RRB Nursing Superintendent Syllabus Blueprint

Official Examination Scheme & Comprehensive Curriculum Guide by Solotutes.com

Notification: RRB CEN 05/2026 (Paramedical Categories)

Post: Nursing Superintendent (Staff Nurse) — 365 Vacancies **Pay Scale:** Level-7 (7th CPC)

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1. Official Recruitment Overview & Essential Eligibility

Under Centralised Employment Notice (CEN) No. 05/2026, the Railway Recruitment Board (RRB) has notified **365 vacancies** for the post of **Nursing Superintendent** (formerly Staff Nurse). Representing nearly 62% of all notified paramedical vacancies in Indian Railways, this designation carries Pay Level-7 and offers one of the most prestigious career paths for professional nurses in the public healthcare sector.

RECRUITMENT PARAMETER	OFFICIAL SPECIFICATION UNDER CEN 05/2026
Designation	Nursing Superintendent
Total Vacancies	365 Posts (Across All Railway Zones & Production Units)
Essential Educational Qualification	Certificate as **Registered Nurse and Midwife** having passed 3 years course in **General Nursing and Midwifery (GNM)** from a School of Nursing or other institution recognized by the Indian Nursing Council (INC) **OR B.Sc (Nursing)**.
Registration Mandate	Must be registered as a Nurse and Midwife with the Indian Nursing Council (INC) or any State Nursing Council as on the closing date of application.
Age Limit	20 to 40 Years (as on July 1, 2026). Standard government age relaxations apply for OBC, SC/ST, PwBD, and Ex-Servicemen.
Selection Process	Single Stage Computer Based Test (CBT), Document Verification (DV), and Medical Fitness Test in C-1 Medical Standard.

2. CBT Examination Pattern & Scoring Matrix

Selection is 100% merit-based through a single-stage online Computer Based Test (CBT) consisting of 100 Multiple Choice Questions (MCQs) for 100 marks to be completed in 90 minutes.

SECTION	SUBJECT DOMAIN	QUESTIONS	MARKS	WEIGHTAGE
Part 1	**Professional Ability (Core Nursing Curriculum)**	**70**	**70**	**70.0%**
Part 2	General Science (CBSE Class 10 Standard)	10	10	10.0%
Part 3	General Arithmetic, Intelligence & Reasoning	10	10	10.0%
Part 4	General Awareness & Healthcare Initiatives	10	10	10.0%
Total	**Full CBT Question Paper**	**100**	**100**	**100.0%**

Scoring Rules & Negative Marking

- **Negative Marking: 1/3rd (0.33 mark)** will be deducted for every incorrect response. Unattempted questions attract no penalty.
- **Duration:** 90 minutes (120 minutes for eligible PwBD candidates with a scribe).
- **Minimum Qualifying Marks:** UR / EWS: 40%, OBC-NCL: 30%, SC: 30%, ST: 25%.

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3. Professional Ability Detailed Syllabus (70 Marks)

The 70-mark Professional Ability syllabus covers the complete Indian Nursing Council (INC) collegiate curriculum across 10 specialized nursing domains:

Unit 1: Anatomy & Physiology

- Skeletal, muscular, nervous, circulatory, respiratory, digestive, excretory, endocrine, and reproductive systems.
- Homeostasis, fluid and electrolyte balance, and acid-base regulation (arterial blood gas interpretation).

Unit 2: Nutrition & Biochemistry

- Macronutrients and micronutrients, therapeutic diets (diabetic, renal, low-sodium diets), nutritional assessment.
- Protein-energy malnutrition (Kwashiorkor, Marasmus), vitamin deficiency disorders.
- Enzyme kinetics, metabolic pathways, and diagnostic biochemical markers.

Unit 3: Nursing Foundations (Fundamentals of Nursing)

- Nursing process (Assessment, Diagnosis, Planning, Implementation, Evaluation), NANDA taxonomy.
- Vital signs assessment (temperature, pulse, respiration, blood pressure, pain score).
- Infection prevention: Asepsis, standard precautions, hand hygiene, transmission precautions.
- Biomedical Waste Management (BMW) Rules 2016: Color-coded segregation and disposal protocols.

- Patient mobility, bed making, comfort devices, prevention and staging of pressure ulcers (Braden scale).
- Medication Administration: 10 Rights, enteral/parenteral routes, IV infusion rates, blood transfusion protocols.
- Basic Life Support (BLS), CPR guidelines, and triage protocols in emergency care.

Unit 4: Medical-Surgical Nursing (Adult & Geriatric Health)

- **Cardiovascular Disorders:** Hypertension, CAD, Myocardial Infarction, Heart Failure, Arrhythmias, Rheumatic Heart Disease.
- **Respiratory Disorders:** COPD, Asthma, Pneumonia, Tuberculosis, Pleural Effusion, ARDS, Mechanical Ventilation.
- **Gastrointestinal Disorders:** Peptic ulcer disease, Cirrhosis of liver, Hepatitis, Pancreatitis, Intestinal obstruction.
- **Neurological Disorders:** Stroke (CVA), Head trauma, Increased ICP, Meningitis, Epilepsy, Parkinson's disease, GCS scoring.
- **Renal & Endocrine:** AKI, CKD, Dialysis care; Diabetes Mellitus (DKA, hypoglycemia), Thyroid disorders.
- **Oncology & Perioperative Care:** Cancer therapies, radiation safety; Pre-, intra-, and post-operative nursing care; Parkland formula in burns.

