

**SYLLABUS FOR RECRUITMENT OF**  
**WARD SUPERINTENDENT**  
**UNDER MIZORAM INSTITUTE OF MEDICAL**  
**EDUCATION AND RESEARCH (MIMER)**

1. *General English - I (Essay Type) ..... 100 Marks*
2. *General English - II (MCQ Type) ..... 100 Marks*

**TECHNICAL PAPERS**  
***(MCQ Type)***

1. *Nursing Science - I..... 200 Marks*
2. *Nursing Science - II ..... 200 Marks*
3. *Nursing Science - III ..... 150 Marks*
- General Aptitude Test ..... 50 Marks*

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**GENERAL ENGLISH PAPER - I (Full Marks : 100)**

*(Essay Type)*

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

**GENERAL ENGLISH PAPER - II (Full Marks : 100)**

*(MCQ Type)*

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

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**NURSING SCIENCE**

**PAPER - I (Full Marks : 200)**

**Unit – I Anatomy & Physiology (50 Marks)**

- a) Skeletal system  
Bones : Types, Structure, Functions; Joints : Classification, Structure and Functions.
- b) Muscular System : Types, Structure, Functions; Position and action of Chief Muscles of the body
- c) Cardio-Vascular System  
Blood : Composition, Blood Group, Cross Matching  
Heart : Position, Structure, Conduction System, Functions and Cardiac Cycle; Circulation of Blood; Blood Pressure and Pulse; Lymphatic System
- d) Respiratory System : Structure and Functions of Respiratory Organs; Physiology of Respiration; Characteristics of normal Respiration and its deviations
- e) Digestive System : Structure and Functions of Organs; Digestion, absorption and metabolism.
- f) Excretory System : Structure and functions of Organs; Structure and functions of the Skin; Regulation of body Temperature
- g) Nervous System: Type, structure and functions of neuron; Central Nervous System : Structure and Functions.
- h) Endocrine System : Structure and functions of – pituitary, pancreas, thyroid, Parathyroid, Thymus and supra renal glands
- i) Sense Organs : Structure and functions of eye, ear, nose and tongue; Physiology of Vision, hearing and equilibrium.
- j) Reproductive System : Structure and functions of reproductive and accessory organs; Reproduction, Menstrual Cycle and Menopause; Reproductive Health; Structure and functions of male reproductive system.

**Unit II Microbiology (10 Marks)**

- a) Scope and usefulness of knowledge of microbiology in Nursing
- b) Classification of Micro-organisms and factors influencing growth
- c) Sources of Infection
- d) Portals of Entry and Exit of microbes
- e) Transmission of infection
- f) Collection of Specimens & Principles to be kept in mind while collecting specimen
- g) Immunity : Meaning; Types of Immunity; Immunization Schedule (Currently Used)
- h) Control and destruction of micro-organisms : Different types of Sterilization; Disinfection; Bio-safety and waste management

#### 4 Syllabus for Recruitment of Ward Supdt. under Mizoram Institute of Medical Education and Research

##### Unit-III Psychology (30 Marks)

- a) Definition, Scope and importance for Nurses
- b) Psychology of Human behaviour : Emotions  
Attitudes : Meaning, development, changes in attitude and effect of attitude on behaviour.  
Frustration : Sources and nature of frustration, measures to overcome frustration.  
Defense mechanisms: Meaning, Importance and Classification.
- c) Personality : Meaning, Types, Factors affecting personality development; Characteristics of Various age group: Child, adolescent, adult and aged; Will and character
- d) Intelligence and related Factors : Mental ability and intelligent behaviour Nature of intelligence; Development of intelligence behaviour; Measurement of intelligence
- e) Learning : Nature of Learning, Types of Learning, factors promoting effective learning, memory and forgetfulness.
- f) Observation : Attention and perception, factors affecting attention and observation and errors in perception.

