


# The B.R.I.D.G.E preparation manual.

A structured study companion for the BorderPlus International Deployment & Global Mobility Examination, prepared in accordance with the foundational principles of the **Indian Nursing Council**.

## B.R.I.D.G.E · 2026

 <b>EXAMINATION DATE</b> 19 July 2026	 <b>DURATION</b> 80 minutes	 <b>COMPONENTS</b> 3 sections
 <b>ELIGIBILITY</b> 0-5 years experience	 <b>EXAMINATION CENTRES</b> Pune · Kochi · Noida*	 <b>REGISTRATION FEE</b> ₹499

**PREPARED IN ALIGNMENT WITH**  
**The Indian Nursing Council's Professional Standards**




The BRIDGE examination evaluates the competencies and conduct that the Indian Nursing Council holds central to safe, ethical, internationally portable nursing practice.

 <b>Safe &amp; Ethical Practice</b>	 <b>Patient-Centred Care</b>	 <b>Evidence-Based Practice</b>	 <b>Cultural Competence</b>	 <b>Continuous Learning</b>
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*"Nursing is service guided by knowledge."*

**Using this manual.** Each subsequent page addresses one component of the BRIDGE examination — its purpose, the topics to revise, and the recommended approach. Two structured study sessions per week are advised in the eight weeks preceding the examination.

**KEY DATES · BRIDGE 2026**

			
<b>12 May</b> Public launch · International Nurses Day	<b>30 June</b> Registration deadline	<b>19 July</b> National Examination Day · Sunday	<b>10 August</b> Results declared

SECTION 01

# Basic Clinical Skills Assessment

# 01

Approx. 30 minutes

Multiple choice + clinical scenarios

INC fundamentals of nursing

This section evaluates the foundational competencies expected of every safe and effective registered nurse. Items reflect the Indian Nursing Council's Fundamentals of Nursing — patient assessment, infection control, medication safety, procedural knowledge, and clinical judgement under time pressure.



## 1 Vital Signs & Patient Assessment

- Normal ranges — temperature, pulse, respiration, blood pressure, SpO<sub>2</sub>
- Pain assessment scales: numeric, FLACC, Wong-Baker FACES
- Glasgow Coma Scale and neurological observations
- Systematic head-to-toe assessment and primary survey



## 2 Infection Prevention & Control

- WHO Five Moments for Hand Hygiene
- Standard, contact, droplet and airborne precautions
- Donning and doffing of personal protective equipment
- Sterile technique, asepsis and the chain of infection



## 3 Medication Administration

- The Five Rights — patient, drug, dose, route, time (with documentation & reason)
- Routes of administration and absorption considerations
- Dosage calculations: mg/kg, drops/min, mL/hr
- High-alert medications and the role of the double-check



## 4 Patient Safety & Risk

- Falls prevention, mobility aids and safe transfers
- Pressure injury prevention — Braden scale stratification
- Use of restraints — clinical indication and ethical limits
- Incident reporting and just-culture principles



## 5 Common Procedures

- Intravenous cannulation and infusion management
- Urinary catheterisation and ongoing catheter care
- Wound management and dressing selection
- Oxygen therapy, suctioning and basic airway support



## 6 Emergency Response

- Basic Life Support: adult, paediatric and infant algorithms
- Recognition of clinical deterioration (NEWS-2 framework)
- SBAR communication for escalation and handover
- Anaphylaxis, shock and external haemorrhage control

### RECOMMENDED PREPARATION · SECTION 01

Section 01 carries 30 minutes of multiple-choice and clinical-scenario items. Build accuracy first, then speed.

- **Drill the frameworks cold** — WHO 5 Moments · 5 Rights of Medication · SBAR · BLS sequence · Braden scale
- **Practise timed MCQ sets** — 30-minute mocks; aim for ~1 minute per question to leave review time
- **Walk through clinical scenarios aloud** — what would you do *first, second, third?*
- **Revise calculations** with worked examples — mg/kg, drops/min, mL/hr



30-MIN PRACTICE

SECTION 02

# International Career Readiness

# 02

Approx. 25 minutes

Comprehension + scenarios

Cross-cultural & systemic awareness

This section assesses readiness to step into a clinical role abroad — working command of healthcare English, awareness of international healthcare systems, and the cultural competence that allows patients of any background to feel safe in your care.



