

अध्याय – 3

लिखित परीक्षा का पाठ्यक्रम

SYLLABUS FOR STAFF NURSE SELECTION TEST

Nutrition	Classification of food	<ul style="list-style-type: none"> • <u>Classification by Chemical Composition</u> - Carbohydrates - Proteins - Fats - Minerals - Vitamins - Water
		<ul style="list-style-type: none"> • <u>Classification by predominant functions</u> - Body building food - Energy giving food - Protective food
		<ul style="list-style-type: none"> • <u>Classification by nutritive value</u> - Cereals and millets - Pulses(Legumes)\0 - Vegetables - Nuts and oil seeds - Fruits -Animal food - Fats and oils - Sugar and Jaggery - Condiments and spices - Miscellaneous food
	Normal dietary requirements and deficiency diseases of each of the constituents of food.	<ul style="list-style-type: none"> - The calorie - Nutritive value of food items and their measures used. - Balanced diet - Method of calculating normal food requirements, influence of age, sex and activity - Factors affecting selection and planning of meals. - Budgeting for food - Low cost menu - Diseases caused by deficiency of protein, fat, carbohydrates, minerals and vitamins.
	Introduction of Diet Therapy	<ul style="list-style-type: none"> - Methods of modifying diet in relation to calorie value by increasing or decreasing if constituents. - Diet and the patients -Feeding of helpless patients.
Mental Health/ Psychiatric Nursing	Community Mental Health	- Prevention of mental illness (Preventive Psychiatry) during childhood, adolescence, adulthood and old age.
	Mental Disorders and Nursing Interventions.	<ul style="list-style-type: none"> - Etiology - various etiological theories (genetics, biochemical, psychological, etc.) - Classification of mental disorders - Organic mental disorder-Acute brain syndrome.

		- Chronic brain syndrome.
	Forensic Psychiatry / Legal Aspects	- Legal responsibilities in care of mentally sick patients - Procedure for admission and discharge from mental hospital, leave of absence. - Indian Lunatic Act 1912 - Narcotic Drugs and Psychotropic Act 1985
	Altered Immune Response	- Review of Normal Immunity (Review Unit IV of microbiology) - Altered Immune response, hypersensitivity and allergy. - Nursing Immune disease - Graft versus host disease.
	Nurse's role in Management of Fluid, Electrolyte and Acid Base Balance	- Water content of body. - Homeostasis - Review mechanism of controlling fluid and electrolyte movement. - Review regulation of fluid and electrolyte. - Fluid and electrolyte imbalance and their therapeutic management.
	Management of Patients in Pain	- Nursing management. - Analgesic drugs - Therapeutic approaches to pain.
	Operation Theatre Technique	<u>PHYSICAL ENVIRONMENT</u> - Operation theatre: cleaning of rooms, tables, trolleys, lights and other equipments. - Pre-operative holding area. <u>THEATRE TECHNIQUE</u> - Positioning of patient for various surgical procedure. <u>PREPARATION OF THEATER EQUIPMENT & SUPPLIES</u> - Sterilization - Needles, sutures-types and their uses. - Role of a nurse in care of patients in the theatre.
	Management of Patient Undergoing Surgery	Medical Surgical Nursing - I
	Nursing Management of Patient with Impaired Respiratory Function and Gaseous Exchange.	- Assessment of respiratory function. - Management of patient with impaired respiratory function. - Respiratory intensive care. - Management of patients with disorders of upper respiratory tract. - Management of patients with disorders of the chest and lower respiratory tract.
	Nursing Management of the Elderly	- Assessment of elderly. - Ageing process - Helping in promoting wellness and self care. - Health problems in elderly.
Medical Surgical Nursing	Nursing Management of Patients with Disorders of	- Assessment - Disorders of breast and breast cancer

