

1. Medical Surgical Nursing

1

Basic Concepts 1

Infection 1; Infection Chain 1; Infection Control 1; Physical and Chemical Control of Microorganisms 2; Barrier Nursing 2; Antimicrobial Drugs 3; Antitubercular Drugs 4; Antifungal Drugs 4; Anthelmintics 4; Pain 4; Analgesics 4; Fluid and Electrolyte Balance 5; Electrolytes 6; Acid-Base Balance 6; Acid-Base Imbalances 8; Nutrition 8; Shock 8

Diseases and Disorders of the Central Nervous System 13

Overview of Anatomy and Physiology of CNS 13; Vision 15; Hearing 15

Diseases and Disorders of the Nervous System 16

Increased Intracranial Pressure (ICP) 16; Cerebrovascular Accident (CVA) 17; Parkinson's Disease 17; Myasthenia Gravis 17; Spinal Cord Injury 18; Meningitis 18; Encephalitis 18; Brain Abscess 19; Trigeminal Neuralgia (Tic-Douloureux) 19; Bell's Palsy 19; Guillain-Barre Syndrome 20

Disorders of the Eye 20

Cataract 20; Glaucoma 20; Retinal Detachment 21

Disorders of the Ear 21

Otosclerosis 21; Meniere's Disease 21

Diseases and Disorders of the Cardiovascular System 24

Overview of Anatomy and Physiology of CVS 24; Blood 25; Blood Clotting Process 27; Blood Circulation 27; Lymphatic System 29

Diseases and Disorders of the Cardiovascular System 29

Coronary Artery Disease (CAD) 29; Angina Pectoris 30; Myocardial Infarction 30; Coronary Artery Bypass Graft (CABG) 30; Dysrhythmias 30; Sinus Tachycardia 30; Sinus Bradycardia 30; Atrial Fibrillation (AF) 31; Premature Ventricular Contraction (PVC) 31; Ventricular Tachycardia (VT) 31; Congestive Cardiac Failure (CCF) 31; Left Sided Heart Failure 31; Right Sided Heart Failure 31; Pulmonary Edema 31; Cardiac Tamponade 32; Hypertension 32; Antihypertensive Therapy (AHT) 32; Thromboangiitis Obliterans (TAO) or Buerger's Disease 33; Thrombophlebitis 33; Cardiovascular Drugs 33; Antianginal Drugs 33; Peripheral Vasodilators 33; Beta Blockers 34; Cardiac Stimulants 34; Anticoagulants 34; Thrombolytic Drugs 36; Antilipemic Agents 36

Diseases and Disorders of the Respiratory System 43

Review of Anatomy and Physiology 43; Mechanism of Respiration 43; Gas Exchange 43; Lung Volumes 43

Diseases and Disorders of the Respiratory System 44

Chronic Obstructive Pulmonary Disease (COPD) 44; Pulmonary Tuberculosis 44; Chest Trauma 44; Flail Chest 45; Pneumothorax/Hemothorax 45; Atelectasis 45; Pleural Effusion 45; Chest Drainage Systems 45; Pneumonia 46; Cancer of the Larynx 46; Oral Cancer 47

Diseases and Disorders of the Gastrointestinal System 53

Review of Anatomy and Physiology 53; Physiology of Digestion and Absorption 54

Diseases and Disorders of the Gastrointestinal System 54

Stomatitis 54; Oral Cancer 54; Cancer of the Esophagus 54; Esophageal Varices 54;
Hiatus Hernia 55; Gastritis 55; Gastric Ulcers 55; Duodenal Ulcer 55; Gastric Surgery 55;
Dumping Syndrome 56; Cancer of the Stomach 56; Ulcerative Colitis 56;
Cancer of the Colon/Rectum 56; Bowel Surgery 57; Peritonitis 57; Hemorrhoids 57

Disorders of the Liver 58

Hepatitis 58; Cirrhosis of Liver 58; Ascites 58; Hepatic Encephalopathy 59

Disorders of the Gallbladder 59

Cholecystitis 59; Cholelithiasis 59

Disorders of the Pancreas 59

Pancreatitis 59; Cancer of the Pancreas 60

Diseases and Disorders of the Genitourinary System 63

Review of Anatomy and Physiology 63; Urinary System 63

Disorders of the Urinary Tract 63

Cystitis 63; Nephrolithiasis/Urolithiasis 63; Glomerulonephritis 63; Acute Renal Failure 64;
Chronic Renal Failure 64; Surgery of Urinary System 64

