APPROVED SYLLABUS FOR DIRECT RECRUITMENT TO THE POST OF TUTOR (LEVEL 8 OF THE PAY MATRIX) UNDER HEALTH & FAMILY WELFARE DEPARTMENT

The examination shall comprise of the following papers:

1) Paper – I : General English : 100 Marks (3 hours)
2) Paper – II : General Knowledge (MCQ) : 100 Marks (2 hours)
3) Paper – III : Technical Subject (MCQ) : 200 Marks (2 hours)
4) Paper – IV : Technical Subject (MCQ) : 200 Marks (2 hours)

Total of Written Examination : 600 Marks

5) Personal Interview : 80

Marks Total : 680 Marks

PAPER	Subject	Marks	Duration
Paper- I	**General English** a) Précis Writing 10 marks b) Letter Writing 15 marks c) Comprehension of given passages 15 marks d) Grammar Part of Speech 20 marks e) Correct usage and Vocabularies 20 marks f) Formation of Sentences 20 marks	**100**	3 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities
Paper –II	**General Knowledge & Reasoning (MCQ)** **(i) General Knowledge (MCQ) : 100 marks** (a) Current events of state, national and international importance : 12 marks (b) History of India and Indian National Movement : 12 marks (c) Indian and World Geography - Physical, Social, Economic Geography of India and the World : 12 marks (d) Indian Polity and Governance - Constitution, Political System, Public Policy, Duties & Rights Issues : 12 marks (e) Economic and Social Development, Sustainable Development, Poverty, Inclusion, Demographics, Social Sector initiatives, and other related issues : 12 marks (f) General issues on Environmental Ecology, Bio-diversity and Climate : 12 marks (g) General Science : The topics listed above shall cover the State of Mizoram wherever applicable. 12 marks (h) General awareness on Mizo culture, its heritage and society : 16 marks	**100**	2 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities

Nursing Science **Paper –III**	Nursing Foundations (35 Questions carrying 2 marks each)	70	2 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities
	Medical Surgical Nursing (35 Questions carrying 2 marks each)	70	
	Community Health Nursing (30 Questions carrying 2 marks each)	60	
	Total	**200**	
Nursing Science **Paper-IV**	Child Health Nursing (35 Questions carrying 2 marks each)	70	2 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities
	Mental Health Nursing (35 Questions carrying 2 marks each)	70	
	Midwifery & Obstetrical Nursing (30 Questions carrying 2 marks each)	60	
	Total	**200**	

NURSING SCIENCES

PAPER-III
(Full Mark-200)

1. NURSING FOUNDATIONS (70 Marks)

Nursing as a profession

- Definition and Characteristics of a profession
- Nursing:
  - ❑ Definition, concepts, philosophy, objectives
  - ❑ Characteristics, nature and scope of nursing practice
  - ❑ Functions of nurse
  - ❑ Qualities of a nurse
  - ❑ Categories of nursing personnel
  - ❑ Nursing as a profession
  - ❑ History of Nursing in India
- Values: Definition, Types, Values Clarification and values in professional Nursing: Caring and Advocacy
- Ethics:
  - ❑ Definition and Ethical Principles

Code of ethics and professional conduct for nurses

Hospital admission and discharge

- Admission to the hospital
  - ❑ Unit and its preparation-admission bed
  - ❑ Admission procedure
  - ❑ Special considerations
  - ❑ Medico-legal issues
  - ❑ Roles and Responsibilities of the nurse
- Discharge from the hospital
  - ❑ Types:Planned discharge, LAMA and abscond, Referrals and transfers
  - ❑ Discharge Planning
  - ❑ Discharge procedure
  - ❑ Special considerations
  - ❑ Medico-legal issues
  - ❑ Roles and Responsibilities of the nurse

Care of the unit after discharge

Communication and Nurse patient relationship

- Communication: Levels, Elements, Types, Modes, Process, Factors influencing Communication
  - ❑ Methods of Effective Communication,
    - Attending skills
    - Rapport building skills
    - Empathy skills
  - ❑ Barriers to effective communication,
- Helping Relationships (NPR): Dimensions of Helping Relationships, Phases of a helping relationship

- Communicating effectively with patient, families and team members and maintain effective human relations with special reference to communicating with vulnerable group(children, women, physically and mentally challenged and elderly)

Patient Teaching: Importance, Purposes, Process, role of nurse and Integrating teaching in Nursing Process

The Nursing Process

- Critical Thinking and Nursing Judgment
  - ❑ Critical Thinking: Thinking and Learning,
  - ❑ Competencies, Attitudes for Critical Thinking, Levels of critical thinking in Nursing
- Nursing Process Overview: Application in Practice
  - ❑ Nursing process format:INC, current format
  - ❑ Assessment
    - Collection of Data:Types, Sources, Methods
    - Formulating Nursing judgment: Data interpretation
  - ❑ Nursing diagnosis
    - Identification of client problems
    - Nursing diagnosis statement
    - Difference between medical and nursing diagnosis
  - ❑ Planning
    - Establishing Priorities
    - Establishing Goals and Expected Outcomes,
    - Selection of interventions:Protocols and standing Orders
    - Writing the Nursing Care Plan
  - ❑ Implementation
    - Implementing the plan of care
  - ❑ Evaluation
    - Outcome of care
    - Review and Modify

Documentation and Reporting

Documentation and Reporting

- Documentation:Purposes of Recording and reporting
- Communication within the Health Care Team,
- Types of records; ward records, medical/nursing records,
- Common Record-keeping forms, Computerized documentation
- Guidelines for Reporting: Factual Basis, Accuracy,Completeness, currentness, Organization, confidentiality
- Methods of Recording,
- Reporting: Change-of shift reports:Transfer reports, Incident reports Minimizing legal Liability through effective record keeping

Vital signs

- Guidelines for taking vital signs:
- Body temperature:
  - ❑ Physiology,Regulation,Factors affecting body temperature,
  - ❑ Assessment of body temperature:sites, equipments and technique, special considerations
  - ❑ Temperature alterations: Hyperthermia, Heatstroke,Hypothermia
  - ❑ Hot and cold applications

- Pulse:
  - ❑ Physiology and Regulation, Characteristics of the pulse, Factors affecting pulse
  - ❑ Assessment of pulse:sites, location, equipments and technique, special considerations
  - ❑ Alterations in pulse:
- Respiration:
  - ❑ Physiology and Regulation, Mechanics of breathing Characteristics of the respiration, Factors affecting respiration
  - ❑ Assessment of respirations: technique,specialconsiderations
  - ❑ Alterations in respiration
- Blood pressure:
  - ❑ Physiology and Regulation, Characteristics of the blood pressure, Factors affecting blood pressure
  - ❑ Assessment of blood pressure:sites, equipments and technique, special considerations
  - ❑ Alterations in blood pressure

Recording of vital signs

Health assessment

- Purposes
- Process of Health assessment
  - ❑ Health history
  - ❑ Physical examination:
    - Methods-Inspection, Palpation, Percussion, Auscultation, Olfaction
    - Preparation for examination: patient and unit
    - General assessment
    - Assessment of each body system

Recording of health assessment

Machinery,Equipment and linen

- Types:Disposables and reusables- Linen, rubber goods, glassware, metal, plastics, furniture, machinery
- Introduction:
  - ❑ Indent
  - ❑ Maintenance

