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, Sputurm, 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; Pancreatitits; 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
**Syllabus for Recruitment of Ward Supdt. under Mizoram Institute of Medical Education and Research**

**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 setup 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

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**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, reational 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
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
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 inhibiting 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

(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) Hematological 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 reports 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.