

**Syllabus for Recruitment of
Tutor / Clinical Instructor
under Health & Family Welfare Department**

SUBJECTS

1. *General English - I (Essay Type)*..... 100 Marks
 2. *General English - II (Objective Type)*..... 100 Marks
 3. *Nursing Sciences - I (Objective Type)*..... 200 Marks
 4. *Nursing Sciences - II (Objective Type)* 200 Marks
 5. *Nursing Sciences - III (Objective Type)*..... 200 Marks
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GENERAL ENGLISH

PAPER - I (Full Marks : 100)

(Essay Type)

- (a) Essay Writing..... 25 Marks
- (b) Précis Writing..... 15 Marks
- (c) Letter Writing..... 15 Marks
- (d) Idioms & Phrases 15 Marks
- (e) Expansion of passages 15 Marks
- (f) Comprehension of given passages 15 Marks

GENERAL ENGLISH

PAPER - II (Full Marks : 100)

(Objective Type)

- (a) Grammar :
Parts of Speech : Nouns, Adjective, Verb,
Adverb, Preposition, etc..... 40 Marks
- (b) Composition 30 Marks
 - i) Analysis of complex and compound sentences
 - ii) Transformation of sentences

Structure and functions of Kidney, ureters, urinary bladder, urethra, structure of skin, composition and formation of urine, fluid and electrolyte balance

j) The Endocrine System

Structure and functions of Pituitary, Pancreas, thyroid, Parathyroid, thymus and adrenal glands

k) The reproductive system including breast

Structure and functions of female reproductive organs, breast, Female sexual cycle, menopause

Structure and functions of male reproductive organs, reproduction, spermatogenesis

Unit-II

Microbiology

(20 Marks)

a) General characteristics of Microbes : Definitions, scope, relevance in nursing, Structure and classification of Microbes, Growth and nutrition of microbes-Temperature, Moisture, Blood and body fluids

b) Infection control

Infection: Definition, nature, sources, portals of entry and exit, transmission

Asepsis, Disinfection; Types and methods, Sterilization; Types and method, Standard safety measures

Biomedical waste management, Hospital acquired infection, Hospital infection control programme, Types & Hazards of hospital waste, collection of samples & specimens- handling and transportation of various specimens, Concept of asepsis: medical asepsis, and surgical asepsis, Decontamination of equipment and uni, Segregation and Transportation and disposal, Role of Nurse

Isolation precautions (Barrier nursing): Hand washing: simple, hand antisepsis and surgical antisepsis (scrub), Personal protecting equipments: types, uses and technique of wearing and removing, Standard safety precautions (Universal precautions)

c) Pathogenic organisms Characteristics, Source, portal of entry, transmission of infection:

Micro organisms-Cocci – gram positive and gram negative Bacilli – gram positive and gram negative, Spirochaete, Mycoplasma, Rickettsiae, Chlamydiae

Viruses,Fungi – Superficial and Deep mycoses, Parasites, Rodents & vectors

d) Immunity: Immunity – types, classification, Antigen and antibody reaction, Hypersensitivity – skin test, Immuno prophylaxis, Vaccines & sera – Types & Classification, storage and handling, cold chain, Immunization for various diseases, Immunization Schedule

Unit-III

Pathology and Genetics

(10+5=15 Marks)

Pathology

a) Infection and Inflammation : Cellular and tissue changes, Infiltration and generation, Inflammations and infection, Wound healing, Cellular growth, Neoplasm, Benign and Malignant growths, Bone healing.

b) Clinical pathology: Various blood in assessment and monitoring of disease conditions

Hemoglobin, RBC, White cell & platelet counts, Bleeding time, clotting time and prothrombine time, Blood grouping and cross matching, Blood culture, Serological and immunological tests, Examination of Bones marrow.

Methods of collection of blood specimen for various clinical pathology, biochemistry, microbiology tests, inference and normal values

c) Examination of body cavity fluids, transudates and exudates

Examination of other body cavity fluids, transudates and exudates – sputum, wound discharge

Analysis of gastric and duodenal contents

Analysis of semen-sperm count, motility and morphology and their importance in infertility

Methods of collection of CSF and other cavity fluids specimen for carious clinical pathology, biochemistry, microbiology tests, inference and normal values

d) Urine and faeces

Urine: Physical characteristics, Analysis, Culture and sensitivity

Faeces: Characteristics, Stool examination: occult blood, ova, parasite and cyst, reducing substance etc.

