. Alimentary tract, food, food poisoning blood borne pathogenic organism.
- Collection of specimens for bacteriological examination

### Hygiene:-

- 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.
- Physical health: skin care, cleanliness clothing care of the hair, and prevention of pediculosis. Dental care and oral hygiene, care of hands, hygiene of elimination and menstrual hygiene.
- 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.
- Mental hygiene and health in adolescence. Preparation of girls for menstruation, sex education.
- Mental hygiene and health in old age ensuring health in old age and need for preparation for retirement.
- Physical health, feature, exercise, rest relaxation and sleep care of the fact, foot wear, care of eyes, ear more and throat food values.
- Periodic Health Examination.  
Health records, deletion and correction of defects. Prevention and early treatments of common ailments, common cold, indigestion constipation, headache.  
Health in home.
  - Disposal of refuse, waste.
  - Latrines and sanitation, ventilation.
  - Safety in the home.
  - Sanitation in animal sheds.
  - Mental hygiene and health.  
In adults, in-infancy and early childhood. Like, feeding weaning, thumb sucking, toilet-training, need for security, affection, love, adventure



### Nutrition:-



- 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, vitamins.  
Mineral- functions, sources and daily requirements of each caloric requirements, water and cellulose.
  - Nutritive value of foodstuffs  
Cereals Fruits Fats and oil, pulses, Milk and Milk products, Sugar condiments Vegetables, Egg, meat and Fish Spices and beverages
  - The balance diet. Definition, factors to be considered in planning meals, improvement of diets, Modified diets- liquid bland, soft, full.
  - 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.
  - Malnutrition.
    - Malnutrition and ; under nutrition.
    - Deficiency diseases in the country.
    - Cultural factors in nutrition, food fats, food habits, food adulteration practices injurious to health.
- Nutrition education-principles of imparting nutrition knowledge.

### **Fundamentals of Nursing:-**

- Introduction to Nursing and Nursing Procedures.
- Nursing Techniques.
- First aid and Emergency Nursing.
- Introduction to Child Health.
- Introduction to Maternal Health.
- Introduction to family Health and community Health.

### **Community Health Nursing:-**

- Contacting antenatal mothers
- Conduction a delivery in the home
- Post- Natal care. Records to be maintained

### **Midwifery and Maternity Nursing:-**

- The reproductive system
- Growth and development of foetus
- Ppregnancy
- Labour
- Normal puerperium
- Complication of pregnancy
- Complication of labour.
- Obstetric operations
- Drugs used in obstetrics.

### **Family planning and welfare:-**

- Introduction.
- National family welfare programme.
- Organizing family welfare work.
- Family planning methods.

*M. S. Jagan*



**Nutrition Education:-**

- Introduction
- The Teaching ( Learning Proceed)
- Approaches used in health education.
- Planning health education activates.
- Community resources for health education. Communication Skills & Audio-Visual AIDS:
- Introduction to communication
- Communication skill for health work
- Introduction to Audio-visual aids.
- Selection and utilization of audio-visual aids selection suitable aids for health work.
- Preparation of audio-visual aids for health work basic skill/competencies.

**Health Problems and plans:-**

- Health problems.
- Organization and structure of health services and related welfare services.
- Health planning and programme.

**Communicable Diseases:-**

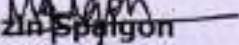
- Introduction to communicable diseases.
- Immunity and immunization.
- Care and treatment of patients with infection.
- Specific Communicable disease and infections, symptoms, prevention and control and care in specific communicable disease and infections. Malaria, Filarial, Dengue, Typhoid, Cholera infections hepatitis, other gastro intestinal infections, Enteritis, Dysentery, small pox, Chicken pox, Mumps, Measles, Diphtheria. Trachoma, Conjunctivitis, Worm infestations - Hookworm, Round worm Threadworm, Amoebiasis, Rabies, Tuberculosis, Pertusis.

