

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

**2<sup>nd</sup> Edition**

# KOD's Guide on Final Professional Exam (MBBS)



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## Preface...

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.

Its 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 sigle 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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# Medicine

## 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 Catheterisation

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, Preventions)

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 Box 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, Fig 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 and 'Acute on Chronic'

Asthma (V.Imp)

COPD

Bronchiectasis(V.Imp)

Pneumonia (Investigations, D/D, 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

Pyogenic 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

Thalassaemias (*from Pervaiz Akbar*)

Leukemias from Pervaiz Akbar

Hodkin Lymphoma

Multiple Myeloma

Aplastic Anaemia

Polycythemia 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  
Box 26.14, 26.15, 26.16, 26.17, 26.18, 26.19, 26.23, 26.26  
Migraine  
Cluster Headache  
Trigeminal Neuralgia  
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)

Amoebiasis (Imp)

Ancylostomiasis

Enterobius Vermicularis  
Trichuris Trichiura  
Echinococcus Granulosus  
Candidiasis  
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  
Pheochromocytoma (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  
Box 21.21, 21.24, 21.25, 21.29, 21.33, 21.35, 21.41  
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 Pemphigoid  
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 Splenomegaly/Hepatosplenomegaly  
Causes of Ascites

# SURGERY

## 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, Maloney) 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

## Surgery Paper-II

### **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, Mesentery & Retroperitoneal Space**

- Bacterial Peritonitis
- Biliary Peritonitis
- Tuberculous Peritonitis
- Mesenteric 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)
- Appendectomy (Incisions names, Problems encountered & their solutions)
- Appendicular Mass

### **Anal Canal**

- Pilonidal Sinus (V.Imp)
- Anal Fissure (V.Imp)
- Haemorrhoids
- 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
- Thyroroidectomy (V.Imp)

### **Parathyroid Gland**

- Hyperparathyroidism

### **Adrenal Gland**

- Conn Syndrome
- Pheochromocytoma (V.Imp)

### **Salivary Glands**

- Ranula, Plunging Ranula, Sialadenitis, Siallithiasis
- 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 Clearance

### **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

### **Oro dental Surgery**

- Oral Cancer
- Tongue Cancer
- Neck Dissections
- Cleft Lip & Cleft Palate (V.Imp)

# Gynaecology

For MCQs, it is a good idea to do at least 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 Candidiasis (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)
- Miscarriage (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)

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# 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 (Table)
- 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 & Polyhydramnios (V.V.V.Imp)
- Post-Term pregnancy
- Antepartum Hemorrhage (V.Imp)
- Placenta Abruptio, 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 Abruptio (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
  - 3<sup>rd</sup> 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
- Pneumococcal

## 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
- Bronchiolitis
- 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)
- Febrile Convulsions (V.V.V.Imp)
- Epilepsy (V.Imp)
- Hydrocephalus
- Cerebral Palsy (V.Imp)

### **Neuro-Muscular Disorders**

- Duchenne 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

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