

EXAM SYLLABUS

JKSSB Nursing Aid Syllabus 2026

9 subjects · 63 topics · 120 min · 120 marks

JKSSB Nursing Aid Syllabus 2026: Comprehensive guide covering Anatomy, Physiology, Microbiology, Nutrition, Psychology, Medical-Surgical Nursing, and Midwifery with important topics and recommended books.

WHAT TO STUDY FIRST

Begin your preparation for the JKSSB Nursing Aid exam by focusing on Anatomy and Physiology, as it forms the foundation for many other subjects and carries significant weightage. Subsequently, delve into Fundamentals of Nursing, which is crucial for understanding basic patient care principles. Utilize the provided syllabus breakdown to prioritize high-yield topics and allocate study time effectively, ensuring a balanced approach across all subjects.

EXAM PATTERN

120 min · 120 questions · 120 marks · MCQ / Objective

JKSSB Nursing Aid Written Examination

Marking: +1 for correct answer, -0.25 for incorrect answer. No penalty for unattempted questions.

Negative: Yes, 0.25 marks are deducted for each incorrect answer.

Nursing Aid Paper

120 Q · 120 marks · 120 min

MCQ

- Objective-type written test.
- OMR-based examination.
- Focuses on core nursing subjects and related medical topics.
- Negative marking is applicable.

SUBJECT-WISE SYLLABUS

01 Anatomy and Physiology

7 topics · 10-15 marks

RECOMMENDED BOOKS

— B.D. Chaurasia's Human Anatomy

— NCERT Biology

- 1 Introduction to the human body
- 2 Cells and tissues
- 3 Body systems (Skeletal, Muscular, Nervous, Cardiovascular, Respiratory, Digestive, Urinary, Endocrine, Reproductive)
- 4 Organs and membranes
- 5 Blood
- 6 Lymphatic System
- 7 Special senses

02 Fundamentals of Nursing / Nursing Arts

6 topics · 25-35 marks

RECOMMENDED BOOKS

- Potter & Perry's Fundamentals of Nursing
- Textbook of Fundamentals of Nursing

- 1 Introduction to Nursing
- 2 Nursing Process and Nursing Care Plans
- 3 Patient Care (Bed making, Vital signs, Hygiene)
- 4 Therapeutic Environment (Temperature, Light, Noise)
- 5 Ethical and Legal Aspects of Nursing
- 6 Discharge Planning

03 Medical-Surgical Nursing

6 topics · 20-25 marks

RECOMMENDED BOOKS

- Lewis's Medical-Surgical Nursing
- Textbook of Medical-Surgical Nursing

- 1 Nursing management of patients with various disorders
- 2 Disorders of the respiratory, cardiovascular, gastrointestinal, genitourinary, endocrine, nervous, and musculoskeletal systems
- 3 Burns and wound care
- 4 Oncology
- 5 Emergency and disaster nursing
- 6 Critical care

04 Community Health Nursing

8 topics · 10-15 marks

RECOMMENDED BOOKS

- Park's Textbook of Preventive and Social Medicine
- Community Health Nursing: Concepts and Practice

- 1 Introduction to Community Health Nursing
- 2 Health Assessment and Nursing Process
- 3 Epidemiology and Disease Prevention
- 4 Family Health Care
- 5 Health Education and Promotion
- 6 Environmental Health
- 7 Minor Ailments
- 8 Referral System and Records

05 Midwifery and Obstetrics

6 topics · 15-30 marks

RECOMMENDED BOOKS

— Dutta's Textbook of Obstetrics

— Textbook of Midwifery and Gynecological Nursing

- 1 Physiology of pregnancy
- 2 Antenatal, Intra-natal, and Postnatal care
- 3 Complications of pregnancy, labor, and postpartum period
- 4 Care of the newborn
- 5 Family Planning
- 6 Gynecological disorders

06 Microbiology

7 topics · 05-10 marks

RECOMMENDED BOOKS

— Ananthanarayan & Paniker's Textbook of Microbiology

— Textbook of Microbiology

- 1 Introduction to Microbiology
- 2 Bacteria, Viruses, Fungi, and Parasites
- 3 Cultivation of Bacteria
- 4 Sterilization and Disinfection
- 5 Hospital Acquired Infections
- 6 Aseptic Techniques
- 7 Stains and Staining

07 Psychology / Mental Health Nursing

8 topics · 07-10 marks

RECOMMENDED BOOKS

— NIMHANS (NIMHANS Series) Textbook of Psychiatry

— Essentials of Psychology

- 1 Introduction to Psychology
- 2 Human Development (Infancy, Childhood, Adolescence)
- 3 Intelligence and Personality
- 4 Learning, Motivation, and Emotion
- 5 Mental Health and Mental Illness
- 6 Psychiatric Disorders (Anxiety, Depression, Schizophrenia, etc.)
- 7 Psychiatric Nursing Management
- 8 Therapeutic Communication

08 Nutrition and Dietetics

7 topics · 10-15 marks

RECOMMENDED BOOKS

- Modern Nutrition in Health and Disease
- Textbook of Nutrition and Dietetics

- 1 Introduction to Nutrition
- 2 Macronutrients (Carbohydrates, Proteins, Fats)
- 3 Micronutrients (Vitamins, Minerals)
- 4 Balanced Diet and Dietary Guidelines
- 5 Nutrition during different life stages (Pregnancy, Infancy, Childhood, Old age)
- 6 Therapeutic Nutrition
- 7 Food Guide Pyramid and Food Labels

09 First Aid & Home Nursing

8 topics · N/A

RECOMMENDED BOOKS

- First Aid Manual
- Home Nursing Guide

- 1 Outline of First Aid
- 2 Wounds and Bandaging
- 3 Fractures and Dislocations
- 4 Artificial Respiration and CPR
- 5 Shock
- 6 Asphyxia
- 7 Poisons
- 8 Emergency health care services

9 subject(s), 63 topics listed above. Verify critical details with the official exam notification before applying.