Inventory

Meeting needs of patient

- Basic needs (Activities of daily living)
  - ❑ Providing safe and clean environment:
    - Physical-environment:Temperature, Humidity, Noise,Ventilation, light, Odour, pests control
    - Reduction of Physical hazards:fire,accidents
    - Safety devices:Restraints,side rails,airways,trapezetc
    - Role of nurse in providing safe and clean environment
  - ❑ Hygiene:-
    - Factors Influencing Hygienic Practice
    - Hygienic care:Care of the Skin-Bath and pressure points, feet and nail, Oral cavity, Hair Care, Eyes, Ears, and Nose
      - o Assessment, Principles, Types, Equipments, Procedure, Special Considerations

- Patient environment:Room Equipment and linen, making patient beds
    - Types of beds and bed making
- ❑ Comfort:-
    - Factors Influencing Comfort
    - Comfort devices

- Physiological needs:
    - ❑ Sleep and Rest:
        - Physiology of sleep
        - Factors affecting sleep
        - Promoting Rest and sleep
        - Sleep Disorders
    - ❑ Nutrition:-
        - Importance
        - Factors affecting nutritional needs
        - Assessment of nutritional needs:Variables
        - Meeting Nutritional needs:Principles,equipments, procedure and special considerations
            - Oral
            - Enteral:Naso/Orogastric, gastrostomy

Parenteral:

- ❑ Urinary Elimination
    - Review of Physiology of Urine Elimination, Composition and characteristics of urine
    - Factors Influencing Urination
    - Alteration in Urinary Elimination
    - Types and Collection of urine specimen: Observation, urine testing
    - Facilitating urine elimination: assessment,types, equipments, procedures andspecialconsiderations
        - Providing urinal/bedpan
        - Condom drainage
        - Perineal care
        - Catheterization
        - Care of urinary drainage
        - Care of urinary diversions
        - Bladder irrigation
- ❑ Bowel Elimination
    - Review of Physiology of Bowel Elimination, Composition and characteristics of faeces
    - Factors affecting Bowel elimination
    - Alteration in Bowel Elimination
    - Types and Collection of specimen of faeces: Observation
    - Facilitating bowel elimination: assessment, equipments, procedures and special considerations
        - Passing of Flatus tube
        - Enemas
        - Suppository
        - Sitzbath
        - Bowel wash
        - Care of Ostomies
- ❑ Mobility and Immobility
    - Principles of Body Mechanics
    - Maintenance of normal body Alignment and mobility

- Factors affecting 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
  - Maintaining body alignment:Positions
  - Moving
  - Lifting
  - Transferring
  - Walking
  - Restraints

❑ Oxygenation
- Review of Cardiovascular and respiratory Physiology
- Factors Affecting Oxygenation
- Alterations in oxygenation
- Nursing interventions in oxygenation: assessment, types, equipment used, procedure and special considerations
  - Maintenance of patent airway
  - Oxygen administration
  - Suction
  - Inhalations:dry and moist
  - Chest physiotherapy and postural drainage
  - Care of Chest drainage
  - Pulse oximetry
  - CPR-Basic life support

❑ Fluid,Electrolyte, and Acid–Base Balances
- Review of Physiological Regulation of Fluid, Electrolyte, and Acid–Base Balances
- Factors Affecting Fluid, Electrolyte, and Acid–Base Balances
- Alterations in Fluid, Electrolyte, and Acid–Base Balances
- Nursing interventions in Fluid, Electrolyte, and Acid– Base Imbalances: assessment, types, equipment, procedure and special considerations
  - Measuring fluid in take and output
  - Correcting Fluid, Electrolyte Imbalance:

√ Replacement of fluids: Oral and Parenteral- Venipuncture, regulating IV Flow rates, changing IV solutions and tubing, Changing IV dressing,

√ Administering Blood transfusion

Restriction of fluids

- PsychosocialNeeds
  - ❑ Concepts of Cultural Diversity, Stress and Adaptation, Self-concept, Sexuality, Spiritual Health, Coping with loss, death and grieving
  - ❑ Assessment of psychosocial needs
  - ❑ Nursing intervention for psychosocial needs
    - Assist with coping and adaptation
    - Creating therapeutic environment

Recreational and diversional therapies

Infection control in Clinical settings

- Infection control
  - ❑ Nature of infection
  - ❑ Chain of infection transmission
  - ❑ Defenses against infection: natural and acquired
  - ❑ Hospital acquired infection(Nosocomial infection)
- Concept of asepsis: medical asepsis, and surgical asepsis
- Isolation precautions (Barrier nursing):
  - ❑ Hand washing:simple,hand antisepsis and surgical antisepsis (scrub)
  - ❑ Isolation:source and protective
  - ❑ Personal protecting equipments:types,uses and technique of wearing and removing
  - ❑ Decontamination of equipment and unit
  - ❑ Transportation of infected patients
  - ❑ Standard safety precautions(Universal precautions)
  - ❑ Transmission based precautions
- Bio medical waste management:
  - ❑ Importance
  - ❑ Types of hospital waste
  - ❑ Hazards associated with hospital waste
  - ❑ Decontamination of hospital waste

Segregation and Transportation and disposal

Administration of Medications

- General Principles/Considerations
  - ❑ Purposes of Medication
  - ❑ Principles:5 rights, Special Considerations, Prescriptions, Safety in Administering Medications and Medication Errors
  - ❑ Drug forms
  - ❑ Routes of administration
  - ❑ Storage and maintenance of drugs and Nurses responsibility
  - ❑ Broad classification of drugs
  - ❑ Therapeutic Effect, Side Effects,Toxic Effects, Idiosyncratic Reactions, Allergic Reactions, Drug Tolerance, Drug Interactions,
  - ❑ Factors Influencing drug Actions,
  - ❑ Systems of Drug Measurement: Metric System, Apothecary System, Household Measurements, Solutions.
  - ❑ Converting Measurements Units: Conversion within one system, Conversion between systems, Dosage Calculation,

Terminologies and abbreviations used in prescriptions of medications

- Oral Drugs Administration:Oral, Sublingual and Buccal:Equipment,procedure
- Parenteral
  - ❑ General principles: decontamination and disposal of syringes and needles
  - ❑ Types of parenteral therapies
  - ❑ Types of syringes,needles, canula,and infusion sets
  - ❑ Protection from Needle stick Injuries:Giving Medications with a safety syringes
  - ❑ Routes of parenteral therapies
    - Intradermal: purpose,site,equipment,procedure,specialconsiderations
    - Subcutaneous:purpose,site,equipment,procedure,specialconsiderations

- Intramuscular: purpose,site,equipment,procedure,specialconsiderations
- Intra Venous: purpose,site, equipment, procedure, special considerations
- Advanced techniques: epidural, intrathecal, intraosseous, intraperitonial, intraplural, intraarterial- Role of nurse

- Topical Administration: purposes, site, equipment, procedure, special considerations for
  - ❑ Application to Skin
  - ❑ Application to mucous membrane
    - Direct application of liquids-Gargle and swabbing the throat
    - Insertion of Drug into body cavity:Suppository/medicated packing in rectum/vagina
    - Instillations:,Ear,Eye,Nasal,Bladder,andRectal
    - Irrigations:Eye,Ear,Bladder,Vaginal and Rectal
    - Spraying:Nose and throat
- Inhalation:Nasal, oral, endotracheal/ tracheal (steam, oxygen and medications)- purposes, types, equipment, procedure, special considerations

