

Syllabus for the Exam of Assistant Staff Nurse to be Conducted by HPRCA

1. SUBJECTS UPTO GRADUATION / DIPLOMA LEVEL

- i. **APPLIED ANATOMY:** Introduction to anatomical terms and organization of the human body; The Respiratory system; The Digestive system; The Circulatory and Lymphatic system; The Endocrine system; The Sensory organs; The Musculoskeletal system: The Skeletal system, The Muscular system; The Renal system; The Reproductive system; The Nervous system.
- ii. **APPLIED PHYSIOLOGY:** General Physiology – Basic concepts; Respiratory system; Digestive system; Circulatory and Lymphatic system; Blood ; The Endocrine system; The Sensory Organs; Musculoskeletal system; Renal system; The Reproductive system ; Nervous system.
- iii. **APPLIED SOCIOLOGY:** Introduction; Definition, nature and scope of sociology; Significance of sociology in nursing; Culture: Nature, characteristic and evolution of culture, Diversity and uniformity of culture; Difference between culture and civilization; Culture and socialization; Transcultural society; Culture, Modernization and its impact on health and disease.
- iv. **APPLIED PSYCHOLOGY:** Biological basis of behavior; Developmental psychology; Personality; Psychological assessment and tests –introduction.
- v. **NURSING FOUNDATION - I (including First Aid module):** Introduction to health and illness; Health Care Delivery Systems – Introduction of Basic Concepts & Meanings ;History of Nursing and Nursing as a profession; Communication and Nurse Patient Relationship; Documentation and Reporting; Vital signs; Equipment and Linen; Introduction to Infection Control in Clinical setting Infection; Comfort, Rest & Sleep and Pain; Promoting Safety in Health Care Environment; Hospital Admission and discharge; Mobility and Immobility; Patient education; First Aid.
- vi. **APPLIED BIOCHEMISTRY:** Carbohydrates; Lipids; Proteins; Acid base maintenance; pH – definition, normal value; Regulation of blood pH – blood buffer, respiratory & renal; ABG – normal values; Acid base disorders – types, definition & causes.

- vii. **APPLIED NUTRITION AND DIETETICS:** Introduction to Nutrition; Carbohydrates; Proteins; Fats; Vitamins; Minerals: Balanced diet; Nutritional deficiency disorders; Therapeutic diets; Cookery rules and preservation of nutrients; Nutrition assessment and nutrition education; National Nutritional Programs and role of nurse; Food safety.
- viii. **NURSING FOUNDATION - II (including Health Assessment Module):** Health Assessment; The Nursing Process; Nutritional needs; Hygiene; Elimination needs; Diagnostic testing ; Oxygenation needs; Fluid, Electrolyte, and Acid –Base Balances; Administration of Medications; Sensory needs: Care of Terminally ill, death and dying; PSYCHOSOCIAL NEEDS-self contents; Sexuality; Stress and Adaptation; Concepts of Cultural Diversity and Spirituality Nursing Theories.
- ix. **HEALTH/NURSING INFORMATICS AND TECHNOLOGY:** Using Information in Healthcare Management: Components of Nursing; Information system (NIS) Evaluation, analysis and presentation of healthcare data to inform decisions in the management of health-care organizations.
- x. **APPLIED MICROBIOLOGY AND INFECTION CONTROL & SAFETY:** Introduction: Importance and relevance to nursing; Historical perspective; Concepts and terminology; Principles of microbiology; General characteristics of Microbes; Pathogenic organisms; Immunity; INFECTION CONTROL & SAFETY: HAI (Hospital acquired Infection; Isolation Precautions and use of Personal Protective Equipment (PPE); Hand Hygiene; Disinfection and sterilization; Specimen Collection (Review); BMW (Bio Medical Waste Management); Antibiotic stewardship; Patient Safety Indicators; IPSG (International Patient safety Goals; Safety protocol; Employee Safety Indicators.
- xi. **PHARMACOLOGY – I :** Introduction to Pharmacology; Pharmacology of commonly used antiseptics and disinfectants; Drugs acting on G.I. system ; Drugs acting on respiratory system; Drugs used in treatment of Cardiovascular system and blood disorders; Drugs used in treatment of endocrine system disorders; Drugs used in treatment of integumentary system; Drugs used in treatment of communicable diseases (common infections, infestations.
- xii. **PATHOLOGY – I:** Introduction; Special Pathology; Hematological tests for the diagnosis of blood disorders.

- xiii. **ADULT HEALTH NURSING WITH INTEGRATED PATHOLOGY** : Introduction; Intra operative Care; Nursing care of patients with Jeommon signs and symptoms and management; Nursing Management of patients with respiratory problems; Nursing Management of patients with disorders of digestive system; Nursing Management of patients with cardiovascular problems; Nursing Management of patients with disorders of blood; Nursing management of patients with disorders of endocrine system; Nursing management of patients with disorders of Integumentary system; Nursing management of patients with musculoskeletal problems; Nursing management with of patients Communicable diseases.
- xiv. **PHARMCOLOGY –II** : Drugs used in disorders of ear, nose, throat & Eye; Drugs used on urinary system; Drugs acting on nervous system; Drugs used for hormonal, disorders and supplementation, contraception and medical termination of pregnancy; Drugs used for pregnant women during antenatal, labour and postnatal period; Miscellaneous; Introduction to drugs used in alternative systems of medicine; Fundamental principles of prescribing.
- xv. **PATHOLOGY –II AND GENETICS** : Special Pathology; Clinical Pathology; GENETICS; Maternal, prenatal and genetic influences on development of defects and diseases; Genetic testing in the neonates and children; Genetic conditions of adolescents and adults; Services related to genetics Genetic.
- xvi. **ADULT HEALTH NURSING –II WITH INTEGRATED PATHOPHYSIOLOGY:** Nursing management of patient with disorders of Ear, Nose and Throat; Nursing management of patient with disorder of eye; Nursing management of patient with Kidney and Urinary problems; Nursing management of disorders of male reproductive system; Nursing management of patient with burns, reconstructive and cosmetic Surgery; Nursing management of patient with neurological disorders; Nursing management of patient in Emergency and Disaster situations; Nursing care of the elderly; Nursing management of patients in critical Cape units; Nursing management of patients with Immunological problems; Nursing management of patient with Oncological conditions; Nursing management of patients occupational and industrial disorders.
- xvii. **PROFESSIONALISM, PROFESSIONAL VALUES & ETHICS INCLUDING BIOETHNICS PLACEMENT:** Professionalism: Professional Conduct, Regulatory Bodies & Professional Organizations: Roles & Responsibilities,

