

DIPLOMA IN NURSING ASSISTANT

(TWO YEAR) (FIRST YEAR)

PAPER 1	FUNDAMENTALS OF NURSING, PHARMACOLOGY AND MICROBIOLOGY
PAPER 2	ANATOMY AND PHYSIOLOGY, SOCIOLOGY, PSYCHOLOGY AND FIRST AID
PAPER 3	NUTRITION, FAMILY PLANNING, COMMUNICABLE DISEASES AND ELEMENTS OF MIDWIFERY
PAPER 4-6	Practical for Paper 1, II & III – Three Practical



PAPER 1

FUNDAMENTALS OF NURSING

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- ▶ **A** DEFINITION OF NURSING
 - ▶ **B** PRINCIPLES OF NURSING
 - ▶ **C** DEVELOPMENT OF NURSING
 - ▶ **D** ETIQUETTE'S OF NURSING PROFESSION
 - ▶ **E** ETHICS OF NURSING
 - ▶ **F** DUTIES AND RESPONSIBILITIES OF A NURSE
 - ▶ **G** QUALITIES OF A NURSE
 - ▶ **H** THE NURSE AND LEGISLATION
 - ▶ **I** INTRODUCTION OF NURSING
 - ▶ A GENERAL VIEW
 - ▶ ORIGIN OF NURSING
 - ▶ GOALS AND SCOPE OF NURSING
 - ▶ INTER PERSONAL RELATIONSHIPS
 - ▶ BASIC NURSING PRINCIPLES
 - ▶ NURSING PROCEDURES & NURSING TECHNIQUES
 - ▶ IMPORTANT FACTORS OF A PROCEDURE
 - ▶ NEEDED STEPS OR STAGES OF A PROCEDURE
 - ▶ **J** HOSPITAL
 - ▶ FUNCTIONS OF HOSPITAL
 - ▶ TYPES OF HOSPITALS
 - ▶ HOSPITAL HOUSE KEEPING
 - ▶ PRINCIPLES OF HOUSE KEEPING
 - ▶ CARE OF CLOTHES, PILLOWS, MATTRESS
 - ▶ CARE OF FUNITURE
 - ▶ CARE OF SANITARY UNITS
 - ▶ PLACE OF PATIENT IN THA HOSPITAL
 - ▶ ENVIRONMENTAL HYGIENE
 - ▶ PERSONAL HYGIENE-ORAL HYGIENE, SKIN CARE, HAIR BATH, BODY BATH, HAIR CARE, CARE OF EYE, EAR PERENIAL CARE
 - ▶ MICRO ORGANISMS AND DISEASE TRANAMMISSION
 - ▶ IMPORTANT OF CLEANLINESS AND CLEANING AGENTS
 - ▶ **K** BASIC NURSING CARE NEEDS OF THE PATIENT
 - ▶ PSYCHOLOGICAL, SOCIAL & SPIRITUAL NEEDS
 - ▶ PHYSICAL COMFORT
 - ▶ HYGIENIC NEEDS
 - ▶ NUTIRITIONAL NEEDS
 - ▶ ELEMINATION NEEDS
 - ▶ OBSERVATION
 - ▶ MEDICATION NEEDS
 - ▶ GIVING AND TAKING OF BED PAN
 - ▶ GIVING AND REMOVING URINAL
 - ▶ CONSTIPATION - DEFINITION
 - ▶ CAUSES OF CONSTIPATION
 - ▶ **L** HOT AND COLD APPLICATIONS-HOT WATER BAG, FORMENTATION, DIFFERENT TYPES OF FOMENTATION, ICE BAG, COLD COMPRESS, COLD SPONGE
 - ▶ **M** ENEMA-DIFFERENT TYPES OF ENEMA, PURPOSE OF ENEMA
 - ▶ EVACUANT ENEMA
 - ▶ SIMPLE ENEMA
 - ▶ MEDICATED MEDICATED
 - ▶ PURGATIVE
 - ▶ ANTHEL MENTIC
 - ▶ OIL ENEMA
 - ▶ ENEMA
 - ▶ ASTRINGENT
 - ▶ CARMINATIVE ENEMA
 - ▶ RETAINED ENEMA
 - ▶ NUTRIENT
 - ▶ EMOLEUENT
 - ▶ STIMULANT
 - ▶ SEDATIVE
 - ▶ ENEMA
 - ▶ ANAESTHETIC ENEMA

PAPER 1**PHARMACOLOGY**

- A DEFINITION
- B DRUGS
- C PHARMACY – SOURCE OF DRUGS-FORMS OF DRUGS
- D ROUTES OF ADMINISTRATION
- E VARIOUS TYPES OF DRUGS-CLASSIFICATION
ADVANTAGES AND DISADVANTAGES OF DRUG
- F DOSE-DEFINITION
- G MINIMUM DOSE
- H MAXIMUM DOSE – OVER DOSE
- I ORAL ADMINISTRATION
- J PURPOSE OF ADMINISTRATION
- K METHODS OF ADMINISTRATION