Methods of collection for various tests, inference and normal values

Genetics

- a) **Genes** : Definition, Practical application of genetics in Nursing, Impact of genetic condition on families, Characteristics and structure of genes, Chromosomes - sex determination, Chromosomal aberrations, Errors in transmission (Mutation)
- b) **Services related to Genetics**
Genetic testing, Human genome project, Gene therapy, The Eugenics movements, Genetics counseling, Legal and Ethical issues, Role of nurse

Unit-IV **Psychology** **(15 Marks)**

- a) **Definitions & Scope of Psychology, Relevance to nursing**
- b) **Cognitive processes**
Attention: Types, determinants, Duration & degree, alterations
Perception : Meaning, principles, factors affecting, errors
Learning : Nature, Types, learner and learning, Factors influencing, laws and theories, process, transfer, study habits
Thinking : Types and levels, stages of development, Relationship with language and communication
Intelligence : Meaning, nature, classification, development, measurement
- c) **Motivation and Emotional Processes:**
Motivation : Meaning, Concepts, Types, Theories, Motives and Behaviour, Conflicts and frustration, conflict resolution
Emotions & stress : Definition, components, Changes in emotions, theories, emotional adjustment, emotions in health and illness, Stressors, cycle, effect, adaptation & coping
Attitude : Meaning, nature, development, factors affecting. Behaviour and attitudes
- d) **Personality** Definitions, topography, types

Unit V **Sociology** **(10 Marks)**

- a) **Definition** of Sociology, Nature and Scope of the discipline, Importance and application of Sociology in Nursing
- b) **Individual & Society**, Society and Community, Differences, Nature, Process of Socialization and individualization
- c) **Culture:** Nature of culture, Culture and socialization, Transcultural society, Influence on health and disease
- d) **Population** :Society and population, Population explosion in India and its impact on health status, Family welfare programmes
- e) **Family and Marriage**
Family – Functions, Types, Changes, Problems, Dowry etc. Welfare services
Marriage : Forms and functions of marriage, problems in India
Family, marriage and their influence on health and health practices
- f) **Types of Communities in India (Rural, Urban and Regional)**
Features of village community & Characteristics of Indian villages social dynamics
Changes in Indian Rural Life
Urbanization and its impact on health and health practices
Problems and impact on Health
- g) **Social Change** :Nature and process of Social Change, Factors influencing Social change: cultural change, Cultural lag, Role of nurse – Change agents
- h) **Social Problems:** Social disorganization, poverty, housing, illiteracy, food supplies, prostitutions, rights of women & children, vulnerable groups; Elderly, handicapped, minority groups and other marginalized groups, child labour, child abuse, delinquencies and crime, substance abuse, HIV/AIDS, Role of Nurse

Unit-VI **Nursing Foundations** **(100 Marks)**

- a) **Concepts** :Health - Illness continuum ,Factors influencing Health, Causes and risk factors for developing illness, Body defences: Immunity and immunization ,Illness and illness Behaviour, Impact of illness on Patient and family
Types of health care agencies: Hospitals: Types, Organisation and Functions
Health Promotion and Levels of Disease Prevention, Primary health care and its delivery:
Role of nurse
- b) **Nursing as a profession**: Definition and Characteristics of a profession, Nursing as a profession
Definition, Concepts, philosophy, objectives, nature and scope of nursing practice, Functions, Qualities of nurse, Values: Definition, Types, clarification and values in professional Nursing: Caring and Advocacy, Ethics :Definition and Ethical Principles, Code of ethics and professional conduct for nurses, Conceptual and theoretical models of nursing practice: Introduction to models- holistic model, health belief model, health promotion model etc
Introduction to Theories in Nursing; Peplau's, Henderson's, Orem's, Neuman's, Roger's and Roy's
- c) **Hospital admission and discharge**
Admission to the Hospital: Unit and its preparation -admission bed, Admission procedure, Medico-legal issues, Roles and Responsibilities the of nurse
Discharge from the hospital, Types: Planned discharge, LAMA and abscond, Referrals and transfers, Discharge Planning, Discharge procedure ,Medico-legal issues, Roles and, Responsibilities of the nurse, Care of the unit after discharge
- d) **The Nursing Process**
Critical Thinking and Nursing Judgement, Competencies, Attitudes for Critical Thinking, Nursing Process
Overview:
Nursing Process: Meaning, steps, importance, Difference between medical and nursing, diagnosis
Nursing Care Plan
- e) **Care of Machinery, Equipment and linen**: Disposables and reusable's - Linen, rubber goods, glass ware, metal, plastics, furniture, machinery, Indent &Inventory
- f) **Documentation: Reporting and reporting-** : Purposes, Types and Methods of records, Guidelines for Reporting, shift reports: Transfer reports, incident reports, legal implications computerized documentation
- g) **Meeting needs of patient:**
Environment: Physical environment: Temperature, Humidity, Noise, Ventilation, light, Odour, pests control, Reduction of Physical hazards: fire, accidents, Safety devices: Restraints, side rails, airways, trapez etc Role of nurse in providing safe and clean environment
Hygiene:- Care of the Skin-bath and pressure points, feet and nail, Oral cavity, Hair care, Eyes, Ears and Nose, beds
Comfort :Factors influencing Comfort, Comfort devices
Physiological needs: Sleep and Rest- Physiology, Factors affecting Rest& sleep
Nutrition: Meaning, classification, functions, Importance, Assessment of nutritional needs: Variables, Principles, equipments, procedure, Ora, Oral, Enteral: Naso/ Orogastic, gastrostomy Parenteral:
Urinary Elimination Factors influencing urination, Alteration, Observation, urine testing, Providing urinal/ bed pan, Condom drainage, Perineal care, Catheterization, Care of urinary drainage
Bowel Elimination: Factors influencing Bowel elimination, Alteration, Observation, equipments, procedures and special considerations, Passing of Flatus tube, Enemas, Suppository, Sitz bath, Bowel wash, Care of Ostomies
Mobility and immobility: Principles of Body Mechanics, Maintenance of normal body Alignment and mobility, Hazards associated with immobility,Alteration in body Alignment and mobility, Nursing interventions for impaired Body Alignment and Mobility: assessment, types, devices used, method and special considerations, rehabilitation aspects, range of motion exercises, Lifting, Transferring, Walking
Oxygenation: Factors affecting oxygenation, Maintenance of patent airway, Oxygen administration, Suction, Inhalations: dry and moist, Chest physiotherapy and postural drainage, Care of Chest drainage, Pulse oxymetry: Nursing interventions in oxygenation: assessment, types, equipment used, procedure and special considerations