- II	Breast	- Management of patient undergoing surgery for cancer breast.
	Nursing Management of Patients with ophthalmic Disorders and Diseases	<ul style="list-style-type: none"> - Assessment of function of eyes. - Diseases and disorders of eyes and their management. <p><u>HOSPITAL CORNEA RETRIEVAL</u></p> <ul style="list-style-type: none"> - Motivation for eye donation. - Obtaining consent for eye donation. - Transplantation of human organs bill and eye collection. - Eye banking in India.
	Nursing Management of Patients with Disorders and Disorders and diseases of ear, Nose and throat.	<ul style="list-style-type: none"> - Assessment of the function of ear, nose and Throat. - Disorders and diseases of the ear nose and throat. - Management of disorders and diseases of ear, nose and throat
	Nursing Management of Patients with Cardio-Vascular, Circulatory and Hematological Disorders.	<ul style="list-style-type: none"> -Assessment of cardio-vascular functions. - Management of patients with cardio-vascular diseases. - Management of patient in I.C.U. and C.C.U. - Management of patient with cardio-vascular surgery. - Assessment and management of circulatory, hematological disorders and problems of peripheral circulation. - Phlebotomy Procedure in blood donors. - Sample and request for blood transfusion. - Safety checks and records for blood transfusion. - Adverse transfusion reaction and their management. - Blood bank functioning-Hospital transfusion committee. - Blood donor care, post donation management, counseling of blood donors. - Inventory of necessary requirement for the transfusions.
	Nursing Management of Patients with Communicable Diseases	<ul style="list-style-type: none"> - Assessment. - Review of infection, how it spreads and its control. - Preparation, care and administration of antisera and vaccines. - Isolation- review of epidemiology and control measures. - Management of various infection diseases. <p><u>DISEASES CAUSED BY:</u></p> <p><u>Virus</u>- Measles Chicken pox, Influenza, Small pox, Mumps Encephalitis, Infective Hepatitis, Poliomyelitis, Rabies, AIDS.</p> <p><u>Bacteria</u> - Diphtheria, Whooping Cough, Tetanus Typhoid, Dysentery, Gastro-enteritis, Cholera, Meningococcal Meningitis, Tuberculosis.</p> <p>Zoonosis - Kala-azar, Plague, Relapsing fever.</p> <p><u>Mosquito</u> - Malaria, Filaria, Yellow fever, Dengue</p>

		fever.
	Nursing Management of Patients with Sexually transmitted diseases.	- Sex health and hygiene. - Gonorrhoea, Syphilis, Granuloma venerium, Chancroid, Granuloma inguinale and AIDS
Midwifery and Gynecological Nursing	Embryology and foetal development	- Foetal skull : diameters, frontanelles, sutures and their importance. -Foetal circulation
	Nursing Management of Pregnant Women	- Reproduction health - Genetic counseling - Physiological changes in pregnancy - Diagnosis of pregnancy : history, signs and symptoms and investigations - Influence of hormones - Prenatal care: objectives, history taking, calculation of expected date of delivery, routine examinations. - Health education: breast care, diet in pregnancy antenatal exercises. - Preparation for hospital/home delivery. - Immunisation -Minor disorders of pregnancy and its management
	Nursing Management of women in Labour	<ul style="list-style-type: none"> • <u>Definition, stage and duration</u> -Causes of onset of labour - True and false labour <u>A-. First stage of Labour</u> - Signs of onset of labour - Physiological changes in first stage of labour - Management - preparation of labour room - Preparation of women in labour: Physical and psychological - Equipments for normal delivery - Care: physical, psychological, monitoring of maternal and foetal condition. - Vaginal examination; indications, articles, technique <u>B. Second stage of labour</u> - Signs of second stage - Mechanism of labour - Monitoring of maternal and foetal condition - Physical and Physiological care - Procedure for conduct of normal delivery - Prevention of perineal tear. - Episiotomy, suturing and care <u>C. Third Stage of labour</u> - Signs, physiological changes - Management : immediate baby care, technique of placental expulsion, monitoring maternal condition examination of placenta and its membranes, blood loss. - Immediate postnatal care/ fourth stage of labour.