Recording and reporting of medications administered

Meeting needs of Perioperative patients

- Definition and concept of Perioperative Nursing
- Preoperative Phase
  - ❑ Preparation of patient for surgery
- Intraoperative
  - ❑ Operation theatre Setup and environment
  - ❑ Role of nurse
- Postoperative Phase
  - ❑ Recovery unit
  - ❑ Post operativeunit
  - ❑ Post operativecare,
- Wounds:types,Classifications,wound Healing Process, Factors affecting Wound, Complications of Wound Healing
- Surgical asepsis
- Care of the wound:types, equipments, procedure and special considerations
  - ❑ Dressings,Suture Care,
  - ❑ Care of Drainage
  - ❑ Application of Bandages, Binders, Splints &

Slings Heat and Cold Therapy

Meeting special needs of the patient

- Care of patient shaving alteration in
  - ❑ 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
  - ❑ Mobility (physically challenged, cast), assessment of Self-Care ability: Communication Methods and special considerations
  - ❑ Mental state (mentally challenged), assessment of Self-Care ability;
  - ❑ Communication Methods and special considerations
  - ❑ Respiration(distress);Types, Assessment, Management

- ❑ Assessment,Management;

Treatments related to gastrointestinal system: naso- gastricsuction, gastricirrigation, gastric analysis

Care of Terminally ill patient

- ❑ Concepts of Loss,Grief, grieving Process
- ❑ Signs of clinical death
- ❑ Care of dying patient: special considerations

-Advance directives:euthanasia,will,dyingdeclaration,organ donation etc

- ❑ Medico-legal issues
- ❑ Care of dead body: equipment, procedure and care of unit
- ❑ Autopsy

Embalming

Professional Nursing concepts and practices

- 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 andRoy's

Linking theories with nursing process

2. MEDICAL SURGICAL NURSING (70 Marks)

Common sign sand symptoms and management

- Fluid and electrolyte imbalance.
- Vomitting
- Dyspnea and cough, respiratory obstruction
- Fever
- Shock
- Unconsciousness, Syncope
- Pain
- Incontinence
- Edema

Age related problems-geriatric

Nursing management of patients(adults including elderly)with respiratory problems

- Review of anatomy and physiology of respiratory system,
- Nursing Assessment-History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of adults including elderly with -
  - ❑ Upper Respiratory tract infections.
  - ❑ Bronchitis
  - ❑ Asthma
  - ❑ Emphysema
  - ❑ Empyema
  - ❑ Atelectasis
  - ❑ Chronic Obstructive Pulmonary Diseases(COPD)
  - ❑ Bronchiectasis
  - ❑ Pneumonia

- ❑ Pulmonary tuberculosis
- ❑ Lung abscess
- ❑ Pleural effusion
- ❑ Cysts and Tumours
- ❑ Chest injuries
- ❑ Respiratory arrest and insufficiency
- ❑ Pulmonary embolism

Special therapies,alternative therapies Nursing procedures
Drugs used in treatment of respiratory disorders

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

- Review of anatomy and physiology of digestive system
- Nursing Assessment-History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management
- Disorders of
  - ❑ Oral cavity-lips, gums, tongue, salivary glands and teeth
  - ❑ Oesophagus–inflammation,stricture,obstruction,bleeding and tumours
  - ❑ Stomach and deudenum- hiatus hernia, gastritis, peptic and deudenalulcer,bleeding, tumours, pyloric stenosis
  - ❑ Small intestinal disorders-inflammation and infection, entritis, malabsorption, obstruction, tumour and perforation
  - ❑ Large intestinal disorders-Colitis,inflammation and infection,obstruction and tumour and lump
  - ❑ Hernias
  - ❑ Appendix-inflammation, mass, abscess, rupture
  - ❑ Anal & Rectum; hemorrhoides, fissures,Fistulas
  - ❑ Peritonitis/acute abdomen
  - ❑ Pancreas;inflammation,cyst,abscess and tumours
  - ❑ Liver;inflammation,cyst,abscess,cirrhosis,portal hypertension, hepatic failure,tumours
  - ❑ Gall Bladder; inflammation, obstruction,stones and tumours

Special therapies , alternative therapies
Nursing procedures
Drugs used in treatment of disorders of digestive system

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

- Review of anatomy and physiology of blood and cardio vascular system,
- Nursing Assessment-History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of -
- Vascular system
  - ❑ Hypertension, Hypotension
  - ❑ Artheriosclerosis
  - ❑ Raynaud's disease
  - ❑ Aneurism and Perpherial vascular disorders

Heart

- Coronary artery diseases
  - ❑ Ischemic Heart Disease
  - ❑ Cornoryatherosclerosis
  - ❑ Angina pectoris
  - ❑ Myocardial infarction
- Valvular disorders of the heart
  - ❑ Congential and acquired
  - ❑ Rheumatic Heart diseases
- Endocarditis,PericarditisMyocarditis
- Cardio Myopathies
- Cardiac dysrhythmias, Heart Block
- Congestive cardiac failure
  - ❑ Cor- pulmonale, pulmonary edema, cardiogenic shock, cardiac tamponade
- Cardiac emergencies and arrest
- Cardio Pulmonary Resuscitation(CPR)
- Blood
  - ❑ Anaemias
  - ❑ Polycythemia
  - ❑ Bleeding disorders; clotting factor defects and plate lets defects
  - ❑ Thalassemia
  - ❑ Leukaemias
  - ❑ Leukopenias and agranulocytosis
  - ❑ Lymphomas
  - ❑ Myelomas
- Special therapies
  - ❑ Blood transfusion, safety checks, procedure and requirements, management of adverse transfusion reaction, records for blood transfusion. Management and counselling of blood donors, phlebotomy procedure, and post donation management. Blood bank functioning and hospital transfusion committee. Bio-safety and waste management in relation to blood transfusion
  - ❑ Role of a nurse in Organ donation,retrieval and banking

Alternative therapies
Nursing procedures
Drugs used in treatment of blood and cardio vascular disorders

Nursing management of patient (adults including elderly)withgenito-urinary problems

- Review of anatomy and physiology of genito-urinary system
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of-
- Nephritis
- Nephrotic syndrome
- Nephrosis
- Renal calculus
- Tumours
- Acute renal failure
- Chronic renal failure
- End stage renal disease

- Dialysis, renal transplant
- Congenital disorders, urinary infections
- Benign prostate hypertrophy.
- Disorders of ureter,urinary bladder and urethera-inflammation, infection, stricture,obstruction, tumour, prostrate

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of genito-urinary disorders

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

- Review of anatomy and physiology of male reproductive system
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of disorders of male reproductive system
- Congenital malformations; cryptorchidism
- Hypospadiasis, Epispadiasis
- Infections
- Testis and adjacent structures
- Penis
- Prostate:inflammation,infection,hypertrophy,tumour
- Sexual Dysfunction
- Infertility
- Contraception
- Breast;gynecomastia, tumour
- Climacteric changes

Special therapies,alternative therapies Nursing
procedures
Drugs used in treatment of disorders of male reproductive system

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

- Review of anatomy and physiology of endocrine system
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of -
  - ❑ Disorders of Thyroid and Parathyroid
  - ❑ Diabetes mellitus
  - ❑ Diabetes insipidus
  - ❑ Adrenal tumour
  - ❑ Pituitary disorders.