Fluid, Electrolyte : Nursing interventions in Fluid, Electrolyte, and Acid- Base Imbalances: assessment, types, devices used, method and special considerations, Measuring fluid intake and output, Correcting Fluid, Replacement of Fluids: Oral and Parenteral- Venipuncture, regulating IV Flow rates, changing IV solutions and tubing, Changing IV dressing, Acid - Base Balances

Administering Blood transfusion

Psychosocial needs: Concept of Cultural Diversity, Stress and Adaptation, Self-concept, Sexuality, Spiritual Health, Coping with loss, death and grieving, Assessment & Nursing intervention for psychosocial need, Creating therapeutic environment, Recreational and diversional therapies

- h) **Observations of normal and deviations:** Body temperature, Pulse, Respiration Blood pressure, Recording of vital signs, Physical examination: Methods - Inspection, Palpation, Percussion, Auscultation, Olfaction
- i) **Administration of Medications**
Purposes of Medication, Principles: Patients rights, Special Considerations, Prescriptions, Safety in Administering Medications and Medication Error, Drug forms, Routes of administration, Storage and maintenance of drugs and nurses responsibility, Dosage calculation, Terminologies and abbreviations
Oral Drugs Administration
Parenteral: General principles: decontamination and disposal of syringes, needles, canula, and infusion sets, Protection from Needle stick Injuries : Giving Medications with a safety syringes
Topical Administration
Inhalation : Nasal, oral, endotracheal/ tracheal (steam, oxygen and medications)- purposes, types, equipment, procedure, special considerations
Recording and reporting of medications administered
- j) **Meeting needs of Pre& Post operative patients** Definition and concept Preparation of patient for surgery, Intra operative, Role of Nurse, Postoperative Phase, Post operative care, Surgical asepsis, Dressings, Suture Care, Care of Drainage
- k) **Meeting special needs of the patient:** Temperature (hyper and hypothermia); Types, Assessment, Management, Sensorium (Unconsciousness); Assessment, Management, Urinary Elimination (retention and incontinence); Assessment, Management, Functioning of sensory organs: (Visual & hearing impairment), Assessment of Self-Care ability, Communication Methods and special considerations, Respiration (distress): Types, Assessment, Management, Comfort- (Pain) – Nature, Types, Factors influencing Pain, Coping, Assessment, Management;
- l) **Care of Terminally ill patient:** Concepts of Loss, Grief, grieving Process, Signs of clinical death, Care of dying patient: special considerations, euthanasia, will, dying declaration, organ donation etc, Medico-legal issues, Care of dead body: equipment, procedure and care of unit, Autopsy

NURSING SCIENCES : PAPER-II **(Full Marks : 200)**

Unit-I Medical Surgical Nursing(Adult including Geriatrics)-I (80 Marks)

- a) Role of Nurse, patient and family in care of adult patient
Role and responsibilities of a nurse in medical surgical settings: Outpatient department., In-patient unit, Intensive care unit. Medical Surgical asepsis
Care of Surgical Patient: Pre-operative, Intra operative, Post-Operative
- b) Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of adults including elderly with –
- c) **Nursing management of patients (adults including elderly) with respiratory problems**
Bronchitis, Asthma Emphysema, Chronic obstructive Pulmonary Diseases (COPD) Bronchiectasis
Pneumonia Pulmonary tuberculosis Lung abscess Pleural effusion Cysts and Tumours Chest injuries, Pulmonary embolism. Drugs used in treatment of respiratory disorders

d) Nursing management of patient (adult including elderly) with disorders of digestive system

Oral cavity-lips, gums, tongue, salivary glands and teeth

Oesophagus- inflammation, stricture, obstruction, bleeding and tumours

Stomach and duodenum hiatus hernia, gastritis, peptic and duodenal ulcer, bleeding

Small intestinal disorders-inflammation and infection, enteritis, malabsorption, obstruction, and perforation

Large intestinal disorders- Colitis, obstruction and lump

Hernias, Appendix-inflammation hemorrhoids, fissures, Fistulas Pancreas- inflammation,

Liver; cirrhosis, portal hypertension, hepatic failure

Gall Bladder; inflammation, obstruction, stones

Drugs used in treatment of disorders of digestive system

e) Nursing management of patient (adults including elderly) with blood and cardio vascular problems

