A Complete Collection Of All The Important Topics Which Should Be Prepared Well To Get Good Score In The Exam...

2nd Edition

KOD’s Guide on Final Professional Exam (MBBS)

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Since “KOD’s Guide on Final Professional Exam by Dr. Muhammad Usman Zafar” was published in 2013, it has acquired a large number of following of medical students. The success of this guide is because it is easy to understand and it has not been written by the efforts of a single author.

Dr. Muhammad Usman Zafar (Author) is a graduate of Punjab Medical College, Faisalabad. He did his internship in Nishtar Medical College, Multan, where he got a chance to interact with the graduates of other medical colleges. And this interaction, enabled the author to understand the trends of Study in different medical colleges. Author was declared “Number One House Officer”, in all the wards where he worked.

During his College life, author remained a good student with two Gold-Medals, he was famous for his “Funny Mnemonics” and there were many juniors who solely depended on the author for the preparations of their final exams.

It’s Author’s wish to write many more books in the future.
Introduction...

Assalam-O-Alaikum!

First of all, I am thankful to ALLAH Almighty, WHO bleesed me with such courage that I completed this task. Preparation for Final Professional Exam of MBBS is a little bit different than the preparation of the previous four Professional exams. Here, you have to admit the fact that “One can not master in all the clinical subjects in a single year”. If you try to study the subject completely without leaving anything, then perhaps one year will not be enough to completely understand and memorize even a single subject.

So, in Final year you have to be ‘Selective’ in preparation to save your time and focus on Important topics more than the Non-Important ones. Here, I have prepared a list of topics which have been asked in the previous Exams again and again. All my seniors and colleagues agree that more than 90% of our papers are made from these topics. Mark all these topics on your books. So, when studying one should give maximum time to these topics and understand these topics completely because more than 90% of the exam (SEQs+MCQs) will be from these topics (In Sha ALLAH).

This Guide is solely a production of the Author and it has not any link with any University. The purpose of making this Guide is to aid the students in preparing for Exam. Author is not responsible for anything, if something comes out of this list as it’s a routine to ask some puzzling questions in the exam.

GoodLuck for your exams!

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Books Recommended
Davidson, Bedside Techniques, Book of Differential Diagnosis

Instructions:

1) Focus on Major Clinical Features of every disease to diagnose the scenarios e.g a scenario of Dermatology asking you diagnosis of a skin disease with “silvery-white scales on elbows, knees, back” should lead you towards “Psoriasis”.
2) ‘Investigation Of Choice’ of every disease should be remembered well as it is often asked in MCQs as well as in SEQs e.g Investigation of Choice for a Prolactinoma (Prof.2012)
3) Epidemiology is not important as it is not asked in exams.
4) Pathophysiology of Disease should be read briefly.
5) One should know the D/D of all the important Diseases. These are very often asked in SEQs and vivas as well. For this, consult any book available.
6) After you have finished Davidson, do a selective reading of “Bedside Techniques” as it helps you in theory exams e.g a scenario from Pulmonology with Clinical feature of “Stony-dull Percussion Note” should lead you towards Pleural Effusion or Empyema.
7) Whenever you are asked about the ‘Management’ of a Disease, Describe it in two headings. ‘General Management’ and ‘Specific Management’
8) To summarize, you must completely memorize the Clinical Features, Investigations, D/D and Management of all these topics.

Medicine Paper-I

Cardiovascular Disease
Cardiac Biomarkers
Uses of Echocardiography (brief)
Cardiac Catherisation
Box 18.6-NHYA Classification
Box 18.7-D/D of Chest Pain
Stable Angina & Acute Coronary Syndrome (Imp)
Orthopnea, PND, Cheyne-Stokes Respiration
Acute Circulatory Failure (Cardiogenic Shock)
Cardiac Tamponade (Imp)
Heart Failure (Imp)
Management of Acute Pulmonary Edema
Management of Chronic Heart Failure
Hypertension
Syncope and Presyncope
Cardiac Arrest and BLS
Box 18.24 and 18.25 (MCQs)
Definitions of Sinus Bradycardia, Sinus Tachycardia, Atrial Tachycardia, Atrial Flutter
Atrial Fibrillation (Imp)
Torsades de pointes & AV Block (brief)
Atherosclerosis (Risk factors, Prevention)
Stable Angina (Imp)
Acute Coronary Syndrome (Imp)
Complications of ACS (Imp)
Box 18.73- Later Management of MI
Intermittent Claudication (brief)
Differences of Raynaud’s phenomenon and Disease
Box 18.82-6Ps of Acute Limb Ischemia
18.112 Clinical Features of AR
Infective Endocarditis (V.Imp)
Coarctation of Aorta
Hypertrophic Cardiomyopathy
Acute Pericarditis, Pericardial Effusion, Chronic Constrictive Pericarditis
Congenital Heart Disease (From the book Pervaiz Akbar)
Mitral Regurgitation & Stenosis