##### Unit-IV Sociology (10 Marks)

- a) Importance of Sociology in nursing
- b) The Socio-cultural and Economic aspects of the community and their effects in health and illness
- c) The Family : Family as a social institution and basic unit for health services; Basic needs of family; Advantages of Planned parenthood
- d) The Society : Concept of Society; Rural and Urban Society; Social Problems: Unmarried mothers, dowry System, Prostitution, drug addiction, alcoholism, delinquency, handicapped, child abuse, domestic violence, women abuse; Social agencies and remedial measures
- e) Economy : Resources of the country - Natural, occupational, agricultural, Industrial, etc.  
Social Security; Population explosion - Its effect on economy and the need for population control; Budgeting for a family, per capita income and its impact on health and illness.

##### Unit-V Fundamentals Of Nursing (100 Marks)

- a) Nursing as a profession : Concept of Nursing; Definition of Nursing; Functions of Nurse; Qualities of a Nurse; Comprehensive Nursing care; Holistic approach to Nursing; Code of Ethics and Ethical behaviour expected
- b) Maintenance of therapeutic Environment : Temperature, light, noise, humidity, aesthetic consideration in the environment, colour scheme beauty and flower arrangements.
- c) Nursing Process and Nursing Care Plan : Meaning, importance and steps in development.
- d) Admission of a patient : Patients unit set up and care, admission procedure, reception of Patient, care of patient's belongings
- e) Discharging a Patient : Preparation of the patient-physically and mentally; Discharge procedure; Hospital Policies; Preparation of the relatives of the patient for discharge and advice to the patient

- f) The dying Patient : Signs and symptoms of approaching death; Needs of the dying patient and relatives; Care of dying and last offices; Packing of dead bodies in non communicable and communicable diseases
- g) Hygienic needs and Physical needs : Importance of maintaining Personal Hygiene; Nurses role in maintaining good personal Hygiene; Factors promoting and inhibiting physical comforts; Comfort devices and their uses; Different position for comfort and positioning of a patient; Principles of lifting and moving patients in bed.
- h) Activity and Exercises : Importance of activity and Exercise in health and sickness, active and passive Exercise.
- i) Safety needs : Environmental hazards, role of nurses in prevention of health hazards.
- j) Elimination needs : Problems in sickness: Constipation, diarrhoea, retention and in-continence of urine; Nurses role in meeting eliminating needs.
- k) Care in Special Condition : Unconscious patient; Patient with fluid imbalance; Patient with Dyspnoea; Physically handicapped; Perineal care of terminally ill-patient with urinary catheter.
- l) Meeting nutritional needs : Importance of Nutrition; Factors effecting nutritional needs.
- m) Observation of Patient : General appearance & deviation; Temperature; Respiration; Heart rate; Blood Pressure; Observation of - Urine, Stool, Vomit, Sputum, Any body fluid
- n) Care of Equipments : Disposable; Reuseable; Rubber goods; Glassware; Enamelware; Metal; Plastic; Furniture; Machinery.
- o) Barrier Nursing : Standard Safety precaution ( Universal Precaution); Different types of hand washing; Personal protecting equipments types, uses, techniques of wearing and removing.
- p) Administration of drugs : Purposes of drugs; Routes of administration; Principles: 5 Rights, special consideration, prescription, safety in administering drugs. Storage and maintenance of drugs and nurses responsibility  
Factors influencing drugs action.  
Terminologies and common abbreviation used in prescription of drugs.
- q) Recording and Reporting : Nurses role; Principles to be kept in mind;  
**First Aid** - Meaning of First Aid; Rules of First Aid.  
First Aid in emergency Situation such as:- Fire, Earthquakes, Famines; Fractures; Accidents; Poisoning; Drowning; Haemorrhage; Insects bites; Foreign bodies  
Transportation of the injured  
Bandaging and splinting  
Immediate and later role of nurses

NUSING SCIENCE

PAPER - II (Full Marks : 200)

Unit-I Medical Surgical Nursing (80 Marks)

Role and responsibilities of a nurse in Medical and Surgical Settings : Out patient Units; In- Patient Units; Intensive Care Units; Home and Community setting

Care of Surgical patient : Pre operative; Intra operative; Post operative; Nurses functions in operation theatre

Anesthesia: Classification, anesthetic agents and role of a nurse in anesthesia.