Vascular system: Hypertension, Arteriosclerosis Aneurism

Heart: Coronary artery diseases Ischemic Heart Disease Coronary atherosclerosis Angina pectoris

Myocardial infarction, Endocarditis, Pericarditis Myocarditis, Heart Block, congestive cardiac failure,

pulmonary edema, cardiac arrest Cardio Pulmonary Resuscitation (CPR)

Valvular disorders of the heart Rheumatic Heart diseases

Blood: Anaemias Polycythemia, Bleeding disorders; Thalassemia Leukaemias, Leukopenias Lymphomas,

Myelomas, Blood transfusion, safety checks, procedures and adverse transfusion reaction, records for blood

transfusion. Organ donation. Drugs used in treatment of blood and cardio vascular disorders

f) Nursing management of patient (adults including elderly) with genitor-urinary problems

Nephritis, Renal calculus

Acute renal failure, Chronic renal failure, Dialysis, renal transplant, urinary infections.

stricture, obstruction, prostate. Drugs used in treatment of genitor-urinary disorders

g) Nursing management of disorders of male (adults including elderly) reproductive system

Hypospadias, Epispadias Infections, Sexual Dysfunction Benign prostate hypertrophy, Infertility. Drugs

used in treatment of disorders of male reproductive system

h) Nursing Management of patient (adults including elderly) with disorders of endocrine system

Diabetes mellitus Pituitary disorders. Drug used in treatment of disorders of endocrine system

i) Nursing management of patient(adults including elderly) with disorders of Integumentary system :

Skin and its appendages- dermatitis, Dermatoses; Allergies and Eczema Psoriasis Malignant melanoma,

Alopecia, Drugs used in treatment of disorders of Integumentary system

j) Nursing management of patient(adults including elderly) with musculoskeletal problems

Disorders of- Muscles, Ligaments and Joints – inflammation, infection, trauma, Bones- inflammation

,infection, dislocation, fracture , trauma Osteomalacia and osteoporosis Arthritis Congenital deformities

Spinal column-defects and deformities, Prolapsed inter vertebral disc, Amputation, Prosthesis Transplant

& replacement surgeries

Rehabilitation. Special therapies,

Drugs used in treatment of disorders of musculoskeletal system

k) Nursing management of patient (adults including elderly) with Immunological problems

Immunodeficiency disorder.

B-cell and T-cell deficiencies

Acquired immunodeficiency syndrome (AIDS)-Transmission- Prevention of Transmission, Standard Safety

precautions, Role of Nurse; counseling, Health education and home care consideration. Infection control

program

Rehabilitation. Special therapies, alternative therapies

Drug used in treatment of disorders of immunological system

l) Peri operative nursing

Organisation and Physical set up of the Operation Theatre (OT): O.T DESIGN Duties and responsibilities

of nurse in OT Instruments, Sutures and suture materials Positions for common surgical procedure

Scrubbing procedures Gowning and gloving Preparation of O.T sets Monitoring the patient during surgical

procedures Maintenance of the therapeutic environment in O.T.

Anaesthesia: Types Methods of administration Effects and Stages Drugs

Legal Aspects

m) Nursing management of patient with disorders of Ear Nose and Throat

Foreign bodies, Middle Ear-Impacted wax, Tympanic membrane perforation, otitis media, otosclerosis, mastoiditis, Inner ear- Menier's Disease, labyrinthitis, Upper airway infections- Common cold, sinusitis, rhinitis, pharyngitis, tonsillitis, peritonsillar abscess, laryngitis, epistaxis, laryngeal obstruction, Drugs used treatment of disorders of Ear Nose And Throat

n) Nursing management of patient with disorders of eye

Refractive errors, Conjunctive & Cornea -inflammation and infection, Lens Cataracts, Glaucoma, Retinal detachment, Drugs used in treatment of disorders of eye

o) Nursing management of patient with neurological disorders

neurological assessment and Glasgow coma scale

Spinal Injuries, paralysis, Intra cranial and cerebral aneurysms, Encephalitis, Brain abscess, Seizures, Epilepsies, Cerebro Vascular Accidents (CVA)

Degenerative diseases: Delirium ,Dementia, Alzheimer's disease ,Parkinson's disease

Drugs used in treatment of neurological disorders

p) Nursing management of patients with Burns, reconstructive and cosmetic surgery

Burns and Re- constructive and Cosmetic surgery;Psycho social aspects. Drugs used in treatment of Burns, reconstructive and cosmetic surgery

q) Nursing management of patients with oncological conditions

Warning signs of cancer

Oral, Larynx, Lung, Stomach and Colon, Liver, Leukemia's and Lymphomas, Breast , Cervix, Ovary, Uterus, Sarcoma, Brain, Renal, Bladder, Prostate etc.

