

GOVERNMENT OF JAMMU AND KASHMIR,
SERVICES SELECTION BOARD,
Zum Zum Hotel, Rambagh, Srinagar

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(www.jkssb.nic.in)

NOTICE

It is notified for the information of the candidates, who have applied for below mentioned posts i.e Jr Staff Nurse/Jr Nurse/Jr Grade Nurse notified from time to time, that the Board is going to conduct the Objective Type Written Test during the Month of September 2015 for which the syllabus is appended to this notice at Annexure "A".

<i>Item No.</i>	<i>Adv.N.No.</i>	<i>Name of the Department</i>	<i>Name of the post</i>	<i>Cadre</i>
930	02 of 2011	Health	Jr. Staff Nurse	Poonch
299	03 of 2014	Health & Medical Education Department	Junior Nurse	Bandipora
310	03 of 2014	Health & Medical Education Department	Junior Nurse	Budgam
305	03 of 2014	Health & Medical Education Department	Jr. Grade Nurse	Baramulla
289	03 of 2014	Health & Med. Education Department	Junior Staff Nurse	Div. Jmu.
311	03 of 2014	Health & Medical Education Department	Junior Grade Nurse	Budgam

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

No. SSB/ /Sel/Secy/2015/7879-88

Dated: 20-08-2015.

Copy to the:-

1. Principal Secretary to Hon'ble Chief Minister J&K.
2. Principal Secretary to the Hon'ble Governor, J & K State.
3. Director Information, J&K Government Srinagar with the request to publish the above notification in at least three leading local newspaper of Jammu/Srinagar on three consecutive dates
4. Director, Radio Kashmir, Kashmir. He is requested to kindly broadcast the above said notification appropriately.
5. Director, Doordarshan Kashmir. He is requested to kindly telecast the above said notification appropriately.
6. Deputy, Secretary, JKSSB, Jammu.
7. Sr. Law Officer, J&K S.S.B., Srinagar/ Jammu
8. Administrative Officer, Service Selection Board, Jammu/Srinagar.
9. Private Secretary to Chairperson.
10. Incharge Website, SSB. He shall upload the notice on the official website of the Board.
11. Record File.



Government of Jammu and Kashmir
J&K Services Selection Board
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Annexure “A”

Sub: Syllabus for written test (Objective Type) for the above said posts.

Marks :-150
Time :- 2.30 Hours

ANATOMY PHYSIOLOGY

15 Marks

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

MICROBIOLOGY

05 Marks

- Bacteriology, Microbiology usefulness in Nursing.
 - **Common disease caused by different types of organisons.**
 - **Sources of infection, mode of exit and transmission of disease,**
 - **Immunity and Immunization schedule.**
 - **Disinfection**
 - **Sterilization.**
 - **Asepsis.**

PSYCHOLOGY

07 Marks

- **Definition of Psychology scope and its importance for Nurses.**
- **Behavioural-Nature of behavior classification, dynamics types behavior.**
- **Motivation.**
- **Function, Emotions.**
- **Habits-Meaning, Principles inhabit formation.**
- **Frastraction and conflicts**
- **Learning laws, types, factors of learning.**

- Intelligence.
- Personality, meaning, types, development, characteristics.
- Mental health characteristics, national mental health program.

