

# **Rawalpindi Medical University**

## **Rawalpindi**

# **Family Medicine**

## **2 Years Diploma in Family Medicine**

### **Study Guide**



**2025**

**Prof. Muhammad Umar**  
Vice Chancellor  
Rawalpindi Medical University  
Rawalpindi

**Dr. Sadia Azam Khan**  
HOD Associate Professor Family Medicine RMU  
MBBS, MRCGP U  
Master Trainer in Family Medicine UHS  
Palliative Care Certificate Princess Alice Hospice UK  
Diploma in Health Research DHR RMU  
Certificate in Health Professions Education CHPE, RMU  
Assistant Director Biomedical Ethics Dept. RMU  
Member Board of Advanced Studies and Research (BASAR) RMU.

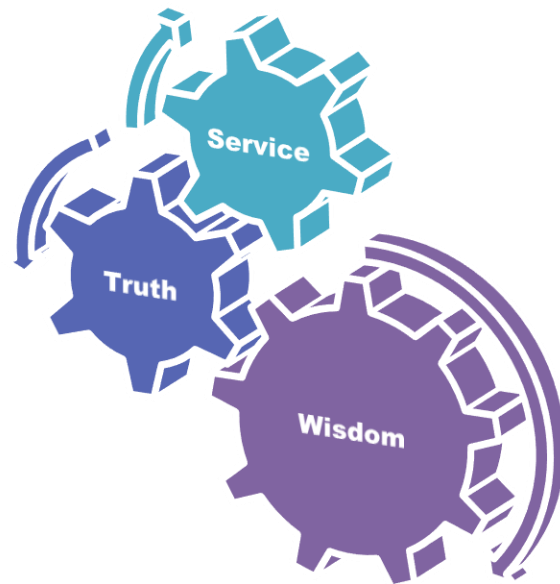
Prepared by:

**Dr. Sana Latif**  
MBBS, MCPS  
Department of Family Medicine  
SSGI Certified Lean Healthcare Professional  
Senior Demonstrator  
Rawalpindi Medical University  
Rawalpindi



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# Motto



## Vision & Values

Highly recognized and accredited centre of excellence in Medical Education, using evidence-based training techniques for development of highly competent health professionals, who are lifelong experiential learner and are socially accountable.

## **UNIVERSITY MISSION & VISION STATEMENT**

### **Mission Statement**

To impart evidence based research oriented health professional education in order to provide best possible patient care and inculcate the values of mutual respect, ethical practice of healthcare and social accountability.

### **Vision and Values**

Highly recognized and accredited centre of excellence in Medical Education, using evidence-based training techniques for development of highly competent health professionals, who are lifelong experiential learner and are socially accountable.

### **Goals of the Postgraduate Medical Curriculum**

The Postgraduate Learning Program is geared to provide you with quality medical education in an environment designed to:

- Provide thorough grounding in the basic theoretical concepts underpinning the practice of medicine.
- Develop and polish the skills required for providing medical services at all levels of the Health care delivery system.
- Help you attain and maintain the highest possible levels of ethical and professional conduct in your future life.
- Kindle a spirit of inquiry and acquisition of knowledge to help you attain personal and professional growth & excellence.

## **MESSAGE OF THE VICE CHANCELLOR**



**Prof. Dr. Muhammad Umar (Sitara-e-Imitaz)**

**MBBS, MCPS, FCPS, FRCP (Glasg), FRCP (London), FACG (USA), AGAF (USA)**

It is indeed a matter of great pleasure that the Department of Family Medicine, Rawalpindi Medical University is going to commence the Diploma program for family physicians. This is one of the many initiatives that Rawalpindi Medical University has taken to promote medical education and Continuous Professional Development (CPD) of our doctors both working in public and private healthcare settings.

It is of prime importance for the family physicians to keep pace with the recent advancements in medical field and this diploma program will provide a broad framework for general physicians to enhance their diagnostic and managerial competencies pertinent to the most commonly encountered healthcare problems of this region. Lastly, I congratulate my faculty for their untiring efforts in designing this course and wish them all the best for the success of this course which will ultimately be beneficial for the community.

# Learning Domains for the Study Guide

## ACGME Core Competencies (United States)

1. **Patient Care** – Provide compassionate, appropriate, and effective treatment.
2. **Medical Knowledge** – Demonstrate understanding of biomedical, clinical, and related sciences.
3. **Practice-Based Learning and Improvement** – Engage in self-evaluation and lifelong learning.
4. **Interpersonal and Communication Skills** – Communicate effectively with patients, families, and colleagues.
5. **Professionalism** – Commit to ethical principles, sensitivity, and responsibility.
6. **Systems-Based Practice** – Understand and respond to the larger healthcare system.

<https://www.acgme.org/globalassets/pdfs/milestones/milestonesguidebookforresidentsfellows.pdf>

## CanMEDS Roles (Canada)

1. **Medical Expert** – Integrates all CanMEDS roles for optimal clinical performance.
2. **Communicator** – Effectively exchanges information with patients and teams.
3. **Collaborator** – Works effectively with other healthcare professionals.
4. **Leader** – Contributes to healthcare system improvement.
5. **Health Advocate** – Promotes the health of patients and communities.
6. **Scholar** – Demonstrates lifelong learning, research, and teaching skills.
7. **Professional** – Demonstrates ethical behavior and commitment to responsibilities.

<https://www.royalcollege.ca/en/standards-and-accreditation/canmeds.html>

## **General Learning Objectives**

### **Program outcomes**

At the end of the training, participants will be able:

1. To adopt a bio-psycho-social model taking into account the cultural dimensions of Pakistan.
2. To emphasize the need for building an effective patient-physician relationship. To adopt a person-centered approach in dealing with patients.
3. To act as advocate for the patient.
4. To involve patients as important stakeholders in decision-making and the management of their diseases.
5. To master effective and appropriate care provision and health service utilization. To monitor, assess and improve quality and safety of population health, well-being and patient care.
6. To provide cost-conscious medical care.
7. To advocate for individual and community health and well-being.
8. To provide high quality sustainable and ongoing continuity of care as determined by the needs of the patient.
9. To manage and coordinate health and well-being of patients, their families and population at large through the concepts of health promotion, prevention, cure, care and palliation and rehabilitation.
10. To demonstrate high levels of medical professionalism in dealing with others.
11. To respect patient privacy and autonomy.
12. To demonstrate compassion and respect to others.
13. To demonstrate sensitivity to diverse population with no discrimination on the basis of gender, age, culture, ethnicity, religion, and disability.
14. To act as effective and trustworthy primary contact with patients that is responsive to their needs To manage conditions that may present early and in an undifferentiated way.
15. To cover the most common health conditions prevalent in primary care.
16. To adopt evidence based clinical information management: selectively gather and interpret information from history-taking, physical examination, and investigations and apply it to an appropriate management plan in collaboration with the patient.
17. To use effectively and efficiently diagnostic and therapeutic interventions for patient care, as needed.
18. To refer the patients to other health professionals and specialists as needed, through a well-functioning, effective referral system.
19. To promote health and wellbeing of patients, families and community at large, by applying health promotion and disease prevention strategies appropriately.