Modalities of treatment: Chemotherapy, Radiotherapy, Surgical Interventions ,Stem cell and Bone marrow transplants etc

Palliative care; Syndrome and Plain Management, Nutritional support

r) Emergency and critical care Nursing

Concept, Priorities, principles and Scope of emergency nursing Critical care

Organization of emergency services critical care unit : physical setup, staffing, equipment and supplies, protocols, Concepts of triage and role of triage nurse

Unit-II COMMUNICATION & EDUCATIONAL TECHNOLOGY (10 Marks)

a) Communication Process: Communication: Levels, Elements, Types, Modes, Process, Factors influencing Communication, elements and channel, Facilitators Barriers and methods of overcoming ,Techniques, Methods of Effective Communication: Attending skills ,Rapport building skills, Empathy skills

b) Human Relations: Understanding self, Individual and groups, Human relations in context of nursing, Group dynamics, Team work

c) Guidance & counseling: Definition ,Purpose, scope and need, Basic principles Counseling process-steps & techniques, tools of counselor

d) Principles of education & techniques learning process: Education: meaning, , functions & principles, Nature and characteristics of learning, Principles and maxims of teaching, Lesson planning, Classroom management

e) Methods of teaching

Lecture, demonstration, group discussion, seminar, symposium, panel discussion, role play, project, field trip, workshop, exhibition, programmed instruction, Self-instructional module and stimulation etc. Clinical teaching methods: case method, nursing round & reports, bedside clinic, conference

Educational media: Purposes & types of A.V. Aids, Principles and sources etc. Graphic aids: chalk board, chart, graph, poster, flash cards, flannel graph, bulletin, cartoon Three dimensional aids: objects, Specimens models, puppets, Printed aids: pamphlets & leaflets

Projected aids audio aids: tape recorder, public address system, Computer

Assessment: Purpose & scope of evaluation & assessment, Criteria for selection of assessment techniques and methods, Assessment of knowledge : essay type questions, Short answer questions (SAQ), multiple choice questions (MCQ), observation checklist, practical exam, Viva,

Unit-III

MENTAL HEALTH NURSING

(60 Marks)

a) Principles and Concept of Mental Health Nursing

Nature and Scope and Principles of mental health nursing, Role and functions of mental health nurse

Definition : mental health nursing and terminology used, defense mechanisms

Etiology: bio-psycho-social factors

Conceptual models and the role of nurse : Existential Model ,Psycho-analytical models Behavioural model, Interpersonal model

b) Assessment of Mental Health status: History taking, Mental status examination, Mini mental status examination, Neurological examination, Investigations : Related Blood chemistry ,EEG, CT & MRI, Psychological tests, Role and responsibilities of nurse

c) Therapeutic communication and nurse-patient relationship Therapeutic communication : Types, techniques, characteristics, Ethics and responsibilities Johari Window, Goals, phases, tasks, therapeutic techniques, Therapeutic impasse and its intervention

d) Treatment modalities and therapies used mental disorders Psycho Pharmacology Therapeutic community, psycho therapy – individual : psycho-analytical, cognitive and supportive , Family, Group, Behaviour, Play, Psycho-drama, Music, Dance, Recreational and Light therapy, Relaxation therapies : Yoga, Meditation, bio feedback,Occupational therapy, electro convulsive therapy ,Role of nurse in above therapies

e) Nursing management of patient with Schizophrenia, mood disorder and other psychotic disorders: Etiology, Psycho-pathology, types, clinical manifestations, diagnosis, Mental assessment,Treatment modalities Follow-up and home care and rehabilitation

f) Nursing Management of patient with neurotic , stress related and somatization disorders: Anxiety disorder, Phobias, Dissociation and Conversion disorder, Obsessive compulsive disorder, somatoform disorders, Post traumatic stress disorder, Etiology, Psycho-pathology, clinical manifestations, diagnosis, mental assessment,Treatment modalities Follow-up and home care and rehabilitation

g) Nursing management of patient with Substance use disorders: Commonly used Psychotropic substance : Classification, forms, routes, action, intoxication and withdrawal, Etiology of dependence: tolerance, Psychological and physical dependence, withdrawal syndrome, diagnosis, mental assessment Treatment (detoxification, ant abuse and narcotic antagonist therapy and harm reduction), Follow-up and home care and rehabilitation

h) Nursing Management of patient with Personality, Sexual and Eating disorders: Classification of disorders, Etiology, psycho-pathology, characteristics, diagnosis, mental assessment ,Treatment modalities Follow-up and home care and rehabilitation

i) Nursing management of childhood and adolescent disorders including mental deficiency

Classification, Etiology psycho-pathology, characteristics, diagnosis, mental and IQ assessment Treatment modalities ,Follow-up and home care and rehabilitation

i) Psychiatric emergencies and crisis intervention Types ,management, techniques of counseling Crisis Intervention : Principles, Techniques and Process, Role and responsibilities of nurse

k) Legal issues in Mental Health: The Mental Health Act 1987 Indian Lunacy Act, 1912 , Rights of mentally ill clients, Acts related to narcotic and psychotropic substances and illegal drug trafficking, Admission and discharge procedures, Role and responsibilities of nurse

l) Community Mental Health Nursing

Institutionalization Versus Deinstitutionalization

Model of Preventive psychiatry: Levels of Prevention

Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse

Mental Health Agencies: Government and voluntary, National and International

Mental health nursing issues for special populations; Children, Adolescence, Women, Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc

