

**GOVERNMENT OF MIZORAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
MIZORAM SECRETARIAT, MINECO, AIZAWL-796001**

...

*Dated Aizawl, the 17<sup>th</sup> April, 2025*

**NOTIFICATION**

**No.A.12026/24/2024-HFW(Syllabus-N):** In the interest of public service, the Competent Authority is pleased to notify syllabus for direct recruitment to the post of Nursing Officer under Health & Family Welfare Department in the (Level-07 of the Pay Matrix Rs. 39,100- Rs.86,800/-) as appended in the Annexure.

This is issued with the approval of DP&AR (GSW) vide their ID. No. A. 12034/1/2025-P&AR (GSW), Dt. 7<sup>th</sup> April, 2025.

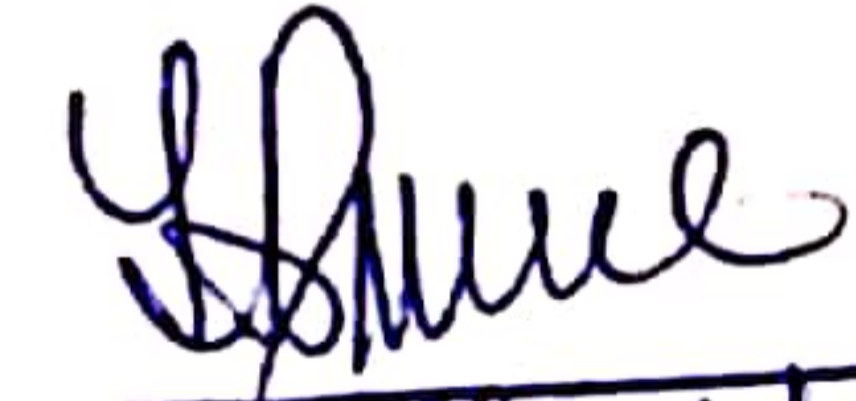
**Sd/-H. LALENGMAWIA**

Commissioner & Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

**Memo No.A.12026/24/2024-HFW (Syllabus-N) : Dated Aizawl, the 17<sup>th</sup> April, 2025**

Copy to:

1. PS to Secretary, Health & Family Welfare Department.
2. PS to Secretary, Department of Personnel & Administrative Reforms.
3. Principal Director, Health & Family Welfare Department.
4. Director of Health Services/Hospital & Medical Education/AYUSH/  
ZMC/Nursing, Mizoram.
5. Controller of Examination, Mizoram Public Service Commission (MPSC).
6. Web Manager, I,T.Section, (HRIS), Directorate of Health Services

  
17/04/2025

**(LALHLIMPUII HMAR)**

Under Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

170

**APPROVED SYLLABUS FOR DIRECT RECRUITMENT TO THE POST**  
**OF NURSING OFFICER (then, Staff Nurse)**  
**(LEVEL 7 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**

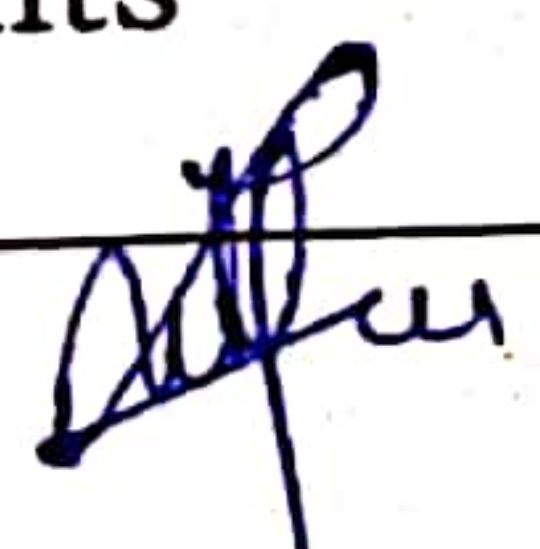
PAPER	Subject	Marks	Duration
<b>Paper- I</b>	<b>General English</b> a) Précis Writing 10 marks b) Letter Writing 15 marks c) Comprehension of given passages 15 marks d) Grammar Part of Speech 20 marks e) Correct usage and Vocabularies 20 marks f) Formation of Sentences 20 marks	<b>100</b>	3 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities
<b>Paper –II</b>	<b>General Knowledge &amp; Reasoning (MCQ)</b> <b>(i) General Knowledge (MCQ) : 100 marks</b> (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	<b>100</b>	2 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities

	(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		
<b>Nursing Science</b> <b>Paper -III</b>	Nursing Foundations including First Aid (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	
	Bio Sciences including Anatomy & Physiology and Microbiology (30 Questions carrying 2 marks each)	60	
	<b>Total</b>	<b>200</b>	
<b>Nursing Science</b> <b>Paper-IV</b>	Child Health Nursing (25 Questions carrying 2 marks each)	50	2 hours with compensatory time of 20 minutes per hour for persons with benchmark disabilities
	Mental Health Nursing (25 Questions carrying 2 marks each)	50	
	Midwifery & Gynecological Nursing (25 Questions carrying 2 marks each)	50	
	Community Health Nursing including Nutrition, Health Education & Communication skills (25 Questions carrying 2 marks each)	50	
	<b>Total</b>	<b>200</b>	

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**Nursing Officer Draft Syllabus – 2024****NURSING SCIENCE  
PAPER-III****1. Nursing Foundations Including First Aid.....70 marks**

Sl No.	Detailed Syllabus
<b>I</b>	<p><b>Introduction to Nursing</b></p> <ul style="list-style-type: none"> <li>a) Nursing – concept, meaning, definitions, scope and functions.</li> <li>b) History of nursing in India</li> <li>c) Nursing as a profession</li> </ul> <p>Nursing professional – qualities and preparation</p> <ul style="list-style-type: none"> <li>e) Ethics in Nursing-roles and responsibilities of a nurse.</li> <li>f) Health care agencies – hospital and community service – types and function of hospitals health team.</li> <li>g) Modern approaches to nursing care including holistic nursing care</li> <li>h) Health and Disease <ul style="list-style-type: none"> <li>- Definition of health, determinants of health status.</li> </ul> </li> <li>- Basic human needs</li> <li>i) Illness and its effects on individual</li> </ul>
<b>II</b>	<p><b>Nursing care of the patient</b></p> <ul style="list-style-type: none"> <li>a) Patient Environment in the hospital: Patients unit</li> <li>b) Therapeutic environment <ul style="list-style-type: none"> <li>- Physical factors – lighting temperature, ventilation, humidity, noise, pestilence.</li> <li>- Safety needs, prevention of environmental hazard</li> <li>- Psychosocial and aesthetic factors.</li> </ul> </li> <li>c) Patient's Adjustment to the Hospital. <ul style="list-style-type: none"> <li>- Understanding the patient as a person, socio-economic, and cultural background, health status etc.</li> <li>- Effect of hospitalization on patient and family.</li> <li>- Admission, transfer, discharge procedures</li> </ul> </li> <li>d) Basic Nursing Skills- <ul style="list-style-type: none"> <li>- Communication</li> <li>- Nursing interview</li> <li>- Recording and reporting</li> </ul> </li> <li>e) Nursing Process <ul style="list-style-type: none"> <li>- Meaning and importance</li> <li>- Assessment, Nursing diagnosis Planning, Implementation and Evaluation</li> <li>- Nursing care plan.</li> </ul> </li> </ul>
<b>III</b>	<p><b>Meeting the Basic Needs of a patient</b></p> <ul style="list-style-type: none"> <li>a) Physical needs- <ul style="list-style-type: none"> <li>- Comfort, rest, sleep and exercise</li> <li>- Importance and its promotion</li> <li>- Body mechanics –moving, lifting, transferring</li> <li>- Position and posture maintenance</li> <li>- Comfort devices</li> <li>- Beds and bed making – Principles of bed making, types and care of bed linen</li> <li>- Safety devices, restraints and splints</li> <li>- Exercises – Active and Passive</li> </ul> </li> </ul>



	<p>b) Hygienic needs</p> <ul style="list-style-type: none"> <li>- Personal and environmental hygiene personal</li> <li>- Nurses note in maintaining personal and environmental hygiene.</li> <li>- Care of eyes, nose, ears, hands and feet.</li> <li>- Care of mouth, skin, hair and genitalia</li> <li>- Care of pressure areas, bed sores.</li> </ul> <p>c) Elimination needs</p> <ul style="list-style-type: none"> <li>- Health and sickness</li> <li>- Problems – constipation and diarrhea, retention and incontinence of urine.</li> <li>- Nurse’s role in meeting elimination needs.</li> <li>- Offering bed-pan and urinal,</li> <li>- Observing and recording abnormalities.</li> <li>- Preparation and giving of laxative, suppositories, enemas, bowel wash, flatus tube.</li> <li>- Perineal care, care of patient with urinary catheter, diapers.</li> <li>- Maintenance of intake and output records</li> </ul> <p>d) Nutritional needs</p> <ul style="list-style-type: none"> <li>- Diet in health and disease</li> <li>- Factors affecting nutrition in illness,</li> <li>- Nurse’s role in meeting patients nutritional needs.</li> <li>- Modification of diet in illness.</li> <li>- Diet planning and serving.</li> <li>- Feeding helpless patients including artificial methods of feeding.</li> </ul> <p>e) Psychological and spiritual needs</p> <ul style="list-style-type: none"> <li>- Importance</li> <li>- Nurse’s role -Diversional and Recreational therapy</li> </ul> <p>f) Care of terminally ill and dying patient</p> <ul style="list-style-type: none"> <li>- Dying patient’s signs and symptoms needs of dying patient and family,</li> <li>- Nursing care of dying-: special considerations; advance directives, euthanasia, will, dying declaration, organ donation etc.</li> <li>- Medico legal issues</li> <li>- Care of the dead body</li> <li>- Care of unit</li> <li>- Autopsy</li> <li>- Embalming</li> </ul>
<p><b>IV</b></p>	<p><b>Assessment of patient/client</b></p> <p>a) Physical Assessment</p> <ul style="list-style-type: none"> <li>- Importance, principles, methods of assessment</li> <li>- Height, Weight, posture</li> <li>- Head to toe examination.</li> </ul> <p>b) Physiological Assessment</p> <ul style="list-style-type: none"> <li>- Vital signs, normal, abnormal Characteristics, factors influencing the variations,</li> <li>- Observation and collection of specimens-urine, stool, vomitus and sputum.</li> </ul> <p>c) Psychological Assessment</p> <ul style="list-style-type: none"> <li>- Mood, Intelligence, Emotions Normal and Abnormal behavior.</li> </ul>
<p><b>V</b></p>	<p><b>Infection control</b></p> <p>a) Infection control :</p> <ul style="list-style-type: none"> <li>- Nature of infection</li> <li>- Chain of infection transmission</li> <li>- Defense against infection: natural and acquired</li> <li>- Hospital acquired infection ( nosocomial infection)</li> </ul> <p>b) Concept of asepsis:</p> <ul style="list-style-type: none"> <li>- Medical and surgical asepsis</li> </ul>