## STUDY PLANNER OVERVIEW

Sr No.	Module	Focus Area
<b>SEMESTER I</b>		
1	Module 1	Principles of Family Medicine
2	Module 2	Cardiovascular System
3	Module 3	Infectious Diseases
4	Module 4	Gastroenterology & Liver
5	Module 5	Respiratory System
6	Module 6	Musculoskeletal & Dermatology
7	Module 7	Neurology
8	Module 8	Surgery & Urology
<b>IN-TRAINING PROGRESS EXAM</b>		
9	Module 9	Endocrinology
10	Module 10	Mental Health
11	Module 11	ENT & Eye Disorders

12	Module 12	Orthopedics & Basic Radiology
13	Module 13	Emergency Medicine
14	Module 14	Gynae/Obstetrics
15	Module 15	Pediatrics
16	Module 16	Research in Clinical Practice
SEMESTER II		
	Clinical Modules/Rotations	Procedures and Basic Clinical Skills
SEMESTER III		
	Module 17	Community-Oriented Primary Care (COPC)
	Module 18	Pathology and Lab Reports Interpretation
	Module 19	Women's Health Expansion (Advanced Gynae&Obstetrics)
	Module 20	Child and Adolescent Health (Advanced Pediatrics)
	Module 21	Mental Health (Advanced Psychiatry)
	IN-TRAINING PROGRESS EXAM	

	<b>Module 22</b>	<b>Advanced Radiology and Imaging</b>
	<b>Module 23</b>	<b>Geriatric Medicine and Palliative Care</b>
	<b>Module 24</b>	<b>Teaching, Mentorship &amp; Health Systems Leadership</b>
	<b>Module 25</b>	<b>Public Health Emergency Preparedness (Community Medicine)</b>
	<b>Module 26</b>	<b>Telemedicine &amp; Digital Health</b>
	<b>Module 27</b>	<b>Advanced Research &amp; Publications</b>
	<b>SEMESTER IV</b>	
	<b>Clinical Modules/Rotations</b>	<b>Procedures and Advanced Clinical Skills</b>
<b>FINAL ASSESSMENT</b>		

<b>Duration</b>	<b>2 Years</b>
<b>Structure</b>	<b>4 Semesters, 27 Modules and Respective Clinical Rotations</b>
<b>Credit Hours</b>	
<b>Contact Days</b>	
<b>Assessment</b>	<b>Formative + Summative (MCQs, OSCE, Viva)</b>
<b>Training Sites</b>	<b>RMU, BBH, HFH, DHQ Rawalpindi</b>


# ACADEMIC CALENDER


## DEPARTMENT OF FAMILY MEDICINE

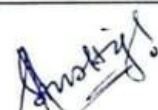
RAWALPINDI MEDICAL UNIVERSITY, RAWALPINDI						
Department of Family Medicine (Diploma 2025-26) Batch -03						
Sr. NO.	Specialty	Date/ Time(08:30am to 10:00am)	Day	Department	Venue	Facilitator
1.	Orientation session Principles of Family Medicine	28-06-2025	Saturday	Family Medicine	Deans Hall	Dr. Sadia Azam Khan, Dr. Neelum Ali, Dr. Sana Latif, Dr. Ali Raza
2.	Cardiovascular module	03-07-2025	Thursday	Cardiology	Deans Hall	Dr. Amina Sr. Cardiology
3.	Cardiovascular module	04-07-2025	Thursday	Cardiology	Deans Hall	Dr. Amina Sr. Cardiology
4.	Cardiovascular module	10-07-2025	Thursday	Cardiology	Deans Hall	Dr. Amina Sr. Cardiology
5.	Infectious Diseases Module	11-07-2025	Thursday	DID	Deans Hall	Dr. Mujeeb Khan
6.	Infectious Diseases Module	17-07-2025	Thursday	DID	Deans Hall	Dr. Mujeeb Khan
7.	Infectious Diseases Module	18-07-2025	Thursday	DID	Deans Hall	Dr. Mujeeb Khan
8.	Gastrointestinal/ Liver Module	24-07-2025	Thursday	GI & Liver	Deans Hall	Dr. Aqsa
9.	Gastrointestinal/ Liver Module	25-07-2025	Thursday	GI & Liver	Deans Hall	Dr. Tayyab
10.	Respiratory Module	31-07-2025	Thursday	Pulmonology	Deans Hall	Prof. Khurram
11.	Respiratory Module	01-08-2025	Thursday	Pulmonology	Deans Hall	Prof. Khurram
12.	Musculoskeletal & Dermatology Module	07-08-2025	Thursday	Dermatology/Rheumatology	Deans Hall	Dr. Shumaila
13.	Musculoskeletal & Dermatology Module	07-08-2025	Thursday	Dermatology/Rheumatology	Deans Hall	Dr. Shawana
14.	Neurology Module	21-08-2025	Thursday	Neurology	Deans Hall	Dr. Mehar Bano
15.	Neurology Module	22-08-2025	Thursday	Neurology	Deans Hall	Dr. Mehar Bano
16.	Urology Module	28-08-2025	Thursday	Surgery/Urology	Deans Hall	Dr. Zain
17.	Urology Module	29-08-2025	Thursday	Surgery/Urology	Deans Hall	Dr. Usman Qureshi
18.	Mid Term Assessment	11-09-2025	Thursday	Family Medicine	Deans Hall	
19.	Endocrinology Module	12-09-2025	Thursday	Endocrinology	Deans Hall	Dr. Madeeha Nazar
20.	Endocrinology Module	18-09-2025	Thursday	Endocrinology	Deans Hall	Dr. Madeeha Nazar
21.	Mental Health Module	19-09-2025	Thursday	Psychiatry	Deans Hall	Dr. Sadia Yasir
22.	Mental Health Module	25-09-2025	Thursday	Psychiatry	Deans Hall	Dr. Sadia Yasir
23.	ENT & Eye Module	26-09-2025	Thursday	ENT & Eye	Deans Hall	Dr. Sadia Ch


*Seei* *Mohd* *Rahat* *Mahmood*


24.	ENT & Eye Module	02-10-2025	Thursday	ENT & Eye	Deans Hall	Dr. Sadia Ch
25.	Orthopedics and Radiology	03-10-2025	Thursday	Orthopedic	Deans Hall	Dr. Obaid ur Rehman
26.	Emergency Care	09-10-2025	Thursday	Emergency	Deans Hall	Dr. Usman Qureshi
27.	Gynaecology / Obstetrics	10-10-2025	Thursday	Gynae/OBS	Deans Hall	Dr. Humera Noreen
28.	Gynaecology / Obstetrics	16-10-2025	Thursday	Gynae/OBS	Deans Hall	Dr. Humera Noreen
29.	Pediatrics Module	17-10-2025	Thursday	Pediatrics	Deans Hall	Dr. Hina Sattar
30.	Pediatrics Module	23-10-2025	Thursday	Pediatrics	Deans Hall	Dr. Hina Sattar
31.	Pediatrics Module	24-10-2025	Thursday	Pediatrics	Deans Hall	Dr. Hina Sattar
32.	Research in Clinical Practice	30-10-2025	Thursday	Community Medicine	Deans Hall	Prof. Rozina Shahdat
33.	Workshop in Diabetes	31-10-2025	Thursday	Endocrinology	Deans Hall	Dr. Madeeha Nazar
34.	Communication Skills Workshop	05-11-2025	Thursday	Psychiatry	Deans Hall	Dr. Sadia Yasir
35.	Research Methodology Workshop	06-11-2025	Thursday	Community Medicine	Deans Hall	Prof. Rozina Shahdat
36.	ALS/BLS Workshop	13-11-2025	Thursday	Anesthesia	Deans Hall	Prof. Jawad Zaheer

