



**Government of Jammu and Kashmir**  
**J&K Services Selection Board**  
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**Annexure “1”**

*Sub: Syllabus for written test (Objective Type) for the above the posts of  
JUNIOR GRADE NURSE / JUNIOR NURSE / JUNIOR STAFF NURSE*

**Marks :-150**

**Time :- 2.30 Hours**

**ANATOMY PHYSIOLOGY**

**15 Marks**

- Cell, various parts and its function.
- Skeletal System – Bones  
Axial Skelton  
Appendicular Skelton structure and function.
- Muscular System- Types Structure and Function.
- Digestive System- Structure, Function of Organs, Process of digestion.
- Respiratory System. Structure, Function of organs, Physiology of Respiration
- Exerelory System - Structure, Function of Urinary System Structure and Function of Skin.
- Cardio Vascular System- Heart Blood Vessels/ Position, Structure, and Function  
*Blood Circulation - Blood Pressure, Pulse Systemic and Pulamanary*
- *Lumphalic System - Lhmph Glands Function.*
- Blood Composition - Function Clottong Type
- *Nervious System - Structure and Function of :-*
  - (a) Central Nervious System.**
  - (b) Autonomic Nervious System.**
- Endoerine System - Structure, Function of Pituitary Glands.
- Sense Organs - Ear, Eye, Nose, Structure and Function.
- Female Reproductive System- Structure, Functions, Accessory Organs, Menstrual Cycle, Menopause and process of Reproduction
- Male Reproductive System- Structure and Functions.

**MICROBIOLOGY**

**05 Marks**

- Bacteriology, Microbiology usefulness in Nursing.
  - **Common disease caused by different types of organisons.**
  - **Sources ofinction, made of exit and transmission of disease,**
  - **Immunity and Immunization schedule.**
  - **Disinfection**
  - **Sterilization.**
  - **Asepsis.**

**PSYCHOLOGY**

**07 Marks**

- **Definition of Psychology scope and its importance for Nurses.**
- **Behavious-Nature of behavior classification, dynamics types behavior. Motivation.**
- **Function, Emotions.**
- **Habits-Meaning, Principals inhabit formation. Frastraction and conflicts**
- **Learning laws, types, factors of learning. Intelligence.**
- **Personality, meaning, types, development, characterists.**
- **Mental health characterists, national mental health program.**

**SOCIOLOGY**

**03 Marks**

- Society - Def, meaning Gp, Types, structures, Rural and Urban society, Family, types, basic needs of family.

## **NURSING ARTS NUTRITION**

**35 Marks**

- Fundamentals of Nursing
- Nurses qualities, def, nursing principals, scope of Nursing.
  - *History of Nursing.*
  - *Role and responsibility of a Nurse.*
  - *Components of Basis Nursing.*
  - *Health Agencies.*
- Admission and discharge of patient.
- Signs and symptoms of approaching death.
- Nurses role in maintaining good personal hygiene.
- Bed making, various types of beds, nurses procedure for bed making.
  - *Vitals - Temperature, pulse, respiration, B.P (def, type) equipments procedure*
  - *Mouth care - purposes, equipment, procedure complication sol used,*
  - *Bed sore - Def signs and symptoms, causes pressure points prevention,*
  - *Back care. Def. purposes, equipment, procedure.*
  - *Bed bath. Def. types purpose, equipment, procedure different patients uses for different procedure.*
  - *Ryles tube feeding - Indication equipments procedure suction,*
  - *Stomach wash or gastric lavage Def. indication procedure purpose, equipments.*
  - *Catherization - Indication purpose, procedure articles, types of catheter,*
  - *Enema-Def types, indication, procedure, equipments,*
  - *Flatus tube - Def. purpose, procedure, equipments,*
  - *Gaginal douche - Def. purposes, Sol, used, procedure equipments. Local hot application - Def purpose, types, equipments procedure precautions,*
  - *Local cold application - Def. purposes types equipment procedure.*
  - *Inhalations - Def. types purpose equipment precautions procedure post of care for surgery.*
  - *Care of patient fever (Unconscious patient) Dyspnoea.*
  - *Barrier Nursing - Isolation, technique, Control of infection diseases, immunization.*
  - *First Aid of Burns, Accident, Haemorrhage, Fractures.*
- Various Bandages.
  - *Blood Transfusions - Grouping Crossmating*
  - *RH factor, Precautions - Blood Transmission.*
- Recording and Reporting
- Collection of Specimen.
- Drugs route of Administration of drugs.