Respiratory Disease
Fig 19.4, Box 19.2, Box 19.3
FEV1 & FVC, Gig 19.6
Box 19.8
Chest Pain and Haemoptysis (from Bedside Techniques)
Box 19.11 Causes of Pulmonary Nodules
Pleural Effusion Box 19.14, Box 19.15 and Management
Chronic & ‘Acute on Chronic’
Asthma (V.Imp)
COPD
Bronchiectasis(V.Imp)
Pneumonia (Investigations, Diagnoses, Complications, Rx)
Box 19.57, 19.58, 19.60. Fig 19.36, 19.37
Tuberculosis
ABPA
Idiopathic Pulmonary Fibrosis
Sarcoidosis
Asbestosis
Venous Thromboembolism
Spontaneous Pneumothorax

**Alimentary Tract & Pancreatic Disease**
Box 22.5
Dysphagia & Dyspepsia (Brief)
Acute Upper Gastrointestinal Hemorrhage (V.Imp)
Box 22.20
Malabsorption
Box 22.25 & Fig 22.25
Gastro-Esophageal Reflex Disease
Achalasia of Oesophagus
Carcinoma of Oesophagus
Box 22.36, 22.38
Menetrier’s Disease
Peptic Ulcer Disease (Imp)
Zollinger-Ellison Syndrome
Gastric Carcinoma
Coeliac Disease
Dermatitis Herpetiformis, Tropical Sprue
Whipple’s Disease
Box 22.57, 22.59
Lactose Intolerance
Carcinoid Tumours
Acute Pancreatitis
Chronic Pancreatitis
Inflammatory Bowel Diseases (V.V.Imp)
Comparison between Ulcerative Colitis & Crohn (*from Pervaiz Akbar*)
Irritable Bowel Syndrome
Colorectal Cancer
Difference between Hirschsprung’s and Megacolon

**Liver & Biliary Tract Disease**
Liver Function Tests
Box 23.4, 23.7, 23.9, 23.10, 23.11
Jaundice Complete
Acute Liver Failure (Imp)
Ascites (V.Imp)
Variceal Bleeding (V.V.Imp)
Cirrhosis
Portal HTN
Viral Hepatitis from Pervaiz Akbar
Box 23.48 and Management
NAFLD Management
Wilson’s Disease
Gilbert’s Syndrome
Primary Biliary Cirrhosis (V.Imp)
Hepatocellular CA
Pyogeic Liver Abscess
Hydatid Cysts
Amoebic Liver Abscess
Budd-Chiari Syndrome (brief)
Pregnancy associated Liver Disease
Gallstones (brief)
Cholecystitis

Blood Disease
Box 24.3, 24.4, 24.12
Anaemia
High Hb
Venous Thrombosis
Iron Deficiency Anaemia
Anaemia of Chronic Disease
Megaloblastic Anaemia
Fig 24.22
Hereditary Spherocytosis
G6PD Deficiency
Sickle Cell Anaemia
Thalassaeias (from Pervaiz Akbar)
Leukemias from Pervaiz Akbar
Hodkin Lymphoma
Multiple Myeloma
Aplastic Anaemia
Polycythaemia Rubra Vera
Thrombocytopenia (V.V.Imp)
Haemophilias From Pervaiz Akbar
Disseminated Intravascular Coagulation
Thrombotic Thrombocytopenic Purpura

Musculoskeletal Disease
Fig 25.7, 25.9
Principles of Management of MS Disorders (just names)
Osteoarthritis
Rheumatoid Arthritis
Ankylosing Spondylitis
Reiter’s Disease
Psoriatic Arthritis
Gout
Septic Arthritis
SLE
Systemic Sclerosis
Sjogren’s Syndrome (brief)
Wegener’s Granulomatosis
Churg-Strauss Syndrome & Henoch-Schonlein Purpura
Behcet’s Syndrome
GCA & PMR
Osteoporosis
Paget’s Disease (brief)
Charcot joints

