

# STEPHENS INSTITUTE OF PARAMEDICAL SCIENCES

(Under the aegis of Dr. Aparna Educational Trust)

(Recognized by J&K Govt. Approved by Indian Nursing Council, New Delhi,  
Affiliated with University of Jammu, Registered with J&K State Nursing & Paramedical Council)

## NURSING FOUNDATION

I. Define the following:-

- |                      |                  |                           |                         |
|----------------------|------------------|---------------------------|-------------------------|
| 1) Antisepsis        | 2) Asepsis       | 3) Spore                  | 4) Inflammation         |
| 5) Septicemia        | 6) Sepsis        | 7) Garbage                | 8) Infection            |
| 9) Immunization      | 10) Fomities     | 11) Terminal Disinfection |                         |
| 12) Pathogenic       | 13) Resistance   | 14) Epidemic              | 15) Vaccine             |
| 16) Linen            | 17) Malaise      | 18) Stress                | 19) Primary Health care |
| 20) Heredity         | 21) Record       | 22) Report                | 23) Hoispital           |
| 24) Temperature      | 25) Surgery      | 26) Sterilization         | 27) Anaesthesia         |
| 28) Therapeutic diet | 29) Electrolytes | 30) Pyrexia               | 31) Anticoagulant       |
| 32) Antiseptic       | 33) Foot Drop    | 34) Mourning              | 35) Grief               |
| 36) Perception       | 37) Anxiety      | 38) Rigor Mortis          | 39) Reffer              |
| 40) Draught          | 41) Amputation   | 42) Friction              | 43) Drop                |
| 44) Alignment        | 45) Callus       | 46) C-heilosos            | 47) Alopecia            |
| 48) Digestion        | 49) Fatigue      | 50) Gingivitis            | 51) Glossitis           |
| 52) Halitosis        | 53) Emollients   | 54) Gait                  | 55) Genitalia           |
| 56) Hypoxia          | 57) Hygiene      | 58) Lactation             | 59) Lice                |
| 60) Odour            | 61) Moisture     | 62) Parasite              | 63) Pathogen            |
| 64) Scalp            | 65) Sensation    | 66) Perineum              | 67) Stimulation         |
| 68) Secretion        | 69) Tinea Pedis  | 70) Topical               | 71) Wrapping            |
| 72) Food             | 73) Appetite     | 74) Hunger                | 75) Dysphagia           |
| 76) Dyspepsia        | 77) Metabolism   | 78) Dintension            | 79) Constipation        |
| 80) Colitis          | 81) Flatulence   | 82) Motility              | 83) Prostate            |

II. Draw the pictures of following .

- |                         |                        |                   |
|-------------------------|------------------------|-------------------|
| 1) Hand washing (Steps) | 2) Positions           | 3) Sites of Pulse |
| 4) Bio medical waste    | 5) Chains of Infection |                   |

III. Write down the purposes of following:-

- |                      |                       |                |
|----------------------|-----------------------|----------------|
| 1) Bed making        | 2) Post-operative bed | 3) Mouth care  |
| 4) Bed bath          | 5) Hair Care          | 6) Oxygenation |
| 7) Enema             | 8) Cardic bed         | 9) Back care   |
| 10) Therapeutic Diet |                       |                |

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IV. Write down the nursing responsibilities of following: -

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1) Before, during and after TPR | 2) B.P. Monitoring                |
| 3) Mouth Care                   | 4) Hot Applications               |
| 5) Specimen Collection          | 6) Administration of Enema        |
| 7) Hair Care                    | 8) Unconscious Patient            |
| 9) Patient suffering from fever | 10) O <sub>2</sub> administration |
| 11) Physical Examination        | 12) Diet Therapy                  |
| 13) Bed Making                  |                                   |

V. Write short note on: -

- |  |                                     |
|--|-------------------------------------|
| 1) Principles of Nursing                     | 2) Types of Hospital                |
| 3) Care of Dying patient                     | 4) Communication                    |
| 5) Barrier Nursing                           | 6) Methods of Sterilization         |
| 7) Care of Records                           | 8) Immunity                         |
| 9) Nursing Process                           | 10) Medio legal Issues              |
| 11) Bed Sore                                 | 12) Nursing Management of Diarrhoea |
| 13) Body Mechanics                           | 14) Orem's Theory                   |
| 15) Nightingale Theory                       | 16) Types of Hospital waste         |
| 17) Comfort Devices                          | 18) Tech. of Physical Examination   |
| 19) Gcsacle                                  | 20) Discharge Procedure             |
| 21) Care of Diabetic food                    | 22) Retention of Urine              |
| 23) Types of diet                            | 24) Postural Drainage               |
| 25) Methods of O <sub>2</sub> Administration | 26) Embalming                       |

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## Psychology

- 1) Define Psychology, Methods of Psychology.
- 2) Body Mind Relationship.
- 3) Define Personality, Types and Psychoanalytic theory of Personality.
- 4) Difference between Mental Health and Mental Hygiene.

## Microbiology

### Short Note on: -

- Structure and classification of bacteria
- Difference between Gram +ve and Gram -ve bacteria
- Factor affecting growth of micro organism
- Immunity
- Immunization schedule
- Cold chain
- Bio medical waste management
- Universal precaution
- Louis Pasteur
- Robert Korch
- Methods of Sterilization
- Structure of Microscope
- Trichomonas vaginalis
- E Histolytica
- Leishmania Donovanian
- Medical and Surgical Asepsis
- Gram Staining, Hanging Drop

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## Nutrition

1. National Nutritional Programmes in India.
2. Vitamins.
3. Diet plan on: - a) Hypertension                      b) Diabetes Mellitus.
4. Basal Metabolic Rate.
5. P.E.M (Protein Energy Malnutrition).

## Anatomy & Physiology

- Cell
- Fluid Mosaic Model
- Epithelial Tissue 38 to 39 (3.12, 3.13)
- Heart (Interior & External) - 90
- Blood Vessel /Artery (121-5.5)
- Brain (155 & circulation of CSF 154)
- Spinal Cord (Transverse Section)
- Lungs (Organ associate, lobes 251)
- Larynx (Front & Behind view 346)
- Spleen (Section 6.8, 6.7 fig) 137, 138
- Lymph Node (136)
- Kidney (339)
- Nephron (340)
- Eye (197)
- Retinal Cells
- Long bone (407) Ant/Post

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