## **NUTRITION**

**10 Marks**

- Constituents of food and its function
  - *Proteins, EHO, fats, minerals, vitamins, waterthen sources, function daily requirement, deficiencies.*
  - *Applied nutrition programmes.*
  - *Community nutrition programmes.*
  - *Diet - types of diet, balanced diet.*
  - *Diet for different diseases.*
  - *Planning and preparation of menu.*

- **Factors effecting coming.**
  - **Presentation of mal nutrition.**
  - **Health problems in India (Nutritional problems)**
    - **Communicable disease prob.**
    - **Population Prob.**
    - **Environmental suction Prob.**
    - **Medical care Prob.**
- **Community Health Nursing:**
- **Definition and concent of health ad elements.**
  - **Principles Primary Health care.**
  - **Qualities and functions of a Community Health Nurse.**
  - **National Health Problems and Programmes.**
- **Hygiene-Personal and Environmental-Safe Water, Sanitation.**
- **Building of good health, habits, Immunization.**
  - **Physical health including menstrual hugience.**
  - **Mental health.**
- **First Aid in Emergency.**
- **Importance of First Aid and its rules:**
  - **First Aid Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Bullet injuries, Drawing, Hoemarrhages, Dog Bites.**
  - **Bandaging and splinking.**

## **Medical Surgical Nursing**

**25 Marks**

- **Disorders of Respiratory system:-**
- **Definitions, causes, types, factors, indications, investigations, treatment, NSG, Management, Prevention, Health Education, Complications of:-**
- **Asthma/Bronchial.**
  - **Pnemonia.**
  - **Lung Abscess.**
  - **Plaursy.**
  - **Emphyma.**
  - **Emphysema.**
  - **Pulmonary Tuberculosis.**
  - **Lobactomy.**
  - **Pneumonectomy.**
  - **Diet Therapy**
  - **Drug Therapy.**
- **Cardio Vascular System:**
- **Cardia Arrhythmias.**
  - **Pericarditis.**
  - **Myocarditis.**
  - **Congestive Heart Failure.**
  - **Myocardial infection.**
  - **Fallots of Tetralogy.**
  - **Hypertension.**
  - **Angina Pectoris.**
  - **Mitral Stenosis.**
  - **Anaemia.**
  - **Lenkaemia.**
  - **Haemophilia.**
- **Gastro Intestinal System:**
- **Gastritis.**
  - **Peptic Uleer.**
  - **Appendicitis.**
  - **Ca Stomach**
  - **Colostomy, Intestinal Obstruction**
  - **Haemorrhoids.**
  - **Gastrectomy.**
  - **Gastrastomy.**