- L CALCULATING DOSAGE
- M DOMESTIC MEASUREMENT
- N METRIC SYSTEM
- O TABLE MEASURE
- P INJECTION-DEFINITION
- Q PURPOSE OF INJECTION
- R COMMON DANGERS OF INJECTION
- S DIFFERENT ROUTES
- T INFUSION
- U SPECIAL POINTS TO BE REMEMBERED

PAPER 1**MICROBIOLOGY**

- A INFECTION – DEFINITION
- B STERILIZATION – DISINFECTION
- C METHODS OF TRANSMISSION OF DISEASES
- D IMMUNITY-DEFINITION –TYPES
- E BACTERIA-COMMON BACTERIA
- F VIRUSES-DEFINITION SMALL POX VIRUS, CHICKEN
POX VIRUS, MEASLES, POLIO, AIDS VIRUSES

PAPER 2**ANATOMY**

- A GENERAL ANATOMY OF HUMAN BODY
- B SYSTEMS OF BODY
- C FUNCTIONS OF EACH SYSTEM
- D DISEASES CAUSED TO EACH SYSTEM
- E CARE OF EACH SYSTEM

PAPER 2**PSYCHOLOGY**

- A PSYCHOLOGY – DEFINITION
- B PSYCHOLOGY OF SICK PERSON
- C NEED FOR PSYCHOLOGICAL SUPPORT TO SICK PERSON
- D MENTAL ADJUSTMENT OF INDIVIDUALS
- E CARE OF MENTALLY RETARDED & INSANE PERSONS

PAPER 2**ANATOMY**

- A HUMAN BODY
- B FUNCTION OF EACH ORGAN
- C DISORDERS OF ORGAN

PAPER 2**FIRST AID**

- A FIRST AID – DEFINITION
- B FIRST AIDER-DEFINITION DUTIES & RESPONSIBILITIES
- C ARTIFICIAL RESPIRATION
- D ELECTRIC SHOCK, BURNS, SCALDS, SHOCK
- E CONTROL OF BLEEDING, UNCONSCIOUSNESS
- F BLEEDING FROM NOSE & EAR, EPILEPTIC FITS
- G FRACTURES & INJURIES, DISLOCATION, HIGH FEVER
- H SOMETHING GET STRUCK IN THE THROAT
- I DROWING
- J INSECT BITE
- K DOG BITE
- L SNAKE BITE
- M FOOD POISONING
- N CHEMICAL POISONING

PAPER 2**SOCIOLOGY**

- A DEFINITION OF SOCIOLOGY AND SOCIAL PROBLEMS
- B HOW ILLNESS AFFECT SOCIETY
- C ROLE OF SOCIETY IN PREVENTING EPIDERMIC DISEASES

PAPER 3**NUTRITION**

- A DEFINITION
- B FUNCTIONS OF BALANCED DIET
- C MAL NUTRITION, UNDER NUTRITION, OVER NUTRITION
- D REQUIREMENTS OF FOOD FOR THE VARIOUS AGE GROUPS
- E DEFICIENCY DISEASES
- F DIET OF THE SICK, AGED CHILD, PRE-SCHOOL, PREGNANT & LACTATING MOTHERS
- G NUTRIENTS AND ITS FUNCTIONS AND SPECIFIC DEFICIENCY DISEASES

PAPER 3**FAMILY PLANNING**

- A SMALL FAMILY & NUCLEAR FAMILY
- B VARIOUS METHODS OF FAMILY PLANNING
- C MTP & ABORTIONS
- D METHODS OF EDUCATION TO SOCIAL GROUPS
- 1 INDIVIDUAL TEACHEING
- 2 GROUP TEACHING
- 3 FAMILY GUIDANCE AND COUNCELLING

PAPER 3**COMMUNICABLE DISEASES AND COMMON DISEASES**

- A CLASSIFICATION OF DISEASES
- B DROPLET INFECTION. MEASELES, CHICKEN POX, SMALL POX, MUMPS, INFLUENZA
- C DISEASES AFFECTING RESPIRATORY SYSTEM: TUBERCULOSIS, PNEUMONIA, ASTHMA, BRONCHITIS
- D DISEASES AFFECTING GASTRO INTESTINAL SYSTEM: DYSENTERY, DIORRHEA, TYPHOID, CHOLERA, PEPTIC ULCER, LIVER DISEASES (JAUNDICE, HEPATITIS, CIRRHOSIS, GASTRITIS, APPENDICITIS)
- E SKIN DISEASES & VENEREAL DISEASES, SCABIES, SORIASIS, FUNGAL INFECTION, VENEREAL DISEASES, LEPROSY.
- F BLOOD ANAEMIA, LEUKEMIA, BLEEDING DISORDERS
- G URINARY DISEASES: GLOMERULO NEPHRITIS, PYELO NEPHRITIS
- H CARDIOVASCULAR DISEASES: ANGINA PECTORIS, HYPERTENSION, VALVULAR DISEASES
- I NERVOUS SYSTEM- POLIO, MENINGITIS
- J VIRAL DISEASES : AIDS, RABIES
- K INSCCT-BORN DISEASES: MALARIA, FILARIASIS



DIPLOMA IN NURSING ASSISTANT

(TWO YEAR) (FINAL YEAR)