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	<ul style="list-style-type: none"> <li>- Isolation precautions , barrier nursing</li> <li>- Hand washing : simple, hand asepsis, surgical asepsis (scrub)</li> <li>- Isolation – source and protection</li> </ul> <p>Personal protective equipments types, uses and techniques of wearing and removing</p> <ul style="list-style-type: none"> <li>- Decontamination of unit and equipment</li> <li>- Transportation of infected patient</li> <li>- Standard safety precaution</li> <li>- Transmission based precautions</li> </ul> <p>c) Bio-medical waste management</p> <ul style="list-style-type: none"> <li>- Importance</li> <li>- Types of hospital wastes</li> <li>- Hazards associated with hospital waste</li> <li>- Decontamination of hospital waste</li> <li>- Segregation and transportation</li> <li>- Disposal</li> </ul>
<b>VI</b>	<p><b>Therapeutic Nursing Care</b></p> <p>a) Care of patients with respiratory problems/dyspnea</p> <ul style="list-style-type: none"> <li>- Deep breathing and coughing exercises</li> <li>- O<sub>2</sub> inhalation</li> <li>- Dry and moist inhalation</li> <li>- Oro nasal suctioning</li> </ul> <p>b) Care of patient with altered body temperature-Hot and cold Applications</p> <p>c) Care of patients with Fluid and Electrolyte imbalance</p> <p>d) Care of unconscious patient</p> <p>e) Care of the bed-ridden patient(traction, fractures etc.)</p> <p>f) Care of patient with pain</p> <p>g) Care of patients with body elimination deviation</p>
<b>VII</b>	<p><b>Introduction to clinical Pharmacology</b></p> <p>Administration of medication:</p> <p>a) General Principles/Considerations</p> <ul style="list-style-type: none"> <li>- Purposes of medication</li> <li>- Principles: Rights, special considerations, prescriptions, safety in administering medications and medication errors</li> <li>- Drugs forms</li> <li>- Routes of administration</li> <li>- Storage and maintenance of drugs and nurses responsibility</li> <li>- Broad classification of drugs</li> <li>- Therapeutic effect, side effect, toxic effect, allergic reaction, drug tolerance, drug interactions</li> <li>- Factors influencing drug actions</li> <li>- Systems of drug measurement: metric system, household measurements.</li> <li>- Converting measurements units: conversion within one system, between systems, dosage calculations.</li> <li>- Terminologies and abbreviations used in prescription of medications.</li> </ul> <p>b) Oral drug administration: oral, sublingual, buccal : equipment and procedure.</p> <p>c) Parental:</p> <ul style="list-style-type: none"> <li>- General principles</li> <li>- Types of parental therapies.</li> <li>- Types of syringes, needles, canulas and infusion sets,</li> <li>- Protection from needle stick injuries, giving medications with a safety syringe.</li> <li>- Routes of parental therapies:</li> <li>- Purposes, site equipment, procedure and special considerations in giving intradermal, subcutaneous, intramuscular and intravenous medications.</li> </ul>

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	<ul style="list-style-type: none"> <li>- Advanced techniques : epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intraarterial</li> <li>- Role of nurse</li> <li>d) Topical administration: purposes, site, equipment, procedure, special considerations for applications to skin and mucous membrane.</li> <li>e) Direct application: <ul style="list-style-type: none"> <li>- Gargle, throat swab</li> <li>- Insertion of drug into body cavities : nasal pack, suppositories / medicated packing into rectum / vagina</li> <li>- Instillations: ear, eye, nasal, bladder and rectal.</li> <li>- Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and throat</li> </ul> </li> <li>f) Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) <ul style="list-style-type: none"> <li>- purposes, types, equipment, procedure and special considerations.</li> </ul> </li> <li>g) Recording and reporting of medications administered.</li> </ul>
<p><b>VI</b></p>	<p><b>FIRST AID : Introduction</b></p> <ul style="list-style-type: none"> <li>a) Definition, Aims and Importance of first aid</li> <li>b) Rules/ General principles of First Aid</li> <li>c) Concept of emergency</li> </ul> <p><b>Procedures and Techniques in First Aid</b></p> <ul style="list-style-type: none"> <li>a) Preparation of First Aid kit.</li> <li>b) Dressing, bandaging and splinting (spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder and bandage, breast binder, T and many tail bandage, knots reef, clove.</li> <li>c) Transportation of the injured</li> <li>d) CPR : Mouth to mouth, Sylvester, Schafer, External cardiac massage</li> </ul> <p><b>First Aid in emergencies</b></p> <ul style="list-style-type: none"> <li>a) Asphyxia, drowning, shock</li> <li>b) Wounds and Bleeding</li> <li>e) Injuries to the Bones, Joints and Muscle - fractures, sprains, strains, hanging, falls</li> <li>f) Burns and scalds</li> <li>g) Poisoning – ingestion, inhalation, bites and stings</li> <li>h) Foreign body in eye, ear, nose and</li> <li>i) throat.</li> </ul> <p><b>Community Emergencies &amp; Community Resources</b></p> <ul style="list-style-type: none"> <li>a) Fire, explosion, floods, earth-quakes,</li> <li>b) famines etc</li> <li>c) Role of nurses in disaster management</li> <li>d) Rehabilitation</li> <li>e) Community Resources</li> <li>f) Police, Ambulance services</li> <li>g) Voluntary agencies-local, state national and international</li> </ul>

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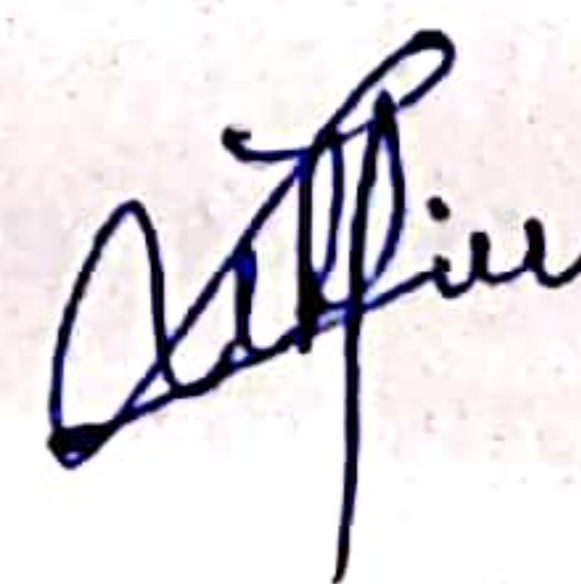
2. Medical Surgical Nursing..... 70 Marks

Sl No.	Detailed Syllabus
I.	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>a) Brief history of evolution of modern medicine and surgery</li> <li>b) Theories of illness and its causation -Illness as human experience</li> <li>c) Review of Nursing process and Nursing care plan.</li> </ul>
II.	<p><b>Nursing assessment</b></p> <ul style="list-style-type: none"> <li>a) Health Assessment                             <ul style="list-style-type: none"> <li>- Health history</li> <li>- Physical examination</li> <li>- Nutritional assessment</li> <li>- General clinical investigations</li> </ul> </li> </ul>
III.	<p><b>Pathophysiological mechanism of disease</b></p> <ul style="list-style-type: none"> <li>a) Stress adaptation stressors, management, Nursing interventions</li> <li>b) Inflammation</li> <li>c) Defense against injury</li> <li>d) Nutritional consideration</li> </ul>
IV.	<p><b>Altered immune response</b></p> <ul style="list-style-type: none"> <li>a) Altered immune response, hypersensitivity and allergy</li> <li>b) Assessment of immune system</li> <li>c) Diagnostic evaluation</li> <li>d) Allergy disorders:                             <ul style="list-style-type: none"> <li>- Anaphylaxis</li> <li>- Allergic rhinitis</li> <li>- Contact dermatitis</li> <li>- Atopic dermatitis</li> <li>- Drug reactions</li> <li>- Food allergy</li> <li>- Serum sickness</li> <li>- Latex allergy</li> </ul> </li> <li>f) Approaches to treat allergic diseases</li> <li>g) Nursing management client with altered immune response</li> <li>h) Auto immune disease                             <ul style="list-style-type: none"> <li>- Rheumatoid arthritis</li> <li>- SLE</li> <li>- Ankylosing spondylitis</li> <li>- Graft versus host disease</li> </ul> </li> </ul>
V.	<p><b>Fluid and electrolyte balance and Imbalance</b></p> <ul style="list-style-type: none"> <li>a) Water contents of body, electrolyte and Acid- Base balance</li> <li>b) Homeostasis</li> <li>c) Review mechanism of regulating fluid and electrolyte movement</li> <li>d) Fluid and electrolyte Acid-Base imbalance and its management</li> </ul>
VI.	<p><b>Operation theatre technique:</b></p> <ul style="list-style-type: none"> <li>a) Physical Environment                             <ul style="list-style-type: none"> <li>- Operation theatre room - cleaning of tables, trolleys, lights and other equipments</li> <li>- Pre-operative holding areas.</li> </ul> </li> <li>b) Theatre Technique</li> </ul>

