

INDICATIVE SYLLABUS FOR THE POST OF NURSING ASSISTANT
SKILL/TRADE TEST (50 MARKS) & WRITTEN TEST (100 MARKS)

Part-A (General) 50 marks

a) **General Awareness:**

Questions will assess the candidate's general awareness and knowledge of current affairs, as well as matters of everyday observation expected of an educated person. The syllabus will include India and its neighbouring countries, with emphasis on History, Indian Polity and Constitution, Art and Culture, Geography, Economics, General Policy, Science and Scientific Research. Questions may also cover National and International Organisations/Institutions, important events, and current developments.

b) **General Intelligence & Reasoning:**

The test will include questions of both verbal and non-verbal reasoning. The syllabus will cover analogies, similarities and differences, classification, series, spatial visualization, problem-solving, analysis, judgment, decision-making, visual memory, observation, discrimination, relationships, concepts, arithmetical reasoning, verbal and figure classification, and arithmetical number series, etc.

c) **Quantitative Aptitude:**

The syllabus will cover Number System, Simplification, Decimals and Fractions, LCM and HCF, Ratio and Proportion, Percentage, Average, Profit and Loss, Discount, Simple and Compound Interest, Mensuration, Time and Work, Time and Distance, Tables and Graphs, and other basic quantitative concepts.

d) **Test of English language:**

The test will assess the candidate's understanding and correct usage of the English language, including Vocabulary, Grammar, Sentence Structure, Synonyms, Antonyms, One-word Substitution, comprehension, and other aspects of correct usage of English.

e) **Computer Awareness:**

The syllabus will cover Computer Fundamentals, basic applications of computers, components of computers, word processing, spreadsheets, Internet and web applications, networking, and basic information and communication technology (ICT).

Part-B (Specialization) 50 marks

a) **Anatomy, Physiology, & Biochemistry**

- **Anatomical Position & Directional Terms:** Superior/inferior, anterior/posterior, proximal/distal.
- **The Skeletal & Muscular Systems:** Names of major bones (femur, cranium, vertebrae), types of joints, and basic muscle functions.
- **Circulatory & Respiratory Systems:** Blood flow through the heart chambers, major arteries/veins, and the gas exchange process in the alveoli.

- **Nervous & Endocrine Systems:** Functions of the cerebrum, cerebellum, and brainstem. Major hormones (Insulin, Thyroxine, Adrenaline, Cortisol) and their target glands.
- **Biochemistry & Nutrition:** Basic metabolism of carbohydrates, lipids, and proteins. Deficiencies of key vitamins (A, B-complex, C, D, K) and minerals (Iron, Calcium, Potassium).

b) Nursing Foundations (High Weightage)

- **Vital Signs Normal Ranges & Procedures:** Core techniques, normal values, and abnormalities for Temperature, Pulse, Respiration, and Blood Pressure (e.g., bradycardia, tachypnea, hypertension).
- **Infection Control:** Hand hygiene protocols, PPE sequencing, and types of transmission-based precautions (Airborne, Droplet, Contact).
- **First Aid & Emergencies:** Management of choking, basic CPR algorithms (compression-to-ventilation ratios), burns, and hemorrhage control.
- **Basic Nursing Skills:** Patient positioning (Fowler's, Prone, Lateral), body mechanics, and documentation rules.

c) Microbiology, Pathology, & Genetics

- **Sterilization & Disinfection:** Autoclaving standards (temperature/pressure), chemical disinfectants, and Biomedical Waste Management color-coding (Yellow, Red, White, Blue).
- **Terminology:** Concepts of Pathogen, Vector, Host, Epidemic, Endemic, and Pandemic.
- **Cell Injury & Neoplasms:** Characteristics differentiating benign vs. malignant tumors.

d) Pharmacology

- **Drug Action & Administration:** The "Rights" of medication administration, common injection routes, and angles (ID, SubQ, IM, IV).
- **Crucial Drug Classes:** Basic indicators and emergency uses for Antibiotics, Antiseptics, Antihypertensives, Diuretics, and Bronchodilators.

e) Medical-Surgical Nursing (I & II)

- **Common Disorders:** Clinical signs and nursing interventions for Diabetes Mellitus, Hypertension, Asthma/COPD, Appendicitis, and Renal Failure.
- **Perioperative Care:** Pre-operative checklists, informed consent verification, and immediate post-operative monitoring (airway and bleeding).
- **Emergency & Oncology:** Burn percentage estimation (Rule of Nines), warning signs of cancer, and basic triage priorities during disasters.

f) Community Health & Behavioral Sciences

- **Epidemiology:** Modes of transmission for common communicable diseases (TB, Malaria, Typhoid, HIV).
- **Psychology & Sociology:** Basic defence mechanisms, components of personality, and the impact of family structure on health.

g) Maternal, Child, & Mental Health Nursing

- **Obstetrics:** Stages of labor, signs of pregnancy, and fundamental antenatal care.
- **Pediatrics:** Normal growth milestones, immunization schedule basics, and dehydration management in children.
- **Mental Health:** Therapeutic communication techniques and major symptoms of Schizophrenia, Depression, and Anxiety.

h) Nursing Research & Statistics

- **Research Fundamentals:** Meaning, purpose and characteristics of nursing research; designs, research statistical analysis, data collection and evidence-based practices.
- **Basic Biostatistics:** Frequency, percentage, mean, median, mode, range, standard deviation, variance and measures of dispersion.

i) Nursing Management & Administration

- **Principles of Management:** Planning, organizing, staffing, directing, coordinating, supervising and controlling, leadership and styles
- **Staffing & Human Resource Management:** Staffing norms, staff scheduling, duty roster, workload, staff allocation, performance appraisal and staff development.
- **Staff Education & Development:** Orientation, induction, in-service education, continuing nursing education, competency assessment and professional development.
- **Legal & Professional Issues:** Nursing ethics, professional accountability, negligence, malpractice, informed consent, confidentiality, documentation and relevant regulatory requirements.
- **Disaster & Emergency Management:** Disaster preparedness, emergency planning, triage, role of nurse manager and coordination of multidisciplinary response.
