

UPPSC Staff Nurse Exam Pattern

S.NO	Subject	Question	Maximum Marks
1	Nursing Question	120 Question	60 Marks
2	General Knowledge	30 Question	15 Marks
3	General Hindi	20 Question	10 Marks
4	Total	170 Question	85 Marks

UP Staff Nurse Syllabus

Nursing Section

- Anatomy & Physiology.
- Computers in Nursing.
- Community Health Nursing.
- Fundamentals of Nursing.
- First Aid.
- Medical-Surgical Nursing.
- Nursing Management.
- Psychiatric Nursing.
- Paediatric Nursing.
- Midwifery & Gynaecological Nursing.
- Mental Health.
- Health Education & Communication Skills.
- Psychology.
- Microbiology.
- Personal Hygiene.
- Environmental Hygiene.
- Nutrition.
- English.
- Sociology Etc.,

General Knowledge Section

- History of India and Indian National Movement
- Indian Economy
- Sports

- Indian politics
- Environment
- Indian Culture
- Indian Agriculture

Interview Questions of UPPSC Staff Nurse:

1. Define Health.
2. Define Family.
3. Write the Principles of communication
4. Explain the characteristics of safe water.
5. Write any four defense Mechanisms?
6. Explain the Needs & problems of old age?
7. Define Isolation.
8. Name the causative Organisms of Diphtheria, Pertussis, and tetanus
9. Write the causes of infection.
10. Explain the care of vaccine carrier.
11. Define Health education & write the uses of AV Aids
12. Define home visiting and write the principles of home visiting.
13. Explain universal immunization schedule
14. Describe Domestic level of water purification
15. Explain different methods of waste disposal
16. Write to anyone communicable disease in detail
17. Explain the role of Staff Nurse in Medical Field

Others

1. Perform any basic nursing procedures 20
2. Application of bandages 10
3. Viva 10
4. Record

Health

- a. Concept of health
- b. History of health in India
- c. Various level of health care in India
- d. Role of heredity and genetics in achieving positive health

Injuries and their management

- Types of injuries (Visceral, soft tissue and musculoskeletal injuries, body parts)
- Low back problems and management stretching and strengthening exercises for Back problems
- Common & Specific Sports Injuries
- Immediate and Later Management of Injuries

Health education

- a. Meaning of health education

- b. Aim and content of health education
- c. Approaches to health education
- d. The latest trend in health education

First aid

- Definition
- RICE therapy
- Other Methods, Prevention, and Care of Injured Athlete
- Importance

Postural Deformities

- Types
- Causes
- Remedies & Prevention

Nutrition

- Food content
- Basic principles
- Balance diet
- Calories & diet
- Exercise & diet
- Supplements

Rehabilitation and Therapeutic Modalities

- Hydro-collateral pack (Hot and Cold)
- Hydrotherapy (Whirlpool)
- Diathermy
- Ultrasound
- Electrical Muscle Stimulation
- Combination of Ultrasound and Electrical muscle stimulation
- Cryokinetics, cold spray Contrast bath, paraffin bath, infrared and ultraviolet rays.
- Rehabilitative exercises