PROFESSIONAL VALUES: Values; ETHICS & BIOETHICS: Definitions: Ethics, Bioethics and Ethical Principles, Ethical issues and ethical dilemma: Common ethical problems, End of life issues, Issues related to psychiatric care, Process of ethical decision making, Ethics committee, Roles and responsibilities, Code of Ethics, Patients' Bill of Rights-17 patients' rights (MoH&FW, Gol).

- xviii. **CHILD HEALTH CARE:** Introduction; The Healthy Child; Nursing care of neonate; Integrated management of neonatal and childhood illnesses; Nursing management in common childhood diseases; Childhood emergencies.
- xix. **MENTAL HEALTH NURSING :** Introduction ; Principles and Concepts of Mental Health Nursing; Mental Health Assessment; Therapeutic Communication and Nurse Patient Relationship; Treatment modalities and therapies used in mental disorders; Nursing management of patient with Schizophrenia, and other psychotic disorders; Nursing management of patient with mood disorders; Nursing management of patient with neurotic, stress related and somatisation disorders.
- xx. **COMMUNITY HEALTH NURSING:** Concepts of Community Health and Community Health Nursing; Health Care Planning and Organization of Health Care at various levels: Health planning steps; Environmental Science, Environmental Health, and Sanitation; Nutrition Assessment and Nutrition Education; Communication management and Health Education; Community health nursing approaches, concepts, roles and responsibilities of community health nursing personnel; Assisting individuals and families to promote and maintain their health; Introduction to Epidemiology – Epidemiological Approaches and Processes; Communicable Diseases and National Health Programs; Non-Communicable Diseases and National Health Program (NCD); School Health Services.
- xxi. **EDUCATIONAL TECHNOLOGY/NURSING EDUCATION:** Introduction and Theoretical Foundations; Assessment and Planning; Implementation; Teaching in the Clinical Setting – Teaching Methods; Educational/Teaching Media: Media; Assessment/Evaluation Methods/Strategies; Guidance/academic advising, counseling and discipline; Ethics and Evidence Based Teaching (EBT) in Nursing.

- xxii. **CHILD HEALTH NURSING:** Cardiovascular system; Orthopedic disorders; Management of behavior and social problems in children Child.
- xxiii. **MENTAL HEALTH NURSING –II:** Nursing Management of Patients with Substance Use Disorders ; Nursing Management of Patient with Personality/and Sexual Disorders; Nursing Management of Behavioural Emotional & Disorders occurring during Childhood and Adolescence; Nursing Management of Organic Brain Disorders; Psychiatric Emergencies and Crisis Intervention; Legal Issues in Mental Health Nursing; Community Mental Health Nursing.
- xxiv. **NURSING MANAGEMENT AND LEADERSHIP:** Health Care and Development of Nursing Services in India; Management Basics Applied to Nursing; MANAGEMENT OF NURSING SERVICES; Organizing; Staffing (Human resource? management); Directing and Leading; Leadership; Controlling; Organizational Behavior and Human Relations; Financial ;Nursing Informatics/ Information Management – Review; Personal Management – Review; MANAGEMENT OF NURSING EDUCATIONAL INSTITUTIONS; Planning and Organizing ; Staffing and Student Selection; Directing and Controlling Review ; PROFESSIONAL CONSIDERATIONS to Review- Legal and Ethical Issues Professional Advancement.
- xxv. **MIDWIFERY / OBSTETRICS AND GYNECOLOGY NURSING:** Introduction to midwifery; Anatomy and physiology of human reproductive system and conception (Maternal, Fetal & Newborn physiology); Assessment and management of normal pregnancy (ante-natal): Pre-pregnancy Care; Physiology, management and care during labour; Postpartum care/Ongoing care of women; Assessment and ongoing care of normal neonates; Family welfare services.
- xxvi. **COMMUNITY HEALTH NURSING:** Management of common conditions and emergencies including first aid Standing orders; Reproductive, maternal, newborn, child and adolescent Health (Review from OBG Nursing and application in community setting); Demography, Surveillance and Interpretation of Data; Population and its Control ;Occupational Health; Geriatric Health Care; Mental Health Disorders; Health Management Information System (HMIS); Management of delivery of community health services; Leadership, Supervision and Monitoring; Disaster Management; Bio-Medical Waste Management; Health Agencies.

- xxvii. **NURSING RESEARCH AND STATISTICS:** Research and Research Process; Research Problem/Question; Review of Literature; Research Approaches and Designs; Sampling and data Collection; Analysis of data; Introduction to Statistics; Communication and utilization of Research.

2. GENERAL AWARENESS

- (a) **General knowledge**: General Knowledge including General knowledge of Himachal Pradesh.
- (b) **Current Affairs**.
- (c) **Everyday Science**.
- (d) **Logical Reasoning**.
- (e) **Social Science** (10th standard).
- (f) **General English** (10th standard).
- (g) **General Hindi** (10th standard).