

## **UPSSSC Syllabus 2022** **(Auxiliary Nursing Midwifery)**

### **UPSSSC Exam Pattern 2022**

- Determinants of health
- External form and plans of Indian health problems
- Organization of SC, PHC, CMC and District Hospital
- Health Organizations: International WHO, UNICEF, UNFPA, UNDP, World Bank, FAO, DANIDA, European Commission Red Cross, American Aid, UNESCO Colombo Plan, ILO, CARE etc National: Indian Red Cross, Indian Council for Child Welfare, Family Planning Association of India etc
- Functions and responsibilities of health workers
- Code of Conduct for ANMs
- The role of health workers in advising people in the community
- The need for nutrition for health, the relationship between nutrition and disease
- Nutritional classification of foods
- Balanced diet for different age groups
- Vitamin and mineral deficiency diseases and nutritional anemia in women
- Nutrition of children up to five years, role of ANM/FHW/Anganwadi worker in nutrition
- Structure and body systems of the human body and their functions
- Body cleanliness
- Concept of mental health
- General measures for the control and prevention of infectious diseases
- Infectious Diseases: Symptoms, Prevention and Treatment: Diphtheria, Whooping Cough, Tetanus, Polio, Measles and Tuberculosis, Chicken Pox, Mumps, Rubella, Typhoid, Hepatitis, Rabies, Malaria, Dengue, Filariasis, Kala-azar, Trachoma, conjunctivitis, scabies, STDs and HIV/AIDS, encephalitis, leptospirosis, acute respiratory infections, diarrheal diseases, worm infestations, leprosy
- Care of the sick in the community: history taking, physical examination: vital signs
- Fever: Vital signs: temperature, pulse, respiration, blood pressure
- Role of AYUSH in health and home remedies
- Classification of drugs
- need for first aid
- Common injuries and illnesses
- Cuts and wounds: types, principles and first aid care
- Factors affecting growth and development in infants and children
- Physical, psychological and social development of children
- Accidents: Causes, Precautions and Prevention
- Exclusive breastfeeding
- School health: objectives, problems and programs and school environment
- Sex education for adolescents
- Menstrual cycle and hygiene during it

- Adolescent pregnancy and abortion information
- Embryo and placenta
- Normal pregnancy: signs and symptoms of pregnancy
- Care during normal delivery
- Newborn care
- Pregnancy abnormalities
- Abortion: Types of Abortion and Causes of Abortion
- Determinants of health
- Overview of health problems of communities in India
- Organization of SC, PHC, CMC and district hospital
- Health agencies: International: WHO, UNICEF, UNFPA, UNDP, World Bank, FAO, DANIDA, European commission Red Cross, US aid, UNESCO Colombo Plan, ILO, CARE etc National: Indian Red Cross, Indian Council for Child welfare, Family planning association of India etc
- Role and Responsibilities of ANM\FHW
- Code of ethics for ANM
- Role of Counsellor & Role of ANM/Female Health worker as counsellor
- Importance of nutrition in health and sickness
- Classification of foods and their nutritive value
- Balanced diet for different age group
- Vitamin and mineral deficiencies: Nutritional anemia in women
- Under five nutrition, the role of ANM's /FHW/AWWs in supplementary food
- The Human body Structure and body systems and their functions
- Hygiene of the body
- Concept of mental health
- Control and prevention of communicable diseases, General measures
- Communicable diseases: Signs, Symptoms, care and prevention of the following: diphtheria, pertussis, tetanus, poliomyelitis, measles and tuberculosis, Chicken pox, mumps, rubella, enteric fever, hepatitis, rabies, malaria, dengue, filaria, kala-azar, trachoma, conjunctivitis, scabies, STDs and HIV/AIDS, Encephalitis, Leptospirosis, Acute respiratory infections, Diarrhoeal diseases, Worm infestations, leprosy
- Care of the sick in the community: taking history, Physical examination: Vital signs
- Fever: Vital signs: Temperature, pulse, respiration, blood pressure
- Home care remedies & Integrated accepted practices of AYUSH
- Classifications of drugs forms
- Need of First Aid
- Minor Injuries and ailments
- Cuts and wounds: types, principles and first aid care
- Factors affecting growth and development in infants and children
- Physical psychological and social development of children
- Accidents: causes, precautions and prevention
- Exclusive Breast feeding
- School health: Objectives, problems and programmes, Environment of school

- Sex education for adolescents
- Menstruation and menstrual hygiene
- Adolescent girls: pregnancy and abortion
- Foetus and placenta
- Normal pregnancy: Signs and symptoms of pregnancy
- Care during normal labour
- Care of new-born
- Abnormalities of pregnancy
- Abortion: types of abortion, causes of abortion