

## SYLLABUS FOR APTITUDE IN NURSING

### **UNIT I**

#### **1. Basic Concepts in Nursing**

- 1.1 Concept of Health and illness
- 1.2 Maslow's hierarchy of needs
- 1.3 Factors influencing health and illness
- 1.4 Impact of illness on patient and family

### **UNIT II**

#### **2. Health care delivery system in India**

- 2.1 Levels of Prevention
- 2.2 Types of health care
- 2.3 Health care teams and their Role

### **UNIT III**

#### **3. Nursing as a profession**

- 3.1 History of nursing
- 3.2 Expanded roles of a Nurse
- 3.3 Ethics in Nursing
- 3.4 Qualities of a Nurse
- 3.5 Contributions of Florence Nightingale
- 3.6 Normal Vital signs- Temperature, pulse, Respiration, blood Pressure
- 3.7 Exercise and types of exercise

## **UNIT IV**

### **4.Nutrition**

- 4.1 Classification of macro and micro nutrients
- 4.2 Factors affecting food and nutrition
- 4.3 Food Groups
- 4.4 Sources of macro and micro nutrients
- 4.5 Basal Metabolic rate and basal Metabolic index
- 4.6 Deficiency diseases related to Malnutrition
- 4.7 Food safety

## **UNIT V**

### **5. Communication and nurse Patient Relationship**

- 5.1 Communication- Types of communication
- 5.2 Factors influencing Communication
- 5.3 Barriers to Effective communication
- 5.4 Communication techniques with Vulnerable groups

## **UNIT VI**

### **6 .Health care Management**

- 6.1 Critical thinking
- 6.2 Decision Making
- 6.3 Leadership types
- 6.4 Conflict resolution
- 6.5 Defence mechanism
- 6.6 Digital health, Telenursing/Telemedicine
- 6.7 Emotional intelligence

6.8 Resilience and stress management

## **UNIT VII**

### **7. Infection control in clinical setting**

7.1 Different disease producing microorganisms- Virus, Fungi, parasites, bacteria

7.2 Nature of Infection and Types of Infection

7.3 Hospital acquired infection(Nosocomial infection)

7.4 Immunity -Active and passive immunity

7.5 Aseptic Technique- hand hygiene, Personal Hygiene, Biomedical waste management,

7.6 Patient safety

## **UNIT VIII**

### **8. First aid and Emergency management**

8.1 Principles in first aid

8.2 First aid in Wounds, foreign body , Burns ,poisoning, Bites

8.3 Disaster management

8.4 Role of Indian red cross society in disaster management

#### **References:**

1. Potter and Perry Fundamentals of Nursing 3<sup>rd</sup> Edition, 2021, Elsevier publishers
2. Harinder Jeet Goyal Text book of nursing foundation to B.Sc nursing students II<sup>nd</sup> edition, 2022,CBS publishers .
3. S.K Gupta Applied nutrition and Dietetics for B.Sc(N) students II<sup>nd</sup> edition, 2023 Arya publishers .
4. T.K.Indrani First aid for Nurses,II<sup>nd</sup> Edition,2018,Jaypee Publishers.

