



## Note:

- 1) Questions will be asked from all the units of the course as much as possible.
- 2) No matter what is written in this syllabus, the acts, and rules in the syllabus should be considered as existing in this syllabus 3 (three) months before the date of examination (amended or deleted or amended).

### (A) Anatomy and physiology

1. Names, types, and functions of the different Organs of the following system
  - 1.1 Skeletal System
  - 1.2 Muscular System
  - 1.3 Digestive System
  - 1.4 Circulatory System
  - 1.5 Urinary System
  - 1.6 Nervous System
  - 1.7 Respiratory System
  - 1.8 Endocrine System
  - 1.9 Sensory Organs
2. Mechanism of the different system
  - 2.1 Mechanism of digestion of food
  - 2.2 Mechanism of respiration
  - 2.3 Mechanism of Menstrual cycle
  - 2.4 Mechanism of urinary system

### (B) Nursing Procedure and First Aid

1. Nursing Procedure
  - 1.1 Job description of Auxiliary Nurse Midwife (ANM) in Health Post, Community and district
  - 1.2 Prevention and treatment of bed sore
  - 1.3 Vital signs
  - 1.4 Sterilization:- Importance, types, and methods
  - 1.5 Catheterization
  - 1.6 Medicine (Essential drugs used in Health Post, Sub-Health Post and Hospital)
2. First aid treatment of the following condition
  - 2.1 Fracture
  - 2.2 Shock, Wound, Haemorrhages, Epistaxis, Scald, and Burn
  - 2.3 Unconscious, Fits
  - 2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose

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## **(C) Family Planning, Maternal and Child Health (MCH) and Nutrition**

1. Methods of family planning
  - 1.1 Temporary methods for male and female
  - 1.2 Permanent methods for male and female
  - 1.3 Family planning counseling
  - 1.4 Various rates and ratios used in population education

### **2. Maternal and Child Health (MCH)**

- 2.1 Immunization
- 2.2 Six killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles)
- 2.3 Milestone
- 2.4 Record Height, Weight and Mid Upper Arm Circumference (MUAC)
- 2.5 ARI (Acute Respiratory Tract Infection)
- 2.6 Malnutrition; Protein-energy malnutrition (P.E.M.)
- 2.7 Control of Diarrhoeal Diseases (CDD)
- 2.8 Preparation of oral rehydration solution (ORS)
- 2.9 Advantages of breastfeeding
- 2.10 Vaccines
- 2.11 Maintenance vaccine potentiality

### **3. Nutrition**

- 3.1 Importance of nutrition on the growth and development of the body
- 3.2 Nutritional requirement in normal children, adults, pregnancy and lactating mother
- 3.3 Disease due to vitamin deficiency and source of vitamin
  - 3.3.1 Vitamin "A"
  - 3.3.2 Vitamin "B"
  - 3.3.3 Vitamin "C"
  - 3.3.4 Vitamin "D"
- 3.4 Anaemia and its management
- 3.5 Goiter, cretinism, mental retardation, and its prevention

## **(D) Diagnosis and treatment of simple disorders**

1. Different types of micro organisms including spore and parasites
2. Common skin problems and its management
3. Nursing management of following conditions:
  - 3.1 Diabetes
  - 3.2 Peptic ulcer
  - 3.3 Jaundice
  - 3.4 Typhoid
  - 3.5 Bronchial Asthma
  - 3.6 Bronchitis
  - 3.7 Hypertension

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- 3.8 Congestive cardiac failure
- 3.9 Rheumatic fever
- 3.10 Sexually Transmitted Disease (STD)
- 3.11 Urinary Tract Infection
- 3.12 Meningitis, Encephalitis
- 3.13 Paralysis
- 3.14 Head injury
- 3.15 Infection of the eye

### **(E) Health education and Communication**

- 1. Principle and importance of health education
- 2. Methods and media of health education
- 3. Elements, barriers, and techniques of communication

### **(F) Midwifery**

- 1. Antenatal care (ANC)
  - 1.1 Function of placenta
  - 1.2 Physiological changes during pregnancy
  - 1.3 Signs and symptoms of pregnancy.
  - 1.4 Purpose of Antenatal care.
  - 1.5 Calculation of Last Menstrual Period (LMP) and Expected Date of Delivery (EDD) and gestational week of pregnancy
  - 1.6 Investigations during pregnancy
  - 1.7 Health teaching during antenatal visit
  - 1.8 Minor and Major disorders during pregnancy its management
  - 1.9 High-risk factors during pregnancy and their management

#### **2. Labour (Intranasal)**

- 2.1 Signs & symptoms; and causes of the onset of labour
- 2.2 Physiological changes during first, second and third stages of labour
- 2.3 Signs and symptoms and management of maternal and foetal distress
- 2.4 Indications and time of episiotomy
- 2.5 Method of scoring of the APGAR score
- 2.6 Immediate care of newborn baby
- 2.7 Examination of a newborn baby
- 2.8 Complication of the third stage and its management
- 2.9 Abnormal Labour
  - 2.9.1 Occipito posterior position
  - 2.9.2 Multiple pregnancy
  - 2.9.3 Mal presentation
  - 2.9.4 Prematurity

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- 2.9.5 Post maturity
- 2.10 Management of prolonged labour
- 2.10.1 Cephalo pelvis disproportion (CPD)
- 2.10.2 Trial labour (Induction)

### **3. Postnatal care**

- 3.1 Definition, Principles and purpose of postnatal care
- 3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracknipple, Engorge breast, Sub-involution of the Uterus)
- 3.3 Major disorder during puerperium
  - 3.3.1 Puerperal sepsis
  - 3.3.2 Urinary Tract Infection (UTI)
  - 3.3.3 Incontinence of urine and stool
  - 3.3.4 Puerperal haemorrhage
  - 3.3.5 Venus thrombosis
  - 3.3.6 Pulmonary embolism
  - 3.3.7 Postnatal psychosis and depression
  - 3.3.8 Causes, signs and symptoms, complications and management of mother and baby
  - 3.3.9 Major disorders of newborn

### **(G) Environmental Sanitation and Home visit**

- 1. Community and home visit
- 2. Health problems and diseases due to poor environmental Sanitation
- 3. Water pollution
- 4. Excreta disposal and its importance
- 5. Types of latrines
- 6. Classification and management of solid waste disposal

### **(H) Epidemiology and communicable diseases**

- 1. Definition and aims of epidemiology
- 2. Concept of diseases
- 3. Primary Health care (Definition, element, Basic Principles)
- 4. Immunity
- 5. Communicable diseases and its prevention, control and treatment including Acquired Immuno Deficiency Syndrome (AIDS) and Sexual Transmitted Disease (STD)

### **(I) Community diagnosis**

- 1. Importance and methods of community diagnosis

### **(J) Care of new born baby with observation and assessment**

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