Disorders of the Respiratory System : Etiology, Clinical manifestation, diagnosis, treatment and medical, surgical, dietetics and Nursing Management with : Asthma, Pneumonia, Lung abscess, Pleurisy, Emphysema, Bronchiectasis, Pulmonary Tumours, Pleural Effusions, Preventive and rehabilitative aspects

**Cardiovascular System** : Diseases of heart; Cardiac arrhythmias; Cardiac arrests; Heart Blocks; Pericarditis, Myocarditis, Endocarditis; Congestive heart failure; Hypertension; Angina Pectoris; Valvular Diseases

**Vascular Diseases** : Arteriosclerosis; Atherosclerosis; Varicose veins and aneurysms.

**Blood Disorder** : Anaemia; Leukemia; Haemophilia; Hodgkins Diseases

**Blood Transfusion** : Indications; Grouping and matching; R.H factors; Plasma precautions in administration

**Gastro Intestinal System** : Stomatitis, gingivitis and parotitis; Dental caries; Tumours; Gastritis; Peptic ulcer; Enteritis; Colitis; Appendicitis; Haemorrhoids; Hernia; Hepatitis; Cirrhosis of liver; Liver abscess; Cholecystitis; Hepatic coma; Pancreatitis; Carcinoma of liver and Pancreas; Tuberculosis

**Musculo-Skeletal System:**

Disorder and diseases of bones and joints : Sprains, Dislocation, Fractures, Arthritis, Osteomyelitis, Tumours, Tuberculosis, Deformities

**Genito Urinary System** : Diseases of kidney, ureter, bladder and urethra; Congenital abnormalities; Acute and chronic nephritis; Nephrosis; Uraemia; Tumours; Tuberculosis; Obstruction; Pyelitis and Pyelonephritis; Cystitis; Disorder of Micturition; Urethritis; Cancer Penis; Inflammation of testes, Epididymis and Prostate glands; Prostatic hypertrophy; Malignancy

**Nervous System:**

Diseases of Brain : Headache, Migraine; Epilepsy; Tumours; Chorea; Parkinsonism; Meningitis; Encephalitis; Injury; Cerebro-vascular accidents, haemorrhage, Embolism and thrombosis

Diseases of Spinal Cord : Myelitis; Injuries; Tumours; Spinal cord compressions

Diseases of Nerves : Neuritis and neuralgia; Myasthenia-gravis; Sciatica; Heat Stroke, heat Exhaustion

**Endocrine System, Metabolic disorders, deficiency diseases:**

Hyper and hypo Secretions of : Thyroid, Parathyroid, Pituitary, Adrenal gland

Cysts/Tumours

Metabolic Disorders : Diabetes Mellitus; Obesity; Gout

Deficiency Diseases : Common deficiency diseases; Prevalence in India; Early symptoms, prevention and treatment.

The diseases of skin : Allergy; Infections; Psoriasis; Tumours; Burns; Scalds; Plastic Surgery

Operation Theatre : General set up of operation theatre and team; Theatre technique:- hand washing, gowning and gloving; Preparation of theatre equipment and instruments in common use; Role of a nurse in care of patient in the theatre; Principle of recovery rooms care

Intensive Care Nursing : Concept; Principles of Intensive Care Nursing; Role of a nurse in I.C.U; Common gadgets use in I.C.U/C.C.U-Cardiac Monitors, Birds, respirator, defibrillators, etc

Diseases and Disorders of eye : Blindness-causes and prevention; Community services; Conjunctivitis; Glaucoma; Cataract; Retinal detachments; Injury and haemorrhage

Diseases of the ear : Wax; Foreign bodies; Furunculosis; Fungal infections; Otitis Media; Injuries and deafness; Mastoiditis; Menieres syndrome

Disease of nose and throat : Rhinitis; Defected Septum; Sinusitis; Allergy; Adenoids; Laryngitis; Tonsillitis; Pharyngitis; Injury

Communicable Diseases:

Virus : Measles, influenza. Chickenpox, Smallpox, Mumps, infective hepatitis, poliomyelitis

