

UPPSC Staff Nurse Syllabus 2024

The syllabus is carefully organized to ensure that students have a thorough understanding of a variety of important topics, such as general knowledge, general Hindi, and main nursing subjects. This systematic technique seeks to evaluate both theoretical knowledge and practical skills, resulting in a comprehensive assessment of the candidates' abilities.

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UPPSC Staff Nurse Syllabus for General Knowledge

Topic	Subtopics
History of India and Indian National Movement	Social Aspects, Economic Aspects, Political Aspects, Freedom Movement, Growth of Nationalism, Attainment of Independence
Indian and World Geography	Physical Geography of India, Social Geography of India, Economic Geography of India, General Understanding of World Geography
Indian Polity and Governance	Constitution of India, Political System, Panchayati Raj, Community Development, Public Policy, Rights Issues
Indian Economy and Social Development	Population Problems, Environmental Issues, Urbanization, Economic Policy of India, Indian Culture
Current Events of National and International Importance	National Current Events, International Current Events, Games & Sports
Indian Agriculture	General Understanding of Indian Agriculture, Agricultural Produce, Marketing of Agricultural Produce

General Science	General Appreciation of Science, Everyday Observations and Experiences, Role of Science and Technology in Development of India
Elementary Mathematics (up to Class 10th level)	Arithmetic, Algebra, Geometry

UPPSC Staff Nurse Syllabus for General Hindi

Topics for General Hindi covered in UPPSC Staff Nurse Syllabus	
विलोम शब्द	पर्यायवाची शब्द
वाक्या एवं वर्तनी शुद्धि	विशेष्य और विशेषण
अनेक शब्दों के लिए एक शब्द	तत्सम एवं तद्भव शब्द

UPPSC Staff Nurse Syllabus for Nursing

Topic	Subtopics
Anatomy & Physiology	Skeletal System
	Muscular System
	Cardio-Vascular System
	Respiratory System
	Digestive System

	Excretory System
	Nervous System
	Endocrine System
	Reproductive System
	Sense Organs
Fundamentals of Nursing	Nursing as a profession
	Maintenance of therapeutic Environment
	Nursing Process and Nursing Care Plan
	Admission and Discharging of a Patient
	The Dying Patient
	Hygienic needs and Physical needs
	Activity and Exercises
	Safety needs
	Elimination needs
	Care and special condition

	Meeting nutritional needs
	Observation of Patient
	Care of Equipment
	Barrier Nursing
	Administration of drugs
	Recording and Reporting
First Aid	Meaning and Rules of First Aid
	Fire
	Earthquakes
	Famines
	Fractures
	Accident
	Poisoning
	Drowning
	Hemorrhage

	Insects bites
	Foreign bodies
	Transportation of the injured
	Bandaging and splinting
	Immediate and later role of nurse
Medical-Surgical Nursing	Role and Responsibilities of Nurse
	Care of Surgical patient
	Anesthesia
	Diseases of Cardiovascular System
	Diseases of Gastro-Intestinal System
	Diseases of Genito Urinary System
	Diseases of Nervous System
	Disorders and Diseases of Respiratory System
	Disorders and Diseases of Musculo-Skeletal System
	Blood Disorder

	Blood Transfusion
Microbiology	Scope and usefulness of knowledge in Nursing
	Classification of Micro-organisms
	Factors influencing growth
	Sources of Infection
	Portals of Entry and Exit of microbes
	Transmission of infection
	Collection of Specimens
	Principles for collection specimen
	Immunity
	Control and destruction of micro-organisms
Psychology	Definition
	Scope
	Importance for Nurses
	Psychology of human behavior

	Emotions
	Attitudes
	Frustration and Defense mechanisms
	Personality
	Intelligence and related Factors
	Learning and Observation
Sociology	Importance of Sociology in Nursing
	Socio-cultural and Economic aspects
	Effects on health and illness
	Family as a social institution
	Basic unit for health service
	Basic needs of the family
	Advantages of Planned parenthood
The Society	Concept of society
	Rural and Urban Society

	Social Problems
	Unmarried mothers
	Dowry System
	Drug addiction
	Alcoholism
	Delinquency
	Handicapped
	Child abuse
	Domestic violence
	Women abuse
	Social agencies and remedial measures
Economy	Resources of the country
	Natural
	Occupational
	Agricultural

	Industrial
Social Security	Population explosion
	Effect on the economy
	Need for population control
	Budgeting for a family
	Per capita income
	Impact on health and illness
Personal Hygiene	Maintenance of Health
	Physical Health
	Mental Health
Environmental Hygiene	Water: Safe & wholesome water
	Uses of Water
	Water pollution
	Waterborne disease
	Water purification

	Air pollution
	Prevention & Control of Air pollution
	Waste: Refuse, Excrete, Sewage
	Health hazards of wastes
	Collection, removal, and disposal of wastes
	Housing
	Noise
Computer in Nursing	Disk operating systems
	Use of computer in Nursing
	Internet & Email in Nursing

UPPSC Staff Nurse Syllabus for Nursing (Ayurveda)

Topic	Subtopics
Nursing	Methods of treatment in ancient India
	Four essential components of medical management (Chikitsa ke chatuspada)
	Qualities of a nurse