**Neurological Disease**
Box 26.3, 26.6
Facial Pain
Migraine
Cluster Headache
Trigeminal Neralgia
Epilepsy (Causes, Features, Investigations, Management)
Status Epilepticus & its Rx
Stroke (V.Imp)
Subarachnoid Hemorrhage, Subdural, Extradural Hematoma
Multiple Sclerosis (Imp)
Parkinson (V.Imp)
Wilson, Alzheimer (MCQs)
Meningitis
Tetanus
Raised ICP
Hydrocephalus
Idiopathic Intracranial HTN
Box 26.106, 26.107
Guillain Barre Syndrome
Myasthenia Gravis
Acoustic Neuroma
Medicine Paper-II

Medical Psychiatry
Box 10.1, 10.3, 10.6, 10.7, 10.8, 10.9, 10.11, 10.14, 10.18
Depressed Mood
Delusions & Hallucinations
Fig 10.1, 10.2, 10.3
Confusion
Psychological Treatments
Acute Stress Reaction
Adjustment Disorder
PTSD
Anxiety Disorders
Phobic/Panic/GAD
Obsessive-compulsive Disorder (V.Imp)
Depression
Bipolar Disorder (V.V.Imp)
Schizophrenia (V.V.Imp)
Box 10.28, 10.29
Acute Delirium (V.Imp Page 171)
Eating Disorders (V.Imp)
Somatoform Disorders (Brief)
Dissociative Disorder (Imp)
Factitious & Puerperal disorders (brief)

Infectious Diseases
PUO (brief)
Necrotising Fasciitis
Acute Diarrhoea & Vomiting
Measles & Chickenpox from Pervaiz Akbar
Shingles (V.Imp)
CMV
Dengue
Staphylococcal Infections
Scarlet Fever
Typhoid Fever (V.V.Imp)
Leprosy
Malaria (Imp)
Chaga’s Disease
Toxoplasmosis
Leishmaniasis Kala-Azar (Imp)
Amoebasis (Imp)
Ancylostomiasis
Enterobius Vermicularis
Trichuris Trichiura
Echinococcus Granulosus
Candidasis
Mucormycosis

**HIV Infection & AIDS**
From Kaplan

**Sexually Transmitted Infection**
Syphilis
Gonorrhoea

**Clinical Biochemistry & Metabolism**
Hypokalaemia
Hyperkalaemia (V.Imp)
Metabolic Acidosis (V.V.Imp)
Metabolic Alkalosis (V.Imp)
Hypomagnesaemia
Hypermagnesaemia

**Kidney & Urinary Tract Disease**
GFR, IVU, Pyelography
UTI
Box 17.8, 17.14, 17.17, 17.22, 17.34, 17.35
Loin Pain
Box 17.19 (V.Imp)
Proteinuria
Nephrotic Syndrome (Imp)
Acute Renal Failure (V.V.Imp)
Chronic Renal Failure (V.V.Imp)
Renal Replacement Therapy
Renal Artery Stenosis
IgA Nephropathy & HS-purpura
Acute post-infectious Glomerulonephritis (Imp)
Alport’s Syndrome (brief)
AIN (brief)
Polycystic Kidney Disease (Imp)
Benign Prostatic Hyperplasia
Renal Adenocarcinoma (V.Imp)
Endocrine Disease
Thyrotoxicosis
Hypothyroidism
Thyroid Enlargement
Box 20.13, 20.14, 20.21
Grave’s Disease
Hashimoto’s Thyroiditis
Iodine Associated Thyroid Disease (brief)
Medullary CA
PolyCystic Ovarian Syndrome
Testicular Tumours
Box 20.36 Management of Hypocalcemia
Primary Hyperparathyroidism (V.Imp)
Glucocorticoids
Cushing’s Syndrome
Box 20.45, 20.47, 20.60
Phaeochromocytoma (V.V.Imp)
Congenital Adrenal Hyperplasia
Fig 20.28 (V.V.Imp)
Prolactinoma (V.V.Imp)
Acromegaly (V.V.Imp)
Diabetes Insipidus

Diabetes Mellitus
Box 21.2
Type 1 Diabetes (brief)
Type 2 Diabetes
Insulin Resistance, Box 21.4 (V.Imp)
Investigations (brief)
Diabetic Ketoacidosis (V.Imp) Box 21.19
Non-Ketotic Hyperosmolar Diabetic Coma
Lactic Acidosis
Anti-Diabetic Drugs (Names, Indications, Side Effects)
Diabetic Nephropathy & Neuropathy (brief)

Skin Disease
Box 27.10, 27.23
Eczema
Atopic Eczema (V.V.Imp)
Psoriasis (V.Imp)
Lichen Planus
Urticaria
Acne Vulgaris (V.Imp)
Impetigo
Deep Folliculitis
Staphylococcal Scalded Skin Syndrome
Fungal infections
Scabies
Toxic Epidermal Necrolysis (V.Imp)
Bullous Pemphoigoid
Dermatitis Herpetiformis
Erythema Multiforme
Erythema Nodosum
Acanthosis Nigricans
The Nail in Systemic & Skin Disease (MCQs)

