

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

(www.jkssb.nic.in)

NOTICE

It is notified for the information of the candidates, who have applied for the post of Theatre Assistant/Theatre Nurse/ Health & Family Welfare Assistant/ Medical Assistant/ Pharmacist, which 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".

Item No.	Adv.N.No.	Name of the Department	Name of the post	Cadre
361	04 of 2013	Health and Medical Education	Theatre Assistant	Kathua
312	04 of 2013	Health and Medical Education	Theatre Nurse	Bramulla
161	02 of 2013	Health	Health & Family Welfare Assistant	Budgam
311	04 of 2013	Health and Medical Education	Theatre Assistant	Bramulla
307	03 of 2012	Health	Health & Family Welfare Assistant	Kupwara
165	02 of 2011	Hr. Education	Medical Assistant	Div. Jmu
920	02 of 2011	Health	Pharmacist	Rajouri
320	02 of 2011	Hr. Education	Medical Assistant	Div. Kmr

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

No. SSB/ /Sel/Secy/2015/ 7846-56

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”

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

Marks :-150
Time :- 2.30 Hours

First Aid and Emergency Health Services

10 Marks

- Outline of the First-Aid
- Structure and functions of the body
- Dressing and Bandages (use of Triangular Bandages and Cotton Roller Bandage, Rubber Bandage and Different types of Dressing).
- Cardio-pulmonary resuscitation.
- Wounds.
- Haeomorrhage
- Shock
- Electric Stock
- Different methods of artificial respiration.
- Asphyxia.
- Fractures and Dislocation.
- Unconsciousness and Fainting
- Epilepsy and Hysteria.
- Poisons including food poisoning.
- Common Conditions:
 - Foreign body in ear, eye and nose
 - Cramps
 - Frost-Bite
 - Bites and Stings etc.
 - Epistaxis
 - Snake Bite
 - Dog Bite
- Transport of injured persons
- Use of common medicines

STERILIZATION/DISINFECTION

10 Marks

Physical, Chemical and Mechanical Methods etc. Disposal of contaminated Media, sterilization of syringes, glass wares, apparatus etc. Biomedical waste management.

**SURGICAL INSTRUMENTS, THEIR NAMES & USES,
PREPARATION OF PATIENT FOR OPERATION, PRE & POST
OPERATIVE PATIENT CARE
SURGICAL INSTRUMENTS (Their Names & Uses)
(Their Preparation & Uses)**

SURGICAL INSTRUMENTS:

05 Marks

- Instruments for general surgery
- Operation of the face and neck
- Operations of the Nose, Throat and Ear
- Ophthalmic Surgery
- Operations on the Chest
- Operations on the Genito-Urinary Tract
- Gynecological and Obstetric Operations
- Orthopaedic Operations
- Neuro-Surgical Operations
- Operations on the Vascular System
- Trauma Surgery

PREPARATION OF INSTRUMENTS TRAY:

05 Marks

- 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

GYNECOLOGIC AND OBSTETRIC TRAYS:

05 Marks

- Dilatation of the Cervix and Curettage of the Uterus (D&C) tray.
- Cervical Cone tray
- Laparoscopy tray
- Abdominal Hystrectomy tray
- Caesarian section tray
- Vaginal Hysterectomy tray

GENITOURINARY TRAYS:

05 Marks

- Vasectomy tray

- Open Prostatectomy tray
- Kidney tray

THORACIC TRAYS

02 Marks

- Mediastinoscopy tray
- Thoractomy tray
- Pcemaker tray

CARDIOVASCULAR TRAYS:

02 Marks

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

ORTHOPAEDIC TRAYS:

05 Marks

- Basic Orthopaedic procedures tray
- Minor Orthopaedic procedures tray
- Hip replacement tray
- Knee or Ankle Anthroscopy tray

NEUROLOGIC PROCEDURES TRAY

02 Marks

- Craniotomy tray
- Laminectomy tray

OTORHINOLARNGOLOGIC (ENT TRAYS):

02 Marks

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

OPHTHALMIC TRAYS:

05 Marks

- Basic Eye procedures tray
- Eyelid and Conjunctival procedures tray
- Basic Eye Muscle procedures tray
- Dacryocystrohinostomy tray
- Corneal Procedures tray
- Cataract Extraction and Lens procedures tray
- Glaucoma procedure tray
- Basic Eye procedures Microscope tray
- Retinal procedures tray

PEDIATRIC TRAYS:

05 Marks

- Pediatric major procedures trays
- Pediatric minor procedures trays
- Pediatric Gastrointestinal procedures trays

PREPARATION OF PATIENT FOR OPERATION, PRE & POST OPERATIVE PATIENT CARE

15 Marks

PRE-OPERATIVE CONSIDERATIONS:

- Psychological support of the surgical patient.

05 Marks

PROTECTION OF THE PATIENT IN SURGERY:

08 Marks

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

SAFETY FOR MEDICAL ASSISTANT, PHARMACIST IN A OPERATION

THEATRE:

04 Marks

- In service education
- Body Mechanic
- Fatigue factors
- Radiation Safety
- Infection control
- Chemical hazards.