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	<ul style="list-style-type: none"> <li>- Scrubbing – Hand washing</li> <li>- Gowning</li> <li>- Gloving</li> <li>- Positioning of patient for various surgical procedures.</li> <li>- Draping of patient.</li> </ul> <p>c) Preparation of theatre, equipment and supplies</p> <ul style="list-style-type: none"> <li>- Cleaning</li> <li>- Needles, sutures – types and their uses.</li> <li>- Carbolization, ETO sterilization, fumigation, OT swab, Bacillocid sterilization.</li> <li>- Packing and sterilization of dressings, linen rubber ware suture material, instruments, needles and other materials.</li> </ul>
VII.	<p><b>Management of patient undergoing surgery</b></p> <p>a) Pre operative preparation and care</p> <ul style="list-style-type: none"> <li>- Physical</li> <li>- Psychological,</li> <li>- Pre-medications</li> <li>- Legal and ethical</li> </ul> <p>b) Intra operative management</p> <ul style="list-style-type: none"> <li>- Surgical Team</li> <li>- Nursing activities and responsibilities</li> <li>- Anesthetic agents</li> <li>- Role of nurse in anesthesia</li> </ul> <p>c) Post operative Management</p> <ul style="list-style-type: none"> <li>- Immediate care</li> <li>- Transferring patient from operation theatre</li> <li>- Patient in recovery room</li> <li>- Recovery from Anesthesia</li> <li>- Post operative observation and nursing management</li> <li>- Carryout the post operative orders.</li> <li>- Postoperative complication observation, prevention &amp; management.</li> </ul>
VIII.	<p><b>Nursing management of patient with impaired respiratory function and gaseous exchange</b></p> <p>a) Assessment of respiratory function</p> <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic evaluation</li> </ul> <p>b) Care of patient in respiratory intensive care and ventilator care and respiratory function</p> <p>c) Management of Patient with disorders of upper respiratory airway.</p> <ul style="list-style-type: none"> <li>- Obstruction of upper airway</li> <li>- Epistaxis</li> <li>- Sinusitis</li> <li>- Pharyngitis</li> <li>- Tonsillitis</li> <li>- Laryngitis</li> <li>- Deviated nasal septum</li> </ul> <p>d) Management of patient with disorders of the chest and lower respiratory tract</p> <p>e) Management of patient with impaired • Lung abscess</p> <ul style="list-style-type: none"> <li>- Empyema</li> <li>- Bronchial asthma</li> <li>- COPD</li> <li>- Pneumothorax</li> </ul>



- Pneumonia
  - Bronchitis
  - Bronchiectasis
  - Trauma
  - Pulmonary Tuberculosis/DOTS
  - Pulmonary embolism
  - Pulmonary edema
  - Lung tumors
  - Disorders of pleura and pleural space
  - Lung surgery
  - Respiratory failure
  - Acute respiratory distress syndrome,
  - SARS
- f) Alternate therapies
- g) Drugs used in treatment of disorder of respiratory system

- IX. Nursing management of patient with gastro intestinal disorders**
- a) Assessment of gastro intestinal function
- History
  - Physical examination
  - Diagnostic evaluation
- b) Management of Upper gastrointestinal disorders
- Parotitis
  - Stomatitis
  - Glossitis
  - Gingivitis
  - Pyorrhea
  - Dental caries
  - Halitosis
  - Dysphagia
  - Achalasia
  - Gastro Esophageal Reflux Disease (GERD)
  - Cancer of esophagus
  - Hiatus hernia
  - Gastritis
  - Gastric and duodenal ulcers
  - Gastric cancer
  - Gastroenteritis
  - Esophageal fistula
  - Peritonitis
- c) Care of patient with gastro intestinal intubation and special nutritional management.
- d) Management of patient with lower gastrointestinal disorders:
- Helminthiasis
  - Constipation
  - Diarrhea
  - Fecal incontinence
  - Irritable Bowel Syndrome (IBS)
  - Appendicitis
  - Diverticular disease
  - Crohn's disease
  - Ulcerative colitis
  - Intestinal obstruction
  - Colitis
  - TB abdomen



	<ul style="list-style-type: none"> <li>- Colorectal cancer</li> <li>- Polyps of colon and rectum</li> <li>- Ano rectal abscess</li> <li>- Anal fistula and fissure</li> <li>- Hemorrhoids</li> </ul> <p>e) Alternate therapies</p> <p>f) Drugs used in treatment of GI disorders</p>
<b>X.</b>	<p><b>Nursing management of patients with metabolic and endocrinal disorders:</b></p> <p>a) Assessment of Hepatic and biliary functions</p> <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic measures</li> </ul> <p>b) Management of patients with hepatic disorders</p> <ul style="list-style-type: none"> <li>- Jaundice</li> <li>- Hepatic cirrhosis</li> <li>- Portal hypertension</li> <li>- Ascites</li> <li>- Hepatic Encephalopathy and coma</li> <li>- Viral hepatitis</li> <li>- Tumors and cyst of the liver</li> <li>- Liver abscess</li> </ul> <p>c) Management of patients with biliary disorders</p> <ul style="list-style-type: none"> <li>- Cholecystitis</li> <li>- Cholelithiasis</li> <li>- Choledocolithiasis</li> <li>- Acute and chronic pancreatitis</li> <li>- Cancer of pancreas</li> </ul> <p>d) Assessment of Endocrinal function</p> <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic evaluation</li> </ul> <p>e) Management of endocrinal disorders</p> <ul style="list-style-type: none"> <li>- Pituitary disorders</li> <li>- Thyroid disorders <ul style="list-style-type: none"> <li>• Hyperthyroidism</li> <li>• Hypothyroidism</li> <li>• Thyroid tumors</li> <li>• Goiter</li> </ul> </li> <li>- Parathyroid disorders</li> <li>- Pancreas disorder <ul style="list-style-type: none"> <li>• Diabetes mellitus</li> </ul> </li> <li>- Adrenal disorders <ul style="list-style-type: none"> <li>• Pheochromocytoma</li> <li>• Addison's disease</li> <li>• Cushing's syndrome</li> </ul> </li> <li>- Tumors of the endocrine glands</li> </ul> <p>f) Alternate therapies</p> <p>g) Drugs used in treatment of metabolic and Endocrine disorder</p>
<b>XI.</b>	<p><b>Nursing management of renal and urinary disorders</b></p> <p>a) Assessment of renal and urinary functions</p> <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic evaluation</li> </ul> <p>b) Management of patients with renal and urinary disorders</p>



- Urinary retention and incontinence
- Urinary tract infection
  - Acute and chronic glomerulonephritis
  - Pyelonephritis
  - Urolithiasis
  - Renal calculi
  - Trauma of kidney, bladder, urethra, ureters
  - Urinary strictures
  - TB of urinary tract
  - Neurogenic bladder dysfunction
  - Renal cyst and renal abscess
  - Nephrotic syndrome
  - Acute and chronic Renal failure
  - Uremia
  - Acute and chronic nephrosis
  - Tumor – benign and malignant
  - Care of patient on hemodialysis and peritoneal dialysis
  - Care of patient with renal transplant
- c) Assessment of male Genitourinary function
  - History
  - Physical examination
  - Diagnostic evaluation
- d) Disorders of male genito urinary tract and its management
  - Hydrocele,
  - Phimosis
  - Benign and malignant prostatic hypertrophy
  - Orchitis
  - Epididymoorchitis
  - Cancer penis
- e) Alternate therapies
- f) Drugs used in treatment of renal and Urinary disorders

**XII.****Nursing management of patients with neurological disorders:**

- a) Assessment Neurological functions
  - History
  - Physical examination
  - Diagnostic evaluation
- b) Management of patients with neurologic dysfunctions
  - Altered level of consciousness
  - Increased Intracranial pressure
  - Intracranial surgery
- c) Management of patients with neurological disorders
  - Headache
  - Migraine
  - Seizures
  - Epilepsy
  - Status epileptics
  - Cerebrovascular disorder – CVA
  - Neurological trauma – Head, brain, spinal cord, subdural and extradural hematoma
  - Neurologic infection
    - Brain abscess
    - Encephalitis
    - Meningitis
  - Degenerative disorders



	<ul style="list-style-type: none"> <li>• Multiple sclerosis</li> <li>• Myasthenia gravis</li> <li>• Guillain – Barre syndrome</li> <li>• Parkinsonism</li> <li>• Alzheimer disease</li> <li>- Neuralgia</li> <li>- Bell's Palsy</li> <li>- Peripheral neuropathies</li> <li>- Brain and spinal cord tumors</li> <li>- Huntington's disease</li> <li>- Muscular Dystrophies</li> <li>- Herniation of the intervertebral disc</li> </ul> <p>d) Alternate therapies</p> <p>e) Drugs used in treatment of neurological disorders</p>
<b>XIII.</b>	<p><b>Nursing Management of Patients with Connective Tissue and Collagen Disorders</b></p> <p>a) Assessment</p> <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic measures</li> </ul> <p>b) Management of patients with disorders of connective tissue and collagen disorders</p> <ul style="list-style-type: none"> <li>- Rheumatoid arthritis</li> <li>- Systemic lupus Erythematosus (SLE)</li> <li>- Scleroderma</li> <li>- Polymyositis</li> <li>- Osteoarthritis</li> <li>- Ankylosing Spondylitis</li> <li>- Gout</li> <li>- Fibromyalgia</li> </ul> <p>c) Alternate therapies</p> <p>d) Drugs used in treatment of connective tissue and collagen disorders</p>
<b>XIV.</b>	<p><b>Nursing management of the elderly</b></p> <p>a) Assessment of the elderly</p> <ul style="list-style-type: none"> <li>- Ageing process</li> <li>- Helping and care of elderly in promoting wellness and self care</li> </ul> <p>b) Conditions associated with ageing</p> <ul style="list-style-type: none"> <li>- Dementia</li> <li>- Osteoporosis</li> <li>- Incontinence – urinary</li> <li>- Sensory deprivation</li> </ul> <p>c) Home and Institutional care</p>
<b>XV.</b>	<p><b>Oncology Nursing:</b></p> <p>a) Nursing management of patients with oncological conditions</p> <ul style="list-style-type: none"> <li>- Structure &amp; characteristics of normal &amp; cancer cells</li> <li>- Nursing Assessment-History and Physical assessment</li> <li>- Prevention, Screening, Early detection, Warning signs of cancer</li> <li>- Epidemiology, Etiology, Classification, Pathophysiology, staging, clinical manifestations, diagnosis, treatment modalities and medical &amp; surgical nursing management of oncological conditions</li> <li>- 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</li> </ul>

*Signature*

- b) Oncological emergencies
- c) Modalities of treatment
  - Immunotherapy
  - Radiotherapy
  - Surgical Interventions
  - Stem cell and Bone marrow transplants
  - Gene therapy
  - Other forms of treatment
- d) Psychosocial aspects of cancer
- e) Rehabilitation
- f) Palliative care: symptom and pain management, Nutritional support
- g) Home care
- h) Hospice care
- i) Stomal Therapy
- j) Special therapies
- k) Psycho social aspects
- l) Nursing procedures
- m) Alternate therapies
- n) Drugs used in treatment of oncological disorders

**XVI. Nursing Management of patients with disorders of Breast**

- a) Assessment of breast
  - History
  - Physical examination
  - Diagnostic tests
  - Breast self examination
- b) Disorders of breast
  - Mastitis
  - Breast abscess
  - Gynaecomastia
  - Tumors and Malignancy of breast
- c) Nursing management of a patient after mastectomy.