**Mental diseases:-**

- Introduction
- Resources and facilities for prevention and early deletion of mental illness, use of family health care services.
- Maternal and child health services. School health services. Primary health centre facilities. Community, health worker as a resource.
- Prevention of mental illness.
- Early detection of mental disorders.
- Mental diseases.
- 

**Environmental sanitation:-**

- Basic sanitation needs all village level towns and Urban areas.
- Disinfection and disinfectants, sterilization, antiseptics, disinfectants detergent, sterilization.
- Environmental sanitation aspects of communicable diseases communicable diseases control.
- Venereal diseases.

  
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**Pre-operative consideration:-**

- Psychological support of the surgical patient

**Protection of the patient in surgery:-**

- Admission Procedure
- Transfer Procedure Position
- Environmental Controls
- Electro – Surgery
- Operative Records
- Counting Procedure
- Sterilization
- Emergencies and Disasters

**Surgical Instruments:-**

- Instruments for general surgery
- Operation of the face and neck
- Operations of the Nose, Throat and Accessory Nasal Sinuses
- Ophthalmic surgery
- Sinuses, Ear and throat
- Operations of the Chest, Operations on the Genito-Urinary Tract
- Gynaecological and Obstetric Operations
- Orthopaedic Operations
- Neuro –surgical Operations
- Traumatic Surgery

**Surgical Procedures:-**

**Neck Surgery**

- Thyroidectomy
- Parathyroidectomy
- Thyroglossal Cystectomy

**Breast Procedures:-**

- Breast Biopsy
- Mastectomy

### **Abdominal Extra intestinal Surgery:-**

- Abdominal laparotomy
- Abdominal Hernioplasty
- Cholecystectomy
- Drainage of Pancreatic Cyst (Pseudocyst)
- Pancreaticoduodenectomy (Whipples procedure)
- Pancreatectomy
- Drainage of Abscess in the region of liver
- Hepatic Resection
- Splenectomy

### **Gastrointestinal Surgery:-**

- Esophagoscopy
- Gastroscopy
- Colonoscopy
- Sigmoidoscopy
- Vagotomy and Pyloroplasty
- Gastrostomy
- Gastrectomy
- Small Bowel Resection
- Cutaneous ileostomy
- Appendectomy
- Colostomy
- Closure of colostomy
- Right Hemicolectomy
- Transverse Colectomy
- Anterior Resection of the Sigmoid Colon and Rectum
- Haemorrhoidectomy

### **Gynaecologic and Obstetric Surgery:-**

- Dilatation of the Cervix and Curettage of the Uterus (D&C)
- Conization of the Uterine Cervix
- Therapeutic Abortion by suction Curettage
- Marsupialization of Bartholin's Duct Cyst
- Abdominal Ligation (Different Procedures)
- Culdoscopy
- Anterior and/ or Posterior Colporraxy
- Laparoscopy
- Total Abdominal Hysterectomy
- Salpingo-Oophorectomy
- Tuboplasty of the Fallopian Tubes
- Pelvic Exenteration
- Caesarian Section

### **Genitourinary Surgery:-**

- Hypospadias repair
- Epispadias repair
- Penile Implant
- Marshall-Marchetti-Krantz Procedure
- Hydrocolectomy
- Vasectomy

*M. J. Jagan*



- Vasovasostomy
- Cutaneous Vasostomy
- Spermatolectomy
- Orchiectomy
- Gystoscopy
- Cystoscopy
- Transurethral Resection of the Prostate (TURP) and / or Lesions of the Bladder or Bladder Neck (TURB)
- Open Prostatectomy
- Nephrectomy
- Upper Tract Urolithotomy (Ureterolithotomy, Phelobothotomy, Nephrolithotomy) cutaneous vresterstomy
- Llegal conduit
- Extracproeal shock wave Lithotrpsy (ESWL)
- Ultrasonic Lithortripsy
- Electrohydraulic Lithotrpsy