		<u>D. Conduct of home delivery</u>
	Nursing Management of Baby at birth	<ul style="list-style-type: none"> - Assessment - Review of physiology of new born - Apgar scoring, examination for defects (head to foot Examination) - Infant feeding : breast feeding, artificial feeding - Care of skin, eyes, cord, buttocks - Psychology and perception of new born - Minor disorders of new born: birth marks, rashes, skin infections, sore buttocks, infections of eyes - Jaundice of new born - Major disorders : birth asphyxia, resuscitation measures, haemolytic disease (RH factor) - Infections and birth injuries
	Nursing Management of Mother during puerperium	<ul style="list-style-type: none"> - Definition, objectives of care - Immediate postnatal care (care during 4th stage of labour) - Physiological changes during puerperium - Psychosocial aspects of care - Diet during puerperium - Establishment of lactation and breast care - Perineal care - Postnatal exercises - Postnatal examination, followup, family welfare - Minor ailments and its management
	Complications of Pregnancy and its managements	<ul style="list-style-type: none"> - Bleeding in early pregnancy - Bleeding in late pregnancy - Pregnancy induced hypertension, pre-eclampsia, eclampsia - Hydramnios, oligohydramnios -Hydatidiform mole - pelvic inflammatory diseases - Post maturity
	High Risk Pregnancy and its managements	<ul style="list-style-type: none"> - Concept, factors - Anaemia, Jaundice, Viral infections - Urinary tract infections, Heart Diseases, Diabetes Mellitus, Osteomalacia, Sexually Transmitted Diseases, AIDS - Teenage pregnancy, Elderly primigravida, Multipara - Multiple pregnancy
	High Risk Labour and its Managements	<ul style="list-style-type: none"> - Malpositions, Malpresentations: occipitoposterior position face, brow shoulder and breech presentation. - Contracted pelvis: definition, causes, diagnosis, management and trial of labour. - Abnormal uterine action: hypotonic and hypertonic action, bandl's ring, contraction ring, precipitate labour - Cervical dystocia - Early rupture of membranes, prolonged labour, induction of labour. - Obsructed labour rupture of uterus. - Obstetrical emergencies: cord presentation, cord

		<p>prolapse, amniotic fluid embolism, obstetric shock</p> <ul style="list-style-type: none"> - Complications of third stage: post partum haemorrhage, atonic uterus, retained placenta and membranes, inversion of uterus.
	Complications of Puerperium and its managements	<ul style="list-style-type: none"> - Puerperal pyrexia, Puerperal sepsis, Thrombophlebitis, Embolism, Puerperal psychosis. - Mastitis, Breast abscess
	Obstetric operations	<ul style="list-style-type: none"> - Manual removal of placenta. - Version: internal, external. - Forceps delivery - Vacuum extraction - Caesarean section. - Medical termination of pregnancy. - Laproscopic sterilization - Embryotomy
Gynaecological Nursing	Sexually Transmitted diseases and their prevention	<ul style="list-style-type: none"> - Syphilis, gonorrhoea, warts. - Acquired Immuno Deficiency syndrome (AIDS)/HIV
	Breast Disorders	<ul style="list-style-type: none"> - Mastitis - Breast abscess - Tumours - Malignancy
Community Health Nursing - II	Health Planning in India	<ul style="list-style-type: none"> - National Health Policy - National Health Planning - Five year plans - Health committees and reports
	Specialized community Health Services and Nurse's role	<ul style="list-style-type: none"> - R.C.H. (Reproductive health and child care) - School health services - Industrial nursing - Geriatric nursing - Care of the handicapped: physically and mentally challenged. - Rehabilitation nursing
	Nurse's Role in National Health Programmes	<ul style="list-style-type: none"> - Major health problems in India - National control and development programmes - National eradication programmes - Nurse's role in national health programmes.
	Demography and Family Welfare (Family Welfare)	<ul style="list-style-type: none"> - Family planning methods - Family welfare policy - National programmes - Nurse's role in family welfare programmes
	Vital Health Statistics	<ul style="list-style-type: none"> - Concept - Uses - Sources - Important rates and indices - Vital health records and their utility
Paediatric Nursing	The Newborn A- Characteristics of New Born and Physiologic status	<ul style="list-style-type: none"> - Assessment of the new born: head to toe assessment (physical assessment), neurological assessment. - Nursing care of the normal/Healthy new born