Unit IV COMMUNITY HEALTH NURSING – I (50 Marks)

- a) Community Health Nursing Definition, concept & scope of Community Health and Community Health Nursing, Definition, concept and dimensions of health
- b) **Determinants of health:** Eugenics, Environment, Physical, Air, light, Ventilation, Water, Housing, Sanitation, disposal of waste, disposal of death bodies, Forestation, Noise, Climate, Communication: infrastructure facilities and Linkages , viral : Agents, host carriers and immunity, Arthropods and Rodents Food Hygiene : Production, Preservation, Purchase, Preparation, Consumption Acts regulating food hygiene ,Socio-Cultural \Life Style, Hygiene, Physical activity, Financial Management
- c) **Epidemiology:** Definition , concept, aims, scope, uses and terminology used in epidemiology epidemiological triad Morbidity and mortality : measurements, Levels of prevention
- d) **Methods of epidemiology of:** Descriptive, Analytical: Epidemic investigation, Experimental
- e) **Epidemiology and nursing management of common Communicable Diseases**
Respiratory infections, Chicken Pox, Measles, Influenza, Rubella, Mumps Diphtheria, Whooping cough, SARS
Intestinal Infections :Poliomyelitis, Viral Hepatitis, Cholera, Diarrhoeal disease Typhoid Fever, Food poisoning, Amoebiasis
Arthropod infection: Dengue, Malaria,
Viral: Rabies, Yellow fever, Japanese encephalitis
Bacterial: Plague, Human Salmonellosis, Anthrax, Leptospirosis, Rickettsial diseases:, Scrubtyphus, Tick typhus, Q fever
Surface infection: Trachoma, Tetanus, Leprosy, STD & RTI,

Epidemiology and Nursing management of Non-communicable diseases

Malnutrition : under nutrition, over nutrition, nutritional deficiencies, Anaemia, Blindness, Iodine Deificiency, Fluorosis, Epilepsy

Population and its control

Population control: Women empowerment, social, economic and educational development

Limiting family size:, Promotion of small family norm, Methods: spacing (natural, biological, chemical, mechanical methods etc), Terminal : surgical methods, Emergency contraception

f) Health planning and policies and problems

National health planning in India – Five Year Plans

Various committees and commissions on health and family welfare Central council for health and family welfare (CCH and FW) National health policies (1983, 2002) National population policy

Health problems in India

g) Delivery of community health services

Rural : Organization, staffing and functions of rural health services provided by government at:Subcentre, Primary health centre, Community health centre /subdivisional District

Urban: Organization, staffing and functions of urban health services provided by government at: Slums, Dispensaries, Maternal and child health centres

Components of health services: Environmental sanitation, Health education, Vital Statistics, M.C.H.-antenatal, natal, postnatal, MTP Act, female foeticide act, child adoption act.Family Welfare, National health programmes, School health services, Occupational health.

Systems of medicine and health care

Allopathy, Indian System of Medicine and Homeopathy, Alternative health care systems like yoga, meditation, social and spiritual healing etc. **Referral system**

h) Community health nursing approaches, concepts and roles and responsibilities of nursing personnel

Approaches : Epidemiological approach, Problem solving approach, Evidence based approach, Empowering people to care for themselves

Concepts of Primary Health Care.

i) Roles and responsibilities of Community health nursing personnel in: Family health services, Information Education Communication, Management Information System (MIS) : Maintenance of Records & reports, Training and supervision of various categories of health workers, National Health Programmes, Environmental sanitation, Maternal and child health and Family Welfare, Treatment of Minor ailments, School Health Services, Occupational Health, Organisation of clinics, camps: Types, Preparation , planning, conduct and evaluation, Waste management in the centre, clinics etc .

j) Home visit : Concept, Principles, Process, Techniques : Bag technique home visit

k) Qualities of Community Health Nurse

l) Assisting individuals and group to promote and maintain their health

Empowerment for self care of individuals, families and groups –

m) Assessment of self and family: Monitoring growth and development- Mile stones, Weight measurement, Social development, Temperature and Blood pressure monitoring ,Breast self examination and testicles. **Tests** : Urine for sugar and albumin, blood sugar Maintenance of health records for self and family

n) Waste Management

Collection and disposal of waste at home and community

o) Sensitize and handle social issues affecting health and development for self and family

Women Empowerment, Women and child abuse, Abuse of elders, Female Foeticide‘ Commercial sex workers, Food Adulteration, Substance abuse

p) National health and family welfare programmes and the role of a nurse

National ARI programme, Revised National Tuberculosis Control Programme (RNTCP) National Anti-Malaria programme National AIDS control programme STD control programme Iodine deficiency disorder programme Expanded programme on Immunization National Family Welfare Programme – RCH Programme National Water supply and sanitation programme Minimum Need Programme Polio Eradication: Pulse Polio Programme National Cancer Control Programme National Nutritional Anaemia Prophylaxis programme 20 point programme Mid-day meal applied nutritional programme National Rural Health Mission.

q) Health Agencies International- WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, DANIDA, European Commission (EC), Red cross, UNSAID, UNESCO, Colombo Plan, ILO, CARE etc. – Indian Red Cross

