

National Rural Health Mission (NRHM), Meghalaya



NRHM Meghalaya Staff Nurse Exam Pattern

Exam Type	Name of the subject	Number of Marks
Objective Multiple Choice Questions	Anatomy & Physiology	10 Marks
	Nutrition	10 Marks
	Nursing Foundation	10 Marks
	Microbiology	10 Marks
	Medical & Surgical Nursing	10 Marks
	Child Health Nursing	10 Marks
	Mental Health Nursing	10 Marks
	Community Health Nursing	10 Marks
	Midwifery	10 Marks
	Nursing Administration	10 Marks
	Total	100 Marks

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Nutrition

- Animal Nutrition.
- Extension.
- Anatomy.
- Pharmacology.
- Hygiene.
- Animal Diseases.
- Milk & Milk Product Technology.
- veterinary Public Health.
- Meat Hygiene and Technology.
- Animal Physiology.
- Animal Reproduction.
- Livestock Production & Management.
- Genetics and Animal Breeding.

Medical & Surgical Nursing

- Psychology.
- Pharmaceutical Jurisprudence.
- Health Educational & Communication Skills.
- Computers in Nursing.
- Medical-Surgical Nursing.
- Nutrition.
- Personal Hygiene.
- Clinical Pathology.
- Biochemistry.
- Pharmacognosy.
- Health Education & Community Pharmacy.
- Hospital & Clinical Pharmacy.
- Accountancy.
- First Aid.

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- Anatomy & Physiology.
- Paediatric Nursing.
- Toxicology.
- Psychiatric Nursing.
- Mental Health.
- English.
- Nursing Management.
- Community Health Nursing.
- Fundamentals of Nursing.
- Human Anatomy & Physiology.
- Pharmaceutics.
- Pharmaceutical Chemistry.
- Drug Store Management.
- Pharmacology.
- Midwifery & Gynaecological Nursing.
- Commerce.
- Microbiology.
- Sociology.

Microbiology

- Bacteria.
- Characteristics of Bacteria.
- General characters and classification.
- Sterilization and Disinfection.
- Disposal of Laboratory/Hospital Waste.
- Collection and Transportation of Specimen.
- Culture Media.
- Care and Handling of Laboratory Animals.
- Staining Methods.
- Growth and Maintenance of Microbes.nr

Community Health Nursing

- First Aid.
- Community Health Nursing.

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- Psychology.
- Health Education & Communication Skills.
- Medical-Surgical Nursing.
- Sociology.
- Nutrition.
- Computers in Nursing.
- Nursing Management.
- Environmental Hygiene.
- Paediatric Nursing.
- Mental Health.
- Psychiatric Nursing.
- Personal Hygiene.
- Fundamentals of Nursing.
- Midwifery & Gynaecological Nursing.

Anatomy & Physiology

- The Human Body: An Orientation.
- Biochemistry / Enzymes.
- Cell Transport - Cell Communication - Endocrine System.
- The Cardiovascular System.
- The Respiratory System.
- Cell Division - Cancer - Tissues.
- The Skeletal System.
- The Muscular System.
- Special Senses.
- Blood & Immune System.
- The Digestive System.
- CAT Dissection Week.
- The Urinary System.
- The Nervous System.

Nursing Foundation

- Concept of health,
- Factors influencing health.

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- Health care teams.
- Causes and risk factors for developing the illness.
- Body Defenses.
- Illness and illness behavior.
- Health care services.
- Health promotions and levels of diseases.
- Primary health care and its delivery.
- Infection control.
- Isolation precautions, Types, uses and technique of wearing and removing.
- Biomedical waste management.
- Transportation and disposal.

Child Health Nursing

- The healthy child.
- Principles of growth & development.
- Factors affecting growth & development.
- Growth and development from birth to adolescence.
- The needs of normal children through the stages.
- Nutritional needs of children.
- feeding, supplementary.
- Baby-friendly hospital concept.
- Accidents: causes and prevention.
- Value of play and selection of play material.
- Preventive immunization.
- Immunization program.
- Cold chain.
- Preventive pediatrics.
- Care of under five & under five clinics.
- Nursing care of a neonate.
- Nursing care of a normal newborn care/Essential newborn care.
- Neonatal resuscitation.
- Nursing management of a low birth weight baby.

Mental Health Nursing

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- Mental Health and Mental Illness.
- Historical perspectives, Trends.
- Issues epidemiology of mental health problems.
- National mental health act.
- Scope of mental health nursing.
- Concept of normal and abnormal behavior.
- National mental health program – Human rights of the mentally ill.
- Mental Health/ Mental Illness.
- Classification of mental illnesses.
- Challenges and Scope of psychiatric nursing.
- Standards of Psychiatric nursing.
- Multi-disciplinary team and the role of a nurse.
- Role of psychiatric nurse - extended and expanded.

Midwifery

- Assessment and management of pregnancy(ante-natal).
- Normal pregnancy.
- Physiological changes during pregnancy.
- Reproductive system.
- Cardiovascular system.
- Respiratory system.
- Urinary system.
- Gastrointestinal system.
- Metabolic changes.
- Skeletal changes.
- Endocrine system.
- Psychological changes.
- Discomforts of pregnancy.
- Diagnosis of pregnancy.
- Signs.
- Differential diagnosis.
- Confirmatory tests.
- Ante-natal care.
- Objectives.

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- History and physical examination.
- Antenatal examination.
- Signs of the previous childbirth.
- Relationship of the fetus to the uterus and.
- Pelvis lie, attitude, presentation, position.

Nursing Administration

- Definitions, concepts Theories.
- Administration Vs Management.
- Functions of management.
- Principles or management.
- <https://www.freshersnow.com/syllabus/>
- Role of the nurse as a manager.
- Qualities of a leader.
- Leadership in management of nursing service Assertiveness.
- Motivation, concepts & theories.
- Group dynamics.
- Human relations.
- Public relations in the context of nursing.