#### **Thoracic Procedures:-**

- Bronchoscopy
- Mediastioscopy
- Segmental Resection of the Lung
- Wedge Resection of the Lung
- Pulmonary Lobectomy
- Pneumonectomy
- Decortication of the Lung
- Insertion of Transvenous Endocardial Pacemaker
- Correction of Pectus
- Excavatum
- Thymectomy

#### **Cardiovascular Surgery:-**

- Carotid Endarterectomy
- Abdominal Aortic Procedures (Abdominal Aortic Aneurysmectomy, Abdominal Aortic Endarterectomy) with Astroiliac Graft
- Femoropopliteal Bypass
- Greater Saphenous vein Ligation and Stripping
- Portasystemic Shunt
- Arteriovenous Shunt
- Arteriovenous Fistula
- Cardiac procedures
- Bypass Surgery (Different Procedures)

#### **Orthopaedic Surgery:-**

- Open reduction of a carpal Bone Fracture
- Excision of a Ganglion
- Carpal tunnel Release
- Open reduction of the Humerus
- Open reduction of the Radius and / or Ulna
- Open reduction of an Olecranon process Fracture
- Repair of recurrent Anterior Dislocation of the Shoulder

*M. J. G. M.*



- Open reduction of Fracture of the Humeral Head (Including Humeral Head Prosthesis)
- Internal Fixation of the Hip
- Femoral Head Prosthetic Replacement
- Total Hip replacement
- Open reduction of the femoral Shaft
- Triple Arthrodesis of the Ankle
- Total Ankle joint Replacement
- Open reduction of ankle
- Arthrotomy of the Knee
- Excision of Popliteal (Baker's Cyst)
- Total knee replacement
- Open reduction of the Tibial shaft
- Bunionectomy
- Correction of Hammer toe Deformity with interphalangeal Fusion
- Metatarsal Head Resection
- Procedure for correction of scoliosis
- Amputation of lower Extremity

#### Neurological Surgery:-

- Craniotomy
- Cranioplasty
- Transphenoidal Hypophysectomy
- Ventricular Shunts
- Laminectomy
- Excision of a Cervical Intervertebral Disc with fusion, Anterior Approach.

#### Plastic Surgery:-

- Cleft Lip repair
- Cleft Palate repair
- Reduction of Nasal Fracture
- Reduction of Mandibular Fracture
- Reduction of Zygomatic Fracture
- Open reduction of an Orbital Floor Fracture
- Rhinoplasty
- Mentoplasty Augmentation
- Blepharoplasty
- Rhytidectomy
- Dermabrasion
- Otoplasty
- Repair of Syndactyly
- Digital Flexor Tendon repair
- Peripheral Nerve repair
- Palmar Fasciectomy
- Reduction Mammoplasty
- Abdominoplasty/ Abdominal Liposuction
- Liposuction

#### Otorhinolaryngologic (ENT) Surgery:-

- Myringotomy

*M. S. G. S.*



- Tympanoplasty
- Stapedectomy
- Submucous Resection of the Nasal Septum(SMR)/ Septoplasty
- Intranasal Antrostomy/ Intranasal Fenestration of the Nasoantial Wall.
- Caldwell-Luc procedure (Radial Drainage of the antrum of the Maxillary Sinuses)
- Nasal Polypectomy
- Drainage of the Frontal Sinus
- Tonsillectomy and Adenoidectomy (T and A)
- Laryngoscopy
- Traheostomy
- Excision of the Submaxillary (Submandibular Gland)
- Parotidectomy
- Laryngectomy
- Radial Neck Dissection
- Excision of lesions of the oral cavity
- (Partial Glossectomy with Margyinal Rsection of the Mandible)