- **Hernia.**
  - **Leprotomy.**
- **Disease of Liver, Spleen, Gall Bladder, Pancreas:**
- **Hepatitis.**
  - **Cirrhosis of Liver.**
  - **Caliver, Pancreas.**
  - **Pancreatitis.**
  - **Tumours.**
  - **Cholieystities/Cholieysteetomy.**
  - **Spleeneetomy.**
- **Genito - Urinary System and Male Reproductive System:**
- **Nephritis.**
  - **Ureamia.**
  - **Dialysis.**
  - **Prostate/Prostectomy.**
  - **Nephrectomy.**
  - **Hydrocoel.**
- **Nervious System-Spinal Card, Nervious:**
- **Epilepsy.**
  - **Meningitis.**
  - **Parkinsonisom.**
  - **Encephalitis.**
  - **Head Injury.**
  - **Cerebro - Vascular Accident.**
  - **Paraplegia.**
  - **Haemoplegia.**
  - **Quardriplegia.**
  - **Sciatica.**
- **Endrocrine System, Metabolic Disorder:**
- **Hypothyrodism.**
  - **Hyperthyrobism.**
  - **Thyrodictomy.**
  - **Diabtes Mellitus.**
  - **Gouts.**
  - **Obesity.**
- **Skin:**
- **Burn including radition burns.**
  - **Allergy.**
  - **Infections EC Zema.**
- **Operation and Theatre:**
- **Care of unconscious patients/coma.**
  - **Pre and post operative care > adult, infant.**
  - **Intensive Care Nursing.**
  - **Commo.....**
- **Common Investigation and Advanced Nursing Procedures:**
- **USG, OGC, CT, Lithotripsy, LP, MRI, Radiotherapy, Chemotherapy, Catheterization, Bone Marrow, Paracentisis, Thoracyntesis, LFT, Endoscopy, Sigmoclocopy, Bronehosocopy, Intercostal Drainage, H20 Drainage, Review of Vitals.**
- **Communicable Diseases:**
- **Meascles, Chickenpox, Smallpox, Mumps, Poliomyelitis, Diptheria, Whooping Cough, Telanus, Leprosy, Typhoid, Dysentry, Cholera, Plague, Malaria, Dengu, Fever, AIDs, Pulse Polo, National Health Programme/ Problems.**

**Marks**

- **Disorders and Diseases of Bone and Joints.**  
*(Def. causes, types, preparation, investigations, indications, management).*
  - Arthritis.
  - Osteomyelitis.
  - Rheumatoid Arthritis.
  - Fractures, Dislocations, Sprains.
  - Amputation.
  - Traction.
  - Casts.
  
- **Special senses (Eye, ENT, Ear)**
  - Conjunctivitis.
  - Dacry - Cystitis.
  - Glaucoma.
  - Trachoma.
  - Myopia.
  - Hypermetropia.
  - Cataract.
  - Corneal Ulcer.
  - Otitis Media.
  - Mastoiditis.
  - Cleft Lip.
  - Cleft Palate.
  - DNS. S
  - Sinusitis.
  - Adenoids.
  - Laryngitis.
  - *Tonsillitis/Tonsillectomy.*
  - *Pharyngitis.*
  - *Tracheostomy.*
  - *Epistaxis.*
  - Psychiatric Nursing
  - *Depression.*
  - *Hallucination.*
  - *Delusion.*
  - *Schizophrenia.*
  - *Psychosis.*
  - *Narcolepsy.*
  - *Hysteria.*
  - *Epilepsy.*
  - *ECT.*
  - *Drugs used in Psychiatric diseases.*
  
- **Paediatric Nursing:**
  - *Growth and development from Birth to adolescence. Factors responsible for growth and development. Assessment of growth and development.*
  - *Immunity/ Immunization schedule.*
  - *Disorders of infections - Vomiting, Diarrhoea, Convulsions, Distensions.*

- **Recognition, causes, prevention and management of congenital anomalies.**
- **Breast feeding:**
  - Importance and principals.
  - Preparation of mother.
  - Difficulties in breast feeding.
  - Factors inhibiting/ promotion lactation.
  - Introduction of solids.
  - Artificial feeding:
    - Maintenance of bottle hygiene.
    - Feeding techniques.
- **Disease of Childrens:**
- **Def. causes s/s investigations, factors indications; prevention, management complications of :-**
  - **Gastro - entoritis.**
  - **Oeasophogal Atresia.**
  - **Mega Colon.**
  - **Imperferated Anus.**
  - **Jaundice.**
  - **Phototherapy.**
- **Benito - Urinary System:**
  - **Hypospodiasis.**
  - **Undesecondel Tests.**
- **Cardio Vascular System:**
  - **Patient Duetus Arteriosus.**
  - **Atrial Septal Defect.**
  - **Ventricular spetal Defect.**
  - **Fallots Telrology.**
  - **Rheumative Fever.**
- **Nervous System:**
  - **Cerebral Pulsy.**
  - **Mental Retardation.**
  - **Meningocele.**
  - **Mangolism.**
  - **Hydrocephalus.**
- **Eye, Ear:**
  - **Squint.**
  - **Deafness.**
- **Components of nutrition and Disorders:**
  - **Marasmas.**
  - **Kwashiorkar.**
  - **Vitamin Dificiencies.**
  - **Nutritional Programme.**
- **Community Health Nursing:**
- **Primary Health Centre.**
  - **Set Up.**
  - **Function.**
  - **Services.**