  
**Dr. Sumaira Yasmeen**  
Program Coordinator  
Rawalpindi Medical University  
Rawalpindi

  
**Dr. Neelum Ali**  
Faculty Coordinator  
Rawalpindi Medical University  
Rawalpindi

  
**Dr. Sana Latif**  
Assessment Coordinator  
Rawalpindi Medical University  
Rawalpindi

  
**Dr. Ali Raza**  
Faculty Coordinator  
Rawalpindi Medical University  
Rawalpindi

  
**Prof. Muhammad Umar**  
Vice Chancellor  
Rawalpindi Medical University  
Rawalpindi

## Module 1: Principles of Family Medicine

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Family Medicine Principles	<ul style="list-style-type: none"> <li>Understand the role, scope, and ethical responsibilities of a family physician</li> </ul>	<ul style="list-style-type: none"> <li><i>McWhinney's Textbook of Family Medicine</i>, 4th Ed. (2022);</li> <li>Oxford Handbook of General Practice, 5th Ed. (2020);</li> <li><i>Textbook of Family Medicine</i> by Robert E. Rakel, 9th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Professionalism,</li> <li>Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>Communicator</li> <li>Collaborator</li> <li>Leader</li> <li>Professional</li> </ul>
Prevention & Screening	<ul style="list-style-type: none"> <li>Learn levels of prevention, test characteristics, and screening programs</li> </ul>	<ul style="list-style-type: none"> <li><i>Oxford Handbook of Public Health Practice</i>, 4th Ed. (2021);</li> <li>Davidson's Medicine, 24th Ed. (2022)</li> </ul>	<ul style="list-style-type: none"> <li>Medical Knowledge,</li> <li>Population Health</li> </ul>	<ul style="list-style-type: none"> <li>Communicator</li> <li>Collaborator</li> <li>Health Advocate</li> <li>Scholar</li> <li>Professional</li> </ul>
Professionalism & Communication	<ul style="list-style-type: none"> <li>Develop clinical empathy, cultural competence, and structured consultation skills</li> </ul>	<ul style="list-style-type: none"> <li>ABC of Family Medicine, 3rd Ed. (2021);</li> <li>Calgary-Cambridge Guide</li> </ul>	<ul style="list-style-type: none"> <li>Communication,</li> <li>Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>Communicator</li> <li>Leader</li> <li>Health Advocate</li> <li>Professional</li> </ul>



## Module 2: Cardiovascular

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Chest Pain	<ul style="list-style-type: none"> <li>Differentiate cardiac and non-cardiac causes;</li> <li>identify emergencies</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Cardiology, 3rd Ed. (2021);</li> <li><i>Clinical Cardiology Made Ridiculously Simple</i>, 4th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Medical Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Collaborator</li> <li>Professional</li> <li></li> </ul>
Hypertension	<ul style="list-style-type: none"> <li>Apply guidelines for diagnosis and management</li> <li>Education and Follow up</li> </ul>	<ul style="list-style-type: none"> <li>ACC/AHA Guidelines (2019);</li> <li>NICE Guidelines uk,</li> <li>Davidson's Medicine;</li> <li><i>Current Diagnosis &amp; Treatment: Cardiology</i>, 5th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Practice-Based Learning,</li> <li>Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Leader</li> <li>Health Advocate</li> <li>Professional</li> </ul>
Heart Failure	<ul style="list-style-type: none"> <li>Understand staging, NYHA classes, and pharmacologic options</li> </ul>	Oxford Handbook of Clinical Medicine, 11th Ed. (2023); <i>Braunwald's Heart Disease</i> , 12th Ed.	<ul style="list-style-type: none"> <li>Medical Knowledge,</li> <li>Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> </ul>
BLS/ECG	<ul style="list-style-type: none"> <li>Demonstrate basic life support</li> <li>interpret ECGs</li> </ul>	<ul style="list-style-type: none"> <li>AHA BLS Manual (2020);</li> <li>ECG Made Easy, 9th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> </ul>



### Module 3: Infectious Diseases

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Dengue, Malaria	<ul style="list-style-type: none"> <li>• Manage fever,</li> <li>• recognize danger signs,</li> <li>• and initiate fluid therapy</li> <li>• Appropriate referral</li> </ul>	<ul style="list-style-type: none"> <li>• Oxford Handbook of Tropical Medicine, 6th Ed. (2022);</li> <li>• <i>Manson's Tropical Diseases</i>, 24th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Medical Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>
Respiratory Infections	<ul style="list-style-type: none"> <li>• Differentiate bacterial vs viral,</li> <li>• Rational antimicrobial use</li> </ul>	<ul style="list-style-type: none"> <li>• WHO IMCI/IMNCI Modules;</li> <li>• Davidson's Medicine;</li> <li>• <i>Harrison's Principles of Internal Medicine</i>, 21st Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Stewardship</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> <li>•</li> </ul>
COVID-19	Update and Master IPC and emergency protocols, triage, oxygen therapy and Ethical Decision Making	WHO COVID Guidelines (latest); <i>Mandell, Douglas, and Bennett's Principles and Practice of Infectious Diseases</i> , 9th Ed. WHO COVID-19 Clinical Management Guidelines (latest); <i>Principles and Practice of Hospital Medicine</i> , McKean, 2nd Ed.	Health Advocacy, Patient Care, Systems-based Practice	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>

### Module 4: Gastroenterology & Liver

**Dates:** 24-7-2025  
25-7-2025

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Liver Disease	<ul style="list-style-type: none"> <li>Approach to jaundice, hepatitis, and cirrhosis</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Hepatology, 2nd Ed. (2021);</li> <li><i>Zakim and Boyer's Hepatology</i>, 7th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Medical Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Professional</li> </ul>
GI Bleeding	<ul style="list-style-type: none"> <li>Stratify and manage UGIB vs LGIB</li> <li>Appropriate Referral</li> <li>Educate Family</li> </ul>	<ul style="list-style-type: none"> <li>Davidson's Medicine;</li> <li><i>Yamada's Textbook of Gastroenterology</i>, 6th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Medical Knowledge,</li> <li>Patient Safety</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> <li></li> </ul>
Dyspepsia & IBS	<ul style="list-style-type: none"> <li>Apply Rome IV criteria</li> <li>initial therapy</li> <li>Follow up</li> </ul>	<ul style="list-style-type: none"> <li>Kumar &amp; Clark's Clinical Medicine, 10th Ed.;</li> <li><i>Sleisenger and Fordtran's Gastrointestinal and Liver Disease</i>, 11th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Communication,</li> <li>Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Collaborator</li> <li>Professional</li> </ul>