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of disorders of endocrine system

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

- Review of anatomy and physiology of Skin and its appendages
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of disorders of skin and its appendages –

- ❑ Lesions and abrasions
- ❑ Infection and infestations; Dermititis
- ❑ Dermatoses; infectious and Non infectious“inflammatory dermatoses”
- ❑ Acne Vulgaris
- ❑ Allergies and Eczema
- ❑ Psoriasis
- ❑ Malignant melanoma
- ❑ Alopecia

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of disorders of Integumentary system

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

- Review of anatomy and physiology of musculoskeletal system,
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of -
- Disorders of:
  - ❑ Muscles, Ligaments and Joints - inflammation, infection, trauma
  - ❑ Bones - inflammation, infection, dislocation, fracture, tumour and trauma
  - ❑ Osteomalacia and osteoporosis
  - ❑ Arthritis
  - ❑ Congenital deformities
  - ❑ Spinal column - defects and deformities,Tumor, Prolapsed inter vertebral disc, pott’s spine
  - ❑ Paget’s disease
- Amputation
- Prosthesis
- **Transplant & replacement surgeries**
- **Rehabilitation.**

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of disorders of musculoskeletal system

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

- Review of Immune system,
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical, surgical, dietetics & nursing management of -
- Immunodeficiency disorder.
- Primary immunodeficiency.
- Phagocytic dysfunction
- B -cell and T-cell deficiencies
- Secondary immunodeficiencies
- Acquired immunodeficiency syndrome (AIDS)
- Incidence of HIV&AIDS
- Epidemiology
- Transmission - Prevention of Transmission
- Standard Safety precautions

- Role of Nurse; Counseling
- Health education and home care consideration.
- **National AIDS Control Program - NACO, various national and international agencies**
- **Infection control program**
- **Rehabilitation.**

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of disorders of immunological system

Nursing management of patient (adults including elderly) **with Communicable Diseases**

- Overview of infectious disease,the infectious process
- Nursing Assessment - History and Physical assessment
- Epidemiology, infectious process, clinical manifestations,diagnosis,treatment,prevention and dietics. Control and eradication of common Communicable Diseases-
  - ❑ Tuberculosis
  - ❑ Diarrhoealdiseases
  - ❑ Hepatitis A – E
  - ❑ herpes
  - ❑ chickenpox
  - ❑ smallpox
  - ❑ typhoid
  - ❑ meningitis
  - ❑ Gas gangrene
  - ❑ leprosy.
  - ❑ Dengue
  - ❑ Plague
  - ❑ Malaria
  - ❑ Diptheria
  - ❑ Pertussis
  - ❑ Poliomyelitis
  - ❑ Measles
  - ❑ Mumps
  - ❑ Influenza
  - ❑ Tetanus
  - ❑ Yellow fever
  - ❑ Filariasis
  - ❑ HIV, AIDS
- Reproductive Tract Infections
- Special Infection control measures: Notification, Isolation, Quarantine, Immunization, Infectious Disease Hospitals

Special therapies, alternative therapies Nursing
procedures
Drugs used in treatment of Communicable diseases

Peri operative nursing:

- Organisation and Physical setup of the Operation Theatre(OT):
  - ❑ Classifications
  - ❑ O.T. DESIGN

- ❑ Staffing
- ❑ Members of the OT team.
- ❑ Duties and responsibilities of nurse inO.T.
- ❑ Principles of Health and operating room attire.
- ❑ Instruments,
- ❑ Sutures and suture materials
- ❑ Equipments
- ❑ O.T.tables and sets for common surgical procedures
- ❑ Positions and draping for common surgical procedures
- ❑ Scrubbing procedures
- ❑ Gowning and gloving
- ❑ Preparation of O.T.Sets
- ❑ Monitoring the patient during surgical procedures

- Maintenance of therapeutic environment in O.T.
- Standard Safety measures
  - ❑ Infection control;fumigation,disinfection and sterilization
  - ❑ Biomedical waste management
  - ❑ Prevention of accidents and hazards in O.T
- Anaesthesia
  - ❑ Types
  - ❑ Methods of administration
  - ❑ Effects and Stages
  - ❑ Equipments
  - ❑ Drugs
- **Cardio Pulmonary Resuscitation (CPR)**
- Pain management techniques

Legal Aspects

Nursing management of patient with disorders of Ear Nose andThroat

- Review of anatomy and physiology of the Ear Nose and Throat-
- Nursing Assessment - History and Physical assessment
- **Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of Ear Nose and Throat disorders:**
  - ❑ External ear: deformities otalgia, foreign bodies,and tumours
  - ❑ Middle Ear- Impacted wax,Tympanic membrane perforation,otitis media,otosclerosis, mastoiditis, tumours
  - ❑ Inner ear - Meniere's Disease,labyrinthitis, ototoxicity, tumours
  - ❑ Upper airway infections – Common cold, sinusitis, ethinitis, rhinitis, pharyngitis, tonsilitis and adenoiditis, peritonsilar abscess, laryngitis
- Upper respiratory airway – epistaxis,
- Nasal obstruction, laryngeal obstruction, cancer of the larynx
- Cancer of the oral cavity
- Speech defects and speech therapy
- Deafness-
- Prevention, control and rehabilitation

- Hearing Aids, implanted hearing devices

Special therapies

Nursing procedures
Drugs used in treatment of disorders of Ear Nose and Throat
Role of nurse Communicating with hearing impaired and muteness.

Nursing management of patient with disorders of eye

- Review of anatomy and physiology of the eye-
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of eye disorders:
  - ❑ Refractive errors
  - ❑ Eyelids-infection,tumours and deformities
  - ❑ Conjunctiva - inflammation and infection, bleeding
  - ❑ Cornea-inflammation and infection
  - ❑ Lens-Cataracts
  - ❑ Glaucoma
  - ❑ Disorder of the uveal tract,
  - ❑ Ocular tumours
  - ❑ Disorders of posterior chamber and retina:Retinal and vitreous problems.
  - ❑ Retinal detachment
  - ❑ Ocular emergencies and their prevention
- Blindness
- National blindness control program
  - ❑ Eye Banking
  - ❑ Eye prostheses and Rehabilitation

Role of a nurse - Communication with visually impaired patient,Eye camps Special therapies
Nursing procedures
Drugs used in treatment of disorders of eye

Nursing management of patient with neurological disorders

- Review of anatomy and physiology of theneurological system
- Nursing Assessment - History and Physical and neurological assessment and Glasgow coma scale
- Etiology,Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of neurological disorders
- Congenital malformations
- Headache
- Head Injuries
- Spinal Injuries:
  - ❑ Paraplegia
  - ❑ Hemiplegia
  - ❑ Quadraplegia
- Spinal cord compression - herniation of intervertebral disc
- Tumors of the brain & spinal cord
- Intra cranial and cerebral aneurysms
- Infections:
  - ❑ Meningitis,Encephalitis,Brain abscess, neurocysticercosis

Movement disorders

- Chorea

    - Seizures
    - Epilepsies
- Cerebro Vascular Accidents(CVA)
- Cranial, Spinal Neuropathies – Bell's palsy, trigeminal neuralgia
- Peripheral Neuropathies; Guillain - Barr'eSyndrome
- Myasthenia gravis
- Multiple sclerosis
- Degenerative diseases
  - ❑ Delirium
  - ❑ Dementia
  - ❑ Alzheimer's disease
  - ❑ Parkinson's disease
- Management of unconscious patients and patients with stroke
- Role of the nurse in communicating with patient having neurological deficit
- Rehabilitation of patients with neurological deficit

Role of nurse in long stay facility (institutions)and at home Special
therapies
Nursing procedures
Drugs used in treatment of neurological disorders

