



**St. Stephen's Hospital
College of Nursing**



GNM Exam Essentials

A Question Bank with Smart Answer Guide

1st Year

Based on Indian Nursing Council Syllabus

Key Features:

- Includes important content
- Important diagrams and flowcharts
- Multiple choice questions with answer key
- Short and long answer questions from every unit
- Various other state question paper subject wise

N Grace Amitha

Edited by
Esther P Manohar

Forewords

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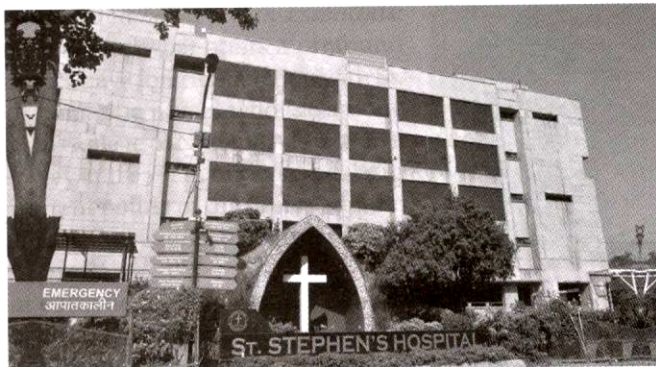
1st Year



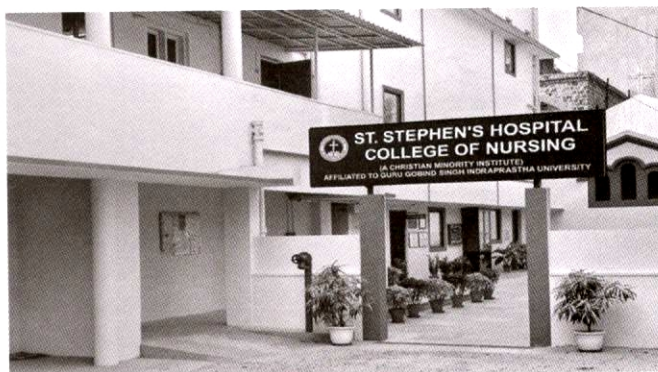
**ST. STEPHEN'S HOSPITAL
COLLEGE OF NURSING**

ABOUT THE INSTITUTION

St. Stephen's Hospital, Delhi was established in the year 1885 and is one of the oldest hospitals in Delhi. It is a charitable healthcare institution, established and run by the minority Christian community, and administered by the Governing Body on behalf of the St. Stephen's Hospital Society. A super specialty NABH accredited tertiary care hospital with bed strength of 501, St. Stephen's Hospital has been committed to educational programmes right from its inception and runs DNB-recognized medical education programs, Nursing programmes and allied health courses. The Hospital is equipped with modern imaging modalities, Operation theatres, ICUs and Laboratories providing 24 hours emergency services.



St. Stephen's Hospital College of Nursing was established in 1908 and founded by Ms. Alice Wilkinson, a pioneer and co-author to the constitution of the Indian Nursing Council. We are one of the oldest Nursing Schools in the country and we have been training Nursing students for more than a century. We started training in the 'B' Grade Nursing course and in 1952 we started the 'A' Grade Diploma course, i.e., General Nursing and Midwifery (GNM) course. In the year 2008, the School of Nursing was upgraded to a College of Nursing with affiliation to Guru Gobind Singh Indraprastha University and BSc (Hons.) Nursing was started alongside GNM. We also have MSc Nursing (Postgraduate programme) and Post Basic BSc Nursing in our College. All our Nursing Courses are duly recognized by the Indian Nursing Council and the Delhi Nursing Council. We have reservation of seats for Christian candidates in our courses as per our status as Christian Minority educational institution. St. Stephen's Hospital College of Nursing is ranked no. 1 by the Indian Institutional Ranking Framework (IIRF) in North India and no. 2 at the National level. St. Stephen's Hospital College of Nursing has received 'Best Nursing College of the Year Award 2025' from the Academic Insights Magazine. Every year, we have been consistently securing 'A' Grade certification by the Joint Assessment Committee (JAC) of the Department of Higher Education Government of NCT of Delhi and also from State Fee Regulatory Committee (SFRC).



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Salient Features

- The textbook is structured in a uniform and systematic manner across all chapters. Each chapter begins with clearly stated learning objectives and key terms, which effectively guide learners and simplify the teaching-learning process.
- This book serves as a well-organized, informative, and student-friendly companion for both students and teachers, facilitating effective learning and helping students progress smoothly through the subject matter.
- An extensive review of literature has been undertaken to incorporate up-to-date and relevant information wherever necessary. Attractive and well-placed illustrations help reduce the monotony of continuous text and aid in grasping difficult concepts with ease. Meaningful flowcharts are provided at appropriate points to support quick revision and long-term retention of key ideas.
- Important points are highlighted, giving students the impression of guided learning support. Additionally, objective and subjective questions and sample question papers for each subject from various states are also included to assist students in effective examination preparation.

N Grace Amitha RN RM MSc (N) is a dedicated nursing professional and Senior Tutor presently working at St. Stephen's Hospital College of Nursing, Delhi, India. She pursued her BSc (Hons) Nursing from Rufaida College of Nursing, Jamia Hamdard University. With 2 years of clinical experience at AIIMS, New Delhi, and through unceasing quest for higher education, the author has strengthened both knowledge and vision by pursuing Masters degree in Obstetrics and Gynecology from Rufaida College of Nursing, Jamia Hamdard University. With 4.5 years of teaching experience, she offers a robust combination of clinical proficiency and academic distinction to the field of nursing education. She is appreciated for her student-centered approach, clarity in teaching, and commitment to nurturing competent and compassionate students. In recognition of her outstanding mentorship, she has received the Best Mentor Award. She is a contributor to 17th South Asian Edition, Myles Textbook for Obstetrics and Gynecology Nursing and has published various research studies in national and international journals. She has also presented papers at national and international forums and actively serves as a guide and co-guide for students' research work. Her areas of research interest include obstetrics and gynecology, with a special focus on the psychiatric aspects of maternal health. Her passion for obstetrics nursing, research, and lifelong learning is reflected in her continuous efforts to simplify complex concepts and bridge theory with clinical practice. She maintains that genuine education encompasses more than the mere acquisition of information; it fundamentally influences thought processes, practices, and objectives. This book offers not only insight but also articulates a vision for substantive and enduring learning.

Esther P Manohar RN RM MSc (N) is presently serving as a Senior Tutor at St. Stephen's Hospital College of Nursing, Delhi, India. She began her nursing journey after completing her Diploma in General Nursing and Midwifery from St. Stephen's Hospital College of Nursing, Delhi, where she received the Best Outgoing Graduate Award. In 2010, she commenced her professional career as a Staff Nurse at St. Stephen's Hospital. Driven by her passion for academic and clinical excellence, she pursued higher education, earning her Post Basic BSc Nursing from Choithram College of Nursing, Indore, followed by an MSc Nursing degree from Rufaida College of Nursing, Jamia Hamdard, Delhi. Her specialization lies in Medical-Surgical Nursing, with a superspecialty focus on Cardiothoracic and Vascular Surgery Nursing. She has contributed significantly to the field of nursing through national and international publications and has presented paper at national-level conference. Her extensive clinical experience spans the Intensive Care Unit (ICU) and the Gastroenterology Department, enriching her expertise in critical care and specialized nursing practices. She is an active member of professional organizations such as the Trained Nurses' Association of India (TNAI) and the Christian Medical Association of India (CMAI), reflecting her commitment to professional growth and collaborative healthcare advancement.



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