## Module 5: Respiratory

**Dates: 31-07-2025**  
**01-08-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
LRTIs	<ul style="list-style-type: none"> <li>• Diagnose and treat CAP, bronchitis,</li> <li>• Red flag identification in LRTIs</li> </ul>	<ul style="list-style-type: none"> <li>• Davidson's Medicine;</li> <li>• <i>Murray &amp; Nadel's Textbook of Respiratory Medicine</i>, 7th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> </ul>
COPD, Pneumonia & Asthma	<ul style="list-style-type: none"> <li>• Apply GOLD/GINA guidelines for Acute and Chronic cases,</li> <li>• CURB-65 Scoring</li> <li>• Management and appropriate Referral</li> </ul>	<ul style="list-style-type: none"> <li>• GINA Guidelines (latest);</li> <li>• <i>Fishman's Pulmonary Diseases and Disorders</i>, 5th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge,</li> <li>• Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> </ul>
Tuberculosis	<ul style="list-style-type: none"> <li>• Diagnose and Educate,</li> <li>• initiate DOTS,</li> <li>• manage MDR-TB</li> <li>• Contact Tracing</li> </ul>	<ul style="list-style-type: none"> <li>• WHO TB Guidelines;</li> <li>• <i>Tuberculosis: Pathogenesis, Protection, and Control</i> by Barry Bloom</li> </ul>	<ul style="list-style-type: none"> <li>• Health Advocacy,</li> <li>• Patient Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>

**Dates: 07-08-2025**  
**08-08-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Joint Pain	<ul style="list-style-type: none"> <li>Evaluate Fibromyalgia OA, RA,</li> <li>Red flags in MSK</li> <li>Back pain</li> <li>Gout</li> <li>Examination of MSK</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Rheumatology;</li> <li><i>Kelley's Textbook of Rheumatology</i>, 10th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Health Advocate</li> <li>Professional</li> </ul>
Skin Conditions	<ul style="list-style-type: none"> <li>Diagnose and manage dermatitis, Fungal, viral and bacterial infections, and Chronic dermatoses</li> <li>Understand Benign and Malignant Skin Lesions</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Dermatology;</li> <li><i>Rook's Textbook of Dermatology</i>, 10th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Communication,</li> <li>Medical Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> <li></li> </ul>
Wound Management	<ul style="list-style-type: none"> <li>Perform debridement, dressing, and minor surgical care</li> </ul>	<ul style="list-style-type: none"> <li>WHO Basic Surgical Skills Manual; <i>Fundamentals of Surgical Practice</i>, 4th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Professional</li> </ul>

## Module 7: Neurology

**Dates: 21-08-2025  
22-08-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Stroke	<ul style="list-style-type: none"> <li>Identify types, apply NIHSS</li> <li>Initial management</li> <li>Educate Family</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Neurology;</li> <li><i>Adams and Victor's Principles of Neurology</i>, 11th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Medical Knowledge,</li> <li>Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> </ul>
CNS Infections	<ul style="list-style-type: none"> <li>Diagnose and manage meningitis, encephalitis</li> <li>Examination of CNS.</li> </ul>	<ul style="list-style-type: none"> <li>Davidson's Medicine; <i>Infections of the Central Nervous System</i> by Scheld, 4th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Health Advocate</li> <li>Professional</li> <li></li> </ul>
Seizures	<ul style="list-style-type: none"> <li>Assess seizures, initiate AEDs,</li> <li>Ensure follow-up</li> <li>Educate Family</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Epilepsy; <i>Epilepsy: A Comprehensive Textbook</i>, 2nd Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Communication,</li> <li>Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> </ul>

## Module 8: Surgery & Urology

**Dates: 28-08-2025**  
**29-08-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Acute Abdomen	<ul style="list-style-type: none"> <li>• Diagnose and manage emergencies appendicitis, perforation, pancreatitis and cholecystitis</li> <li>• Examination of Abdomen and Pelvis</li> </ul>	<ul style="list-style-type: none"> <li>• Oxford Handbook of Surgery, 6th Ed.;</li> <li>• <i>Schwartz's Principles of Surgery</i>, 12th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge,</li> <li>• Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>
Urological Conditions	<ul style="list-style-type: none"> <li>• Manage UTI, renal colic, BPH, and catheterization</li> <li>• Examination of GUT</li> </ul>	<ul style="list-style-type: none"> <li>• Oxford Handbook of Urology;</li> <li>• <i>Smith's General Urology</i>, 19th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge</li> <li>• Communication,</li> <li>• Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Professional</li> <li>•</li> </ul>
Breast & Prostate	<ul style="list-style-type: none"> <li>• Screen and refer for malignancy</li> <li>• DRE</li> <li>• Clinical examination</li> </ul>	<ul style="list-style-type: none"> <li>• Bailey &amp; Love's Short Practice of Surgery, 28th Ed.;</li> <li>• <i>DeVita's Cancer Principles &amp; Practice</i>, 11th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical knowledge</li> <li>• Patient Care</li> <li>• Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> </ul>

# **IN-TRAINING PROGRESS EXAM**

## **Module 9: Endocrinology**

**Dates:** 12-09-2025  
18-09-2025

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Diabetes Mellitus	<ul style="list-style-type: none"> <li>• Diagnose and educate</li> <li>• initiate insulin/OADs,</li> <li>• monitor complication</li> <li>• Refer Appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Oxford Handbook of Endocrinology;</li> <li>• <i>Williams Textbook of Endocrinology</i>, 14th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Health Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>
Thyroid Disorders	<ul style="list-style-type: none"> <li>• Diagnose and Educate</li> <li>• Interpret TFTs,</li> <li>• How to initiate levothyroxine or anti-thyroid drugs</li> <li>• Refer Appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Davidson's Medicine; <i>Thyroid Disease Manager (online)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge,</li> <li>• Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Professional</li> </ul>
Adrenal & Pituitary	<ul style="list-style-type: none"> <li>• Diagnose Addison's Disease, Cushing's Disease, and Pituitary Disorders</li> <li>• Manage and Refer appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Kumar &amp; Clark; <i>Greenspan's Basic and Clinical Endocrinology</i>, 10th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Professionalism,</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>

## Module 10: Mental Health

**Dates:** 19-09-2025  
25-09-2025



Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Depression & Anxiety	<ul style="list-style-type: none"> <li>• Screen with PHQ/GAD,</li> <li>• Prescribe appropriate medication,</li> <li>• Refer appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• DSM-5-TR; WHO mhGAP;</li> <li>• <i>Kaplan and Sadock's Synopsis of Psychiatry</i>, 12th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Communication,</li> <li>• Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>
Schizophrenia	<ul style="list-style-type: none"> <li>• Identify psychosis,</li> <li>• Ensure community support</li> </ul>	<ul style="list-style-type: none"> <li>• Kaplan and Sadock's; <i>Essentials of Psychiatry</i> by Tasman</li> </ul>	<ul style="list-style-type: none"> <li>• Systems-based Practice,</li> <li>• Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>
Dementia	<ul style="list-style-type: none"> <li>• Use MMSE,</li> <li>• manage behavior,</li> <li>• Educate caregivers</li> </ul>	<ul style="list-style-type: none"> <li>• WHO Mental Health Guidelines; <i>Oxford Textbook of Old Age Psychiatry</i></li> </ul>	<ul style="list-style-type: none"> <li>• Professionalism</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>