Disorders of the Reproductive System 65

Epididymitis 65; Prostatitis 65; Benign Prostatic Hypertrophy (BPH) 65;
Prostatic Surgery 65; Dialysis 65

Diseases and Disorders of the Musculoskeletal System 68

Review of Anatomy and Physiology 68

Diseases and Disorders of the Endocrine System 73

Review of Anatomy and Physiology 73; Hormone Regulation 73

2. Nursing Foundations**77**

Nursing 77; Communication 77; Essentials of Communication Process 77;
Ethical Aspects of Nursing 77; Nursing Process 77 Medical and Surgical Asepsis 78;
Assessment of Client 79; Specimen Collection and Testing 80; Personal Hygiene 82;
Pressure Sore (Bed Sore and Decubitus Ulcer) 82; Vital Signs 83; Temperature 83;
Fever 83; Pulse 84; Respiration 84; Blood Pressure 85; Body Mechanics 85;
Immobility 85; Exercise 86; Comfort Measures 86; Enema 86;
Hot and Cold Applications 87; Administration of Medications 87

3. Mental Health Nursing**94**

Personality 94; Anxiety and Behavior 94 Defense Mechanisms 95; Deviant Patterns of Behavior 95;
Basic Principles in Psychiatric Nursing 95; Therapeutic Nurse-Patient Relationship 96;
Drugs in Emotional Disorders 96; Mental Retardation 98; Pervasive Developmental Disorders 98;
Disruptive Behavior Disorders 98; Eating Disorders 99; Gender Identity Disorders 99;
Tic Disorders 100; Elimination Disorders 100; Speech Disorders 100;
Organic Mental Syndromes and Disorders 101; Alzheimer's Disease and Dementia of the Alzheimers Type 102;
Psychoactive Substance-Induced Organic Mental Disorders 102; Psychoactive Substance Use Disorders 102

4. Child Health Nursing**130**

The Newborn 130; Preterm (Premature) or Low Birth Weight Infant 130;

Special Conditions in the Neonate 131

Hyperbilirubinemia 131; Hemolytic Disease of the Newborn (Erythro Blastosis Foetalis) 131;
Neonatal Sepsis 132; Hypoglycemia 132; Growth and Development 132;
Child with Chromosomal Abnormalities 133

Disorders of Gastrointestinal System 133

Cleft Lip 133; Cleft Palate 133; Tracheoesophageal Anomalies 133; Intestinal Obstruction 134;
 Pyloric Stenosis 134; Intussusception 134; Omphalocele (Exomphalus) 134;
 Hirschsprung's Disease (Congenital Aganglionic Megacolon) 134; Appendicitis 135;
 Imperforate Anus 135

Disorders of the Neurosensory System 135

Increased ICP 135; Spina Bifida (Myelodysplasia) 136; Reyes Syndrome 136;
 Seizure Disorders 136; Cerebral Palsy 137

Disorders of the Eye 137

Blindness 137; Conjunctivitis 137

Disorders of the Ear 138

Deafness 138; Otitis Media 138

Diseases and Disorders of the Cardiovascular System 138

Normal Changes in Fetal Circulation After Birth 138; Congestive Cardiac Failure 139;
 Congenital Heart Defects 139; Acyanotic Heart Defects 139; Cyanotic Heart Defects 140;
 Rheumatic Fever 141

Diseases and Disorders of the Hematologic System 141

Anemias 141; Idiopathic Thrombocytopenic Purpura (ITP) 142; Hemophilia 142

Diseases and Disorders of the Respiratory System 142

Tonsillitis 143; Acute Spasmodic Laryngitis (Croup) 143; Bronchial Asthma 143

Diseases and Disorders of the Genitourinary System 143

Urinary Tract Infection (UTI) 143; Vesicoureteral Reflux 143;
 Undescended Testes (Cryptorchidism) 144; Hypospadias 144;
 Acute Glomerulonephritis 144; Nephrotic Syndrome (Nephrosis) 144;
 Hydronephrosis 145