NURSING SCIENCES - PAPER-III

(Full Marks : 200)

Unit- I MIDWIFERY AND OBSTETRICAL NURSING (70 Marks)

a) Midwifery – obstetrical & Gynecological nursing

Concepts and definition of midwifery and obstetrical Nursing

Trends in midwifery and Nursing :current trends, Legal and ethical aspects, Pre- conception care and preparing for parenthood, Role of nurse in midwifery and obstetrical care, Maternal, morbidity, mortality and fertility rates, Perinatal, morbidity and mortality rates

b) Review of anatomy and physiology of female reproductive system and foetal development

Female pelvis- general description of the bones joints, plane of the pelvic diameter of the true pelvis, important landmarks, Female organs of reproduction –internal genital organs, musculature, Physiology of menstrual cycle

Foetal development: Conception, fertilization, implantation (embedding of the ovum), development of the embryo and placenta at term- function, abnormalities, the foetal sac, amniotic fluid, the umbilical cord,

c) Assessment and management of pregnancy (ante-natal)

Normal pregnancy

Physiological changes during pregnancy, Reproductive system, Cardio vascular system Respiratory system, Urinary system, Gastro intestinal system, Metabolic changes, Skeletal changes, Skin changes, Endocrine system, Psychological changes, Discomforts of pregnancy

Diagnosis of pregnancy: Signs, Differential diagnosis, Confirmatory tests

Ante-natal care: Antenatal examination, Relationship of foetus to uterus and pelvis: Lie, Attitude, Presentation, Position, Per vaginal examination

Screening , assessment & approach for high risk pregnancy

Modalities of diagnosis: Invasive & Non- invasive, ultrasonics, cardiotomography, NST, CST

Antenatal preparation: Antenatal counseling, Antenatal exercises, Diet, Substance abuse Education for child birth

Psycho-social and cultural aspects of pregnancy: Adjustment to pregnancy, Unwed mother Single parent, Teenage pregnancy.

d) Assessment and management of intra-natal period

Physiology of labour, mechanism of labour

First stage, Signs and symptoms of onset of labour, normal and abnormal, Duration, Preparation of Labour room & Woman parto-gram Active management of labour, Induction of labour

Second stage: Signs and symptoms: normal and abnormal, Duration, Conduct of delivery: Principles and techniques, Episiotomy, Receiving the new born: Neonatal resuscitation : initial steps and subsequent resuscitation, Care of umbilical cord, Bonding, Initiate feeding

Third stage: Signs and symptoms: Normal and abnormal, Duration, Method of placental expulsion, Examination of placenta .Maintaining records and reports

e) Assessment and management of women during post natal period

Normal puerperium, Physiology Duration

Postnatal assessment and management

Promoting physical and emotional well-being

Records and reports

f) Assessment & management

Hyper-emesis gravidarum, bleeding in early pregnancy, abortion, ectopic, Pregnancy, Ante-partum haemorrhage, Infections, RTI(STD), UTI, HIV, TORCH

Pregnancy induced hypertension and diabetes, Toxemia of pregnancy, hydramnios

Rh incompatibility, Mental disorders, Elderly primi and grand multipara, Multiple pregnancy, Abnormalities of placenta & cord, Intra-uterine growth retardation

g) Abnormal Labour- assessment and management

Disorders in labour, CPD and contracted pelvis, Malpositions and malpresentations, Premature labour, disorder of uterine actions- precipitate labour, prolonged labour, Complication of third stage: injury to birth canal

Obstetrics emergencies and their management : Presentation and prolapse of cord, amniotic fluid embolism, rupture of uterus, obstetrical shock

Obstetrical procedures and operations: Induction of labour, forceps, vacuum version, manual removal of placenta, caesarean section, destructive operations

Nursing management of women undergoing Obstetrical operations and procedures

h) Abnormalities during Postnatal Periods

Assessment and management of women with postnatal complications

Puerperal infections, breast engorgement & infection, UTI, thrombo-Embolic disorders, postpartum haemorrhage, Eclampsia and subinvolution

Psychological Complications, Post partum Blues, Post partum Depression, Post partum Psychosis

i) Pharmaco-therapeutics in obstetrics

Indication, dosage, action, contraindication and side effects of drugs

Effects of drugs on pregnancy, labour and puerperium

Nursing responsibilities in the administration of drug in obstetrics – oxytocins, antihypertensives, diuretics, tocolytic agents, anticonvulsants :

Analgesics and anaesthetics in obstetrics

Effects of maternal medication on foetus and neonate

j) Nursing management of patients with disorders of female reproductive system

Congenital abnormalities of female reproductive system

Sexuality and Reproductive Health

Menstrual Disorders; Dysmenorrhea, Amenorrhea, Premenstrual Syndrome

Abnormal Uterine Bleeding; Menorrhagia, Metrorrhagia

Pelvic Inflammatory Disease-

Ovarian and fallopian tube disorders; infections, cysts, tumours

Uterine and cervical disorders; Endometriosis, polyps, Fibroids, Cervical and uterine tumours, uterine displacement, Cystocele/ Urethrocele/Rectocele

Vaginal disorders; Infections, cysts, tumours

Diseases of breast ; deformities, infections, cysts and tumours

Menopause and Hormonal Replacement Therapy Infertility

Abortion- Natural , Medical and surgical abortion-MTP Act

Unit-II

CHILD HEALTH NURSING

(60 Marks)

a) Modern concepts of childcare

International accepted rights of the Child

National policy and legislations in relation to child health and welfare

National programmes related to child health and welfare

Child morbidity and mortality rates

Impact of Hospitalisation on the child and family.