**XVII. Nursing Management of patient with diseases and disorders of integumentary system**

- a) Nursing Assessment
  - History
  - Physical assessment
- b) Etiology
- c) Pathophysiology
- d) Clinical manifestations
- e) Nursing management of disorders of skin and its appendages
  - Lesions and abrasions
  - Infection and infestations Dermatitis
  - Dermatoses; infectious and Noninfectious
  - Inflammatory dermatoses
  - Acne Vulgaris
  - Allergies and Eczema
  - Psoriasis
  - Malignant Melanoma
  - Alopecia
  - Infestations
  - Bacterial infections
  - Pyoderma
  - Impetigo
  - Folliculitis



- Furuncles
- Carbuncles
- Viral infections
- Herpes zoster
- Herpes simplex
- Fungal infection
- Athlete's foot (Tanta Pedi's)
- Parasitic infestation
- Pediculosis
- Scabies
- Pemphigus
- Stevens - Johnson syndrome
- Skin cancer
- Special dermatological therapies
- f) Burn and its management
  - Burns Plastic Surgery
  - Incidence, causes of burns
  - Types & classification of burns
  - Pathophysiology
  - Calculation of the percentage
  - Local & systematic effects of burns
  - Immediate care
  - First aid care
  - Medical Management, barrier nursing care of the burns
  - Complications, Health education
- g) Plastic Surgery
  - Define plastic & reconstructive surgery
  - Types
  - Define skin graft flaps
  - Possible complication
  - Preparation of patient for constructive surgery
  - Post operative care
  - Health Education
- h) Alternate therapies
- i) Drugs used in treatment of integumentary disorders

VIII.

**Ophthalmology And Ophthalmic Nursing**

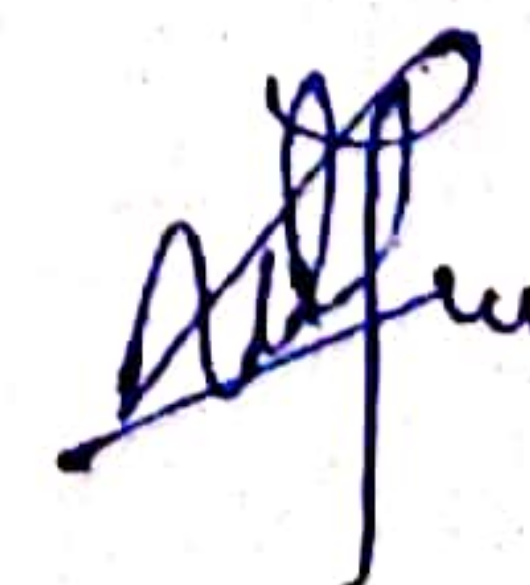
- a) Assessment of function of eyes.
  - History
  - Physical exam
  - Diagnostic tests-tonometry, Snellen's chart
- b) Infections and Inflammations conditions
  - Blepharitis
  - Stye
  - Chalazion
  - Entropion
  - Ectopion
  - Dacrocystitis
  - Conjunctivitis
  - Trachoma
  - Pterygium
  - Keratitis
  - Corneal ulcer
- c) Degenerative Conditions
  - Cataract

- Retinopathy
- Retinal detachment
- d) Miscellaneous
  - Strabismus
  - Refractive errors
  - Tumors
  - Color blindness
  - Nigh Blindness
  - Total blindness
- e) Preventive and Rehabilitative aspects
- f) National programs on Blindness and trachoma
- g) Current trends in Management of Ophthalmic conditions
  - Hospital corneal retrieval
  - Grief counseling.
  - Eye Collection
  - Counselling
  - Obtaining consent for eye donation
- h) Eye banking in India
- i) Ocular Emergencies
  - Glaucoma
  - Foreign body
  - Acid / Alkali burns
  - Trauma to the eye
- j) Eye Immigration
- k) Instillation of eye drops and ointment
- l) Cold and hot compress
- m) Eye dressing and bandage
- n) Assisting for sac syringing
- o) Assisting for removal of foreign body
- p) Alternate therapies
- q) Drugs used in treatment of eye disorders

**KIX. Nursing Management of Patient with Disorders and Diseases of Ear, Nose and Throat**

**Ear**

- a) Review of Anatomy and physiology of Ear
- b) Assessment of function of ear
  - History
  - Ear examination
  - Diagnostic tests
- c) Diseases and disorders of the ear
  - External ear**
    - Otitis
    - Foreign body
    - Impacted cerement
    - Furunculosis
  - Middle ear**
    - Otitis media
    - Mastoiditis
    - Perforation of ear drum
  - Internal ear**
    - Labryinthitis
    - Presycusis
    - Meniere's disease
    - Otosclerosis





**Deafness**

- Conductive deafness
- Neural deafness

**Tumors of the ear and auditory nerve Insufflations of Eustachian tube****Nose**

- a) Review of Anatomy and physiology of nose
- b) Assessment of functions of nose
  - History
  - Examination of nose
  - Diagnostic tests
- c) Diseases and disorders of nose

**Infections**

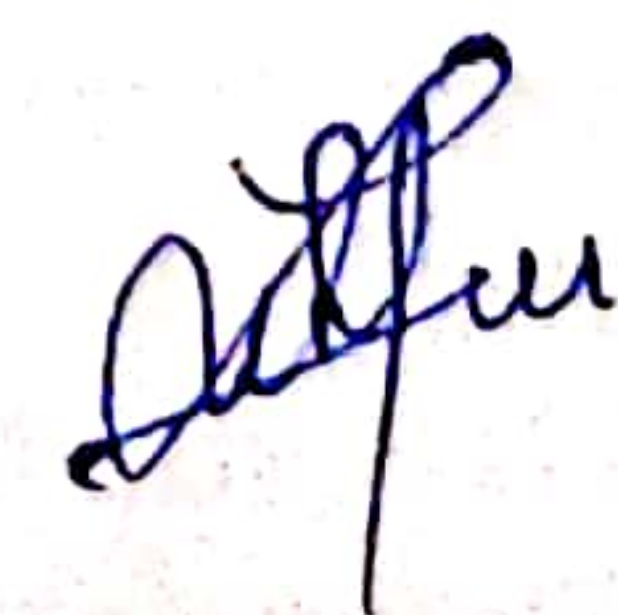
- Rhinitis
- Sinusitis
- Obstruction
- Polyps

**Foreign body, Deviated nasal septum, Trauma – fracture of nasal bone and epistaxis****Throat**

- a) Assessment of the function of throat
  - History
  - Examination of throat
  - Diagnostic tests
- b) Diseases and disorders of throat infections and inflammation
  - Tonsillitis
  - Pharyngitis
  - Adenoiditis
  - Laryngitis
  - Tumors
  - Injury and foreign body
  - Alternate therapies
  - Drugs used in treatment of ENT disorders

**XX.****Nursing Management of Patient with cardiovascular, circulatory and Hematological disorders****Cardio Vascular**

- a) Assessment of functions of heart and vascular system
  - History
  - Physical exam
  - Diagnostic tests
- b) Diseases and disorders of cardio vascular system
  - Coronary Artery disease
  - Arrhythmia
  - Coronary Artery disease
    - Angina pectoris
    - Coronary atherosclerosis
    - Myocardial infarction
  - Valvular heart disease
    - Mitral stenosis
    - Aortic stenosis,
    - Incompetence, regurgitation
    - Tricuspid stenosis
    - Pulmonary stenosis



- Inflammation and infections
  - Pericarditis, Myocarditis, Endocarditis
  - Rheumatic fever
- Heart block
- Complication of heart disease
  - Acute Heart failure (Pulmonary Edema)
  - Chronic (Congestive Cardiac failure)
  - Cardiogenic shock
  - Pericardial effusion, cardiac tamponade
- Cardiac emergencies
  - Cardiac arrest
  - Shock
- Vascular disorders
  - Arterial disorders
  - Berger's disease (TAO),
  - Arterial ulcers,
  - Arteriosclerosis,
  - Aneurysm,
  - Thrombosis and emboli,
  - Raynaud's disease
  - Hypertension
- Venous disorder
  - Deep Vein Thrombosis (DVT)
  - Venous insufficiency
  - Venous ulcer
  - Varicose vein
  - Cellulitis
  - Lymphatic disorders
  - Lymphangitis & Lymphadenitis
  - Lymphedema & elephantiasis

### Hematological disorders

- a) Haematology
  - Assessment
  - History
  - Physical examination
  - Diagnostic tests
- b) Diseases and disorders of blood and its components
  - Anemia
  - Thalassemia
  - Polycythemia
  - Leukopenia and neutropenia
  - Leukocytosis & leukemia
  - Lymphomas Hodgkin & Non Hodgkin diseases, Multiple myeloma
  - Bleeding disorders
  - Thrombocytopenia,
  - Purpura, hemophilia
  - Acquired coagulation
  - Disorders – Liver disease, Vitamin K deficiency, DIC
- c) Alternate therapies
- d) Drugs used in treatment of cardiovascular circulatory and hematology disorders

XXI.