SOCIOLOGY

03 Marks

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

NURSING ARTS NUTRITION

35 Marks

- Fundamentals of Nursing
 - Nurses qualities, def, nursing principals, scope of Nursing.
 - *History of Nursing.*
 - *Role and responsibility of a Nurse.*
 - *Components of Basis Nursing.*
 - *Health Agencies.*
- Admission and discharge of patient.
 - Signs and symptoms of approaching death.
- Nurses role in maintaining good personal hygiene.
 - Bed making, various types of beds, k nuses procedure for bed making.
 - *Vitals -Temperature, pulse, respiration, B.P (ded, type) equipments procedure*
 - *Mouth care - purposes, equipment, procedure complication sol used,*
 - *Bed sore - Def signs and symptoms, causes pressure points prevention,*
 - *Back care. Def. purposes, equipment, procedure.*
 - *Bed bath. Def. types purpose, equipment, procedure different patients uses for different procedure.*
 - *Rlyes tube feeding - Indication equipments procedure suction,*
 - *Stomach wash or gastric lavage Def. indication procedure purpose, equipments.*
 - *Catherization - Indication purpose, procedure articles, types of catheter,*
 - *Enema-Def types, indication, procedure, equipments,*
 - *Flatus tube - Def. purpose, procedure, equipments,*
 - *Gaginal douche - Def. purposes, Sol, used, procedure equipments. Local hot application - Def purpose, types, equipments procedure precautions,*
 - *Local cold application - Def. purposes types equipment procedure.*
 - *Inhalations - Def. types purpose equipment precautions procedure post of care for surgery.*
 - *Care of patient fever (Unconscious patient) Dyspnoea.*
 - *Barrier Nursing - Isolation, technique, Control of infection diseases, immunization.*
 - *First Aid of*
 - Burns,*
 - Accident,*
 - Haemorrhage,*
 - Fractions.*
- Various Bandages.
 - *Blood Transfusions - Grouping Crossmating*
 - *RH factor, Precautions - Blood Transmission.*
- Recording and Reporting
- Collection of Specimen.
- Drugs route of Administration of drugs.

NUTRITION

10 Marks

- Constituents of food and its function
 - *Protene, EHO, fats, minerals, vitamins, waterthen sources, function daily requirement, deficiencies.*
 - *Applied nutrition programmes.*
 - *Community nutrition programmes.*
 - *Diet - types of diet, balanced diet.*
 - *Diet for different diseases.*
 - *Planning and preparation of menui.*
 - *Factors effecting coming.*

- **Presentation of mal nutrition.**
- **Health problems in India (Nutritional problems)**
 - **Communicable disease prob.**
 - **Population Prob.**
 - **Environmental suction Prob.**
 - **Medical care Prob.**
- **Community Health Nursing:**
 - **Definition and concept of health ad elements.**
 - **Principles Primary Health care.**
 - **Qualities and functions of a Community Health Nurse.**
 - **National Health Problems and Programmes.**
- **Hygiene-Personal and Environmental-Safe Water, Sanitation.**
 - **Building of good health, habits, Immunization.**
 - **Physical health including menstrual hygiene.**
 - **Mental health.**
- **First Aid in Emergency.**
 - **Importance of First Aid and its rules:**
 - **First Aid Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Bullet injuries, Drawing, Hoemorrhages, Dog Bites.**
 - **Bandaging and splinting.**

Medical Surgical Nursing

25 Marks

- **Disorders of Respiratory system:-**
 - **Definitions, causes, types, factors, indications, investigations, treatment, NSG, Management, Prevention, Health Education, Complications of:-**
 - **Asthma/Bronchial.**
 - **Pneumonia.**
 - **Lung Abscess.**
 - **Plausy.**
 - **Emphyma.**
 - **Emphysema.**
 - **Pulmonary Tuberculosis.**
 - **Lobectomy.**
 - **Pneumonectomy.**
 - **Diet Therapy**
 - **Drug Therapy.**
- **Cardio Vascular System:**
 - **Cardia Arrhythmias.**
 - **Pericarditis.**
 - **Myocarditis.**
 - **Congestive Heart Failure.**
 - **Myocardial infection.**
 - **Fallots of Tetralogy.**
 - **Hypertension.**
 - **Angina Pectoris.**
 - **Mitral Stenosis.**
 - **Anaemia.**
 - **Lenkaemia.**
 - **Haemophilia.**
- **Gastro Intestinal System:**
 - **Gastritis.**
 - **Peptic Uleer.**
 - **Appendicitis.**
 - **Ca Stomach**
 - **Colostomy, Intestinal Obstruction**
 - **Haemorrhoids.**
 - **Gastrectomy.**
 - **Gastrastomy.**
 - **Hernia.**