## 1 Workplace English (Healthcare)

- Medical terminology, abbreviations and correct pronunciation
- Patient-friendly explanation of diagnosis and procedure
- Written documentation, shift notes and incident reports
- Communication with families — clarity in place of jargon



## 2 Cross-Cultural Care

- Religious, dietary and end-of-life considerations
- Gender, modesty and consent for physical examination
- Working effectively with professional interpreters
- Recognising and mitigating implicit bias in care



## 3 Global Healthcare Systems

- United Kingdom — NHS bandings; NMC registration via CBT and OSCE
- Germany — *Anerkennung* recognition; Pflegefachkraft equivalence
- Gulf states — DataFlow PSV, Prometric; DOH, DHA, SCFHS, MOH
- Australia, Ireland and Canada — entry pathways and English requirements



## 4 Professional Ethics Abroad

- Informed consent, capacity assessment and patient autonomy
- Confidentiality and data protection (GDPR; HIPAA fundamentals)
- Mandatory reporting, safeguarding and whistleblowing
- Professional boundaries and conflict-of-interest awareness



## 5 Credentialing & Language

- IELTS Academic vs OET — selection by destination country
- German B1/B2 — telc, Goethe-Zertifikat, TestDaF
- CBT, OSCE and country-specific licensure examinations
- Document translation, attestation and apostille basics



## 6 Living & Working Abroad

- Visa categories applicable to internationally recruited nurses
- Salary structures and cost-of-living context by region
- Workplace hierarchy, multidisciplinary teams and norms
- Mental wellbeing and peer-support networks overseas

### PRIMARY DESTINATION COUNTRIES — AT A GLANCE



#### Germany

Anerkennung · B1/B2 German



#### Saudi Arabia

SCFHS · Prometric



#### UAE

DataFlow · DOH/DHA/MOH



#### Japan

EPA / SSW · JLPT N3+



#### Australia

AHPRA · IELTS/OET

SECTION 03

# Psychometric Assessment

# 03

Approx. 25 minutes

No correct or incorrect answers

Authenticity over strategy

This section is not a test of knowledge — it gets to know *who you are*. There are no right or wrong answers. The most useful profile comes from honest, authentic responses.

WHAT IT MEASURES

Five qualities of a great international nurse

- **Resilience** — staying steady when shifts get tough
- **Adaptability** — settling into new places and teams
- **Empathy** — connecting with patients of any background
- **Judgement** — making sound calls under uncertainty
- **Integrity** — doing the right thing, every time

HOW TO APPROACH IT

Be honest, not strategic

- Read each statement twice before responding
- Pick the option that **truly sounds like you** — not the one that *sounds best*
- Stay consistent — trying to "game" the test lowers your reliability score
- Don't overthink. Trust your first honest reaction

WHAT YOU'LL SEE

Three simple item formats

- **Scenarios** — "What would you do if a colleague..."
- **Agree / Disagree scales** — short statements about how you work
- **Mini reasoning puzzles** — quick verbal or numerical prompts

WHY IT MATTERS

Character carries you abroad

Skill earns the interview. **Character earns the role.** The Indian Nursing Council and international employers both treat conduct as inseparable from competence — they recruit the nurse, not only the skill set.

RECOMMENDED EIGHT-WEEK PREPARATION SCHEDULE



✓ FINAL SEVEN DAYS

- **T-7 to T-5** · Light revision of clinical fundamentals — vitals, drug routes, BLS algorithm
- **T-4 to T-3** · Thirty minutes of spoken English practice each day
- **T-2** · Re-read this manual and tick off completed topics
- **T-1** · No new study. Rest, hydrate and sleep early

📁 EXAMINATION DAY ESSENTIALS

- Government-issued photo identification and printed admit card
- Two blue or black ballpoint pens and a sharpened pencil
- A transparent water bottle and a light snack
- Arrive at the centre thirty minutes before the reporting time
- Mobile phones and smartwatches will be collected at entry