	of the new born.	including home care. - Breast feeding-concept of Baby Friendly Hospital Initiative.
	B- Common health problems - medical and nursing managements of	- Hyperbilirubinaemia, haemolytic disorder, neonatal hypoglycaemia, sepsis, oral thrush, impetigo, erythema toxicum, hypothermia, neonatal convulsions. - Birth injuries of muscles and peripheral nerves, injuries of bones, soft tissue injury and injury of nervous system.
	C- High Risk New Born	- Definition: small for dates, Low birth weight - Common health problems of preterm, post term and low birth weight infants and their nursing, management. - High risk to new born of HIV+ve mother, diabetic mother, its medical and nursing care.
	The Healthy Child	Growth and development: Definition, principles, factors affecting growth and development, techniques of assessment of growth and development, importance of learning about growth and development. <u>The Infant</u> Growth and development during infancy <u>Health Promotion during infancy:</u> - Nutrition counseling and supplementary Diet , immunization. - Safely and security including prevention of accidents, play and toys. <u>The Toddler</u> - Growth and development of Toddler. - Health promotion during toddler hood, nutrition counseling, toilet training, immunization, safety and prevention of accidents, guidance to parent on toddler's care, play and toys. <u>The Pre-Schooler</u> - Growth and development during pre-school years. - Health promotion during pre-school years, nutritional guidance, safety and security, day care centres/nursery school, play, role of parents in sex education of child.
	The Sick Child	- Role of nurse in helping child and family in coping with stress of hospitalization and illness. • <u>Nursing interventions and adaptations in nursing care of sick child.</u> - Preparation of child for diagnostic tests, collection of specimens . - Calculation and administration of oral and parenteral medications. - Procedures related to feeding: formula preparation, gavage, gastrostomy feeding.

		<ul style="list-style-type: none"> - Use of play as nursing intervention - Care of child in incubator - Stem tent inhalation - Immobilised child
	Behavioural Disorders and common Health Problems during Childhood, their Prevention, Medical and Nursing Management (Infancy)	<ul style="list-style-type: none"> • <u>Infancy</u> - Nutritional disturbances, allergies, dermatitis, vomiting, diarrhea, failure to thrive, resistance to feeding, colic, anxiety.
	Children with congenital Defects/Mal formations	<ul style="list-style-type: none"> • <u>Etiology, signs, symptoms, complications, medical, surgical and nursing management of:</u> - Malformations, of the central nervous system- cranial deformities, defects of spinabifida, meningocele, hydrocephalus, cerebral palsy, neural tube closure. - Skeletal defects-cleft lip and palate. - Defects of Gastro-intestinal tract- Oesophageal atresia and fistula, anorectal malformations, hernia, congenital hypertrophied pyloric stenosis. - Defects of Genitourinary tract- Hypospadiasis, epispadiasis, extrophy of bladder, phimosis, cryptorchidism, polycystic kidney. - Defects of cardio- vascular system- Congenital heart diseases, major acyanotic and cyanotic defects. - Orthopaedic Abnormalities - Club foot, development abnormalities of extremities.
	Children with various disorders and diseases	<ul style="list-style-type: none"> • <u>Etiology, signs, symptoms, complications, prevention, medical, surgical and nursing management of :</u> - Disturbances of fluid and electrolyte balance : imbalance, burns, disturbance of renal function, acute and chronic glomerulonephritis, acute and chronic renal failure.
	Welfare of Children	<ul style="list-style-type: none"> - Child welfare services, agencies, balwarie, anganwarie, day care centres, midday meal programme. - National child labour policy. - Internationally accepted rights of the child.