Nursing management of patients with disorders of female reproductive system

- Review of anatomy and physiology of the female reproductive system
- Nursing Assessment - History and Physical assessment
- Breast Self Examination
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of disorder of female reproductive system
- Congenital abnormalities of female reproductive system
- Sexuality and Reproductive Health
- Sexual Health Assessment
- 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 and Discharges,Fistulas
- Vulvur disorders; Infections, cysts, tumours
- Diseases of breasts; Deformities, Infections, Cysts andTumours
- Menopause and Hormonal Replacement Therapy
- Infertility
- Contraception;Types Methods, Risk and effectiveness
  - ❑ Spacing Methods
    - Barrier methods, Inter Uterine Devices, Hormonal, Post ConceptionalMethods,etc
  - ❑ Terminal methods
    - Sterilization
- Emergency Contraception methods
- Abortion-Natural,Medical and surgical abortion–MTP Act
- Toxic Shock Syndrome

- Injuries and Trauma; Sexual violence

Special therapies
Nursing procedures
Drugs used intreatment of gynaecological disorders
National family welfare programme

Nursing management of patients with Burns, reconstructive and cosmetic surgery

- Review of anatomy and physiology of the skin and connective tissues and various deformities
- Nursing Assessment - History and Physical assessment and Assessment of burns and fluid and electrolyte loss
- Etiology, Classification, Pathophysiology, clinical manifestations, diagnosis, treatment modalities

and medical & surgical nursing management of Burns and Re-constructive and Cosmetic surgery;

- Types of Re-constructive and Cosmetic surgery; for burns, congenital deformities, injuries and cosmetic purposes
- Role of Nurse
- Legal aspects
- Rehabilitation
- Special therapies
  - ❑ Psychosocial aspects

Nursing procedures
Drugs used in treatment of Burns, reconstructive and cosmetic surgery

Nursing management of patients with oncological conditions

- Structure & characteristics of normal & cancer cells
- Nursing Assessment - History and Physical assessment
- Prevention, Screening, Early detection, Warning signs of cancer
- Epidemiology, Etiology, Classification, Pathophysiology, Staging, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of oncological conditions
- Common malignancies of various body systems; Oral, larynx, lung, Stomach and Colon, Liver,

Leukemias and lymphomas, Breast, Cervix, Ovary, Uterus, Sarcoma, Brain, Renal, Bladder, Prostate etc

- Oncological emergiences
- Modalities of treatment
  - ❑ Immunotherapy
  - ❑ Chemotherapy
  - ❑ Radiotherapy
  - ❑ Surgical Interventions
  - ❑ Stem cell and Bone marrow transplants
  - ❑ Gene therapy
  - ❑ Other forms of treatment
- **Psychosocial aspects of cancer.**
- Rehabilitation
- Palliative care; Symptom and Pain Management, Nutritional support
- Home care
- Hospice care
- StomalTherapy

- Special therapies
  - ❑ Psycho social aspects

Nursing procedures

Nursing management of patient in EMERGENCY & DISASTER situations Disaster Nursing:

- Concepts and principles of Disaster Nursing
- Causes and Types of Disaster: Natural and Man-made
  - ❑ Earthquakes, Floods, Epidemics, Cyclones
  - ❑ Fire, Explosion, Accidents
  - ❑ Violence, Terrorism; bio-chemical,War
- Policies related to emergency/disaster management; International, national, state, institutional
- Disaster preparedness:
- Team,Guidelines,protocols, Equipments,Resources
- Coordination and involvement of; Community, various govt. departments, non-govt. organizations and International agencies
- Role of nurse: working
- Legal Aspects of Disaster Nursing
- Impact on Health and after effects; Post Traumatic Stress Disorder
- Rehabilitation; physical, psycho-social, Financial, Relocation

Emergency Nursing

- Concept, priorities, principles and Scope of emergency nursing
- Organization of emergency services:physical setup, staffing, equipment and supplies, protocols, Concepts of triage and role of triage nurse
- Coordination and involvement of different departments and facilities
- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, treatment modalities and medical & surgical nursing management of patient with medical and surgical Emergency
- Principles of emergency management
- Common Emergencies;
- Respiratory Emergencies
- Cardiac Emergencies
- Shock and Haemorrhage
- Pain
- Poly-Trauma, road accidents, crush injuries,wound
- Bites
- Poisoning;Food, Gas, Drugs & chemical poisoning
- Seizures
- Thermal Emergencies;Heatstroke& Cold injuries
- Pediatric Emergencies
- Psychiatric Emergencies
- Obstetrical Emergencies
- Violence, Abuse ,Sexual assault
- Cardio Pulmonary Resuscitation
- Crisis Intervention
- Role of the nurse; Communication and Inter Personal Relations

Medico - Legal Aspects;

Nursing care of the elderly

- Nursing Assessment - History and Physical assessment
- Ageing;
- Demography; Myths and realities
- Concepts and theories of ageing
- Cognitive Aspects of Ageing
- Normal biological ageing
- Age related body systems changes
- Psychosocial Aspects of Aging
- Medications and elderly
- Stress & coping in older adults
- Common Health Problems & Nursing Management;
- Cardiovascular,Respiratory,Musculoskeletal,
- Endocrine,genito-urinary,gastrointestinal
- Neurological,Skin and other Sensory organs
  - ❑ Psychosocial and Sexual
  - ❑ Abuse of elderly
- Role of nurse for care of elderly: ambulation, nutritional, communicational, psychosocial and spiritual
- Role of nurse for caregivers of elderly
- Role of family and formal and non formal caregivers
- Use of aids and prosthesis (hearing aids, dentures,
- Legal & Ethical Issues

- Provisions and Programmes for elderly; privileges, Community Programs and health services; Home and institutional care

Nursing management of patient in critical care units

- Nursing Assessment - History and Physical assessment
- Classification
- Principles of critical care nursing
- Organization; Physical setup, Policies, staffing norms,
- Protocols, equipment and supplies
- Special equipments;ventilators,cardiacmonitors,defibrillators,
- Resuscitation equipments
- Infection Control Protocols
- Nursing management of critically ill patient;
- Monitoring of critically ill patient
- CPR - Advance Cardiac Life support
- Treatments and procedures.
- Transitional care
- Ethical and Legal Aspects
- Communication with patient and family
- Intensive care records
- Crisis Intervention
- Death and Dying - coping with Drugs used in critical care unit

Nursing management of patients adults including elderly with Occupational and Industrial disorders

- Nursing Assessment - History and Physical assessment
- Etiology, Pathophysiology, clinical manifestations, diagnosis, diagnosis, treatment modalities and medical & surgical nursing management of occupational and industrial health disorders
- Role of nurse

Special therapies, alternative therapies Nursing procedures

Drugs used in treatment of Occupational and Industrial disorders

3. COMMUNITY HEALTH NURSING (60 Marks)

Introduction

- Community health nursing
- Definition, concept and dimensions of health
- Promotion of health
- Maintenance of health

Determinants of health

- Eugenics
- Environment:
  - Physical:Air, light,Ventilation,Water, Housing, Sanitation; disposal of waste, disposal of dead bodies, Forestation,Noise,Climate,Communication: infrastructure facilities and Linkages
  - Acts regulating the environment: National Pollution control board
  - Bacterial &viral:Agents, host carriers and immunity
  - Arthopods and Rodents
- Food hygiene:Production, Preservation, Purchase, Preparation, Consumption
  - Acts regulating food hygiene - Prevention of food adulteration act,Drugs and cosmetic act
- Socio - cultural
  - Customs, taboos
  - Marriage system
  - Family structure
  - Status of special groups;Females,Children,Elderly,challenged groups and Sick persons
- Life Style
- Hygiene
- **Physical activity**
  - Recreation and sleep
  - Sexual life
  - Spiritual life philosophy
  - Self reliance
  - Dietary pattern
  - Education
  - Occupation
- Financial Management
  - Income
  - Budget
  - Purchasing power