Unit 5: Pharmacology, Pathology & Genetics in Nursing

- Actions, dosages, routes, side effects, and nurse's responsibilities for emergency drugs, cardiovascular agents, antibiotics, analgesics, anticoagulants, bronchodilators, diuretics, and psychotropic medications.
- Diagnostic investigations: Biopsies, routine laboratory interpretations, lumbar puncture, blood transfusions.
- Chromosomal aberrations, genetic disorders, and principles of genetic counseling.

Unit 6: Community Health Nursing & Epidemiology

- Concepts of health and levels of prevention (primordial, primary, secondary, tertiary).
- Primary Health Care: Principles, infrastructure (Sub-centre, PHC, CHC, District Hospital).
- National Health Programmes: National Tuberculosis Elimination Programme (NTEP), NVBDCP, NACP, NCD programmes.
- National Immunization Schedule (NIS): Vaccines, dosages, routes, timing, cold chain management (+2°C to +8°C).
- Epidemiology: Epidemiological triad, disease transmission, surveillance, epidemic investigation, environmental sanitation.

Unit 7: Child Health Nursing (Pediatric Nursing)

- Principles of growth and development, developmental milestones from infancy to adolescence.

- Care of normal and high-risk neonates: APGAR score, thermoregulation, Kangaroo Mother Care (KMC), LBW care, RDS.
- Integrated Management of Neonatal and Childhood Illnesses (IMNCI) guidelines.
- Common pediatric medical and surgical conditions: Diarrheal dehydration, congenital heart defects, hydrocephalus.

Unit 8: Midwifery & Obstetrical Nursing

- Female reproductive anatomy, conception, fetal development, placenta and membranes.
- Antenatal care: Assessment, pregnancy signs (Chadwick's, Hegar's, Goodell's), Naegele's rule for EDD.
- Normal Labor: Stages of labor, physiology, mechanism, partograph monitoring, AMTSL (Active Management of Third Stage of Labor).
- High-Risk Pregnancy: Preeclampsia, eclampsia, gestational diabetes, antepartum hemorrhage (placenta previa, abruption), PPH.
- Postnatal Care: Lochia stages, normal puerperium, lactation management, puerperal sepsis.
- Family planning methods, emergency contraception, Medical Termination of Pregnancy (MTP) Act.

Unit 9: Mental Health & Psychiatric Nursing

- Mental status examination (MSE), classification of mental disorders (schizophrenia, mood disorders, anxiety, OCD).
- Psychiatric emergencies: Suicide risk assessment, acute psychosis, delirium tremens, violent behavior.
- Psychopharmacology: Lithium, antipsychotics, antidepressants, Neuroleptic Malignant Syndrome (NMS).
- Electroconvulsive Therapy (ECT) care; Mental Healthcare Act 2017 provisions; Defense mechanisms.

Unit 10: Nursing Management, Research & Ethics

- Principles of management: Planning, organizing, staffing, duty roster scheduling, ward inventory control.
- Nursing audit, quality assurance, patient safety protocols, legal aspects (negligence, malpractice, informed consent).
- Nursing research process, research designs, data collection methods, and elementary biostatistics (mean, median, mode).

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4. Universal Non-Technical Syllabus Breakdown (30 Marks)

4.1 General Science (10 Questions / 10 Marks)

- **Physics:** Units and dimensions, motion, work and energy, gravitation, fluids, sound, optics (mirrors and lenses), electricity, magnetism, energy sources.
- **Chemistry:** Chemical reactions, acids, bases and salts (pH scale), metals and non-metals, carbon compounds, periodic table trends, everyday chemistry.
- **Life Sciences:** Cell biology, plant and animal tissues, human organ systems, nutrition, endocrine regulation, genetics, disease pathogens, immunization.

4.2 General Arithmetic, Intelligence & Reasoning (10 Questions / 10 Marks)

- **Arithmetic:** Number system, BODMAS, decimals, fractions, LCM & HCF, ratio and proportion, percentages, profit and loss, simple/compound interest, time and work, time-speed-distance, mensuration.
- **Reasoning:** Analogies, alphabetical and number series, coding-decoding, mathematical operations, direction sense, blood relations, syllogisms, Venn diagrams, data interpretation.

4.3 General Awareness & Healthcare Schemes (10 Questions / 10 Marks)

- Current events of national and international importance (past 6-8 months).
- Flagship Healthcare Schemes: Ayushman Bharat (PM-JAY), PM-ABHIM, National Health Mission (NHM), Jan Aushadhi Scheme.
- Indian Polity and Constitution, Indian Geography, Indian Freedom Struggle, and Basic Indian Economy.

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5. High-Yield Preparation Strategy for Solotutes Nursing Aspirants

1. **Prioritize High-Scoring Clinical Domains:** Over 45 of the 70 technical questions stem from Medical-Surgical Nursing, Nursing Foundations, and Midwifery/OBG. Focus on protocols, emergency drug dosages, and nursing interventions.
2. **Revise National Health Guidelines:** Memorize exact NIS immunization timelines, cold chain temperature ranges (+2°C to +8°C), and BMW segregation rules, as they appear frequently in RRB exams.
3. **Safeguard Non-Tech 30 Marks:** Practice Class 10 arithmetic and general science questions daily to secure an easy 20+ score in non-technical sections.
4. **Take Timed Full-Length Mocks:** Attempt realistic 90-minute CBT simulations on Solotutes.com with negative marking enabled to master exam pacing.