**Nursing Management of Patients with communicable diseases**

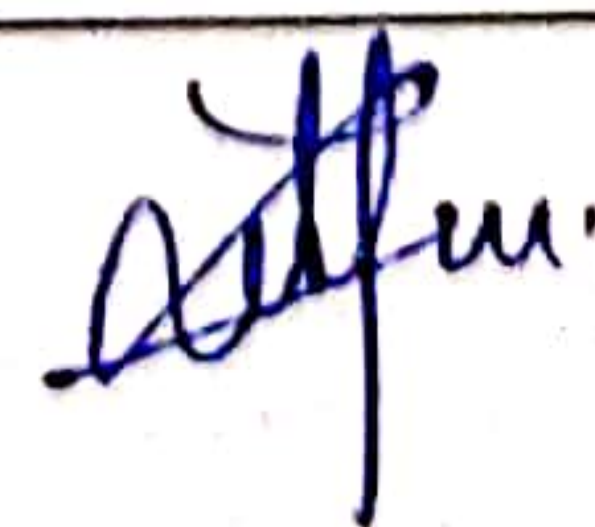
- a) Assessment
  - History
  - Physical examination
  - Diagnostic tests
- b) Review of infection, mode of transmission, its prevention and control
- c) Preparation, care and administration of antisera and vaccines Isolation,
- d) Management of various infection diseases
  - caused by Virus;**
    - Measles
    - Chicken pox
    - Swine flu
    - Ebola
    - Dengue
    - Chicken guinea
    - Influenza
    - Mumps
    - Encephalitis
    - Infective hepatitis
    - Poliomyelitis
    - Rabies
    - AIDS
  - Caused by Bacteria;**
    - Diphtheria
    - Whooping cough
    - Tetanus
    - Typhoid
    - Dysentery
    - Gastroenteritis
    - Cholera
    - Meningococcal Meningitis
    - Tuberculosis
    - Plague
    - Leptospirosis
  - Vector borne diseases;**
    - Malaria
    - Filariasis
    - Yellow fever
    - Dengue
    - Any other prevailing diseases
- e) Alternate therapies
- f) Drugs used in treatment of communicable disorders

**XII.**

**Nursing Management of Patients with Sexually Transmitted diseases**

- a) Assessment
  - History
  - Physical examination
  - Diagnostic tests
- b) Sex health and hygiene
- c) Syndromic Management of sexually transmitted disease
  - Gonorrhoea
  - Syphilis
  - Granuloma Venereum
  - Chancroid granuloma
  - AIDS
  - Genital herpes

<b>XIII.</b>	<p><b>Nursing Management of Patients with musculo skeletal disorders and diseases</b></p> <ul style="list-style-type: none"> <li>a) Assessment <ul style="list-style-type: none"> <li>- History</li> <li>- Physical examination</li> <li>- Diagnostic tests</li> </ul> </li> <li>b) Infections and inflammations <ul style="list-style-type: none"> <li>- Septic arthritis</li> <li>- Gonococcal arthritis</li> <li>- Osteomyelitis</li> <li>- Tuberculosis of the spine and bones</li> <li>- Sprains</li> <li>- Dislocations</li> <li>- Fracture of spine and extremities</li> </ul> </li> <li>c) Degenerative conditions of joints, spine</li> <li>d) Tumors, Amputation and prosthesis</li> <li>e) Deformities - Congenital and acquired</li> <li>f) Range of motion exercises</li> <li>g) Care of patient: <ul style="list-style-type: none"> <li>- Skin and skeletal traction</li> <li>- Orthopedic splints</li> </ul> </li> <li>h) POP application and removal</li> <li>i) Neurogenic bladder</li> <li>j) Preparation for bone surgery</li> <li>k) Use of orthopedic assist devices <ul style="list-style-type: none"> <li>- Crutches</li> <li>- Canes</li> <li>- Walker</li> </ul> </li> <li>l) Alternate therapies</li> <li>m) Drugs used in treatment of musculo-skeletal disorders disorders</li> </ul>
<b>XIV.</b>	<p><b>Emergency Management</b></p> <ul style="list-style-type: none"> <li>a) Scope and practice of emergency nursing <ul style="list-style-type: none"> <li>- Principles of emergency care</li> <li>- Triage</li> </ul> </li> <li>b) Medical Surgical Emergencies</li> <li>c) Airways obstruction <ul style="list-style-type: none"> <li>- Hemorrhage</li> <li>- Shock, Anaphylactic reaction, Allergies</li> <li>- Trauma – intra abdominal, crush injuries, multiple injures fractures</li> <li>- Poisoning <ul style="list-style-type: none"> <li>- Ingested poisoning</li> <li>- Inhaled poisoning</li> <li>- Food poisoning</li> <li>- Injected poisons – Stinging insects</li> <li>- Snake bites Chemical burns</li> </ul> </li> <li>- Environmental emergencies: <ul style="list-style-type: none"> <li>- Heat stroke</li> <li>- Frost bite.</li> <li>- Near drowning</li> <li>- Hanging</li> </ul> </li> </ul> </li> </ul>
<b>XV.</b>	<p><b>Emergency and Disaster Nursing</b></p> <ul style="list-style-type: none"> <li>a) Natural calamities <ul style="list-style-type: none"> <li>- Flood</li> <li>- Earthquake</li> </ul> </li> </ul>



	<ul style="list-style-type: none"><li>- Volcanic eruptions</li></ul> <p>b) Man-made disaster</p> <ul style="list-style-type: none"><li>- Explosion</li><li>- War</li><li>- Fire</li><li>- Accidents</li></ul> <p>c) Emergency preparedness</p> <p>d) Community resources available to meet calamities</p> <p>e) Nurses role in disaster management</p>
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## 3. Bio Sciences including Anatomy &amp; Physiology and Microbiology .....60 Marks

Sl No.	Detailed Syllabus
<b>ANATOMY &amp; PHYSIOLOGY</b>	
<b>I</b>	<b>Introduction to anatomical terms organization of the human body</b> a) Anatomical terms b) Systems and cavities of the human body
<b>II</b>	<b>Introduction to the detailed structure of the body</b> a) The cell: Structure, reproduction and function b) Tissues including membranes and glands : types, structure and functions c) Body cavities and their contents
<b>III</b>	<b>Blood</b> a) Composition and formation of blood b) Functions of blood c) Blood clotting, blood grouping and cross matching d) Blood products and their use.
<b>IV</b>	<b>The Circulatory System</b> a) Heart : Structure, functions including conduction system and cardiac cycle b) Blood vessels : Types, Structure and position c) Circulation of blood d) Blood pressure and pulse
<b>V</b>	<b>The Lymphatic system</b> - Structure and function of lymph vessels, Lymph nodes and lymph circulation, lymphatic tissue - spleen and thymus
<b>VI</b>	<b>The Respiratory system</b> a) The structure and functions of respiratory organs b) The physiology of respiration c) Characteristics of normal respiration and deviation.
<b>VII</b>	<b>The Digestive system</b> a) Structure and functions of the alimentary tract and its accessory organs. b) The process of digestion, absorption and metabolism of food constituents.
<b>VIII</b>	<b>The Excretory system</b> a) Structure and functions of the kidney, ureters, urinary bladder, and urethra b) Formation and composition of urine. c) Fluid and electrolyte balance d) Structure and functions of the skin. e) Regulation of the body temperature.
<b>IX</b>	<b>The Endocrine system</b> - The structure and functions of the pituitary, thyroid, parathyroid and adrenal glands, pancreas (islets of Langerhans), ovaries and testes
<b>X</b>	<b>The Reproductive system</b> a) Structure and functions of the female reproductive system b) Process of menstrual cycle, reproduction and menopause c) Structure and functions of breasts d) Structure and functions of the male reproductive system e) Reproductive health
<b>XI</b>	<b>The nervous system</b> a) Types of nerves- structure and functions b) Brain and cranial nerves. c) Spinal cord and motor and sensory pathways of the spinal cord, autonomic nervous system.

<b>XII</b>	<b>The sense organs</b> a) Skin, eye, ear, nose and tongue b) Physiology of vision, hearing, smell, touch, taste and equilibrium.
<b>XIII</b>	<b>The Skeleton</b> a) Formation and growth of bones b) Tendons, ligaments and cartilages c) Classification of bones, joints d) Joint movement e) Axial and appendicular skeleton
<b>XIV</b>	<b>The Muscular System</b> a) Type, structure and functions of muscle b) Origin, Insertion, and action of muscles
<b>MICROBIOLOGY</b>	
<b>I</b>	<b>Introduction</b> a) History of bacteriology and micro-biology. b) Scope of microbiology in Nursing
<b>II</b>	<b>Micro Organisms</b> a) Classification, characteristics, (Structure, size, method and rate of reproduction) b) Normal flora of the body. c) Pathogenesis & common diseases. d) Methods for study of microbes, culture & isolation of microbes.
<b>III</b>	<b>Infection and its transmission</b> a) Sources and types of infection, nosocomial infection. b) Factors affecting growth of microbes. c) Cycle of transmission of infection portals of entry, exit, modes of transfer. d) Reaction of body to infection, mechanism of resistance. e) Collection of specimens.
<b>IV</b>	<b>Immunity</b> a) Types of immunity – innate and acquired. b) Immunization schedule. Immunoprophylaxis (vaccines, sera etc.) c) Hypersensitivity and autoimmunity. d) Principles and uses of serological tests
<b>V</b>	<b>Control and destruction of Microbes</b> a) Principles and methods of microbial control -Sterilization -Disinfection -Chemotherapy and antibiotics -Pasteurization b) Medical and surgical asepsis c) Bio-safety and waste management
<b>VI</b>	<b>Practical Microbiology</b> a) Microscope – Parts, uses, handling and care of microscope b) Observation of staining procedure, preparation and examination of slides and smears c) Identification of common microbes under the microscope for morphology of different microbes.

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## NURSING SCIENCE PAPER-IV

### 1. Child Health Nursing .....50 Marks

Sl No.	Detailed Syllabus
<b>I</b>	<p><b>Introduction</b></p> <ol style="list-style-type: none"> <li>a) Modern concept in child health care</li> <li>b) Trends in pediatric nursing</li> <li>c) Role of pediatric nurses in child care</li> <li>d) Emerging challenges, nursing process related to pediatric nursing</li> <li>e) Concept of preventive pediatric</li> <li>f) Vital statistics related to pediatrics as per the NRHS and GoI</li> </ol>
<b>II</b>	<p><b>Growth &amp; Development</b></p> <ol style="list-style-type: none"> <li>a) Definition, principles, factors affecting growth &amp; development, techniques of assessment, plotting of growth chart</li> <li>b) <b>Infant:</b> Growth &amp; Development, health promotion, breast feeding &amp; weaning, immunization, infant and young child feeding</li> <li>c) <b>Toddler :</b> Growth &amp; Development, nutrition counselling, toilet training, safety, prevention of accidents, play.</li> <li>d) <b>Preschoolers</b> Growth &amp; development Daycare centers Role of Parents in sex education</li> <li>e) <b>School ager</b> Growth &amp; development, rest, sleep, physical exercises &amp; activity, dental health, sex education</li> <li>f) <b>Adolescent</b> <ul style="list-style-type: none"> <li>- Growth &amp; development, adaptation to puberty, menstrual hygiene, nutritional guidance, sex education,</li> <li>- Role of Parents in health promotion of adolescents</li> <li>- Control of iron deficiency anemia (WIFS guidelines)</li> </ul> </li> </ol>
<b>III</b>	<p><b>The sick child</b></p> <ol style="list-style-type: none"> <li>a) Child's reaction to hospital</li> <li>b) Effect of hospitalization on the family of the child</li> <li>c) Role of nurse in helping child &amp; family in coping, with stress of hospitalization &amp; illness</li> </ol> <p><b>Pediatric procedures:</b></p> <ol style="list-style-type: none"> <li>a) Preparation of child for diagnostic tests, collection of specimens.</li> <li>b) Calculation &amp; Administration of oral &amp; parenteral medication</li> <li>c) Procedures related to feeding           <ul style="list-style-type: none"> <li>- Katori &amp; Spoon</li> </ul> </li> </ol> <p>Ryle's tube &amp; gastrostomy</p> <ol style="list-style-type: none"> <li>d) Procedures relating to elimination           <ul style="list-style-type: none"> <li>- Enema</li> <li>- Colostomy irrigation</li> </ul> </li> <li>e) Administration &amp; analysis of oxygen concentration, steam inhalation, nebulization,</li> <li>f) Other procedures:           <ul style="list-style-type: none"> <li>- Pediatric Resuscitation</li> <li>- Surgical dressing</li> </ul> </li> </ol>
<b>IV</b>	<p><b>Disorders and health problems of a child</b></p>