- **Sub Centre.**
- Health services Organisation at different levels:
  - **National.**
  - **State.**
  - **Local.**
- Special community Health Services and Nurses Role:
  - **Industrial Nursing.**
  - **Tuberculosis Nursing.**
  - **Geriatric Nursing.**
  - **Leprosy Nursing.**
  - **Oncology Nursing.**
- Function of District Public Health Nurse:
 

**Health Assessment.**

  - **Antenatal/Care.**
  - **Postnatal/Care.**
  - **Brest Palpation.**
  - **Introduction of RCH.**
- Human Sexuality:
  - **Puberity in male and female.**
  - **Importance of sex education and sex hygiene.**
  - **Different nethods of family planning.**
  - **Planning, Organishing Family Planning Programmes in our area.**
- Sex Life:
  - **Sterilization.**
- Female Reproductive System and Breast:
  - **Cysts, Tumours and Fibroid of Ut. Hystrectomy.**
  - **Abortions, MTP.**
  - **Venereal Disease.**
  - **Abnormalities of Mensturation.**
  - **Breast Cancer/ Mastectomy**

## **Midwifery**

**30 Marks**

- Introduction of Hisotiral Review.
  - **Morbidity and Mortality Rates their Significance.**
- Review of reproductive System and embiyology.
  - **The female pelvis and generative organs,**
  - **Menstrual Cycle.**
  - **Maturation, fertilization and implantation of Ovum,**
  - **Formation of foetal membranes and placenta,**
  - **Foetal bones, skull sutures and fontanel,**
  - **Foetal development of foetal circulation,**
  - **Measurement.**
- Normal Pregnancy:
  - **Physiological changes due to pregnancy,**
  - **Sings and symptoms diagnosis of pregnancy.**
  - **Pre - Natal Care.**
    - Objectives.
    - History raking .
    - Calculation of expected date of delivery .
    - Rotec examination .
  - **care and advice regarding diet in pregnancy and ante excise.**
  - **Minor disorders or pregnancy and alleviation of discomfort.**

- Diseases Associated with pregnancy:
  - **Cardio Vascular.**
  - **Urinary.**
  - **Respiratory.**
  - **Metabolic.**
  - **Nutritional deficiencies.**
- Normal Delivery (Preparation):
  - **Requirements for mother and Baby.**
  - **Preparation of patient and Delivery Room - hospital and Home.**
  - **Psychological preparation of mother and Family.**
- Normal Labour:
  - **Onset of Labour,**
  - **Physiological changes,**
  - **Mechanisms,**
  - **Stages of Labour,**
  - **Technique of vaginal examination.**
  - **Management of labour and Nursing Care of mother in labour.**
- Puerperium:
  - **Physiology,**
  - **Management of puerperium.**
  - **Postnatal examination and care,**
  - **Care of episiotomy.**
  - **Establishment of breast feeding,**
  - **Postnatal exercises,**
  - **Minor ailments and management,**
  - **Family welfare.**
- Care of New Born:
  - **Establishment of respiration,**
  - **Care of card eyes and skin,**
  - **Examination of the new born,**
  
  - **Examination of defeats,**
  - **Care of premature,**
  - **Minor ailments.**
- Abnormal Midwifery:
  - **Pregnancy its complications Medical and gynaecological.**
    - **Contracted pelvis**  
**Ante Partum.**
    - **Harmon ages** ➤ **Post Partum.**
    - **Abortions.**
    - **Ectopic gestation.**
    - **Hydrated form Mole.**
    - **Toxaemia of pregnancy.**
    - **Polyhydromnias.**

Sd/-  
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