- Leprotomy.
- Disease of Liver, Spleen, Gall Bladder, Pancreas:
 - Hepatitis.
 - Cirrhosis of Liver.
 - Caliver, Pancreas.
 - Pancreatitis.
 - Tumours.
 - Cholieystities/Cholieysteetomy.
 - Spleeneetomy.
- Genito - Urinary System and Male Reproductive System:
 - Nephritis.
 - Ureamia.
 - Dialysis.
 - Prostate/Prostectomy.
 - Nephrectomy.
 - Hydrocoel.
- Nervious System-Spinal Card, Nervious:
 - Epilepsy.
 - Meningitis.
 - Parkinsonisom.
 - Encephalitis.
 - Head Injury.
 - Cerebro - Vascular Accident.
 - Paraplegia.
 - Haemoplegia.
 - Quardriplegia.
 - Sciatica.
- Endrocrine System, Metabolic Disorder:
 - Hypothyrodism.
 - Hyperthyrobism.
 - Thyrodictomy.
 - Diabtes Mellitus.
 - Gouts.
 - Obesity.
- Skin:
 - Burn including radition burns.
 - Allergy.
 - Infections EC Zema.
- Operation and Theatre:
 - Care of unconscious patients/coma.
 - Pre and post operative care > adult, infant.
 - Intensive Care Nursing.
 - Commo.....
- Common Investigation and Advanced Nursing Procedures:
 - USG, OGC, CT, Lithotripsy, LP, MRI, Radiotherapy, Chemotherapy, Catheterization, Bone Marrow, Paracentesis, Thoracynthesis, LFT, Endoscopy, Sigmoclocopy, Bronehosocopy, Intercostal Drainage, H2O Drainage, Review of Vitals.
- Communicable Diseases:
 - Meascler, Chickenpox, Smallpox, Mumps, Poliomyelitis, Diptheria, Wooping Cough, Telanus, Leprosy, Typhoid, Dysentery, Cholera, Plague, Malaria, Dengu, Fever, AIDs, Pulse Polo, National Health Programme/ Problems.

ORTHOPAEDIC

- Disorders and Dieases of Bone and Joints.

20 Marks

(Def. causes, types, preparation, investigations, indications, management).

- Arthritis.
- Osteomyelitis.
- Rheumatoid Arthritis.
- Fractures, Dislocations, Sprains.
- Amputation.
- Traction.
- Casts.

➤ Special senses (Eye, ENT, Ear)

- Conjunctivitis.
- Dacro - Cystitis.
- Glaucoma.
- Trachoma.
- Myopia.
- Hypermetropia.
- Cataract.
- Corneal Ulcer.
- Otitis Media.
- Mastoiditis.
- Cleft Lip.
- Cleft Palate.
- DNS. S
- Sinusitis.
- Adenoids.
- Laryngitis.
- *Tonsillitis/Tonsilectomy.*
- *Pharyngitis.*
- *Tracheostomy.*
- *Epistaxis.*
- Psychiatric Nursing
- *Depression.*
- *Hallucination.*
- *Delusion.*
- *Schizophrenia.*
- *Psychosis.*
- *Narcolepsy.*
- *Hysteria.*
- *Epilepsy.*
- *ECT.*
- *Drugs used in Psychiatric diseases.*

➤ Paediatric Nursing:

- *Growth and development from Birth to adolescence. Factors responsible for growth and development. Assessment of growth and development.*
- *Immunity/ Immunization schedule.*
- *Disorders of infections - Vomiting, Diarrhoea, Convulsions, Distensions.*
- *Recognition, causes, prevention and management of congenital anomalies.*
- *Breast feeding:*
 - Importance and principles.
 - Preparation of mother.
 - Difficulties in breast feeding.
 - Factors inhibiting/ promoting lactation.
 - Introduction of solids.
 - Artificial feeding:
 - Maintenance of bottle hygiene.
 - Feeding techniques.

➤ Disease of Childrens:

- Def. causes s/s investigations, factors indications; prevention, management complications of :-
 - *Gastro - enteritis.*
 - *Oesophageal Atresia.*
 - *Mega Colon.*