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- 201
- a) Infancy :
    - Failure to thrive
    - Diarrhea & Vomiting
  - b) Childhood
    - Communicable diseases
    - Tonsillitis
    - Otitis media
    - Child abuse
    - Breath holding spasms
    - Enuresis, nail biting, thumbsucking, somnambulism
    - Protein Energy Malnutrition
    - Helminthic infections
    - Bites and stings
    - Pica
    - Tics
  - c) Adolescent
    - Precocious puberty
    - Gynecomastia
    - Accident, sport injuries
    - Obesity & anorexia nervosa
    - Juvenile delinquency

- V** **Child with congenital disorders:** Etiology, signs and symptoms, diagnosis, complications and medical, surgical & nursing management of children with:
- Malformations of CNS, cranial deformities, spina bifida, hydrocephalus, cerebral palsy, meningocoele.
  - Skeletal defects, cleft lip & cleft palate
  - Gastro intestinal tract defects, fistula, anorectal malformations, hernia
  - Congenital hypertrophied pyloric stenosis
  - Defects of Genito-urinary Tract
    - hypospadiasis & epispadiasis, extrophy of bladder,
    - phimosis & paraphimosis, cryptorchidism, polycystic kidney
  - Sexual abnormalities, ambiguous genitalia
  - Defects of cardio vascular system, cyanotic and acyanotic- TOF (Tetralogy of Fallouts), TGV (Transposition of Great Vessels), TAPVC, ASD, VSD, Coactation of aorta, PDA
  - Orthopedic abnormalities - congenital talipusequinovarus, congenital dislocation of hips
  - Chromosomal abnormalities
  - Down's syndrome, Turner's syndrome.

- VI** **Children with various disorders and diseases**  
Etiology, signs and symptoms, complications, prevention, medical, surgical & nursing management of :
- a) Renal System
    - Nephrotic Syndrome
    - Acute Glomerulonephritis
    - ARF & CRF
  - b) Resp. System
    - URI and LRI
    - Asthma, Pneumonia
  - c) GI System
    - Intestinal obstruction (Mechanical)
    - Hirschsprung's disease
    - Malabsorption Syndrome
- Signature*

- Inflammatory conditions
  - appendicitis, Meckel's diverticulum, ulcerative colitis
- Worm infestation
- d) CVS System
  - Rheumatic fever
  - CCF
  - Infective endocarditis
- e) Hematological System
  - Anemia
  - Leukemia,
  - Thalassemia
  - Hemophilia
  - Sickle cell anemia
  - Thrombocytopenic purpura
- f) Neurological System
  - Meningitis
  - Encephalitis
  - Convulsive disorders
  - Cranio-cerebral trauma
- g) Endocrine
  - Pituitary disorders
  - Hypo & Hyperthyroidism
  - Juvenile Diabetes
  - Adrenal disorders
- h) Developmental problem
  - Handicapped children
  - Mental Retardation
  - Dyslexia
  - Hearing & Vision impairment
- i) Others:
  - Fluid and electrolyte imbalance
  - Burns
- j) Problems with locomotion:
  - Poliomyelitis
  - Osteomyelitis
  - Kyphosis, lordosis, scoliosis
  - Fractures
- k) Pre and post operative care of children undergoing surgery.

**VII****Child welfare services**

- a) Child welfare services and agencies:
  - ICDS
  - Mid-day meal program
  - Balwadi, anganwadi
  - Day care centers
  - NPSP
- b) Law pertaining to Pediatrics:
  - National child labour policy
  - Child act.
  - Juvenile justice act
  - Internationally accepted rights of the child
  - Rehabilitation of delinquent & destitute children
  - Adoption laws and services
  - Adolescent health programs
    - menstrual hygiene, WIFS program, adolescent safety program



203

2. Mental Health Nursing .....50 Marks

Sl No.	Detailed Syllabus
<b>I</b>	<b>Introduction</b> a) Concept of mental health and mental illness b) Misconceptions related to mental illness c) Principles of Mental Health nursing d) Definition of terms used in psychiatry e) Review of defense mechanisms f) Mental Health Team
<b>II</b>	<b>History of Psychiatry</b> a) History of Psychiatric Nursing - India and at international level b) Trends in Psychiatric Nursing c) National mental health programme
<b>III</b>	<b>Mental Health Assessment</b> a) Psychiatry history taking b) Mental status examination c) Interview technique
<b>IV</b>	<b>Therapeutic nurse-patient relationship:</b> a) Therapeutic nurse patient relationship: Definition, components and phases, Importance b) Communication skills Definition elements, types, factors influencing communication, barriers (therapeutic impasse)
<b>V</b>	<b>Mental Disorders and Nursing Interventions</b> a) Psycho-Pathophysiology of human behavior b) Etiological theories (genetics, biochemical, psychological etc) c) Classification of mental disorders. d) Disorders of thought, motor activity, perception, mood, speech, memory, concentration, judgment e) Prevalence, etiology, signs and symptoms, prognosis, medical and Nursing management f) Personality & types of personality related to psychiatric disorder g) Organic mental disorders: Delirium, Dementia f) Psychotic disorders: - Schizophrenic disorders - Mood (affective) disorders: Mania depression, Bipolar affective disorders (BPAD) h) Neurotic disorders: Phobia, anxiety disorders, obsessive compulsive disorders, depressive neurosis, conversion disorders, dissociative reaction, psychosomatic disorders, post traumatic stress disorder i) Substance use and de-addiction: alcohol, tobacco and other psychoactive substance j) Child and adolescent psychiatric disorder; - Sleep disorder - Eating disorders - Sexual disorders k) Nursing Management: Nursing process and process recording in caring for patients with various psychiatric disorders
<b>VI</b>	<b>Bio - Psycho &amp; Social Therapies</b> a) Psychopharmacology - Definition, classification of drugs antipsychotic, Antidepressant, antimanic, anti anxiety agents, anti parkinsons b) Psychosocial therapies - individual therapies, group therapy, behavior therapy, occupational therapy, family therapy, melieu therapy

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	<p>c) Role of nurse in these therapies.</p> <p>d) Somatic therapy – Electro Convulsive Therapy, insulin therapy,</p> <p>e) Role of nurse in these therapies.</p>
<b>VII</b>	<p><b>Community Mental Health</b></p> <p>a) Concept, importance, scope</p> <p>b) Attitudes , Stigma and discrimination related to the mentally ill</p> <p>c) Prevention of mental illness(Preventive Psychiatry) during childhood, adolescent, adult hood and old age.</p> <p>- Community Mental Health Services &amp; National mental health program</p> <p>d) Role of Nurse in national mental health programme and Psychiatric care in Community</p>
<b>VIII</b>	<p><b>Psychiatric Emergencies and Crisis Intervention</b></p> <p>a) Types of Psychiatric emergencies: Over Active, under active patient, Violent behaviour,</p> <p>b) Suicide, adverse drug reactions, withdrawal symptoms, Acute psychosis etc</p> <p>c) Crisis and its intervention: AIDS, Adolescent Crisis</p>
<b>IX</b>	<p><b>Forensic Psychiatry / Legal Aspects</b></p> <p>a) India Lunatic Act 1912</p> <p>b) Narcotic Drugs and psychotropic Act 1965, 1985</p> <p>c) Mental Health Act 1987, 2014</p> <p>d) Admission and discharge procedures</p> <p>e) Standards of psychiatric nursing practice.</p> <p>f) Rights of Mentally ill patients</p> <p>g) Legal responsibilities in the care of mentally ill patients.</p>



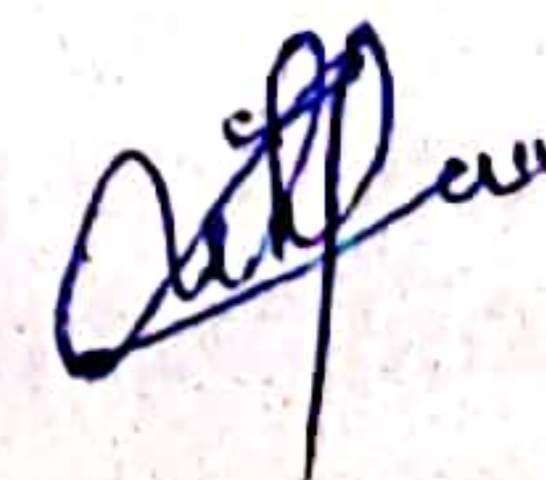
## 3. Midwifery &amp; Gynaecological Nursing .....50 Marks