Bacteria : Diphtheria, Whooping cough, tetanus, leprosy, typhoid, dysentery, gastro-enterities and cholera

Zoonoses : Kala-azar, plague, relapsing fever and rabies

Mosquito : Malaria, filaria, dengue fever

Sexually transmitted diseases : Gonorrhoea, Syphilis, AIDS, Chancroid

**Unit-II Psychiatric Nursing (60 Marks)**

Introduction : Meaning of mental illness; Terms used in psychiatry; Etiology of mental illness and contributing factors; Legal aspects in the care of the mentally sick

Community Responsibility : Attitudes towards mentally ill; Misconceptions towards mentally ill; Health and social service for the mental illness

Diagnosis : Early recognition of deviations from the normal; Classification of mental disorders; Signs and symptoms of common mental illness

Management : Physical therapy; drug therapy, shock therapy; Psycho therapy; hypnosis, psychoanalysis; behavior therapy, reactional and social therapy, occupational therapy

Role of the Nurse : Over active patient; Destructive patient; Suicidal patient; Depression; Withdrawal and Mania; Prevention of accidents amongst mentally ill; Observation reporting and recording; Procedure for admission into and discharge from mental hospitals

**8 Syllabus for Recruitment of Ward Supdt. under Mizoram Institute of Medical Education and Research**

**Unit-III Community Health Nursing (60 Marks)**

Concept, Definition of Community Health, differences between institutional and community health nursing, qualities and functions of a community health nurse

Aspects of Community Health Nursing : Family Health services, maternal and child care and family planning services; School Health Services; Industrial Nursing; Geriatric Nursing; Tuberculosis Nursing; Nurses Role in National Health Programmes

Demography and Family Welfare : Demography

Family Welfare : Its meaning, aims, objectives and importance; Policy; Family Planning methods; National Programme; Nurse's role in family Welfare programme

Health Team :

Composition at community : Health Centre (CHC), Primary Health Centre (PHC), Sub-Centre (SC)

Roles of Nursing Personnel at Various levels : Male & Female Health Worker; Health Supervisor; Public Health Nurse; Public Health Nurse Supervisor

Vital Health Statistics : Concept; Uses; Sources; Important rates and indices; Vital Health records and their utility; Principles of reporting and recording;

Health Education and Communication skills : Concept, definition, aims & objectives of health education and scope; Methods of health education and Principles of Health education; Communication; Meaning and methods of Communication, verbal and non-verbal Communication; Art of listening; Barriers of communication

Audio visual aids : Definition; Advantages and disadvantages; Preparation and uses of simple aids



**NURSING SCIENCE**

**PAPER-III : Full Marks - 200**

**Unit - I Midwifery and Gynaecological Nursing (70 Marks)**

Introduction : Definition: Midwifery, obstetrical Nursing; Development of maternity services in India; Morbidity and mortality rates and their significance; Internal and External organs of reproduction; Female pelvis : Structure, diameters and type; Fertilisation and implantation of the ovum; Fetal development and fetal circulation.

Normal Pregnancy : Physiological changes due to pregnancy; Signs, symptoms and diagnosis; Influence of hormones

Pre-natal care : Objectives; History taking; Calculation of Expected date of delivery; Routine Examinations

Care and advice regarding : diet in pregnancy; anti-natal Exercises

Minor disorders of pregnancy and alleviations of discomfort

Diseases associated with pregnancy : Cardio vascular; Urinary; Respiratory; Metabolic; Nutritional deficiencies; Sexually transmitted diseases

Normal Delivery (Preparation) : For mother and baby; Preparation of the patient and delivery room-hospital and home; Psychological preparation of mother and family

Normal labour : Definition, stage and duration; Causes of onset of labour; True and False labour

First stage of labour : Signs of onset of labour; Physiological changes in first stage of labour; Management-preparation of labour; Preparation of women in labour - Physical and Psychological; Equipments for normal delivery; Monitoring of maternal and fetal condition; Vaginal Examination

Second Stage of labour : Signs of second stage; Mechanisms of labour; Monitoring of maternal and fetal conditions; Procedure for conduct of normal delivery; Prevention of Perineal tear; Episiotomy, suturing and care