## Module 11: ENT & Eye

**Dates: 02-10-2025**

**S**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
ENT Conditions	<ul style="list-style-type: none"> <li>• Treat otitis(externa, media), sinusitis, rhinitis, epistaxis.</li> <li>• Diagnose deafness, rule out the cause.</li> </ul>	<ul style="list-style-type: none"> <li>• ABC of ENT; <i>Cummings Otolaryngology</i>, 7th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge,</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Professional</li> </ul>
Eye Emergencies	<ul style="list-style-type: none"> <li>• Diagnose and Manage Red eye, trauma, sudden vision loss</li> <li>• Manage other disorders, stye, chalazion, conjunctivitis</li> </ul>	<ul style="list-style-type: none"> <li>• Kanski's Clinical Ophthalmology;</li> <li>• <i>Vaughan &amp; Asbury's General Ophthalmology</i>, 19th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> </ul>

## Module 12: Orthopedics & Radiology

**Date: 03-10-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Fractures & Injuries	<ul style="list-style-type: none"> <li>• Diagnose and stabilize common fractures</li> <li>• Prompt referral</li> </ul>	<ul style="list-style-type: none"> <li>• Oxford Handbook of Orthopaedics; <i>Campbell's Operative Orthopaedics</i>, 14th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Knowledge,</li> <li>• Patient Care</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Professional</li> </ul>
Radiology	<ul style="list-style-type: none"> <li>• Read and understand basic chest, abdominal and other bony structures X-rays</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Fundamentals of Diagnostic Radiology</i>, 5th Ed.;</li> <li>• Oxford Handbook of Radiology</li> </ul>	<ul style="list-style-type: none"> <li>• Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Professional</li> </ul>

### Module 13: Emergency Care

**Date: 09-10-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Emergency ABCDE	<ul style="list-style-type: none"> <li>Perform rapid triage and management</li> </ul>	<ul style="list-style-type: none"> <li>Oxford Handbook of Emergency Medicine, 5th Ed.;</li> <li><i>Tintinalli's Emergency Medicine</i>, 9th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Patient Care,</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Professional</li> </ul>
Acute Conditions	<ul style="list-style-type: none"> <li>Stabilize Anaphylaxis, MI, Trauma, DKA, Thyrotoxicosis, and others emergencies such as Poisoning</li> </ul>	<ul style="list-style-type: none"> <li>ATLS Manual (latest);</li> <li><i>Roberts and Hedges' Clinical Procedures in Emergency Medicine</i>, 7th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Medical Knowledge,</li> <li>Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Medical Expert</li> <li>Communicator</li> <li>Collaborator</li> <li>Professional</li> </ul>

### Module 14: Gynae/Obstetrics

**Dates:** 10-10-2025  
16-10-2025

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Antenatal Care	<ul style="list-style-type: none"> <li>• Book visits,</li> <li>• supplements advice,</li> <li>• look for danger signs</li> </ul>	<ul style="list-style-type: none"> <li>• Williams Obstetrics, 26th Ed.;</li> <li>• <i>Danforth's Obstetrics and Gynecology</i>, 11th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care,</li> <li>• Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Professional</li> </ul>
Emergencies & PPH	<ul style="list-style-type: none"> <li>• Management of third stage of labor.</li> <li>• CTG, Partogram</li> <li>• Refer promptly</li> </ul>	<ul style="list-style-type: none"> <li>• WHO Emergency Obstetrics Handbook; <i>Practical Obstetrics and Gynecology</i></li> </ul>	<ul style="list-style-type: none"> <li>• Systems-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Professional</li> </ul>
Anemia/Pelvic disorders, Contraception and Infertility	<ul style="list-style-type: none"> <li>• Diagnose anemia, PID, Uterine Abnormalities, infertility</li> <li>• Collect Pap smear</li> <li>• HPV counseling</li> <li>• Use of contraceptives</li> <li>• Addressing primary and secondary infertility</li> </ul>	<ul style="list-style-type: none"> <li>• WHO Guidelines.</li> <li>• <i>Comprehensive Cytopathology</i>, 5th Ed.</li> <li>• Danforth's Obstetrics and Gynecology, 11th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Communication,</li> <li>• Professionalism</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Communicator</li> <li>• Collaborator</li> <li>• Leader</li> <li>• Health Advocate</li> <li>• Professional</li> </ul>

### Module 15: Pediatrics

**Dates: 17-10-2025  
23-10-2025  
24-10-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Newborn Care	<ul style="list-style-type: none"> <li>• Resuscitate,</li> <li>• assess growth,</li> <li>• manage jaundice</li> </ul>	<ul style="list-style-type: none"> <li>• Nelson Textbook of Pediatrics, 21st Ed.; <i>Manual of Neonatal Care</i>, 8th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Care</li> <li>• Medical Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Expert</li> <li>• Leader</li> <li>• Professional</li> </ul>
IMNCI & Immunization	<ul style="list-style-type: none"> <li>• Apply WHO guidelines for pneumonia, diarrhea, other infectious diseases and immunization</li> </ul>	<ul style="list-style-type: none"> <li>• WHO IMNCI.</li> <li>• CDC Immunization Schedule (latest)</li> </ul>	<ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Health Systems</li> <li>• Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Communicator</li> <li>• Collaborator</li> <li>• Leader</li> <li>• Health Advocate</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>• Assess malnutrition,</li> <li>• Advice feeding strategies</li> <li>• Diagnosis and Management of Failure to thrive</li> </ul>	<ul style="list-style-type: none"> <li>• WHO Child Growth Standards.</li> <li>• <i>Pediatric Nutrition in Practice</i>, 2nd Ed.</li> </ul>	<ul style="list-style-type: none"> <li>• Patient Education,</li> <li>• Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Communicator</li> <li>• Collaborator</li> <li>• Health Advocate</li> </ul>

### Module 16: Research in Clinical Practice

**Date: 30-10-2025**

Topics	Learning Objectives	Study Material	Learning Domains	
			AGCME	CanMEDs
Research Methods	<ul style="list-style-type: none"> <li>Design studies,</li> <li>avoid bias,</li> <li>analyze results</li> </ul>	<ul style="list-style-type: none"> <li>RMU Research Manual; <i>Epidemiology: Beyond the Basics</i>, 4th Ed.</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based Practice</li> </ul>	<ul style="list-style-type: none"> <li>Communicator</li> <li>Collaborator</li> <li>Scholar</li> </ul>
Proposal Writing	<ul style="list-style-type: none"> <li>Frame objectives,</li> <li>design methodology,</li> <li>reference correctly</li> </ul>	<ul style="list-style-type: none"> <li>Vancouver Style Manual; EQUATOR Guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Professionalism,</li> <li>Academic</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Communicator</li> <li>Leader</li> <li>Scholar</li> <li>Professional</li> </ul>