Sl No.	Detailed Syllabus
<b>MIWIFERY</b>	
<b>I</b>	<b>Introduction:</b> <ol style="list-style-type: none"> <li>Definition of midwifery and obstetrical nursing</li> <li>Scope of midwifery</li> <li>Basic competencies of a midwife</li> <li>History of midwifery</li> <li>Trends of maternity services in India</li> <li>Vital statistics related to maternal health in India.</li> </ol>
<b>II</b>	<b>Reproductive system</b> <ol style="list-style-type: none"> <li>Review of structure and function of female reproductive system</li> <li>Female pelvis –structure, types and diameters</li> </ol>
<b>III</b>	<b>Embryology and foetal development</b> <ol style="list-style-type: none"> <li>Oogenesis, spermatogenesis, fertilization and implantation.</li> <li>Embryology and Fetal development</li> <li>Placenta and membranes: <ul style="list-style-type: none"> <li>- Structure</li> <li>- Functions</li> <li>- Abnormalities</li> <li>- Liquor amni</li> <li>- Umbilical cord</li> </ul> </li> <li>Fetal skull: <ul style="list-style-type: none"> <li>- Structure</li> <li>- Diameters</li> <li>- Fontanel and sutures</li> </ul> </li> <li>Fetal circulation</li> </ol>
<b>IV</b>	<b>Normal pregnancy and its management</b> <ol style="list-style-type: none"> <li>Pre-conception care</li> <li>Genetic counseling</li> <li>Physiological changes in pregnancy</li> <li>Diagnosis of pregnancy <ul style="list-style-type: none"> <li>- History</li> <li>- Signs &amp; symptoms</li> </ul> </li> <li>Antenatal care: <ul style="list-style-type: none"> <li>- History taking</li> <li>- Calculation of expected date of delivery,</li> <li>- Examination and investigations</li> <li>- Health Education and counselling</li> <li>- Drugs and immunizations</li> </ul> </li> <li>Minor disorders and their management</li> </ol>
<b>V</b>	<b>Normal labour and its management</b> <ol style="list-style-type: none"> <li>Definition and stages</li> <li>Causes and signs of onset of labour</li> <li>True and false labour</li> <li>First stage of labour: <ul style="list-style-type: none"> <li>- Physiology</li> <li>- Monitoring using partograph and its interpretation</li> <li>- Care of mother : physical and psychological</li> <li>- Pain management</li> </ul> </li> </ol>

	<ul style="list-style-type: none"> <li>- Setting up of the labour room including newborn corner</li> <li>e) Second stage: <ul style="list-style-type: none"> <li>- Physiology and mechanism</li> <li>- Monitoring</li> <li>- Conduction of normal delivery</li> <li>- Episiotomy</li> <li>- Essential newborn care</li> </ul> </li> <li>f) Third stage: <ul style="list-style-type: none"> <li>- Physiology and signs</li> <li>- Active management of third stage</li> <li>- Examination of the placenta</li> <li>- Episiotomy suturing</li> </ul> </li> <li>g) Fourth stage: <ul style="list-style-type: none"> <li>- Physiology</li> <li>- Care of the mother and baby</li> <li>Postpartum family planning</li> </ul> </li> </ul>
<b>VI</b>	<p><b>Management of newborn</b></p> <ul style="list-style-type: none"> <li>a) Assessment</li> <li>b) Physiological adaptation</li> <li>c) Apgar scoring</li> <li>d) Examination for defects</li> <li>e) Breast feeding- BFHI</li> <li>f) Care of newborn -Skin, eyes, buttocksetc</li> <li>g) Bonding and rooming in</li> <li>h) Minor disorders of new born: <ul style="list-style-type: none"> <li>- Birth marks, rashes, skin</li> <li>- Infections, sore buttocks,</li> <li>- Infection of eyes.</li> </ul> </li> </ul>
<b>VII</b>	<p><b>Management of normal puerperium</b></p> <ul style="list-style-type: none"> <li>a) Definition and objectives of care</li> <li>b) Physiological changes</li> <li>c) Postnatal counselling</li> <li>d) Lactation and feeding</li> <li>e) Care during puerperium – breast and perineal care, postnatal exercise, postnatal examination, follow up, family welfare</li> <li>f) Minor ailments and management.</li> <li>g) Family planning</li> </ul>
<b>VIII</b>	<p><b>Management of complications during pregnancy</b></p> <ul style="list-style-type: none"> <li>a) Bleeding in pregnancy <ul style="list-style-type: none"> <li>- Early and late</li> <li>- Ectopic pregnancy</li> <li>- Abortion</li> <li>- Antepartum hemorrhage</li> <li>- Vesicular mole</li> </ul> </li> <li>b) Hyperemesis gravidarum</li> <li>c) Gestational diabetes mellitus</li> <li>d) Pregnancy induced hypertension <ul style="list-style-type: none"> <li>- Pre eclampsia</li> <li>- Eclampsia</li> </ul> </li> <li>e) Hydromnios – poly and oligo</li> <li>f) Pelvic inflammatory diseases</li> <li>g) Intra uterine growth retardation</li> <li>h) Post maturity</li> <li>i) Intra uterine death</li> </ul>



<b>IX</b>	<p><b>High risk pregnancy:</b></p> <ul style="list-style-type: none"> <li>- Monitoring- NST, USG</li> <li>- Anemia</li> <li>- Jaundice</li> <li>- Viral</li> <li>- Urinary tract infections</li> <li>- Heart diseases</li> <li>- Diabetes</li> <li>- AIDS and STD's</li> <li>- Osteomalacia,</li> <li>- Teenage pregnancy</li> <li>- Elderly Primigravida</li> <li>- Multipara</li> </ul> <p>Multiple pregnancy</p>
<b>X</b>	<p><b>Management of high risk labour</b></p> <ol style="list-style-type: none"> <li>a) Malposition, malpresentations</li> <li>b) Contracted pelvis</li> <li>c) Abnormal uterine actions</li> <li>d) Cervical Dystocia</li> <li>e) Premature rupture of membranes, precipitate and prolonged labour, induction of labour obstructed labour,</li> <li>f) Obstetrics Emergencies-Cord prolapse, cord presentation, amniotic fluid embolism, obstetric shock, rupture of uterus, shoulder dystocia, vasa previa.</li> <li>g) Complications of third stage <ul style="list-style-type: none"> <li>- Postpartum Hemorrhage</li> <li>- Atonic uterus</li> <li>- Injuries to the birth canal</li> <li>- Retained placenta and membranes</li> </ul> </li> <li>g) Inversion of uterus</li> </ol>
<b>XI</b>	<p><b>Management of complications of puerperium</b></p> <ul style="list-style-type: none"> <li>- Puerperal pyrexia</li> <li>- Puerperal Sepsis</li> <li>- Thrombophlebitis and Embolism</li> <li>- Breast engorgement, Mastitis, Breast abscess</li> <li>- Puerperal psychosis</li> </ul>
<b>XII</b>	<p><b>High risk and sick newborn</b></p> <ol style="list-style-type: none"> <li>a) Assessment</li> <li>b) Nursing care</li> <li>c) Management of newborn with: <ul style="list-style-type: none"> <li>- Hyperbilirubinaemia</li> <li>- Neonatal hypoglycemia</li> <li>- Hypothermia</li> <li>- Neonatal Convulsions</li> <li>- Rh incompatibility</li> <li>- Small for dates</li> <li>- Low birth weight</li> <li>- Preterm</li> <li>- Asphyxia, RDS</li> <li>- Sepsis</li> <li>- Birth injuries Cephal hematoma Caput succedaneum Facial &amp; Erb's palsy Torticollis Hemorrhage</li> <li>- Congenital anomalies</li> </ul> </li> <li>d) Newborn of HIV positive mother, diabetic mother</li> <li>e) Levels of care in NICU</li> </ol>



<b>XIII</b>	<b>Obstetric operations</b> a) Definition, indication and care of women undergoing - Induction of labour - Manual removal of placenta - Version - Forceps delivery - Vacuum extraction - Caesarean Section - Sterilization - Destructive surgeries - Amnio infusion - Manual Vacuum Aspiration, Dilatation and Evacuation, Dilatation and Curettage b) Post abortion care.
<b>XIV</b>	<b>Drugs used in obstetrics</b> a) Indication, dose, action, contraindication, side effects and responsibilities in the administration of : - Oxytocin - Uterotonics - Tocolytics - Antihypertensives - Anticonvulsants - Anesthesia and analgesia b) Drugs used for newborn c) Teratogens – effects of drugs on mother and baby.
<b>XV</b>	<b>Ethical and legal aspects related to midwifery</b> a) Maternal and newborn death review b) Mother and child tracking system
<b>GYNECOLOGICAL NURSING</b>	
<b>I</b>	<b>Introduction</b> a) Definition of terms b) History c) Examination d) Investigation
<b>II</b>	<b>Puberty</b> a) Definition b) Development of sex organs in females and sexuality c) Review of menstrual cycle d) Premenstrual syndrome e) Disorders of menstruation, dysmenorrhoea, cryptomenorrhoea, dysfunctional uterine bleeding
<b>III</b>	<b>Fertility and infertility</b> a) Definition b) Causes-both in male and female c) Investigation d) Management e) Artificial reproductive techniques
<b>IV</b>	<b>Pelvic infections</b> a) Vulva – vulvitis, Bartholinitis b) Vagina - Vaginitis, Trichomonas vaginitis, Moniliasis, c) Metritis, Salpingitis, Oophritis d) Cervical erosions e) Pelvic Abscess f) Chronic infection





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	<ul style="list-style-type: none"><li>g) Pelvic inflammatory disease</li><li>h) Pelvic tuberculosis</li><li>i) Sexually Transmitted Diseases<ul style="list-style-type: none"><li>- Syphilis</li><li>- Gonorrhoea</li><li>- Warts</li><li>- HIV</li></ul></li><li>j) Syndromic case management</li></ul>
<b>V</b>	<b>Gynaecological disorders</b> <ul style="list-style-type: none"><li>a) Retroversion, retro flexion</li><li>b) Fistulas</li><li>c) Uterine displacement &amp; prolapse (Procidentia)</li><li>d) Uterine malformations</li><li>e) Cysts and fibroids</li><li>f) Uterine polyps</li><li>g) Tumors of the reproductive tract –benign and malignant</li><li>h) Palliative care and rehabilitation</li></ul>
<b>VI</b>	<b>Breast disorders</b> <ul style="list-style-type: none"><li>a) Review mastitis, breast engorgement, breast abscess</li><li>b) Tumors of the breast benign and malignant</li></ul>
<b>VII</b>	<b>Menopause</b> <ul style="list-style-type: none"><li>a) Definition and physiological changes</li><li>b) Signs and symptoms</li><li>c) Health education and counselling</li><li>d) Hormone replacement therapy</li><li>e) Surgical menopause</li></ul>