The role of a Child health nurse in caring for a hospitalised child

Principles of pre and post operative care of infants and children

Child health nursing procedures.

b) The Healthy Child

Factors affecting growth & development, Growth and development from birth to adolescence, Nutritional needs of children & infants: breast feeding , exclusive breast feeding supplementary/artificial feeding and weaning, Baby friendly hospital concept Accidents : causes and prevention, Value of play and selection of play material Care of under-five & under five clinics/ well baby clinics

c) Nursing care of neonate : normal newborn/Essential newborn care, Neonatal resuscitation low birth weight baby, Kangaroo mother care, common neonatal disorders, Organization of neonatal unit. common congenital malformations.

d) Integrated management of neonatal and childhood illness (IMNCI)

e) Nursing management in common childhood diseases: Nutritional deficiency , Respiratory disorders and infections, Gastrointestinal infections, infestations and congenital disorders

congenital defects and rheumatic fever, rheumatic heart disease, acute glomerulo nephritis, Nephrotic syndrome, Wilms' tumor, infection and congenital disorders, convulsions, epilepsy, meningitis, hydrocephalus, spina-bifida. Anemias, Thalassemia, ITP, Leukemia,

Hemophilia Juvenile Diabetes Mellitus, club feet, hip dislocation and fracture.

Disorder of skin, eye & ears, poisoning, foreign bodies, hemorrhage, burns and drowning.

Nursing care of infant and children with HIV/AIDS

- f) **Management of behavioural & social problems in children:** behavioural disorders, Mentally, Physically, & Socially challenged, Welfare services for challenged children in India. Child guidance clinics

UNIT-III

NURSING RESEARCH

(10 Marks)

- a) **Research and research process:** need for nursing research, Definition of Research & nursing research, Steps of scientific method, Characteristics of good research
- b) **Research Problem/ Question:** Problem statement ,Criteria of a good research problem
- c) **Review of Literate:** Sources, Purposes
- d) **Research approaches and design:** Historical, survey and experimental, Qualitative and Quantitative designs
- e) **Sampling and data collection:** Definition of Population, Sample, Sampling criteria, factors influencing sampling process , types of sampling techniques. Data collection methods & technique
- f) **Analysis of data:** Compilation, Tabulation, classification, summarization, presentation, interpretation of data, Writing research report

Unit-IV

Management of Nursing Services and Education

(10 Marks)

- a) **Management in nursing:** Definition, concepts , Functions of management, Principles of Management, Role of Nurse as a manager
- b) **Management process:** Planning; Staffing, Budgeting Material management, Directing process (Leading), Controlling : Quality management Programmed Evaluation Review Technique (PERT), Bench marking, activity plan(Gantt chart).
- c) **Management of nursing services in the hospital and community**
Material Management, inventory control, auditing and maintenance Delegation, Supervision & guidance, Staff development and welfare, Nursing Round/Visits, Nursing protocols, Manuals, Quality assurance Model, documentation-Records and reports, Performance appraisal, Leadership styles
- d) **In service education:** Nature & scope of in-service education program, Organization Planning for in-service education program, techniques, methods & evaluation of staff education program Preparation of report
- e) **Nursing :** Philosophy; nursing practice, regulatory bodies INC, SNC, functions, Current trends and issues in Nursing, Professional ethics, Legal aspects in Nursing, Legal terms related to practice; registration and licensing, Laws related to nursing practice; Breach and penalties Malpractice and negligence, TNAI

UNIT-V

Aptitude Test

(50 Marks)

I. NUMERICAL AND FIGUREWORK TESTS: (15 Marks)

These tests are reflections of fluency with numbers and calculations. It shows how easily a person can think with numbers. The subject will be given a series of numbers. Her task is to see how the numbers go together to form a relationship with each other. She has to choose a number which would go next in the series.

II. VERBAL ANALYSIS AND VOCABULARY TESTS: (15 Marks)

These tests measure the degree of comfort and fluency with the English language. These tests will measure how a person will reason with words. The subject will be given questions with alternative answers, that will reflect her command of the rule and use of English language.

III. VISUAL AND SPATIAL/3-D ABILITY TESTS: (10 Marks)

These tests are used to measure perceptual speed and acuity. The subject will be shown pictures where she is asked to identify the odd one out; or which comes next in the sequence or explores how easily she can see and turn around objects in space.

IV. MECHANICAL ABILITY TESTS: (10 Marks)

This test reflects the understanding of basic mechanical principles and concepts. It tests the understanding of forces and dynamics. A diagrammatic representation showing the comprehension of mechanical and other principles will be presented to the subject.