## WORKSHOPS

<b>Sr. No</b>	<b>Name</b>	<b>Date</b>	<b>Day</b>	<b>Department</b>	<b>Venue(OTB)</b>
<b>01</b>	<b>Workshop in Diabetes</b>	<b>31/10/2025</b>	<b>Thursday</b>	<b>Endocrinology</b>	<b>Deans Hall</b>
<b>02</b>	<b>Communication Skills Workshop</b>	<b>05/11/2025</b>	<b>Thursday</b>	<b>Psychiatry</b>	<b>Deans Hall</b>
<b>03</b>	<b>Research Methodology Workshop</b>	<b>06/11/2025</b>	<b>Thursday</b>	<b>Community Medicine</b>	<b>Deans Hall</b>
<b>04</b>	<b>ALS/BLS Workshop</b>	<b>13/11/2025</b>	<b>Thursday</b>	<b>Anesthesia</b>	<b>Deans Hall</b>



## **SEMESTER II (CLINICAL ROTATIONS AND SKILLS DEVELOPMENT)**

### **Procedures & Basic Clinical Skills**

<b>S. No.</b>	<b>Skill</b>	<b>Learning Objectives</b>	<b>Department</b>	<b>Recommended Resources</b>
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S. No.	Skill	Learning Objectives	Department	Recommended Resources
1	<b>Basic History &amp; Physical Exam</b>	Take complete adult & pediatric history; perform systemic examination	Medicine	Davidson's Principles & Practice of Medicine; MacLeod's Clinical Examination
2	<b>Vital Signs Measurement</b>	Measure BP, pulse, temp, respiratory rate accurately	Medicine	Oxford Handbook of General Practice
3	<b>Blood Glucose Monitoring</b>	Use glucometer, interpret random/sugar readings	Medicine	Oxford Handbook of General Practice
4	<b>Urine Dipstick Test</b>	Perform & interpret urine tests for sugar/protein	Medicine	Oxford Handbook of General Practice
5	<b>IM Injection</b>	Administer IM injections safely	Medicine/ER	CPSP Basic Skills Workshop
6	<b>IV Injection &amp; Infusion</b>	Prepare IV meds, maintain aseptic technique	Medicine/ER	CPSP Basic Skills Workshop
7	<b>IV Cannulation</b>	Insert IV cannula; calculate drip rates	Medicine/ER	CPSP Basic Skills Workshop
8	<b>Venepuncture</b>	Safely draw blood for routine tests	Medicine/ER	Oxford Handbook of General Practice
9	<b>Nebulization</b>	Prepare nebulizer; administer inhaled meds	Medicine/Respiratory	Oxford Handbook of Respiratory Medicine
10	<b>Basic Suturing</b>	Perform simple sutures for small wounds	Surgery/ER	Bailey & Love's Short Practice of Surgery
11	<b>Wound Dressing</b>	Dress wounds; apply aseptic dressing	Surgery/ER	Bailey & Love's Short Practice of Surgery
12	<b>Abscess Incision &amp; Drainage</b>	Perform I&D of simple abscess	Surgery	Bailey & Love's Short Practice of Surgery

S. No.	Skill	Learning Objectives	Department	Recommended Resources
13	<b>NG Tube Insertion</b>	Insert nasogastric tube correctly	Medicine/ER	CPSP Basic Skills Workshop
14	<b>Urinary Catheterization</b>	Insert/remove Foley catheter aseptically	Surgery/Urology	CPSP Basic Skills Workshop
15	<b>Pap Smear Collection (Intro)</b>	Take cervical smear under supervision	Obs/Gynae	Danforth's Obstetrics & Gynecology
16	<b>Antenatal Abdominal Exam</b>	Measure fundal height; fetal heart sounds	Obs/Gynae	Danforth's Obstetrics & Gynecology
17	<b>Neonatal Examination</b>	Resuscitation, Jaundice Assessment, GPE, Nutritional Assessment, newborn Reflexes	Pediatrics	Cloherty and Stark's Manual of Neonatal Care Avery's Diseases of the Newborn Nelson Essentials Of Pediatrics (Neonate section)
18	<b>Childhood Immunization</b>	Counsel & administer routine vaccines	Pediatrics	Pakistan EPI Immunization Handbook
19	<b>Growth Monitoring</b>	Plot growth charts; interpret percentiles	Pediatrics	Nelson Textbook of Pediatrics
20	<b>Basic Life Support (BLS)</b>	Perform adult BLS per AHA guidelines	Emergency	CPSP BLS Workshop
21	<b>Health Counseling</b>	Counsel on smoking cessation, FP, nutrition	Family Medicine	Oxford Handbook of General Practice; National FP Guidelines

S. No.	Skill	Learning Objectives	Department	Recommended Resources
22	<b>Specimen Collection</b>	How to Safely collect blood, urine and stool samples.	Pathology/ER	CPSP Basic Skills Workshop
23	<b>Interpretation of Lab Reports</b>	Request & interpret CBC for anemia, infection Perform routine urine test; check protein, glucose, infections. Use RDT kits for common infections Explain results in easy terms to patients	Pathology	Oxford Handbook of General Practice CPSP Basic Skills Workshop Park's PSM; CPSP Workshop Notes
24	<b>ENT Examination</b>	Perform ear, nose & throat exam; diagnose common infections	ENT	Oxford Handbook of General Practice; Dhingra's Diseases of ENT
25	<b>EYE Examination</b>	Perform vision check, fundoscopy, detect common infections	Ophthalmology	Oxford Handbook of Ophthalmology; Oxford Handbook of General Practice

## SEMESTER III

### Module 17: Community Oriented Primary Care (COPC)

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
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Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
Principles of COPC	Understand integration of clinical care with public health, identify community needs	<i>Oxford Handbook of Public Health Practice; Davidson's Community Medicine sections</i>	Systems-Based Practice, Patient Care	Health Advocate, Collaborator, Medical Expert
Community Diagnosis & Health Needs Assessment	Conduct basic community surveys, interpret local health data	<i>Park's Preventive &amp; Social Medicine; Oxford Handbook of Public Health</i>	Patient Care, Practice-Based Learning	Medical Expert, Communicator, Scholar
Planning Community Health Programs	Develop simple screening programs, vaccination drives, outreach clinics	<i>WHO Primary Health Care Guidelines; Pakistan National Health Policy Documents</i>	Health Advocacy, Systems-Based Practice	Leader, Health Advocate, Professional
Disease Prevention & Health Promotion	Apply health promotion models, educate on NCD prevention, lifestyle counseling	<i>Oxford Handbook of Public Health Practice; Davidson's</i>	Patient Care, Professionalism	Communicator, Health Advocate, Medical Expert
Monitoring & Evaluation of Community Projects	Use basic M&E tools, collect data, report outcomes to stakeholders	<i>WHO Monitoring &amp; Evaluation Tools (online); Pakistan HMIS Guidelines</i>	Practice-Based Learning, Systems-Based Practice	Leader, Health Advocate, Scholar