Third Stage of labour : Signs, Physiological changes; Immediate care of baby; Technique of placenta expulsion and examination of placenta; Monitoring of maternal and newborn baby

Nursing Management of Baby and birth : Assessment; Apgar scoring, examination for defects (head to foot examination); Care of cord, eyes and skin; Maintenance of body temperature; Prevention of infection and injury

Nursing Management of mother during puerperium : Definition, objectives of care; Immediate postnatal care; Physiological changes during puerperium; Care of Episiotomy; Establishment of breast feeding; Postnatal Exercises; Postnatal Examination, follow up family welfare; Minor ailments and management

Complications of pregnancy and its management : Bleeding in early pregnancy; Bleeding in late pregnancy; Pregnancy induced hypertension, Pre-Eclampsia, Eclampsia; Hydramnios, Oligohydramnios; Hydatidiform mole; Pelvic inflammatory disease; Intra uterine growth retardation, intra uterine death; Post maturity

**10 Syllabus for Recruitment of Ward Supdt. under Mizoram Institute of Medical Education and Research**

High risk pregnancy and its management : Anaemia, Jaundice, Viral infection; Urinary tract infections; Heart diseases, diabetes mellitus; Osteomalacia; Sexually Transmitted diseases; AIDS; Teenage Pregnancy; Elderly pregnancy; Multi Para & Multiple pregnancy; Un-Educated mother

Labour Complications : Malpresentations and malpositions; Occipito posterior position; Breach and shoulder; Face and Brow; Cord presentation and prolapse; Obstructed labour; Ruptured uterus; Post partum haemorrhage, atonic uterus, retained placenta and membranes

Complications of puerperium and its management : Puerperal pyrexia, puerperal sepsis, Thrombophlebitis, Embolism, puerperal Psychosis

Obstetrics operations : Manual removal of placenta; Version: Internal, External; Vacuum extraction; Caesarean section; Medical termination of pregnancy; Laparoscopic sterilization; Embryotomy

Drugs used in Obstetrics

Ethical and legal aspects related to midwifery and gynaecological Nursing.

Fertility and Infertility : Definition, causes both in male and female investigation and management

Diseases and disorders of female reproductive system including breasts : Infections; cyst, tumours and fibroids; Abortion; Ectopic pregnancy; Vaginal fistula; Erosion of cervix; Sexually transmission disease; Abnormalities of menstruation; Menopause; Mastitis; Breast abscess; Tumours; Malignancy

**Unit-II Paediatric Nursing (60 Marks)**

Concept in Child health care and role of Paediatric nurse in child care.

The healthy child : Growth and developments and factors affecting growth and development; Assessment of growth and development; Nurses responsibility to meet the nutritional needs; Accidents - Principal causes and Prevention; Value of play and selection of play materials; Review of immunization schedule; Care of **under-five** and **under-five** clinics, child guidance clinics

The Infant : Care of umbilical cord, skin, eye, mouth, buttocks and clothings

Disorder of Infants : Vomiting; Diarrhoea; Convulsion; Distension

Recognition and Management of Congenital anomalies : Causes, Prevention management; Preparation of the parents; Parents counselling

Breast Feeding : Importance and principles; Preparation of mother; Difficulties in breast feeding; Factors inhabiting and promoting lactation

Introduction of Solids : Weaning; Developing healthy foods habits; Diet of healthy Child; Artificial feeding; Reason and maintenance of hygiene; Feeding technique; Common Problems;

Pre and post Operative care

Preparation of parents for surgery of the infant child

Diseases of Children : Etiology, Signs and symptoms, medical and surgical management, nursing care, Complication, diet and drug therapy, prevention and treatment with diseases-

(a) Gastro- intestinal System : Thrush; Gastro enteritis, acute and chronic diarrhoea; cleft lip and cleft palate; Oesophageal atresia; Pyloric stenosis; Hernia; Intussusception, megacolon; Appendicitis, imperforated anus; Jaundice; Worm infestation