Others
Organophosphorus Poisoning
Box 28.1, 28.2

**Bedside Techniques**

Causes of Clubbing
Causes of Edema
Cyanosis

**CVS**
Causes of Abnormal Heart Rate
Causes of Atrial Fibrillation
Characteristics of Pulse
Causes of Raised JVP
Causes of Murmurs

**Respiratory System**
Cough
Dyspnea
Causes of Shift of Trachea
Percussion Note
Causes of Crepitations

**Alimentary & Genito-Urinary**
Causes of Hepatomegaly/Tender Hepatomegaly
Causes of Spleenomegaly/Hepatospleenomegaly
Causes of Ascites
Books Recommended
Abdul Wahab Dogar, Bailey & Love

**Paper-I (General Surgery)**

Instructions:
“The exam of General Surgery can be more General than it should be.” So, in order to secure good marks in this subject, you must have a good general knowledge of Surgery besides theory. “General Surgery by Dr. Abdul Wahab Dogar” is a very nice book for this subject and I recommend you this.

(IMP means that These Chapters should be read completely as these are very important)

**Diagnostic & Interventional Radiology (IMP)**
-Uses, Adverse effects of X-Rays
-Contrast X-Ray studies
-Mammography
-CT
-MRI
-Ultrasound
-Trauma Imaging
-Interventional Radiology

**Preparation of a patient Before Surgery**
PreOperative Treatment/Optimization

**Sterile Precautions**
-Disinfection
-Sterilization
-Factors Contributing to Asepsis in OT
-Surgery in High Risk pts.

**Anesthesia (IMP)**

**Needles & Sutues (MCQs)**

**Post-Op Care (Viva)**
Post-Op Complications
- Wound
- Respiratory
- GIT
- Pyrexia

Surgical Audit (Definition & Cycle)

ATLS (IMP)
- Steps In Air Philosophy
- Triage

Chest Trauma (IMP)

War Fare Injuries (IMP)
- Management
- Principles of Missile Injury Surgery
- Do's & don'ts
- Blast Injuries (Management)

Burn Injuries (IMP)
- Wallace's rule
- Assessment of Airway Injury
- Management
- Escharotomy

Graft & Flaps (IMP)
- Comparison of Partial & Full thickness graft
- Flaps & their Classification

Fluid Therapy & Acid-Base disorders (IMP)

Blood Transfusion
- Safety Measures
- Specific Indications
- Complications (V.Imp)
- Auto-Transfusion
- DIC

Arterial Disorders (IMP)
- Manifestations of Chronic Limb Ischemia
- Investigations
- Treatment
- Acute Arterial Occlusion
- Buerger's & Raynaud's disease
- Abdominal Aortic Aneurysm (V.Imp)

Gangrene & Amputation (IMP)
- Types
- Synergistic gangrene (Fournier, Maleney) V.Imp
- Types of Amputations
- Complications of Amputation

Venous Disorders (IMP)
- Varicose/Reticular/Spider veins
- Clinical Features, Signs & Symptoms
- Complications, Diagnosis/Investigations
- Management
- DVT (V.Imp)

Lymphatic Disorders (IMP)
- Causes of Limb Swelling
- Classification/Investigations/Management
- Filariasis
- Cystic Hygroma
- Causes of Cervical Lymphadenopathy (V.Imp)

Surgical Oncology
- Definitions of Neoplasm, Sarcoma, Carcinoma
- Tumor Markers & their Significance
- Chemotherapy
- Complications of Chemotherapy (V.Imp)
- Indications & Adverse Effects of Radiotherapy (V.Imp)
- Brachytherapy
- 5Rs of Radiotherapy

Tumours of Skin
- Lipoma (MCQ)
- Marjolin’s Ulcer
- Bowen’s disease
- Basal Cell CA
- Squamous Cell CA
- Haemangiomas
- Ganglion
- Bursa

Surgical Nutrition
- Calculation of Energy Requirements
  - Enteral Feeding
  - Parenteral Feeding
  - Complications of TPN

**Sinuses, Fistulas and Cyst**
- Definitions of Sinuses, Fistulas & Cyst
  - Pilonidal Sinus
  - Fistula
  - Dermoid Cyst (V.Imp)
  - Sebaceous Cyst
  - Hydatid Cyst (V.Imp)