	Importance and behavior of nurse with patients and attendants
	Patient's admission
	Inspection
	Care of rest
	Bathing
	Clothing
	Bed arrangement
	Types of bed
	Measuring temperature, pulse, respiratory rate, and blood pressure
	Making charts
	Ward reports
	Knowledge of patient's discharge from hospital
	Different types of medicated enema (basti)
	Methods of use

	Bandage and different methods of bandaging
	Knowledge of first aid
	Collection of test samples
	Care of the patient before and after surgery
	Instructions to the attendants
	Care of the terminally ill patient
	Care of dead body
	Methods of giving injections
	Types of catheters and their uses
	Detoxification
	Disinfection and sterilization
	Knowledge of disinfectant substances
	Different types of anesthesia
	Methods of giving artificial respiration
	Preparation of surgical Operation Theater

	Knowledge and use of different instruments and equipments
Pathology and Treatment	Definition of disease
	Types of disease
	Sites of disease
	Physical and mental illnesses
	Symptoms of dosha-prakopa and resultant diseases
	Introduction to Nidan Panchak
	Different methods of Rog-Rogi Pariksha in Ayurveda
	Definition of medicine
	Types and management of medicine
	General principles of medication
	Anupaana
	Pathya-apathya and arishta lakshana
	General symptoms and treatment of various major diseases

	Panchakarma - Purvakarma, pradhaana karma, and pashchaat karma
Human Anatomy and Physiology	Definition of body
	Shadanga sharir
	Srotas and Marma Sharir
	Lakshan of ayu
	Anatomical and functional knowledge of body parts
	Skeleton
	Classification of joints
	General introduction of different types of muscles
	Heart
	Lungs
	Koshthanga
	Detailed knowledge of Tridosha, dhaatu, mala, agni, Upadhatu, and Ojas
Healthy Lifestyle	Definition of health and healthy individual

	Daily routine
	Seasonal routine
	Exercise
	Rest
	Diet
	Sleep
	Celibacy
	Knowledge of holdable and non-holdable urges (dhaarniya and adharniya vega)
	Pleasant and clean environment in the hospital
	Cleanliness of food and beverages
	Maintenance and knowledge of community health
	Proper disposal of feces, urine, garbage, etc.
	Causes of Janapadodhwansa (mass destruction of population and regions)
	Factors responsible for polluting air, water, land, climate

	Measures to prevent pollution
Introductory Microbiology	Introduction of microbes
	Types of microbes
	Routes of infection
	Diseases caused by microbes
	General knowledge of communicable diseases
	Prevention and treatment of worm infestation
	Sterilization
	Personal hygiene
	Bed spacing
	Knowledge of various diagnostic tests
	Testing methods of blood, stool, and urine
	Rules to be followed in laboratory
	Use of microscope

	General knowledge of slide staining
Psychology	Definition
	Functions of mana
	Manas Dosha
	Prajnaparadha sattva pariksha
	Mental illnesses
	Mania
	Epilepsy
	Neurosis
	Hysteria
	Conscious, semiconscious, and subconscious mental functions
	Personality development
	Care of mentally challenged patients
	Duties and sympathetic behavior of nurses with patients

Pharmacology and Pharmaceutical Science	Basic principles of Dravyaguna
	General introduction of Rasa, Guna, Virya, Vipaka, Prabhaava, and Karma
	Routes of drug administration
	Time of drug administration
	Incompatibility of drugs
	Knowledge of Anupaan
	Definition of technical terms - Lekhana, bhedana, deepana, pachana, stambhana, rechana, anulomana, etc.
	Knowledge of main classes of drugs - Trikatu, Triphala, Dashmoola, Panchkol, etc.
	General knowledge of important medicines and emergency drugs of modern medicine allowed to AYUSH practitioners, notified by UP Government
	Knowledge of Rasa, Uparasa, Maharasa, Visha, upa-Visha, shodhana, maran, Guna-karma prayoga
	Panchavidh Kashaya Kalpana and Hima, Phanta, Kanji, Varti, Rasakriya, Sattva, Arka, etc. preparation and use

	Preparation of balanced diet plan for patients according to Ayurveda (Pathya kalpana)
Obstetrics and Pediatrics	Anatomical and physiological knowledge of reproductive organs
	Rajaswala paricharya
	Menstrual cycle
	Aartava swaroop
	Knowledge of endocrine glands and secretions
	Conception
	Month-wise development of the fetus and its care
	Physiological changes during pregnancy
	Recording of weight, blood pressure, and laboratory investigations in pregnancy
	Twin pregnancy
	Abnormal pregnancy
	Ante-natal and postnatal care
	Diseases in pregnancy and their treatment

	Introduction of labor
	Observations and monitoring before, during, and after delivery
	Knowledge and management of different stages of delivery
	Sutika Paricharya
	Sutika Vyaapada
	Newborn baby care
	Breast care and lactation
	Sanyajanana and stanya shodhana drugs
	Perinatal trauma
	Congenital malformations
	Common diseases of infants
	Knowledge and precautions of common surgical procedures of women
	Knowledge of instruments and equipment used in surgery and resuscitation of newborns
	Preparation for labor room and operation theater

	Knowledge of family welfare programs
	Contraceptive measures
	Vaccination
	Knowledge of records keeping related to mother-child birth and death