Diseases and Disorders of the Musculoskeletal System 145

Congenital Dislocation of the Hip (CDH) 145; Clubfoot (Talipes) 146;
 Osteogenesis Imperfecta 146; Scoliosis 146

Diseases and Disorders of the Endocrine System 147

Diabetes Mellitus 147; Congenital Hypothyroidism (Cretinism) 147;
 Hypopituitarism (Pituitary Dwarfism) 147; Hyperpituitarism (Gigantism) 148

5. Community Health Nursing**160**

Primary Health Care 160; Maternal and Child Health 160; Health Problems of India 161;
 Health Programs of India 161; Environmental Health 162; Air 164; Ventilation 164;
 Lighting 164; Noise 164; Refuse 164; Mosquito Borne Diseases 164;
 Epidemiology of Disease 164; Disease Cycle 165; Levels of Prevention 165;
 Terminology Related to Epidemiology 165; Disease Transmission 166; Immunity 166;
 Immunizing Agents 167; National Immunization Schedule 167; Cold Chain 168;
 Portals of Exit 168; General Measures for the Control of Infectious Diseases 168;
 Disinfection 168

Communicable Diseases 169

Smallpox (Variola) 169; Chickenpox (Varicella) 169; Measles (Rubeola) 169;
 German Measles (Rubella) 170; Mumps 170; Diphtheria 170; Whooping Cough 171;
 Severe Acute Respiratory Syndrome (SARS) 171; Tuberculosis (TB) 171;
 Meningococcal Meningitis 172; Poliomyelitis 172; Hepatitis A 173; Hepatitis B 173;
 Hepatitis C 173; Hepatitis E 173; Cholera 173; Food Poisoning 174;
 Sexually Transmitted Diseases (STDs) 175; Acquired Immunodeficiency Syndrome (AIDS) 175;
 Hospital Acquired Infections 175

Demography and Family Welfare 176

Demography 176; Family Planning 176; Occupational Health 176; Occupational Diseases 177;
 Health Statistics 177; Health Education 178

Health and Social Services in India 179

The Bhole Committee 179; The Mudaliar Committee 179; The Chadha Committee 179;
The Mukherji Committee 179; Kartar Singh Committee 179; Shrivastav Committee 180;
National Health Policy 180

Five Year Plans 180**International Health Agencies 180**

World Health Organization (WHO) 180;
UNICEF (United Nations International Children's Emergency Fund) 180;
The World Bank 181

6. Maternity Nursing**193**

Puberty 193; Menstruation 193; Development of the Embryo 194;
Placenta 194; Umbilical Cord 194; Fetal Circulation 194;
Physical and Physiological Changes in the Mother during Pregnancy 194; Labor 197;
Clinical Findings Prior to Labor 197; Clinical Findings of True Labor 197;
Mechanism of Labor 197; Stages of Labor and Maternal Changes 197; Oxytocics 198;
Maternal Analgesia and Anesthesia during Labor 198; Postpartum Period 198;
The Newborn 199; Pregnancy-induced Hypertension (PIH), Pre-Eclampsia and Eclampsia 200;
Bleeding during the First Trimester 200; Antepartum Hemorrhage (APH) 201;
Postpartum Hemorrhage (PPH) 202; Multiple Pregnancy 202; Polyhydramnios 202;
Oligohydramnios 202; Vomiting In Pregnancy 202; Abnormalities of Placenta and Cord 203;
Heart Disease in Pregnancy 203; Gestational Diabetes 203; Anemia during Pregnancy 204;
Induction of Labor 204; Premature Rupture of Membranes (PROM) 204;
Preterm or Premature Labor 204; Postterm or Post Date Labor 204;
Difficult Labor or Dystocia 205; Precipitate Labor 205; Episiotomy 205

Family Planning 205

Contraceptive Methods 205; Medical Termination of Pregnancy (MTP) 206; Menopause 206

7. Gynecologic Nursing**210**

Related Anatomy and Physiology 210; External Genitalia 210

Internal Genital Organs 210

Vagina 210; The Uterus 210; Fallopian Tubes (Uterine Tubes) 211; Ovary 211;
Pelvic Floor 212; Perineum 212; Pelvic Peritoneum 212; Broad Ligament 212