**Syllabus for Recruitment of Ward Supdt. under Mizoram Institute of Medical Education and Research** **11**

- (b) Respiratory System : Foreign bodies; common cold and rhinitis; tonsils and adenoids; croup, influenza; bronchitis, pneumonia, emphysema
- (c) Genito-urinary System : Nephritis, nephrotic syndrome, nephrosis; Undescended testes; Wilm's tumor; Prevention of infection; Congenital disorders
- (d) Cardio Vascular system : Congenital defects; Rheumatic fever and Rheumatic heart diseases
- (e) Nervous System : Convulsions, epilepsy; Meningitis, Encephalitis; Epilepsy; Cerebral palsy; Mental retardation; Hydrocephalus; Spina bifida, meningocele; Mongolism
- (f) Eye and Ear : Conjunctivitis; Squint; Congenital extract; Visual defects; Otorrhea; Otitis Media
- (g) Nutritional Disorder : Marasmus; Kwashiorkor; Anaemia; Vitamin Deficiencies
- (h) Communicable Diseases : Measle, Small pox and chicken pox; polio myelitis; mumps; Tetanus; Diphtheria and whooping cough; infective hepatitis, Scabies, Eczema, Pediculosis, ringworm, fungus, furunculosis
- (i) Hemotological disorder : Anemias, leukemia, thalassaemia leukemia, haemophilia
- (j) Endocrine disorder : Diabetis insipidus; dwarfism; Orthopaedic disorder: Club feet; Fractures
- (k) Child health Emergencies : Burns; Drowning; Foreign Bodies; Poisoning
- (l) Psychological disorder and problems : Enuresis, tie, Speech defects, headache, Thumb Sucking, delinquency
- (m) The Handicapped Child : Importance of early diagnosis; Care of physically and mentally handicapped child; Deprived child; Community facilities; Adaption laws; Foster and orphanages

**Unit-III Professional Trends and Adjustment (10 Marks)**

Introduction : Definition and criteria of Nursing profession

Qualities of a professional nurse : Expectation from a trained nurse, by the professionals, Medical team and the public; Meaning of ethics, code of ethics for nurses, I.C.N (International council of Nurses) code of ethics; Ethical behaviour

Personal and Professional Growth :

Continuing Education : Meaning, Importance and scope of continuing education

Career in Nursing : Opportunities available in hospital, community, teaching and other related organization; Interview; Resignation; Agreements and bonds; Nursing education in India

Professional and related organisations : International Council of Nurses (ICN); Indian Nursing Council (INC); State Nursing Council; World Health Organisation; UNICEF; Trained Nurses Association of India (TNAI); Red Cross and St John's Ambulance; Trained Nurses Association of India (TNAI)

Legislation in Nursing : Purpose and importance of Laws in Nursing, Common Legal Terms; Legal responsibilities of a Nurse for protection and safeguard from legal involvement; Fundamental conduct and Service rules and institutional rules

**Unit-IV Management & Supervision (10 Marks)**

Management : Definition of Management; Basic Principles applied to management and factors essential for good Management

Patterns of Patient Care : Patient assignment; Private duty; Team Concept

Planning : Objectives, Principles and factors to be considered; Methods of Planning; Daily routine; Weekly routine; Establishment of Priorities; Assignment of duties to different categories of personnel; Giving and taking ward reposts pertaining to patient care and Administrative reports on complaints, mistakes, accidents; Role of the Staff Nurse in Students Education

Supervision : Concept; Importance; Principles and methods; Problems faced in supervision and problem solving

Committee procedure

Job description and Job responsibilities of a nurse.

**Unit - V Aptitude Test (50 Marks)**

**(a) Numerical And Figurework Tests: (16 Marks)**

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

**(b) Verbal Analysis And Vocabulary Tests: (14 Marks)**

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

**(c) Visual And Spatial/3-D Ability Tests: (10 Marks)**

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

**(d) Abstract Reasoning Tests: (10 Marks)**

This test measures the ability to analyse information and solve problems on a complex, thought based level. It measures a person's ability to quickly identify patterns, logical rules and trends in new data, integrate this information, and apply it to solve problems.