- ***Imperforated Anus.***
- ***Jaundice.***
- ***Phototherapy.***
- **Benito - Urinary System:**
 - ***Hypospadias.***
 - ***Undescended Testes.***
- **Cardio Vascular System:**
 - ***Patent Ductus Arteriosus.***
 - ***Atrial Septal Defect.***
 - ***Ventricular septal Defect.***
 - ***Fallopian Tube Defect.***
 - ***Rheumatic Fever.***
- **Nervous System:**
 - ***Cerebral Palsy.***
 - ***Mental Retardation.***
 - ***Meningocele.***
 - ***Microcephaly.***
 - ***Hydrocephalus.***
- **Eye, Ear:**
 - ***Squint.***
 - ***Deafness.***
- **Components of nutrition and Disorders:**
 - ***Marasmus.***
 - ***Kwashiorkor.***
 - ***Vitamin Deficiencies.***
 - ***Nutritional Programme.***
- **Community Health Nursing:**
 - **Primary Health Centre.**
 - ***Set Up.***
 - ***Function.***
 - ***Services.***
 - ***Sub Centre.***
 - **Health services Organisation at different levels:**
 - ***National.***
 - ***State.***
 - ***Local.***
 - **Special community Health Services and Nurses Role:**
 - ***Industrial Nursing.***
 - ***Tuberculosis Nursing.***
 - ***Geriatric Nursing.***
 - ***Leprosy Nursing.***
 - ***Oncology Nursing.***
 - **Function of District Public Health Nurse:**
 - ***Health Assessment.***
 - ***Antenatal/Care.***
 - ***Postnatal/Care.***
 - ***Breast Palpation.***
 - ***Introduction of RCH.***
 - **Human Sexuality:**
 - ***Puberty in male and female.***
 - ***Importance of sex education and sex hygiene.***
 - ***Different methods of family planning.***
 - ***Planning, Organising Family Planning Programmes in our area.***
 - **Sex Life:**
 - ***Sterilization.***

- Female Reproductive System and Breast:
 - *Cysts, Tumours and Fibroid of Ut. Hystrectomy.*
 - *Abortions, MTP.*
 - *Venereal Disease.*
 - *Abnormalities of Menstruation.*
 - *Breast Cancer/ Mastectomy*

Midwifery

30 Marks

- Introduction of Histotiral Review.
 - *Morbidity and Mortality Rates their Significance.*
- Review of reproductive System and embiyology.
 - *The female pelvis and generative organs,*
 - *Menstrual Cycle.*
 - *Maturation, fertilization and implantation of Ovum,*
 - *Formation of foetal membrances and placenta,*
 - *Foetal bones, skull sutures and fontanel,*
 - *Foetal development of foetal circulation,*
 - *Measurement.*
- Normal Pregnancy:
 - *Physiological changes due to pregnancy,*
 - *Sings and symptoms diagnosis of pregnancy.*
 - *Pre - Natal Care.*
 - Objectives.
 - History raking.
 - Calculation of expected date of delivery.
 - Rotec examination.
 - *care and advice regarding diet in pregnancy and ante excise.*
 - *Minor disorders or pregnancy and alleviation of discomfort.*
- Diseases Associated with pregnancy:
 - *Cardio Vascular.*
 - *Urinary.*
 - *Respiratory.*
 - *Metabolic.*
 - *Nutritional deficiencies.*
- Normal Delivery (Preparation):
 - *Requirements for mother and Baby.*
 - *Preparation of patient and Delivery Room - hospital and Home.*
 - *Psychological preparation of mother and Family.*
- Normal Labour:
 - *Onset of Labour,*
 - *Physiological changes,*
 - *Mechanisms,*
 - *Stages of Labour,*
 - *Technique of vaginal examination.*
 - *Management of labour and Nursing Care of mother in labour.*
- Puerperium:
 - *Physiology,*
 - *Management of puerperium.*
 - *Postnatal examination and care,*
 - *Care of episiotomy.*
 - *Establishment of breast feeding,*
 - *Postnatal exercises,*
 - *Minor ailments and management,*
 - *Family welfare.*
- Care of New Born:
 - *Establishment of respiration,*
 - *Care of card eyes and skin,*
 - *Examination of the new born,*
 - *Examination of defeats,*
 - *Care of premature,*
 - *Minor ailments.*

- **Abnormal Midwifery:**
- ***Pregnancy its complications Medical and gynaecological.***
 - ***Contracted pelvis***
 - Ante Partum.***
 - ***Harmon ages*** ➤
 - Post Partum.***
 - ***Abortions.***
 - ***Ectopic gestation.***
 - ***Hydrated form Mole.***
 - ***Toxaemia of pregnancy.***
 - ***Polyhydromnias.***

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