**Chronic Leg Ulcers**
- Classification
- Treatment
- Arterial Ulcers
- Distinguishing features of A. & V. ulcers (Imp)
- Diabetic Ulcers (V.Imp)

**Wounds & Healing (IMP)**
- Abrasion, Avulsion, Contusion, Crush Injuries (V.Imp)
- Tidy/Untidy Wounds differences
- Wound Healing, Types, Factors (V.Imp)
- Debridement

**Surgical Infections (IMP)**
- Predisposing Factors
  - SIRS
  - Sepsis
  - MODS
- Classification of Surgical Wound
- Guidelines of Antibiotic prophylaxis
- Abscess/Cold Abscess
- Collar Stud Abscess (V.Imp)
- Cellulitis (Long Case)
- Carbuncle
- Tetanus (Imp)
- Madura Foot
- Actinomycosis
- Snake Bite (brief)

**Hemorrhage & Shock**
- Measurement of Acute blood loss
- Arrest of Haemorrhage (V.Imp)
- Shock (V.Imp)

**Head Injuries**
- GCS (V.V.Imp)
  (Practice to draw GCS table in 2-3 minutes)

**Spinal Cord Trauma**
- Lumbar Disc Herniation (brief)

**Surgical Anatomy**
  Its difficult to label anything important here. You should have a good general concept of all the important Viscera from the surgical point of view like Breast, Thyroid, Inguinal canal etc.
  - Breast
  - Thyroid
  - Curvatures of Esophagus
  - Blood Supply/Lymphatic Drainage of Stomach
  - Surgical Importance of Prostate
  - Inguinal Canal
  - Spermatic Cord

**Surgical Ethics**
  - Informed Consent
ORTHOPEDICS
- Basic Definitions, Types of Fractures
- SALTER Classification
- Complications of Fracture (V.Imp)
- NonUnion/MalUnion/Delayed Union
- General Rx of Injured patient
- Reduction/Stabilization
- Dislocation of Shoulder joint (V.Imp)
- Olecranon fracture
- Forearm fracture (V.Imp)
- Colles Fracture (V.Imp)
- Scaphoid fracture
- Acetabular fracture
- Fractures of Femur (V.Imp)
- Tibial Fracture
- Bone Tumours (MCQs)
- Acute Osteomyelitis
- Dupytren’s Contracture
- Carpel Tunnel Syndrome & Cervical Rib Syndrome

Oesophagus
- Oesophageal Atresia & tracheoesophageal fistula
- GERD
- Achalasia
- Mallory Weis Syndrome
- Carcinoma (Most Common?, Investigations, Staging, Management)
- Perforation (brief)
- Corrosive Injury (brief)

Stomach & Duodenum
- Peptic Ulcer Disease Complete (Investigations, Rx V.Imp)
- Complications of Peptic Ulcer (V.Imp)
- Perforated Peptic ulcer
- Gastric Outlet Obstruction
- Pyloric Stenosis
- Gastric Cancer

Liver
- Liver Trauma
- Hepatocellular CA
- Portal Hypertension (Variceal Hemorrhage)
- Pyogenic Liver Abscess (V.Imp)
- Hydatid Disease (V.Imp)
- Amoebic Liver Abscess (V.Imp)

**Spleen**
- Splenic Trauma (V.Imp)
- Splenectomy (V.Imp)

**Gallbladder & Bile Ducts**
It is very important as many questions are asked from this chapter in SEQs, MCQs, OSPEs and Vivas.
- Investigations (Xray, USG, MRCP, ERCP, PTC etc)
- Cholelithiasis (V.Imp)
- Acute Calculous Cholecystitis (V.Imp)
- Complications of Cholecystectomy
- Choledocholithiasis
- Bile Duct Injury

**Pancreas**
- Acute Pancreatitis (V.Imp)
- Pseudopancreatic Cyst (V.Imp)
- Chronic Pancreatitis (brief)
- Pancreatic CA (Investigations, Management)

**Peritoneum, Mesentry & Retroperitoneal Space**
- Bacterial Peritonitis
- Biliary Peritonitis
- Tuberculous Peritonitis
- Mesentric Cyst (V.Imp)

**Small & Large Intestine**
- Hirschsprung’s Disease
- Typhoid Perforation (V.Imp)
- TB of Intestine (V.Imp)
- Ulcerative Colitis (V.Imp)
- Crohn’s disease
- Enterocutaneous Fistula (V.Imp)
- Short Bowel Syndrome
- Meckel’s diverticulum
- Rectal Prolapse
- Adenoma, FAP (MCQs)
- Colorectal CA (V.V.Imp)
- Ileostomy & Colostomy (Imp)
- Intestinal Obstruction (V.Imp)
(Types, Causes, Features, Investigations, Management, Complications)