#### **Ophthalmic Surgery:-**

- General Information
- Excision of a Chalazion
- Canthotomy
- Correction of Ectropion
- Blepharoptosis repair
- Lacrimal Duct Probing
- Dacryocystorhinostomy
- Correction of Strabismus
- Evisceration of the Globe
- Orbital Exenteration
- Corneal Transplant/ keratoplasty
- Cataract Extraction
- Iridectomy
- Trabeculectomy
- Excision of a pterygium
- Repair of Retinal Detachment/ Scieral Bucking
- Vitrectomy
- Refractive keratoplasty

#### **Pediatric Procedures:-**

- Paediatric General Information
- Paediatric Tracheostomy
- Branchial sinusectomy
- Repair of Congenital Diaphragmatic Hernia
- Omphalocele Repair
- Paediatric Umblical Herniography
- Repair of congenital Atresia of the Esophagus
- Insertion of a central Venous Catheter (Pediatric)
- Pyloromyotomy for congenital Hypertrophic Pyloric Stenosis
- Paediatric Gastrostomy
- Reduction of paediatric intussusception

*M. H. Khan*



- Paediatric Colostomy
- Paediatric Colorctal Resection for Aganglionic Megacolon/ Hirschsprung's Disease
- Repair of Imperforate Anus

#### **Anaesthesia:-**

- General Information
- General Anaesthesia
- Conduction.

#### **General anaesthesia, Conduction anaesthesia:-**

- Spinal
- Epidural
- Caudal
- Regional
- Local
- Topical

#### **Methods for preparation of Patients for Anaesthesia:-**

- Methods and Procedures (during after operation)

#### **Surgical Procedures and Monitoring; Safety for operation Room Personnel:-**

- In Service education
- Body mechanic
- Fatigue Factors
- Radiation Safety
- Infection control
- Chemical Hazards

#### **Preparation of Instruments Tray:-**

- Major procedures tray
- Basic/ Minor procedures tray
- Limited procedures tray
- Thyroid tray
- Long instruments tray
- Biliary tract procedures tray
- Choledochoscopy tray
- Basic rigid sigmoidoscopy tray
- Gastrointestinal procedures tray
- Rectal procedures tray

#### **Gynaecologic and obstetric Trays:-**

- Dilatation of the Cervix and Curettage of the Uterus (D&C) Tray
- Cervical Cone Tray
- Laparoscopy
- Abdominal Hysterectomy
- Caesarean Section tray
- Vaginal Hysterectomy tray

*M. J. G. G.*



**Genitourinary Trays:-**

- Vasectomy tray
- Open Prostatectomy
- Kidney tray

**ThoracicTrays:-**

- Mediastinoscopy tray
- Thoractomy Tray
- Pacemaker tray

**Cardiovascular Trays:-**

- Vascular Procedures tray
- Vascular Shunt Tray
- Cardiac procedures tray

**Orthopaedic Trays:-**

- Basic orthopaedic procedures tray
- Minor orthopaedic procedures tray
- Bone holding instruments tray
- Hip retractor tray
- Knee Arthtotomy tray
- Knee or Ankle Anthroscopy tray

**Neurologic Procedures Tray:-**

- Craniotomy tray
- Laminectomy tray
- Kerrison Rongeurs and Pituitary Coreps tray

**Othorhinolaryngologic  
(ENT) Tray:-**

- Basic Ear procedures tray
- Nasal procedures tray
- Myringotomy tray
- Tonsillectomy and Adenoidectomy tray
- Tracheostomy tray
- Antral Puncture tray

**Ophthalmic Trays:-**

- Basic Eye Procedures tray
- Eyelid and conjunctival procedures tray
- Basic Eye Muscle procedures tray
- Cataract Extraction and Lens procedures tray
- Glaucoma Procedures tray
- Basic Eye procedures Microscope tray
- Retinal procedures tray

**Paediatric Tray:-**

- Paediatric major procedures tray
- Paediatric minor procedures tray
- Paediatric Gastrointestinal Procedures trays.

*M. Algon*

*M. Algon*  
Rigzin Tsoggon

Deputy Director Employment, Leh  
Secretary LAHD-SSRB