Security

Epidemiology

- Definition,concept, aims, scope, uses and terminology used in epidemiology
- Dynamics of disease transmission: epidemiological triad
- Morbidity and mortality:measurements
- Levels of prevention
- Methods of epidemiology of
  - ❑ Descriptive
  - ❑ Analytical:Epidemic investigation

  Experimental

Epidemiology and nursing management of common Communicable Diseases

- Respiratory infections
  - ❑ Small Pox
  - ❑ Chicken Pox
  - ❑ Measles
  - ❑ Influenza
  - ❑ Rubella
  - ❑ ARI's &Pneumonia
  - ❑ Mumps
  - ❑ Diphtheria
  - ❑ Whooping cough
  - ❑ Meningococcal meningitis
  - ❑ Tuberculosis
  - ❑ SARS
- Intestinal Infections
  - ❑ Poliomyelitis
  - ❑ Viral Hepatitis
  - ❑ Cholera
  - ❑ Diarrhoealdiseases
  - ❑ Typhoid Fever
  - ❑ Food poisoning
  - ❑ Amoebiasis
  - ❑ Hook worm infection
  - ❑ Ascariasis
  - ❑ Dracunculiasis
- Arthropod infections
  - ❑ Dengue
  - ❑ Malaria
  - ❑ Filariasis
- Zoonoses

Viral

  - ❑ Rabies
  - ❑ Yellow fever
  - ❑ Japanese encephalitis

  Kyasnur Forest Disease

- Bacterial
  - ❑ Brucellosis
  - ❑ Plague
  - ❑ Human Salmonellosis

    - Anthrax
    - Leptospirosis
- Rickettsialdiseases
    - RickettsialZoonoses
    - Scrub typhus
    - Murine typhus
    - Tick typhus
    - Q fever
- Parasitic zoonoses
    - Taeniasis
    - Hydatid disease
    - Leishmaniasis
- Surface infection
    - Trachoma
    - Tetanus
    - Leprosy
    - STD &RTI
    - Yaws
    - HIV/AIDS

Any other

Epidemiology and Nursing management of Non-communicable diseases

- Malnutrition: under nutrition, over nutrition, nutritional deficiencies
- Anaemia
- Hypertension
- Stroke
- Rheumatic.HeartDisease
- Coronary Heart Disease
- Cancer
- Diabetes mellitus
- Blindness
- Accidents
- Mental illness
- Obesity
- Iodine Deficiency
- Fluorosis

Epilepsy

Demography

- Definition, concept and scope
- Methods of collection, analysis and interpretation of demographic data
- Demographic rates and ratios

Population and its control

- Population explosion and its impact on social, economic development of individual, society and country
- Population control:
    - Overall development**:**Womenempowerment,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

- Definition, concept & scope of Community Health and Community Health Nursing
- Historical development of
  - Community health
  - Community health Nursing.

- Pre-independence

Post-independence

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

Delivery of community health services

- Planning,budgeting and material management of SCs, PHC and,CHC
- **Rural:** Organization, staffing and functions of rural health services provided by government at:
  - Village
  - Sub centre
  - Primary health centre
  - Community health center/sub divisional
  - Hospitals
  - District
  - State
  - Centre
- **Urban:**Organization,staffing and functions of urban health services provided by government at:
  - Slums
  - Dispensaries
  - Maternal and child health centers
  - Special Clinics
  - Hospitals
  - Corporation/Municipality/Board
- Components of health services
  - Environmental sanitation
  - Health education
  - Vital statistics
  - M.C.H.-antenatal, natal, postnatal,MTP Act, female foeticideact,child adoption act
  - Family Welfare
  - National health programmes
  - School health services
  - Occupational health
  - Defenceservices
  - Institutional services

- 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

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

- Approaches
  - ❑ Nursing theories And Nursing process
  - ❑ Epidemiological approach
  - ❑ Problem solving approach
  - ❑ Evidence based approach
  - ❑ Empowering people to care for themselves
- Concepts of Primary Health Care:
  - ❑ Equitable distribution
  - ❑ Community participation
  - ❑ Focus on prevention
  - ❑ Use of appropriate technology
  - ❑ Multi-sectoral approach
- Roles and responsibilities of Community health nursing personnel in
  - ❑ Family health services
  - ❑ Information Education Communication (IEC)
  - ❑ 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 center,clinicsetc.
- Home visit: Concept, Principles,Process,Techniques:Bag technique home visit
- Qualities of Community Health Nurse

Job Description of Community health nursing personnel

Assisting individuals and groups to promote and maintain their health

- **Empowerment for self care of individuals, families and groups in–**

Assessment of self and family

- ❑ Monitoring growth and development
  - Mile stones
  - Weight measurement
  - Social development
- ❑ Temperature and Blood pressure monitoring
- ❑ Menstrual cycle
- ❑ Breast self examination and testicles
- ❑ Warning Signs of various diseases
- ❑ Tests:Urine for sugar and albumin,bloodsugar

Seek health services for

- ❑ Routine checkup
- ❑ Immunization
- ❑ Counseling
- ❑ Diagnosis
- ❑ Treatment
- ❑ Follow up

Maintenance of health records for self and family

D-Continue medical care and follow up in community for various diseases and disabilities

E-Carry out therapeutic procedures as prescribed/ required for self and family

Waste Management

Collection and disposable of waste at home and community

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

Utilize community resources for self and family

- ❑ Trauma services
- ❑ Old age homes
- ❑ Orphanage
- ❑ Homes for physically and mentally challenged

individuals Homes for destitute

National health and family welfare programmes and the role of a nurse?

1) National ARIprogramme
2) Revised National Tuberculosis Control Programme(RNTCP)
3) National Anti-Malaria programme
4) National Filaria control programme
5) National Guinea worm eradicationprogramme
6) National Leprosy eradication programme
7) National AIDS control programme
8) STD control programme
9) National programme for control of blindness
10) Iodine deficiency disorder programme
11) Expanded programme on immunization
12) National Family Welfare Programme- RCH Programme historical development, Organisation, administration, research, constraints
13) National water supply and sanitation programme
14) Minimum Need programme
15) National Diabetics controlprogramme
16) Polio Eradication:Pulse Polio Programme
17) National Cancer ControlProgramme

18) Yaws Eradication Programme
19) National Nutritional Anemia Prophylaxis programme
20) 20point programme
21) ICDS programme
22) Mid-day meal applied nutritional programme
23) National mental health programme

- Health schemes
  - ESI
  - CGHS

Health insurance

- **Health Agencies**

International-**WHO, UNFPA, UNDP, World Bank, FAO, UNICEF, DANIDA, European Commission (EC), Red cross, USAID, UNESCO, Colombo Plan, ILO, CARE etc.**

National - Indian Red Cross, Indian Council for child welfare, Family Planning Association of India(FPAI), Tuberculosis Association of India, Hindu KushtNivaranSangh, Central Social Welfare Board, All India women's conference, Blind Association of India etc.

NURSING SCIENCES

PAPER-IV
(FullMark-200)

1. CHILDHEALTHNURSING (70Marks)

Content Introduction
Modern concepts of child care.