- Volvulus
- Acute Intussusceptions
- Adynamic Obstruction (Paralytic Ileus)

**Vermiform Appendix**
- Acute Appendicitis (V.Imp)
  - (Signs, Investigations, Treatment, Complications)
- Appendicectomy (Incisions names, Problems encountered & their solutions)
- Appendicular Mass

**Anal Canal**
- Pilonidal Sinus (V.Imp)
- Anal Fissure (V.Imp)
- Haemorrhoides
- Anorectal Abscess
- Fistula in Ano (V.Imp)

**Hernias, Umbilicus & Abdominal Wall**
- Composition (brief)
- Clinical Classification (Imp)
- Inguinal Hernia (Imp)
- Summary of Steps of Herniotomy & Hernioraphy
- Strangulated Hernia (V.Imp)
- Femoral Hernia (brief)
- Umbilical Hernia (brief)
- Paraumbilical Hernia (V.Imp)
- Epigastric Hernia (brief)
- Burst Abdomen (V.V.Imp)
- Incisional Hernia (V.Imp)

**Urology**
- Adult Polycystic Kidney (brief)
- Renal Trauma (V.Imp)
- Hydronephrosis (V.Imp)
- Renal Stones (V.Imp)
- Ureteric Stone (V.Imp)
- Renal Cell CA - Grawitz’s (V.Imp)
- Wilm’s tumour
- Acute Urinary Retention (Imp)
- Bladder Stones (Imp)
- Diverticulae of Bladder (brief)
- Cystitis
- CA Bladder
- BPH
- CA Prostate
- Injuries to Male Urethra (V.V.Imp)
- Phimosis & Circumcision
- Torsion of Testis
- Vericocele
- Hydrocele (V.Imp)
- Testicular Tumours (V.Imp)

**Thyroid Gland**
- Thyroglossal Cyst
- Hashimoto's Thyroiditis
- Multinodular Goitre
- Discrete Thyroid Nodule
- Tumours of thyroid
- Thyroidectomy (V.Imp)

**Parathyroid Gland**
- Hyperparathyroidism

**Adrenal Gland**
- Conn Syndrome
- Phaeochromocytoma (V.Imp)

**Salivary Glands**
- Ranula, Plunging Ranula, Sialadenitis, Sialolithiasis
- Pleomorphic Adenoma (V.Imp)
- Frey's Syndrome (brief)
- D/D of neck Lumps
- Branchial Cyst (brief)

**Chest Trauma**
- Open Pneumothorax
- Tension Pneumothorax (V.V.Imp)
- Spontaneous Pneumothorax (V.Imp)
- Hemothorax
- Cardiac Tamponade
- Flail Chest
- Surgical Emphysema
- Cervical Rib
- CA lungs (V.Imp)

**Breast** (V.Imp)
- Triple Assessment
- Nipple Discharge
- Fibroadenoma
- Breast Abscess
- Gynecomastia
- Mastalgia (V.Imp)
- CA Breast (V.Imp)
  - TNM & Manchester Staging, Management
- Structures to be saved during Axillary Clearence

**Neurosurgery**
- Physical Signs of Skull fracture
- GCS
- Management of Head Injury (Definitive Rx)
- Extradural & Subdural Hematomas and differences b/w them
- Investigations & Treatment of Spinal Cord Injury
- Nerve Injuries types (MCQs)
  - Brachial Plexus Injury (Erbs Palsy)
  - Ulnar Nerve (Claw Deformity)
  - Sciatic & Common Peroneal (Foot Drop)
  - Long Thoracic (Winging of Scapula)

**Cardiac Surgery**
- Cardiopulmonary By Pass
- Coronary Artery Bypass Graft
- Coarctation of Aorta
- Aortic Dissection

**Orodental Surgery**
- Oral Cancer
- Tongue Cancer
- Neck Dissections
- Cleft Lip & Cleft Palate (V.Imp)
For MCQs, it is a good idea to do atleast one reading of complete book and Underline the important lines. Besides this, it is a good practice to read “Key Points” given at the end of each chapter.

