

**DETAILED SYLLABUS FOR THE POST OF MALE NURSING  
ASSISTANT IN TRAVANCORE TITANIUM PRODUCTS LTD**

**CAT NO : 039/2024**

**TOTAL : 100 MARKS**

**1. INTRODUCTION TO NURSING (5 Marks)**

- a. Concept of Nursing
- b. Qualities of Nursing Assistants
- c. Hospital
- d. Communication & IPR

**2. BASIC CARE NEEDS (30 Marks)**

- a) Bed making, care of Patient unit and Instruments
- b) Comfort devices, Positions, Moving and transporting patient from wheel chair and trolley
- c) Meeting hygienic needs: Sponge bath, Mouth care, Care of pressure points, Perineal care.
- d) Meeting elimination needs: Administration of enema, Urinary Catheter care
- e) Assisting with nutritional needs: Ryle's tube feed, Gastrostomy and jejunostomy feeding
- f) Observing & reporting: Vital signs, Intake output chart
- g) Therapeutic uses of cold and hot : Application of hot water bag, Tepid sponge, Cold compress, Sitz bath, Steam inhalation, application of Ice bag
- h) Collection and Transportation of Lab specimens

- i) Assisting with procedures- Urinary Catheterization, Oxygen Inhalation, blood sample collection, bone marrow aspiration and biopsy ,Lumbar puncture, Fine needle Aspiration cytology ,Thoracentesis, Paracentesis, Per Vaginal examination, Per Rectal examination, Urine Testing & Physical examination,
- j) Role of Nursing assistant in Admission, Discharge and Transfer of Patients
- k) Pre and Post-operative care-Skin Preparation, Care of drains and inter costal drainage, Assisting with wound care
- l) Care of dying patients, Care of dead body
- m) Care of Unconscious patients
- n) Emergency Nursing Procedures-BLS

### **3. HYGIENE**

**(5 Marks)**

- a. Concept of Health and Healthy Living
- b. Personal Hygiene
- c .Environmental Hygiene
- d. Mental Hygiene
- e. Menstrual hygiene
- f. Sleep, exercise and recreation
- g. Food sanitation

### **4. INFECTION CONTROL**

**(10 Marks)**

- a. Immunity
- b. Asepsis: medical and surgical asepsis

- c. Disinfection & Sterilization
- d. Infection process cycle
- e. Hand Hygiene
- f. Personal protective Equipments
- g. Transmission based precautions and barrier nursing
- h. Biomedical waste management
- i. Common Diseases caused by Microorganism

## **5. NUTRTION**

**(4 Marks)**

- a. Classification and Functions of Food
- b. Therapeutic Diet
- c. Balanced Diet
- d. Food Hygiene
- e. Modified Diet in Various Disease conditions
- f. Nutritional Deficiencies

## **6.PSYCHOLOGY**

**(4 Marks)**

- a. Concept of Body Mind relationship
- b. Learning
- c. Drives and Motives
- d. Emotions
- e. Intelligence and aptitude
- f. Habits and skill

- g. Attitude
- h. Personality
- i. Discipline

## **7. FIRST AID**

**(8Marks)**

- a. Need for First Aid- Principles, First aid kit
- b. Bandaging: Types, Uses, Principles and methods of Bandaging, Splints, Slings
- c. First aid of minor Injuries and ailments
- d. First Aid in Life-threatening conditions, Fractures, Dislocations, Head Injuries, Spinal injuries, Snake bite, Dog bite, Burns, Electric shock, drowning.

## **8. BASIC ANATOMY AND PHYSIOLOGY**

**(15 Marks)**

- a) Cells, tissues, glands & organs
- b) Musculoskeletal system
- c) Respiratory System
- d) Cardiovascular system
- e) Gastrointestinal system
- f) Genito Urinary System
- g) Central Nervous System
- h) Endocrine System
- i) Sensory Organs
- j) Reproductive System

## **9. INTRODUCTION TO MATERNAL AND CHILD HEALTH (13 Marks)**

### **A.MATERNAL HEALTH**

- a. Introduction to common gynaecological problems
- b. Normal pregnancy-Signs symptoms of pregnancy, various diagnostic tests for confirmation of pregnancy, Physiological changes during pregnancy, Minor ailments during pregnancy and their management
- c. Antenatal care
- d. Normal labour-Onset and stages of labour, Physiological changes, Lie, attitude, position and presentation of foetus, Mechanisms of labour, Identification of high-risk cases, foetal distress and maternal distress during labour
- e. post natal care - postnatal assessment ,care of mother-diet ,rest, exercise, hygiene, management of breast feeding, abnormal puerperium
- f. Abortion & High risk pregnancies
- g. Infertility
- h. Sexually transmitted diseases
- i. Family welfare

### **B.CHILD HEALTH**

- a. Growth and development of child
- b. Developmental Problems
- c. Immunisation
- d. Nutrition in infancy and childhood- Breast feeding, Nutritional requirements, Complementary feeding, Problems of feeding.
- e. Nutritional deficiency diseases
- f. Care of children in Illness

**10. INTRODUCTION TO COMMUNITY HEALTH**

**(6 MARKS)**

- a. Health
  - b. Determinants of health
  - c. Components & Significance of Primary Health care
  - d. Health promotion behaviours
  - e. Family welfare Programs
  - f. Field Visits
  - g. Safe water & disposal of excreta and waste
  - h. common communicable diseases
  - i. Importance of Health education
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**NOTE: - It may be noted that apart from the topics detailed above, questions from other topics prescribed for the educational qualification of the post may also appear in the question paper. There is no undertaking that all the topics above may be covered in the question paper.**