Anatomy and Physiology

Course Content

Unit-I Introduction to terms used

Marks 25

Unit-II Organization of body

- | | |
|--------------------|---------------------------------|
| • Cell: | Types, Structures and Functions |
| • Tissues: | Types, Structures and Functions |
| • Glands: | Types & Functions |
| • Membranes: | Types & Functions |
| • Organs & Systems | |

Unit: - III Skeletal systems

- . Bones: types, structure, functions
- Axial Skeleton
- Appendicular skeleton
- Joints:- Definition structure and functions

Unit-IV Muscular system

- Position and action of chief muscles of the body.

Unit-V Cardio-Vascular Systems

- Heart: Position, Structure differences, name and position of chief blood and lymph vessel and function
- Circulation of Blood: systemic pulmonary and portal circulation coronary circulation
- Cardio-Vascular System
- Heart: position, structure, conduction system, functions and cardiac cycle.
- Blood vessel:- types, Structural differences, name and position of chief blood and lymph vessel and functions
- Circulation of Blood: Systemic Pulmonary and portal circulation coronary circulation
- Blood composition and functions, blood groups and RH factor
- Blood Pressure and Pulse

Unit-VI Lymphatic system

Lymph vessels, glands ducts and lymph circulation, lymph tissues in the body , Spleen and reticulo-endothelial system

Unit-VII Respiratory system

- Structure and functions of respiratory organs
- Physiology of respiration

Characteristics of normal respiration and its deviations

Unit-VII Digestive system

Structure and function of organs of digestion

Unit-VII Process of digestion and absorption

Metabolism: meaning and metabolism of food constituents.

Unit-IX Excretory Systems

Organs of Excretion such as -Lungs colon, Kidney and skin

Structure and function o organs of urinary systems

Structure and functions of the Skin

Fluid and electrolyte balance

Unit-IX Nervous system

- Types, structure and functions of neuron.
- Central Nervous system; Structure and functions
- Autonomic Nervous system: Structure and functions

Unit-X Endocrine system

Structure and functions of pituitary, pancreas, thyroids-parathyroid, thymus and supra renal glands.

Unit-XII Sense Organs

Structure and function of eyes, ear, nose and tongue.

Physiology of vision, hearing and equilibrium

Unit-XIII Reproductive system

- Structure and functions of female reproductive and accessory organs
- Process of reproduction, menarche, menstrual cycle and menopause
- Reproductive health
- Structure and function of male reproductive organs.

Applied physics and chemistry

Unit-I Unit and Measurement

- Introduction
- Units of length
- Unit of Mass
- Unit of Equivalents
- Principles of Physics

Unit-II Mater

- States of matter
- General properties of solids
- General properties of liquids
- Practical Application

Unit-III Mechanics

- Centre of Gravity
- Archimedes principle
- Traction
- Friction
- Levers and pulleys

Unit-IV Pressure

- Introduction
- Concept of pressure
- Hydrostatic pressure
- Atmosphereic pressure
- Barometer
- Siphon
- Effects of changes in atmospheric
- Pressure on Human Body

- Practical Application

Unit-V Heat

- Production of Heat
- Measurement of Temperature
- Clinical Thermometer
- Transmission of Heat
- Application of Heat
- Sterilization

Unit-VI Ionizing and Radiation

- Radioactivity
- Radioisotopes
- Clinical Uses of Radioisotopes and
- Radio Elements
- Radiation Hazards

Chemistry

Unit I Oxygen

Unit II Water

Unit III Solutions

Unit VI Ionization

Unit VI Acids and Bases

Unit VI Salt

Unit VII Metals and Non -Metals

Nutrition

Marks 10

Unit Introduction

- Changing concepts-foods habits and customs
- Relationship of nutrition to health

Unit II Food

- Constituents
- Normal Requirements
- Sources
- Deficiencies
- Balance Diet

Unit III Normal dietary requirements and deficiency diseases of each of the constituents of food

- Factors affecting selection and planning of meals
- Method of calculating normal food requirements

- Low cost menu

Unit VI Community Nutrition

Marks 20

- Concept of community nutrition
- Nutritional needs for special groups i.e., infants, children, pregnant women, lactation mothers, old people etc.
- Nutrition education: needs and methods
- Substitute for non-vegetarian food
- Methods of improving an ill-balanced diet
- Community nutrition programme
- Food hygiene and law related to food.
- Sterilization/Disinfection/Bio-Medical Waste/ sepsis , Asepsis
- Natural, Physical, Chemical and Mechanical method etc
- Community Health
- . Public Health and Hygiene
 - Modern concept of public health
 - Comprehensive Health care
 - Five year plans, priorities allocation of medical and health services
 - Health and family planning organizations set up at the nation the state, the District and Block levels
 - Functions of primary Health Centre , CHC Distt. Hospital Ads and Sub centers.

Unit-II Epidemiological Methods Approaches and investigations

Unit-III Health Education

- Health Education(Information, Education and Communication)
- Principles Ethics, Attributes of Health Educator
- Various Methods of Health Education

Unit-IV National Health Programme

- National Malarial Eradication programme
- National leprosy Eradication programme
- National tuberculosis control programme
- National Aids control programme
- National programme for control of Blindness
- National iodine Deficiency Disorders programme
- National Universal Immunization Programme
- National Family Welfare programme
- National Guinea-Worm Eradication programme
- National Cancer Control Programme
- National filarial Control Programme
- National Water Supply and Sanitation Programme

Unit V Records Keeping and vital statistics

Unit -VI Minor Ailments

- Classification,, early detection and management
- Standing instructions/orders

Unit -VI Environmental Hygiene

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