Neuroendocrinology of Reproduction 213

Hypothalamus 213; Anterior Pituitary 213; Posterior Pituitary 213; Ovary 213;
Hypothalamic Pituitary Ovarian Axis 214

Gynecological Diseases and Disorders 214

Precocious Puberty 214; Delayed Puberty 214; Puberty Menorrhagia 215;
Pelvic Infections 215; Pelvic Inflammatory Disease (PID) 215

Pelvic Infection Following Delivery and Abortion 216

Abortion 216; Genital Tuberculosis 217; Sexually Transmitted Diseases 217; Acute Gonorrhea 217;
Syphilis 218; Herpes Genitalis 218; Acquired Immunodeficiency Syndrome (AIDS) 219

Disorders of Menstrual Cycles 219

Dysmenorrhea 219; Mittelschmerz's Syndrome (Ovulatory Pain) 220; Premenstrual Syndrome (PMS) 220

Abnormal Menstrual Bleeding 220

Menorrhagia 220; Epimenorrhoea (Polymenorrhoea) 221; Metrorrhagia 221;
Oligomenorrhoea 221; Hypomenorrhoea 221; Dysfunctional Uterine Bleeding (DUB) 221;
Displacement of the Uterus 222; Retroversion 222; Genital Prolapse 222; Infertility 223;
Assisted Reproductive Technology (ART) 224

Benign Lesions of the Cervix 224

Cervical Erosion 224; Cervical Eversion (Ectropion) 225; Cervical Tear 225;
Cervical Cysts 225; Elongation of the Cervix 225

***Benign Lesions of the Uterus* 225**

Fibroid 225; Benign Lesions of the Ovary 226; Follicular Cyst 226; Corpus Luteum Cyst 226; Lutein Cyst 227; Polycystic Ovarian Syndrome (PCOS) 227; Endometrial Cyst 227; Ovarian Tumors 227; Classification of Ovarian Tumor 227; Mucinous Cyst Adenoma 228; Serous Cyst Adenoma 228; Dermoid Cyst 228; Endometriosis 228; Cervical Intraepithelial Neoplasia (CIN) 229; Carcinoma Cervix (Ca Cervix) 229; Malignant Ovarian Tumors 230; Genital Fistula 231

***Intersexuality* 232**

Female Intersex 232; Disorders of Gonadal Development 233; Male Intersex 233; Klinefelter's Syndrome 234; True Hermaphroditism 234; Diagnosis of Intersex 234; Management of Intersex 234; Menopause 234

8. Nutrition**245**

Functions of Food 245; Constituents of Food 245; Classification of Foods 245; Nutrients 245; Proteins 246; Functions of Proteins 246; Sources of Proteins 246; Protein Requirements 246; Effects of Protein Deficiency 246

***Fats* 246**

Classification of Fats 246; Carbohydrates 247; Vitamins 247; Vitamin A 248; Vitamin D 249; Vitamin E 249; Vitamin B₁ or Thiamine 249; Vitamin B₂ or Riboflavin 250; Niacin 250; Vitamin B₆ or Pyridoxine 250; Folic Acid 250; Vitamin B₁₂ 250; Vitamin C or Ascorbic Acid 250; Minerals 251

9. Objective Questions on Nursing Research**254****Appendices****261****Normal Values 261**

Abbreviations 263

Previous Solved Question Papers Staff Nurse (Kerala Public Service Commission) 264

Staff Nurse (Insurance Medical Service) 264

Junior Public Health Nurse – Grade II (Municipal Common Service) 270

Staff Nurse (Health Department) 275

Staff Nurse (State Farming Corporation) 280

Staff Nurse Grade II (Health Department) 285

Staff Nurse (Plantation Corporation) 290

Staff Nurse (48/2008) 295

Qualifying Examination for KNMC Registration 301

Qualifying Examination for KNMC Registration 307

Qualifying Examination for KNMC Registration 312

Senior Lecturer in Nursing-Kerala PSC 318

Rank Making Points 324**Model Question Papers 327**

Model Question Paper I 327

Model Question Paper II 332

Model Question Paper III 337

Model Question Paper IV 342

Index**347**