Three Practical Paper

PAPER 1	NURSING, SOCIAL AND PREVENTIVE MEDICINE
PAPER 2	ANATOMY, PHYSIOLOGY, ABNORMAL PHYSIOLOGY
PAPER 3	MIDWIFERY

PAPER 1

NURSING, SOCIAL AND PREVENTIVE MEDICINE

1. ARTIFICIAL NEEDLING - NASAL GASTRIC GAVAGE, GASTROSTOMY AND ENTER OSTOMY FEEDING, FEEDING, I.V. INFUSIONS.
2. BLOOD-BLOOD TRANSFUSION
3. IRRIGATIONS AND INSTILLATIONS-EYE IRRIGATION, EAR IRRIGATION, VAGINAL IRRIGATION, RECTAL IRRIGATION, GASTRIC LAVAGE, RECTAL EXAMINATION, LUMBAR PUNCTURE.
4. THEATRE TECHNIQUE - SURGEONS ROOM, NURSE ROOM, INSTRUMENTS ROOM, GENERAL INSTRUMENT, PRE AND POST OPERATIVE CARE, GENERAL NURSING CARE, INCISION AND DRAINAGE, WOUND SUTURING, SUTURING MATERIALS, CLIPS.
5. ANAESTHESIA - GENERAL ANAESTHESIA, SIGNS AND STAGES OF ANAESTHESIA, CLASSIFICATION OF GENERAL ANAESTHESIA, INTRAVENOUS ANAESTHESIA, LOCAL ANAESTHESIA, SPINAL ANAESTHESIA.
6. PRE-OPERATIVE CARE, POST-OPERATIVE CARE REPORTS AND RECORDS

PAPER-II

ANATOMY

1. ENDOCRINE SYSTEM-DUCTLESS GLANDS, PITUITARY GLAND, THYROID GLAND, PARA THYROID GLAND, ADRENAL GLAND, GONADS,
2. URINARY SYSTEM-ORGANS OF URINARY SYSTEM, FUNCTION OF URINARY SYSTEM
3. REPRODUCTIVE SYSTEM-ORGANS OF REPRODUCTION IN MALES AND FEMALES. ITS FUNCTIONS.
4. NERVOUS SYSTEM-BRAIN MAIN SUB-DIVISIONS AND LOBS, SPINAL CORD, VARIOUS SENSE ORGANS.

PAPER-II

PHARMACOLOGY

1. CLASSIFICATION OF DRUGS ACCORDING TO THE ACTION-ABBREVIATIONS IN USE WOUNDS-SURGICAL DRESSING DRUG INTERACTIONS - MECHANISM OF DRUG INTERACTIONS MINOR AILMENTS AND THEIR TREATMENT INTRAVENOUS INFUSION, SOLUTION VEINS

PAPER-II

ABNORMAL PSYCHOLOGY

1. CLASSIFICATION OF GENERAL POPULATION INTO NORMAL, ABNORMAL AND SUPERIOR
2. GENERAL CLASSIFICATION OF ABNORMALITIES-PSYCHONEUROSIS PSYCHOSIS, METAL DEFICIENCY, ANTI SOCIAL PERSONALITIES
3. OTHER FORMS OF ABNORMALITIES- A DETAILED STUDY.

PAPER III

MIDWIFERY

1. STRUCTURE OF PELVIS-DIFFERENT BETWEEN MALE AND FEMALE PELVIS -STRUCTURE OF UTERUS OVULATION-FERTILIZATION- FEMALE REPRODUCTIVE ORGANS FEMALE & MALE . THE FOETAL SKULL-THE OVUM AND THE FOETUS-ABNORMALITIES OF PREGNANCY, THE MECHANISM OF LABOUR- ABNORMALITIES OF LABOUR- ABNORMALITIES OF THE PERIPARTUM-PREPARATION FOR THE CHILD BIRTH: ANTENATAL AND POST NATAL EXERCISE.

PREGNANCY SIGNS AND SYMPTOMS
DIFFERENT STAGES OF PHYSIOLOGICAL CHANGES IN PREGNANT WOMEN. ABNORMAL PREGNANCY. ANTENATAL CARE, ABDOMINAL EXAMINATION LABOUR-NORMAL LABOUR MANAGEMENT OF THREE STAGES OF LABOUR-NEWBORN CARE, CARE OF PREMATURE BABY. STRUCTURE AND FUNCTION OF PLACENTA PERIPARTUM, POSTNATAL CARE COMPLICATIONS DURING PERIPARTUM. BABY BATH, HEALTH EDUCATION AFTER DELIVERY, EXAMINATION OF NEW BORN.
CONGENITAL ABNORMALITIES OF NEW BORN, BREAST FEEDING-ADVANTAGE AND DISADVANTAGES OF BREAST FEEDING, WEANING- ARTIFICIAL FEEDING OF INFANTS.

PAPER III

REFERENCE BOOK

1. BASIC NURSING PROCEDURE, MANUAL AND ESSENTIAL-THRESIAMMA C.P.
FUNDAMENTAL OF NURSING-VOL I&II-Sr.NANCY.