### Module :18 Pathology and Lab Reports Interpretation

S. No.	Skill	Learning Objective	Recommended Resources	Learning Domains (ACGME)	CanMEDS
1	Basic Hematology Tests	Interpret CBC, ESR, peripheral smear basics	Davidson's Principles & Practice of Medicine; Oxford Handbook of Clinical Diagnosis	Medical Knowledge, Patient Care	Medical Expert
2	Urinalysis	Perform & interpret routine urine test (dipstick, microscopy)	Oxford Handbook of General Practice	Medical Knowledge, Patient Care	Medical Expert
3	Blood Sugar Testing	Perform bedside glucose tests; interpret fasting/RBS	Oxford Handbook of General Practice	Patient Care	Medical Expert
4	Liver Function Tests	Interpret LFTs: bilirubin, ALT/AST, albumin	Davidson's; Oxford Handbook of Clinical Diagnosis	Medical Knowledge, Patient Care	Medical Expert
5	Renal Function Tests	Interpret urea, creatinine, electrolytes	Davidson's	Medical Knowledge, Patient Care	Medical Expert
6	Lipid Profile Interpretation	Understand cholesterol, triglycerides, LDL, HDL	Davidson's; Oxford Handbook of General Practice	Patient Care	Medical Expert
7	Sputum & Stool Tests	Basic interpretation: AFB smear, O&P, stool microscopy	Park's Preventive & Social Medicine	Medical Knowledge	Medical Expert
8	Rapid Diagnostic Tests	Use & interpret rapid tests for malaria, dengue, hepatitis	Park's PSM; CPSP Basic Skills Workshop Notes	Patient Care, Systems-Based Practice	Medical Expert
9	Specimen Collection & Handling	Properly collect blood, urine, swabs; label, store & transport	CPSP Basic Skills Workshop	Patient Care, Professionalism	Professional, Medical Expert

S. No.	Skill	Learning Objective	Recommended Resources	Learning Domains (ACGME)	CanMEDS
10	Communicating Lab Results	Explain results clearly to patients; plan next steps	Oxford Handbook of General Practice	Communication	Communicator, Collaborator



## Module :19 Women's Health Expansion in Obstetrics and Gynaecology

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
Menopause & Perimenopause Care	Diagnose menopause, counsel on HRT, manage complications	<i>Oxford Handbook of Obstetrics &amp; Gynaecology</i> (OUP Pakistan); <i>Danforth's Obstetrics &amp; Gynecology</i>	Patient Care, Medical Knowledge	Medical Expert, Communicator, Health Advocate
Infertility Management	Take infertility history, plan baseline investigations, refer appropriately	<i>Danforth's Obstetrics &amp; Gynecology</i> ; <i>WHO Infertility Guidelines</i> (free)	Patient Care, Systems-Based Practice	Medical Expert, Communicator, Collaborator
Reproductive Health Rights & Counseling	Apply safe contraception choices, consent, cultural sensitivity	<i>Family Planning Handbook</i> (Pakistan Reproductive Health Booklets); <i>Oxford Handbook of Public Health</i>	Professionalism, Advocacy	Communicator, Health Advocate, Professional
Breast Health & Screening	Perform clinical breast exam (CBE), counsel on mammography, refer lumps	<i>Bailey &amp; Love's Short Practice of Surgery</i> ; <i>Oxford Handbook of Obstetrics &amp; Gynaecology</i>	Patient Care, Communication	Medical Expert, Communicator, Health Advocate
Gynecological Cancer Screening	Collect Pap smear, counsel on HPV, plan follow-ups	<i>Danforth's Obstetrics &amp; Gynecology</i> ; <i>WHO Cervical Cancer Screening Guidelines</i> (free)	Patient Care, Professionalism	Medical Expert, Communicator, Health Advocate

## Module :20 Paediatrics

### Child and Adolescent Health (Advanced)

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
School Health & Adolescent Medicine	Conduct school health assessments, screen for common conditions, counsel on puberty & safe practices	<i>Nelson Textbook of Pediatrics; Manual of School Health</i> (available online/PDF)	Patient Care, Health Advocacy	Medical Expert, Communicator, Collaborator, Health Advocate
Behavioral & Developmental Disorders	Recognize ADHD, Autism, Learning Disorders; plan early referral and counseling	<i>Nelson Textbook of Pediatrics; DSM-5 TR</i> for diagnostic criteria	Patient Care, Systems-Based Practice	Medical Expert, Communicator, Collaborator, Scholar
Immunization Updates & Adolescent Vaccines	Counsel on HPV vaccine, booster doses, catch-up immunization	<i>CDC Immunization Schedule; WHO Adolescent Immunization Guidelines</i>	Patient Care, Medical Knowledge	Medical Expert, Communicator, Health Advocate
Nutrition & Eating Disorders in Teens	Assess growth problems, manage obesity, anorexia, nutrition counseling	<i>Nelson Textbook of Pediatrics; WHO Adolescent Nutrition Guidelines</i>	Patient Care, Professionalism	Medical Expert, Communicator, Health Advocate
Mental Health in Teens	Screen for depression, substance abuse, self-harm; provide first-line counseling and referrals	<i>Kaplan &amp; Sadock's Synopsis of Psychiatry; WHO Adolescent Mental Health Guidelines</i>	Communication, Professionalism	Communicator, Health Advocate, Professional

**Module : 21 Psychiatry**  
**Mental Health (Advanced)**

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
<b>Crisis Intervention &amp; Suicide Prevention</b>	Screen for self-harm risk, crisis plan, emergency referral pathways	<i>Kaplan &amp; Sadock's Synopsis of Psychiatry; WHO Suicide Prevention Toolkit (online)</i>	Patient Care, Health Advocacy	Medical Expert, Communicator, Collaborator, Health Advocate
<b>Cognitive Behavioral Therapy (CBT) Basics</b>	Understand CBT principles, deliver basic counseling techniques	<i>Kaplan &amp; Sadock's; Oxford Handbook of Psychiatry</i>	Patient Care, Communication	Medical Expert, Communicator, Scholar
<b>Substance Use Disorders</b>	Recognize dependence, brief intervention skills, coordinate community support	<i>DSM-5 TR; WHO mhGAP Intervention Guide</i>	Patient Care, Systems-Based Practice	Medical Expert, Communicator, Collaborator, Health Advocate
<b>Community-Based Mental Health</b>	Apply mental health promotion, link with NGOs, community resources	<i>WHO Community Mental Health Guidelines; Pakistan Mental Health Law Booklets</i>	Health Advocacy, Professionalism	Health Advocate, Professional, Leader
<b>Ethics &amp; Stigma Reduction</b>	Address stigma, ensure patient confidentiality, protect rights	<i>Pakistan Mental Health Ordinance; WHO Ethics Guidance</i>	Professionalism	Professional, Health Advocate