- Pregnancy Tests
- Anatomy of Uterus
- Turner Syndrome
- Physical Changes occurring in Puberty
- Roles of different Hormones in Menstrual Cycle
- Ovulation
- Heavy Menstrual Bleeding (V.V.Imp)
- Dysmenorrhoea
- Amenorrhoea/Oligomenorrhoea (Imperforate hymen)
- Polycystic Ovarian Syndrome (V.Imp)
- Post-menopausal bleeding
- Vulvovaginal Candidasis (V.Imp)
- Trichomonas Vaginalis (V.Imp)
- Bacterial Vaginosis
- Pelvic Inflammatory Disease (V.V.Imp)
- Combined Hormonal Contraception
- Progestrone-only pills
- Copper IUD & Mirena
- Sterilization (Imp)
- Medical & Surgical Abortion
- Subfertility (Causes, Investigations, Management)
- Ectopic Pregnancy (V.V.Imp)
- Misscarriage (Risks, Types, Management)
- Asherman Syndrome (Imp)
- Uterine Fibroid (V.V.imp)
- Endometriosis & Adenomyosis
- Benign Diseases of Ovary
- Tumour Markers of Ovarian CAs
- Ovarian CA (V.V.Imp) Risk Factors, Classification, Staging, Management
- Endometrial CA (V.V.Imp) Risk Factors, Classification, Staging, Management
- Cervical CA (V.Imp)
- Vulval CA
- Types, Classification, Causes, Investigations & Management of Incontinence
- Uterovaginal Prolapse (V.Imp)
- Causes of Premature Ovarian Failure (Table)
- Effects of Menopause (Table)
- Osteoporosis (brief)
- Non-prescription therapies for Menopausal symptoms (Table)
- HRT (Indications, Risks, Contraindications, Side-effects)
- Common Gynaecological Procedures (Imp)
Obstetrics

Obs. History Taking & Examination
- Definitions of
  - Gravida, Para & Abortion (GPA), LMP, SFH
- Bishop Score (Table and its Uses?)

Physiological Changes in Pregnancy
- All the “Key Points”
- Volume, Blood, CVS
- Reproductive Organs

Normal Fetal Development & Growth
- Amniotic Fluid (V.Imp)

Antenatal Care
- Aims of Antenatal Care (brief)
- EDD Calculation (By LMP, SFH, USG)
- Benefits of Dating Scan
- Booking Investigations
- Screening for Fetal Abnormalities
- Gestational Diabetes (V.V.V.Imp)
- Recommended Schedule of Antenatal Visits (Table) (V.V.Imp)

Antenatal Imaging & Assessment of Fetal Well-being
- Features of a Normal CTG
- Biophysical Profile (MCQs+OSPE) V.V.Imp
- Summary of the Aims of Obs. Ultrasound

Prenatal Diagnosis (V.Imp)
- Down’s syndrome
- Comparison of Invasive tests (Tabel)
- Examples of conditions & their method of Diagnosis (Table)
- Neural Tube Defects

Antenatal Obs. Complications
- Hyperemesis Gravidarum (V.V.Imp)
- Names of Minor Complications
- Venous Thromboembolism (V.V.Imp)
- Smoking in Pregnancy
- Oligohydramnios & Polyhyramnios (V.V.Imp)
- Post-Term pregnancy
- Antepartum Hemorrhage (V.Imp)
- Placenta Abruption, Placenta Praevia, Vasa Praevia
- Management of Rhesus Disease

**Twins & Higher Multiple Gestations**
- Definitions
- Classification
- Complications
- Twin-To-Twin Transfusion Syndrome
- Requirements for Twin Delivery

**Pre-Eclampsia & Other Disorders of Placentation**
- Normal Placentation (brief)
- Pre-Eclampsia & Eclampsia (V.V.Imp)
- Fetal Growth Restriction (V.Imp)
- Placental Abruption (V.Imp)

**Late Miscarriage & Early Birth**
- Definitions of
  - Miscarriage, Preterm, Term, Post-Term
- Preterm Labour/PPROM (V.V.Imp)

**Medical Diseases Complicating Pregnancy**
- Anemia (V.V.Imp)
- Heart Disease (V.Imp)
- Diabetes (V.Imp)
- Thyroid Disease
- Hypertension

**Perinatal Infections (MCQs)**

**Labour (V.Imp)**
- Pelvis (Inlet/Oulet Diameters, Types)
- Fetal Skull
  - Shapes of Fontanelles
  - Diameters (V.Imp)
- The process of Labour (V.Imp)
- Management of Normal Labour
  - All three Stages
  - 3rd Stage (V.V.Imp)
  - Fetal Assessment in labour
-Partogram
Abnormal Labour
  Poor Progress in Labour
  Causes?
  CPD
  Breech Presentation (V.V.Imp)
  Obstructed Labour (V.V.Imp)
-Induction Of Labour (V.Imp)
-Bishop Score

Operative Intervention in Obs.
  -Episiotomy
  -Perineal Trauma
  -Indications/Contraindications/Complications for Assisted Vaginal Delivery
  -Prerequisites for Instrumental Delivery
  -Caesarean Section