#### 4. Community Health Nursing including Nutrition, Health Education & Communication Skills.....50 Marks

Sl No.	Detailed Syllabus
<b>COMMUNITY HEALTH NURSING</b>	
<b>I</b>	<b>Introduction to Community Health</b> <ol style="list-style-type: none"> <li>Definitions: Community, Community health, community health nursing</li> <li>Concept of Health and disease, dimensions and indicators of health, Health determinants</li> <li>History &amp; development of Community Health in India &amp; its present concept.</li> <li>Primary health care, Millennium Development Goals</li> <li>Promotion and maintenance of Health</li> </ol>
<b>II</b>	<b>Community Health Nursing</b> <ol style="list-style-type: none"> <li>Philosophy, goals, objectives &amp; principles, concept and importance of Community Health Nursing,</li> <li>Qualities and functions of Community Health Nurse</li> <li>Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning &amp; conducting community nursing care services.</li> </ol>
<b>III</b>	<b>Health Assessment</b> <ol style="list-style-type: none"> <li>Characteristics of a healthy individual</li> <li>Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly.</li> </ol>
<b>IV</b>	<b>Principles of Epidemiology and Epidemiological methods</b> <ol style="list-style-type: none"> <li>Definition and aims of epidemiology, communicable and non-communicable diseases.</li> <li>Basic tools of measurement in epidemiology</li> <li>Uses of epidemiology</li> <li>Disease cycle</li> <li>Spectrum of disease</li> <li>Levels of prevention of disease.</li> <li>Disease transmission – direct and indirect.</li> <li>Immunizing agents, immunization and national immunization schedule.</li> <li>Control of infectious diseases.</li> <li>Disinfection.</li> </ol>
<b>V</b>	<b>Family Health Nursing Care</b> <ol style="list-style-type: none"> <li>Family as a unit of health</li> <li>Concept, goals, objectives</li> <li>Family health care services</li> <li>Family health care plan and nursing process.</li> <li>Family health services – Maternal, child care and family welfare services.</li> <li>Roles and function of a community health nurse in family health service.</li> <li>Family health records.</li> </ol>
<b>VI</b>	<b>Family Health Care Settings Home Visit:</b> <ol style="list-style-type: none"> <li>Purposes, Principles</li> <li>Planning and evaluation</li> <li>Bag technique</li> <li>Clinic: Purposes, type of clinics and their functions</li> <li>Function of Health personnel in clinics</li> </ol>
<b>VII</b>	<b>Referral System</b> <ol style="list-style-type: none"> <li>Levels of health care and health care settings.</li> </ol>

	b) Referral services available c) Steps in referral. d) Role of a nurse in referral
<b>VIII</b>	<b>Records and reports</b> a) Types and uses b) Essential requirements of records and reports c) Preparation & Maintenance
<b>IX</b>	<b>Minor Ailments</b> a) Principles of management b) Management as per standing instructions/orders.
<b>X</b>	<b>Health system in India</b> Organization and administration of health system in India at a) Central level - Union Ministry - Directorate General of Health Services - Central Council of Health b) State level - State Health Administration - State Ministry of Health - State Health Directorate c) District level - Sub Divisions - Tehsils/ Talukas - Villages - Municipalities & Corporation Panchayats
<b>XI</b>	<b>Health care delivery system</b> a) Health care concept and trends b) Health care services - Public sector, Rural, Urban c) Private sector d) Public Private Partnership (PPP) e) Other agencies f) Indigenous systems of medicine Ayurvedha, yoga, unani, siddha and homeopathy (AYUSH) g) Voluntary health services h) National Health Programmes i) Nurse role in health care services
<b>XII</b>	<b>Health planning in India</b> a) National health planning b) Five year plans c) Health Committees and reports d) National health policy
<b>XIII</b>	<b>Specialized community health services and nurse's role</b> a) RCH (reproductive health and child care) b) National Health Mission (rural/ urban) c) Janani Sishu Suraksha Karaykaram (JSSK) d) Emergency ambulance services. e) Government health insurance schemes f) School health Services g) Occupational health nursing (including health care providers) h) Geriatric nursing i) Care of differently abled- Physical and mental j) Rehabilitation nursing
<b>XIV</b>	<b>National health problems</b>

	<p>Health Problems in India</p> <ol style="list-style-type: none"> <li>Communicable diseases</li> <li>Non communicable diseases</li> <li>Nutritional problems</li> <li>Environmental sanitation</li> <li>Population</li> </ol>
<b>XV</b>	<p><b>National Health programme:</b></p> <ul style="list-style-type: none"> <li>- National ARI program</li> <li>- Revised national tuberculosis control program (RNTCP)</li> <li>- National anti-malaria program</li> <li>- National filarial control program</li> <li>- National guinea worm eradication program</li> <li>- National leprosy eradication program</li> <li>- National AIDS control program</li> <li>- STD control program</li> <li>- National program for control of blindness</li> <li>- Iodine deficiency control program</li> <li>- Expanded program of immunization</li> <li>- National family welfare program</li> <li>- National water supply and sanitation program</li> <li>- Minimum needs program</li> <li>- National diabetes control program</li> <li>- Polio eradication : pulse program program, NPSP</li> <li>- National cancer control program</li> <li>- Yaws eradication program</li> <li>- National nutritional anemia prophylaxis program</li> <li>- 20 point program</li> <li>- ICDS program</li> <li>- Mid -day meal program</li> <li>- Adolescent health program</li> <li>- Role of nurse in the national health programme.</li> </ul>
<b>XVI</b>	<p><b>Demography and family welfare</b></p> <ol style="list-style-type: none"> <li>Demography <ul style="list-style-type: none"> <li>- Concept</li> <li>- Trends in the world and in India</li> <li>- Concept of fertility and infertility</li> <li>- Small family norm</li> </ul> </li> <li>Family Welfare <ul style="list-style-type: none"> <li>- Concept, importance, aims &amp; objectives</li> <li>- Family planning methods</li> <li>- Family planning counseling</li> <li>- National family Welfare Policy</li> <li>- National family Welfare Programme</li> </ul> </li> </ol> <p>Role of a nurse in the family planning programme</p>
<b>XVII</b>	<p><b>Health Team:</b></p> <ol style="list-style-type: none"> <li>Concept <ul style="list-style-type: none"> <li>- Composition</li> <li>- Functions</li> </ul> </li> <li>Role of Nursing personnel at various levels: <ul style="list-style-type: none"> <li>- District Public Health Nursing Officer</li> <li>- Block health Nurse</li> <li>- Public Health Nurse</li> <li>- Lady Health Visitor/ health supervisor</li> <li>- Health worker female/ ANM</li> </ul> </li> </ol>



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<b>XVIII</b>	<b>Health Information System</b> a) Concepts, components, uses , sources. b) Vital Statistics: - Important rates and indicators c) Vital health records and their uses. d) Basic statistical methods e) Descriptive statistics
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<b>XIX</b>	<b>Health Agencies</b> a) International: - WHO - UNFPA - UNDP - World bank - FAO - UNICEF - DANIDA - European commission (EU) - Red cross - USAID - UNESCO - ILO - CARE b) National: - Indian Red Cross - Indian Council for child welfare - Family Planning association of India - Other NGOs
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### NUTRITION

<b>I</b>	<b>Introduction</b> a) Meaning of food, nutrition, nutrients etc. b) Food Habits and customs c) Factors affecting nutrition d) Changing concepts in food and nutrition. e) Relation of Nutrition to Health
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<b>II</b>	<b>Classification of food</b> a) Classification by origin: - Food and animal origin - Food of plant origin b) Classification by chemical composition and sources - Carbohydrates - Proteins - Fats - Minerals - Vitamins - Water c) Classification by predominant functions - Body building food - Energy giving food - Protective food d) Classification by nutritive value - Cereals and millets
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	<ul style="list-style-type: none"> <li>- Pulses and legumes</li> <li>- Vegetables</li> <li>- Nuts and oil seeds</li> <li>- Fruits</li> <li>- Animal food</li> <li>- Fats and oils</li> <li>- Sugar and jiggery</li> <li>- Condiments and spices</li> <li>- Miscellaneous food.</li> </ul>
<b>III</b>	<p><b>Normal Dietary Requirements</b></p> <p>a) Energy: Calorie, Measurement, Body Mass Index, Basal Metabolic Rate – determination and factors affecting</p> <p>b) Balanced Diet – nutritive value of foods, calculation for different categories of people, normal food requirement calculation. Menu plan. Combination of food affecting and enhancing the nutritive value of the diet.</p> <p>c) Budgeting for food, low cost meals, food substitutes.</p> <p>d) Diseases and disorders caused by the imbalance of nutrients.</p> <p>e) Food allergy – causes, types, diet modifications in gluten, lactose and protein intolerance etc.</p> <p>f) Food intolerance - inborn errors of metabolism</p>
<b>IV</b>	<p><b>Food Preparation, Preservation &amp; Storage</b></p> <p>a) Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers.</p> <p>b) Methods of food preservation – household and commercial, precautions.</p> <p>c) Food storage – cooked and raw, household and commercial, ill effects of poorly stored food.</p> <p>d) Food adulteration and acts related to it.</p>
<b>V</b>	<p><b>Therapeutic Diet</b></p> <p>a) Diet modification in relation to medical and surgical condition of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy etc.</p> <p>b) Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet, iron rich diet, liquid diet, semi-solid diet, soft diet and high fiber diet etc</p> <p>c) Factors affecting diet acceptance, feeding the helpless patient.</p> <p>d) Health education on nutrition needs and methods in diet modification .</p>
<b>VI</b>	<p><b>Community Nutrition</b></p> <p>a) Nutritional problems and programs in India</p> <p>b) Community food supply, food hygiene and commercially prepared and grown food available locally.</p> <p>c) National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization</p> <p>d) (FAO), National Institute of Nutrition (NIN), Food Safety and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc.</p>
<b>HEALTH EDUCATION &amp; COMMUNICATION SKILLS</b>	
<b>I</b>	<p><b>Communication Skills</b></p> <p>a) Definition, process, purposes, principles,</p>

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	types and importance of communication b) Barriers in communication c) Establishment of successful communication. d) Observing and listening skills.
<b>II</b>	<b>Health Education</b> a) Concept, definition, aims and objectives of health education b) Principles of health education c) Process of change/modification of health behavior d) Levels and approaches of health education e) Methods of health education f) Scope and opportunities for health education in hospital and community g) Nurse's role in health education.
<b>III</b>	<b>Counseling</b> a) Definition, purpose, principles, scope and types b) Counseling process: steps and techniques c) Qualities of a good counselor d) Difference between health education and counseling e) Role of nurse in counseling
<b>IV</b>	<b>Methods and Media of Health Education</b> a) Definition, purpose and types of audio-visual aids and media b) Selection, preparation and use of audio-visual aids : graphic aids, printed aids, three dimensional aids and projected aids c) Advantages and limitations of different media d) Preparation of health education plan

