

STATION 1: BASIC SKILLS

Case 1

You are assigned to the preoperative ward. A 45-year-old male patient is scheduled for elective cholecystectomy tomorrow. As part of his preoperative assessment, you are asked to record her vital signs

Task for the Candidate:

- Record the patient's blood pressure and temperature
- He is on a multi-route medication regimen. Demonstrate the correct procedure for administering medication as per the following physician's orders.
- Orders: Inj. Diclofenac 75 mg IM twice daily (pain relief)

Case 2

A 50-year-old male is admitted for elective hernia repair surgery. As part of the pre-anesthesia evaluation, you're required to assess his BMI. Calculate the BMI and interpret the result based on the WHO classification.

STATION 2: INTRANATAL CARE A

Case 1

A 50-year-old male is admitted for elective hernia repair surgery. As part of the pre-anesthesia evaluation, you're required to assess his BMI. Calculate the BMI and interpret the result based on the WHO classification.

- 9:30 am: FHR 120, contractions 3/10 each 30 seconds, pulse 80/minute, amniotic fluid clear
- 10:00 am: FHR 136, contractions 3/10 each 35 seconds, pulse 80/minute, amniotic fluid clear
- 10:30 am: FHR 140, contractions 3/10 each 40 seconds, pulse 88/minute, amniotic fluid clear
- 11:00 am: FHR 130, contractions 3/10 each 40 seconds, pulse 88/minute, amniotic fluid clear
- 11:30 am: FHR 136, contractions 4/10 each 45 seconds, pulse 84/minute, amniotic fluid clear
- 12:00 noon: FHR 140, contractions 4/10 each 45 seconds, pulse 88/minute, amniotic fluid clear
- 12:30 pm: FHR 130, contractions 4/10 each 50 seconds, pulse 88/minute, amniotic fluid clear
- 1:00 pm: FHR 140, contractions 4/10 each 55 seconds, pulse 90/minute, temperature 37°C, BP 100/70 mmHg, amniotic fluid clear, Cervix fully dilated, Amniotic fluid clear, BP 100/70 mmHg
- At 1:20 pm: Spontaneous birth of a live female infant weighing 2.85 kg.

Case 2

A 28-year-old woman in her second stage of labor is actively pushing, and the fetal head is crowning. Demonstrate how you will provide perineal support, guide the controlled delivery of the head, and check for the umbilical cord while ensuring the mother's comfort and safety

STATION 3: ANTENATAL CARE

Case 1

A 27-year-old primigravida at 34 weeks' gestation attends her ANC check-up. Perform abdominal girth measurement and assess the abdominal contour and fetal lie, presentation, and engagement as part of a general abdominal assessment in a normal pregnancy.

Case 2

Mrs. Veena, a 25-year-old primigravida, is admitted to the labor room. She is in labor. You are required to perform a per vaginal examination to assess her progress. Demonstrate the procedure and report the cervical dilation.

STATION 4: INFECTION PREVENTION

Case 1

You are a staff nurse assigned to the isolation room of a general hospital. You are about to enter a patient's room who is under airborne and contact precautions due to a confirmed infectious disease.

- Perform handwashing as per WHO guidelines.
- Don the full PPE required before entering the room.
- After patient care, demonstrate safe doffing of PPE to prevent contamination.

Case 2

You are to assist with normal vaginal delivery in the labour room. Demonstrate the hand hygiene procedure and demonstrate the preparation of 0.5% chlorine solution from bleaching powder, including instrument processing

Case 3

You are assigned to care for a patient with suspected tuberculosis (TB) who is placed in an isolation room. Before entering the patient's room, demonstrate the correct steps of donning PPE. After you finish taking care of the patient care activities, demonstrate the doffing of PPE and final hand hygiene and BMW segregate as per below below-mentioned hospital used consumables.

- Blood-soiled gauze, cotton swabs
- Soiled surgical drapes and gowns
- Body tissues
- Used needles and syringes
- Surgical blades
- Broken glass ampoules (medications)
- Suture needles
- Used IV tubing and IV bags
- Used catheters, urine bags
- Gloves, face masks, head covers

STATION 5: INTRANATAL CARE B

Case 1

A 28-year-old woman has just delivered a healthy baby via normal vaginal delivery. The baby is active and placed on the mother's abdomen for skin-to-skin contact. Demonstrate ENBC

STATION 6: POST-PARTUM COMPLICATION

Case 1

Mrs. Rose, 35 35-year-old multigravida, delivered a baby girl an hour ago. Now she is bleeding profusely. On examination, the findings reveal complete expulsion of placenta, no trauma or laceration in vagina. She is diagnosed to have PPH. The obstetrician has planned for Bimanual Compression. Demonstrate how to do Bimanual Compression.

STATION 7: INTRANATAL CARE C

Case 1

A 28-year-old woman has just delivered a healthy baby via normal vaginal delivery. The baby is active and placed on the mother's abdomen for skin-to-skin contact. Demonstrate how you will perform AMTSL to ensure safe and timely placental delivery and prevent postpartum hemorrhage.

Case 2

You are posted in the labour room and A 23-year-old primigravida is in the second stage of labour with a term pregnancy. The fetal head is crowning, and you notice the perineum is tight and rigid. The woman is pushing effectively, but there's a high risk of perineal tear. Demonstrate Episiotomy and its repair

STATION 8: NEWBORN CARE

Case 1

You are posted in the postnatal ward of a Community Health Centre. A newborn girl, 12 hours old, delivered normally at term with no complications, is due for her initial assessment. You are assigned to record her anthropometric measurements to establish a baseline for growth monitoring.

Case 2

A full-term male baby is born via normal vaginal delivery. The mother had an uncomplicated pregnancy. At birth, the baby is limp and not crying. Demonstrate the procedure for NBR