- Internationally accepted rights of the Child
- National policy and legislations in relation to child health and welfare
- National programmes related to child health and welfare
- Agencies related to welfare services to the children
- Changing trends in hospital care, preventive, promotive and curative aspects of child health.
- Child morbidity and mortality rates.
- Differences between an adult and child
- Hospital environment for a sick child
- Impact of hospitalization on the child and family.
- Grief and bereavement
- The role of a Child health nurse in caring for a hospitalized child
- Principles of pre and post operative care of infants and children
- Child health nursing procedures.

The healthy child

- Principles of growth and development
- Factors affecting growth & development
- Growth and development from birth to adolescence
- The needs of normal children through the stages of develop-mental and parental guidance
- 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
- Preventive immunization, immunization programme and cold chain
- Preventive pediatrics

Care of under five& under five clinics/ well baby clinics

Nursing care of a neonate

- Nursing care of a normal newborn/Essential newborn care
- Neonatal resuscitation
- Nursing management of a low birth weight baby.
- Kangaroo mother care
- Nursing management of common neonatal disorders
- Organization of neonatal unit.

Identification & nursing management of common congenital malformations.
Integrated management of neonatal and childhood illnesses (IMNCI)

Nursing management in common childhood diseases

- Nutritional deficiency disorders
- Respiratory disorders and infections
- Gestrointestinal infections, infestations and congenital disorders
- Cardio vascular problem: congenital defects and rheumatic fever, rheumatic heart disease
- Genito- urinary disorders: acute glomerulo nephritis, Nephrotic syndrome, Wilms' tumor, infection and congenital disorders.

- Neurological infections and disorders: convulsions, epilepsy, meningitis, hydrocephalus, spina- bifida.
- Hematological disorders: Anemias, thalassemia, ITP, Leukemia, hemophilia
- Endocrine disorders: Juvenile Diabetes Mellitus
- Orthopedic disorders: club feet, hip dislocation and fracture.
- Disorders of skin, eye, and ears
- Common communicable diseases in children, their identification, nursing management in hospital and home and prevention.
- Child health emergencies:poisoning, foreign bodies, hemorrhage, burns and drowning.

Nursing care of infant and children with HIV/AIDS.

Management of behavioral & social problems in children

- Management of common behavioral disorders
- Management of common psychiatric problems
- Management of challenged children: Mentally, Physically, & Socially challenged
- Welfare services for challenged children in India.
- Child guidance clinics

2. MENTAL HEALTH NURSING(70Marks)

Principles And Concepts Of Mental Health Nursing

- Definition: mental health nursing and terminology used
- Classification of mental disorders: ICD
- Review of personality development, defense mechanisms
- Maladaptive behaviour of individuals and groups: stress, crisis and disaster(s)
- Etiology:bio-psycho-socialfactors
- Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission
- Principles of Mental health Nursing
- Standards of Mental health Nursing practice
- Conceptual models and the role of nurse:
  - ❑ Existential Model
  - ❑ Psycho - analytical models
  - ❑ Behaviouralmodel
  - ❑ Interpersonal model

Assessment of mental health status

- History taking
- Mental status examination

- Mini mental status examination
- Neurological examination: Review
- Investigations:Related Blood chemistry,EEG,CT&MRI
- Psychological tests

Role and responsibilities of nurse

Therapeutic communication and nurse - patient relationship

- Therapeutic communication:Types, techniques, characteristics
- Types of relationship,
- Ethics and responsibilities
- Elements of nurse patient contract
- Review of technique of IPR - Johari Window
- Goals, phases, tasks, therapeutic techniques

Therapeutic impasse and its intervention

Treatment modalities and therapies used in mental disorders

- Psycho Pharmacology
- Psychological therapies: Therapeutic community, psycho therapy - Individual: psycho-analytical, cognitive and supportive, Family, Group, Behavioural, Play, Psycho - drama, Music, Dance, Recreational and Light therapy, Relaxation therapies: Yoga, Meditation, bio feedback
- Alternative systems of medicine
- Occupational therapy
- Physical Therapy: electro convulsive therapy
- Geriatric considerations

Role of nurse in above therapies

Nursing management of patient with Schizophrenia, and other psychotic disorders

- Classification: ICD
- Etiology, psycho - pathology, types, clinical manifestations, diagnosis
- Nursing Assessment - History, Physical and mental assessment
- Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders
- Geriatric considerations

Follow - up and home care and rehabilitation

Nursing management of patient with mood disorders

- Mood disorders:Bipolar affective disorder, Mania depression and dysthamiaetc
- Etiology, psycho - pathology, clinical manifestations, diagnosis,
- Nursing Assessment - History, Physical and mental assessment
- Treatment modalities and nursing management of patients with mood disorders
- Geriatric considerations

Follow - up and home care and rehabilitation

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
- Nursing Assessment - History, Physical and mental assessment
- treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders

- Geriatric considerations

Follow - up and home care and rehabilitation

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,
- Nursing Assessment - History, Physical, mental assessment and drug assay
- Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction) and nursing management of patients with substance use disorders
- Geriatric considerations
- Follow-up and home care and rehabilitation

Nursing management of patient with Personality, Sexual and Eating disorders

- Classification of disorders
- Etiology,psycho-pathology, characteristics, diagnosis,
- Nursing Assessment - History, Physical and mental assessment
- Treatment modalities and nursing management of patients with Personality, Sexual and Eating disorders
- Geriatric considerations

Follow - up and home care and rehabilitation

Nursing management of childhood and adolescent disorders including mental deficiency

- Classification
- Etiology, psycho - pathology, characteristics, diagnosis Nursing Assessment -History, Physical, mental and IQ assessment
- Treatment modalities and nursing management of childhood disorders including mental deficiency

Follow - up and home care and rehabilitation.

Nursing management of organic brain disorders

- Classification: ICD?
- Etiology, psycho- pathology, clinical features, diagnosis and Differential diagnosis (parkinsonsand alzheimers)
- Nursing Assessment- History, Physical, mental and neurological assessment
- Treatment modalities and nursing management of organic brain disorders
- Geriatric considerations

Follow- up and home care and rehabilitation

Psychiatric emergencies and crisis intervention

- Types of psychiatric emergencies and their management
- Stress adaptation Model: stress and stressor, coping, resources and mechanism
- Grief:Theories of grieving process, principles, techniques of counselling
- Types of crisis
- Crisis Intervention: Principles, Techniques and Process
- Geriatric considerations

Role and responsibilities of nurse

Legal issues in Mental Health Nursing

- The Mental Health Act 1987:Act, Sections, Articles and their implications etc.
- Indian Lunacy Act.1912
- Rights of mentally ill clients
- Forensic psychiatry
- Acts related to narcotic and psychotropic substances and illegal drug trafficking
- Admission and discharge procedures

Role and responsibilities of nurse

Community Mental Health Nursing

- Development of Community Mental Health Services:
- National Mental HealthProgramme
- 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.

3. MIDWIFERY AND OBSTETRICAL NURSING (60Marks)

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

- ❑ Female pelvis– general description of the bones joints, ligaments, planes of the pelvis diameters of the true pelvis, important landmarks, variations in pelvis shape.
- ❑ Female organs of reproduction – external genetalia, internal genital organs and their anatomical relations,musculature– blood- supply, nerves, lymphatics, pelvic cellular tissue, pelvic peritonium.
- ❑ Physiology of menstrualcycle
- ❑ Human sexuality
- Foetaldevelopment
- ❑ Conception
- ❑ Review of fertilization, implantation (embedding of the ovum), development of the embryo and placenta at term–functions, abnormalities, the foetal sac, amniotic fluid, the umbilical chord,
- ❑ Foetal circulation, foetal skull, bones, sutures and measurements.