Obstetric Emergencies
  -What is ABCDE?
  -Structured Approach (Figure)
  -AntePartum Hemorrhage (V.V.Imp)
  -PostPartum Hemorrhage (V.V.Imp)
  -Uterine Rupture (V.Imp)
  -Cord Prolapse
  -Shoulder Dystocia

The Puerperium
  -Puerperal Pyrexia (V.Imp)
  -Mastitis
  -Puerperal (Psychosis, blues, pinks)
Pediatrics

History & Exam
- Neonatal Reflexes

Growth & Development
- Height, Weight & Head Circumference at different Ages

Immunization (V.Imp)
- EPI (V.V.Imp)
- BCG
- Polio
- Measles
- H.Influnza
- Meningococcal
- Pneumococal

Psychiatric Disorders
- Definitions of
  Pica, Enuresis, Encopresis, Autism

Pediatric Nutrition
- Breast Feeding (V.V.Imp)
- Formula Feeding
- Weaning
- Malnutrition (V.Imp)
  Primary/Secondary
  Gomez, Harvard, Waterlow, Welcome
- Marasmus (V.Imp)
- Kwashiorkor (V.imp)

Acutely Ill Child
- Shocks & their Treatment

Neonatology
- Birth Asphyxia
- APGAR Score
- Respiratory Distress (V.imp)
- Necrotizing Enterocolitis (V.Imp)
- IVH
- Causes of Apnea
- Neonatal Sepsis
-Jaundic Neonatorum (V.V.Imp)
-Small for Gestational Age
-Hypocalcemia
-Neonatal Seizures (V.V.Imp)
-Immune Thrombocytopenia

**Infectious Diseases**
-Acute Diarrhea (Imp)
-Worm Infestation (MCQs)
-Poliomyelitis (V.V.Imp)
-Diphtheria (V.Imp)
-Tetanus (V.Imp)
-Measles (V.Imp)
-Mumps (V.Imp)
-Chickenpox (V.Imp)
-Malaria
-Typhoid (Enteric) Fever (V.imp)
-Tuberculosis
-Rheumatic Fever (V.V.Imp)
-PUO
-D/D of Maculopapular & Vesular Rash (Names only)

**Respiratory Disorders**
-Croup (brief)
-IMCI Classification of Acute Respiratory Infections
-Brochiolitis
-Pneumonia
-Pleural Effusion
-Pneumothorax
-Asthma

**GIT & Liver**
-Acute/Chronic Diarrhea
-IMCI Classification of Diarrhea
-Celiac Disease
-IBD (brief)
-Hepatomegaly
-Acute Hepatitis

**Cardiovascular Disorders**
-Cyanotic & Acyanotic Heart Diseases (Names)
-Tetralogy of Fallot (V.Imp)
-Ventricular Septal Defect (V.Imp)
-Patent Ductus Arteriosus (V.Imp)
Atrial Septal Defect (V.imp)
-Transposition of Great Arteries (brief)

**Neurologic Disorders**
-Meningitis (V.V.Imp)
-Encephalitis
-Cerebral Malaria (V.Imp)
-Febrial Convulsions (V.V.V.Imp)
-Epilepsy (V.Imp)
-Hydrocephalus
-Cerebral Palsy (V.Imp)

**Neuro-Muscular Disorders**
-Duchene Muscular Dystrophy (brief)
-Myasthenia Gravis (brief)
-Floppy Infant (brief)
-Guillain Barre Syndrome (brief)
-Bell’s Palsy (brief)

**Hematologic Disorders**
-Iron Deficiency Anemia
-Thalassemia (V.V.Imp)
-Megaloblastic Anemia
-Aplastic Anemia
-Hemophilia
-Von Willebrand
-DIC
-ITP

**Neoplastic Diseases**
-ALL (V.V.Imp)
-AML
-Hodgkin Disease

**Endocrine Disorders**
-Hypothyroidism (Cretinism)
-Acute Diabetic Ketoacidosis (V.Imp)
-Rickets (V.V.Imp)
-Wilson Disease (V.Imp)
-Congenital Adrenal Hyperplasia

**Metabolic Diseases**
-Names of Diseases & Affected Enzymes

**Human Genetics**
- Down Syndrome

**Nephrology**
- Hematuria
- Acute Post-Streptococcal Glomerulonephritis (V.Imp)
- Nephrotic Syndrome (V.Imp)
- Acute Renal Failure
- Chronic Renal Failure

**Dermatology**
- Diaper Dermatitis

**Poisoning**
- General Management