Review of Genetics

Assessment and management of pregnancy (ante-natal)

- Normal pregnancy
- Physiological changes during pregnancy.
  - ❑ Reproductive system
  - ❑ Cardiovascular system
  - ❑ Respiratory system
  - ❑ Urinary system
  - ❑ Gastero 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
  - ❑ Objectives
  - ❑ Assessment
    - History and physical examination
    - Antenatal Examination
    - Signs of previous child-birth
  - ❑ Relationship of foetus to uterus and pelvis:Lie, Attitude, Presentation, Position
  - ❑ Pervaginalexamination.
- Screening and assessment for high risk;
- Risk approach
- History and Physical Examination
- Modalities of diagnosis; Invasive & Non-Invasive, ultrasonics, cardiotomography, NST, CST
- Antenatal preparation
  - ❑ Antenatal counseling
  - ❑ Antenatal exercises
  - ❑ Diet
  - ❑ Substance use
  - ❑ Education for child- birth
  - ❑ Husband and families
  - ❑ Preparation for safe - confinement
  - ❑ Prevention from radiation
- Psycho- social and cultural aspects of pregnancy
  - ❑ Adjustment to pregnancy
  - ❑ Unwed mother
  - ❑ Single parent
  - ❑ Teenage pregnancy
  - ❑ Sexual violence
- Adoption

Assessment and management of intra-natalperiod.

- Physiology of labour, mechanism of labour
- Management of labour.
  - ❑ First stage
    - Signs and symptoms of on set of labour; normal and abnormal
    - Duration
    - Preparation of:
      - √ Labourroom
      - √ Woman
    - Assessment and observation of women in labour; partogram- maternal and foetalmonitoring

- Active management of labour, Induction of labour
- Pain relief and comfort in labour

- Second stage
  - ❑ Signs and symptoms; normal and abnormal
  - ❑ Duration
  - ❑ Conduct of delivery; Principles and techniques
  - ❑ Episiotomy(only if required)
  - ❑ Receiving the new born
    - Neonatal resuscitation; initial steps and subsequent resuscitation
    - Care of umbilical cord
    - Immediate assessment including screening for congenital anomalies
    - Identification
    - Bonding
    - Initiate feeding
    - Screening and transportation of the neonate
- Third stage
  - ❑ Signs and symptoms; normal and abnormal
  - ❑ Duration
  - ❑ Method of placental expulsion
  - ❑ Management; Principles and techniques
  - ❑ Examination of the placenta
  - ❑ Examination of perineum
- Maintaining records and reports
- Fourth Stage

Assessment and management of women during postnatal period

- Normal puerperium; Physiology Duration
- Postnatal assessment and management
  - ❑ Promoting physical and emotional well- being
  - ❑ Lactation management
  - ❑ Immunization
- Family dynamics after child-birth.
- Family welfare services; methods, counseling
- Follow- up

Records and reports

Assessment and management of women during post natal period

- Normal puerperium; Physiology Duration
- Postnatal assessment and management
  - ❑ Promoting physical and emotional well-being
  - ❑ Lactation management
  - ❑ Immunization
- Family dynamics after child-birth.
- Family welfare services;methods,counseling
- Follow-up Record

sand reports

Assessment and management of normal neonates

- Normal Neonate;
  - ❑ Physiological adaptation,
  - ❑ Initial& Daily assessment
  - ❑ Essential newborn care;Thermalcontrol,
  - ❑ Breast feeding, prevention of infections
- Immunization
- Minor disorders of newborn and its management
- Levels of Neonatalcare (level I, II, & III)
- At primary, secondary and tertiary levels

  Maintenance of Reports and Records

High - risk pregnancy–assessment&management

- Screening and assessment
  - ❑ Ultrasonics, cardiotomography, NST, CST, non-invasive &invasive,
  - ❑ Newer modalities of diagnosis
- High-risk approach
- Levels of care;primary, secondary and tertiary levels
- Disorders of pregnancy
  - ❑ Hyper-emesis gravidarum,bleeding in early pregnancy, abortion, ectopic
  - ❑ Pregnancy, vesicularmole,
  - ❑ Ante-partum haemorrage.
- Uterine abnormality and displacement.
- Diseases complicating pregnancy
  - ❑ Medical and surgical conditions
  - ❑ Infections, RTI (STD), UTI, HIV, TORCH
  - ❑ Gynaecological diseases complicating pregnancy
  - ❑ Pregnancy induced hypertension & diabetes, Toxemia of pregnancy,hydramnios,
  - ❑ Rh incompatibility
  - ❑ Mental disorders
- Adolscent pregnancy, Elderly primi and grand multipara
- Multiple pregnancy
- Abnormalities of placenta &cord
- Intra - uterine growth - retardation
- Nursing management of mothers with high- risk pregnancy

  Maintenance of Records and Reports

Abnormal Labour–assessment and management

- Disorders in labour
  - ❑ CPD and contracted pelvis
  - ❑ Malpositions and malpresentations
  - ❑ Premature labour, disorders of uterine actions–precipitate labour, prolonged labour
  - ❑ Complications of third stage: injuries to birth canal
- Obstetrical emergencies and their management;
  - ❑ Presentation and prolapse of cord, Vasapraevia, amniotic fluid embolism, rupture of uterus, shoulder dystocia, obstretical 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
Abnormalilties during Postnatal Periods

- Assessment and management of woman with postnatal complications
  - ❑ Puerperial infections, breast engorgement & infections, UTI, thrombo -Embolic disorders, post-partum haemorrage, Eclampsia and subinvolution,
  - ❑ Psychological complications:
    - Post partumBlues
    - Post partum

  Depression Post partum Psychosis

Assessment and management of High risk newborn

- Admission of neonates in the neonatal intensive care units- protocols
- Nursing management of:
  - Low birth weight babies
  - Infections
  - Respiratory problems
  - Haemolyticdisorders
  - Birth injuries
  - Malformations
- Monitoring of high risk neonates
- Feeding of high risk neonates
- Organisation and management of neonatal intensive care units
- Infection control in neonatal intensive care units Maintenance of reports and records

Pharmaco- therapeutics in obstetrics

- Indication,dosage, action, contra indication and side effects of drugs
- Effect of drugs on pregnancy, labour&puerperium,
- Nursing responsibilities in the administration of drug in Obstetrics–oxytocins, antihypertensives, diuretics, tocolytic agents, anti-convulsants;
- Analgesics and anesthesics in obstetrics.

Effects of maternal medication on foetus and neonate

Family Welfare Programme

- Population trends and problems in India
- Concepts,aims,importance and history of family welfare programme
- National Population:dynamics, policy and education
- National family welfare programme; RCH, ICDS, MCH. Safe motherhood
- Organization and administration;at national, state, district, block and village levels
- Methods of contraception; spacing, temporary and permanent, Emergency contraception
- Infertility and its management
- Counseling for family welfare
- Latest research in contraception
- Maintenance of vital statistics
- Role of national, international and voluntary organizations

- Role of a nurse in family welfare programme

Training/Supervision/Collaboration with other functionaries in community like ANMs. LHVs, Anganwadi workers, TBAs (Traditional birth attendant- Dai)