## **IN-TRAINING PROGRESS EXAM**

## Module : 22 Radiology and Imaging

S. No.	Skill	Learning Objective	Recommended Resources	Learning Domains (ACGME)	CanMEDS
1	Chest X-Ray Interpretation	Read normal chest X-ray, identify pneumonia, TB, CHF	Oxford Handbook of Clinical Diagnosis; Chapman & Nakielny's Guide to Radiological Procedures	Medical Knowledge, Patient Care	Medical Expert, Scholar
2	Abdominal X-Ray Basics	Recognize bowel obstruction, perforation, free air	Chapman & Nakielny's; Davidson's Radiology chapters	Medical Knowledge, Patient Care	Medical Expert
3	MSK X-Rays (Fractures)	Identify common fractures/dislocations in primary care	Chapman & Nakielny's; Oxford Handbook of Orthopedics	Medical Knowledge, Patient Care	Medical Expert
4	Basic OB Ultrasound	Understand early pregnancy scans; detect fetal viability (under supervision)	Danforth's Obstetrics & Gynecology; CPSP POCUS Workshop Notes	Medical Knowledge, Patient Care	Medical Expert, Scholar
5	POCUS in Primary Care	Perform focused ultrasound for bladder, ascites, free fluid	Oxford Handbook of General Practice; CPSP Skills Workshop	Patient Care, Practice-Based Learning	Medical Expert, Scholar
6	ECG Interpretation	Recognize normal ECG, MI, arrhythmias	Davidson's Principles & Practice of Medicine	Medical Knowledge, Patient Care	Medical Expert
7	Radiology Safety & Consent	Apply radiation safety principles; counsel for exposure	WHO Basic Safety Standards; Chapman & Nakielny's	Systems-Based Practice, Professionalism	Health Advocate, Professional
8	Radiology	Write clear radiology requests;	Oxford Handbook of General	Communication, Systems-	Communicator,

S. No.	Skill	Learning Objective	Recommended Resources	Learning Domains (ACGME)	CanMEDS
	Referral & Reporting	interpret and communicate results	Practice	Based Practice	Collaborator

## Module: 23 Geriatric Medicine and Palliative Care

Topics	Learning Objectives	Study Material	Learning Domains (AGCME)	CanMEDS
Frailty & Comprehensive Geriatric Assessment (CGA)	Recognize frailty, use CGA tools, plan holistic management	Oxford Handbook of Geriatric Medicine, 3rd Ed.; BMJ Best Practice Geriatric Care	Patient Care, Medical Knowledge	Medical Expert, Communicator, Collaborator, Health Advocate
Polypharmacy & Drug Safety	Identify inappropriate prescribing, deprescribing strategies	Geriatric Medicine at a Glance; Beers Criteria 2023	Systems-Based Practice, Patient Safety	Medical Expert, Collaborator, Professional
Dementia & Cognitive Decline	Diagnose dementia syndromes, use MMSE, support caregivers	Oxford Textbook of Old Age Psychiatry; NICE Dementia Guidelines	Patient Care, Communication	Medical Expert, Communicator, Collaborator, Health Advocate
Elder Abuse & Ethical Issues	Screen for elder abuse, legal and ethical responsibilities	WHO Elder Abuse Guidelines; BMA Ethics Toolkit	Professionalism, Advocacy	Communicator, Leader, Health Advocate, Professional
Falls & Mobility Disorders	Assess fall risk, preventive strategies, rehabilitation	British Geriatrics Society Falls Guidelines; UpToDate Geriatric Care	Patient Care, Medical Knowledge	Medical Expert, Collaborator, Leader, Health Advocate

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
<b>Principles of Palliative Care &amp; Holistic Approach</b>	Understand goals, WHO Pain Ladder, multi-disciplinary team approach	<i>Oxford Handbook of Palliative Care</i> (widely available); <i>Davidson's</i> palliative chapters	Patient Care, Medical Knowledge	Medical Expert, Communicator, Collaborator, Health Advocate
<b>Pain &amp; Symptom Management</b>	Assess pain severity, use opioids safely, manage nausea, dyspnea	<i>Oxford Handbook of Palliative Care</i> ; <i>WHO Cancer Pain Relief Guidelines</i> (freely online)	Patient Care, Systems-Based Practice	Medical Expert, Communicator, Professional
<b>End-of-Life Decision-Making &amp; Communication</b>	Discuss DNR, advance directives, ethical principles	<i>BMJ Best Practice Palliative Care</i> (HEC free); <i>ABC of Palliative Care</i> (if available)	Professionalism, Communication	Communicator, Health Advocate, Professional
<b>Psychosocial &amp; Spiritual</b>	Provide family support,	<i>Davidson's</i> , <i>Oxford Handbook of</i>	Patient Care,	Medical Expert,

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
<b>Support</b>	bereavement counseling	<i>Palliative Care</i>	Communication	Communicator, Health Advocate
<b>Ethics &amp; Cultural Sensitivity</b>	Apply culturally appropriate care, handle ethical dilemmas	<i>Pakistani Health Law Booklets</i> (HEC e-library); <i>WHO Palliative Care Toolkit</i> (online)	Professionalism, Advocacy	Professional, Health Advocate, Leader



## Module: 24 Advanced Research and Publications

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
Research Proposal Development	Formulate research questions, write a proposal, get ethical approval	CPSP Research Methodology Workshop; RMU Research Office Manual	Practice-Based Learning, Systems-Based Practice	Scholar, Professional, Leader
Data Collection & Basic Statistics	Design data collection tools, apply basic analysis, interpret results	CPSP Biostatistics Notes; <i>Park's PSM</i> research chapters	Medical Knowledge, Practice-Based Learning	Scholar, Medical Expert
Scientific Writing & Referencing	Write original articles, use reference managers (EndNote, Mendeley)	CPSP Publication Workshop Materials; <i>BMJ Author Guidelines</i>	Practice-Based Learning, Professionalism	Scholar, Communicator, Professional
Journal Submission & Peer Review	Submit to indexed journals, respond to reviewers, understand impact factor	CPSP Research & Publication Workshop; HEC Recognized Journals List	Professionalism, Systems-Based Practice	Scholar, Leader, Professional
Presentation & Dissemination	Prepare posters/orals, present at conferences, share community findings	CPSP/HEC Research Conference Guidelines; <i>BMJ Education</i>	Communication, Health Advocacy	Scholar, Communicator, Health Advocate

## Module :25 Telemedicine and Digital Health

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
Introduction to Telemedicine	Understand basic principles, scope, legal aspects in Pakistan	<i>Pakistan Telemedicine Guidelines</i> (PMC, HEC); <i>WHO Telemedicine Toolkit</i> (free)	Systems-Based Practice, Professionalism	Leader, Collaborator, Health Advocate
Remote Patient Consultation Skills	Conduct virtual consultations, maintain documentation, ensure privacy	<i>BMJ Best Practice – Telemedicine</i> ; CPSP Telehealth Training Materials	Patient Care, Communication	Medical Expert, Communicator, Professional
eHealth Records & Data Security	Apply secure electronic medical records (EMR) practices, data confidentiality	<i>Pakistan eHealth Policy Documents</i> ; WHO eHealth Standards	Professionalism, Systems-Based Practice	Professional, Leader, Health Advocate
Mobile Health (mHealth) Applications	Use mobile apps for patient monitoring, reminders, follow-up care	<i>WHO mHealth Guidelines</i> ; <i>Pakistan mHealth Initiatives</i>	Practice-Based Learning, Patient Care	Medical Expert, Health Advocate, Communicator
Challenges & Ethics in Digital Health	Identify ethical issues, digital divide, cultural barriers			

## Module : 26 Health System Leadership, Mentorship and Teaching

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	CanMEDS
Teaching Skills & Small Group Facilitation	Conduct bedside teaching, lead case-based discussions, prepare interactive tutorials	<i>Oxford Handbook of Medical Education</i> (local libraries); CPSP & RMU Faculty Development Workshop Manuals	Practice-Based Learning, Communication	Scholar, Communicator, Professional
Mentorship & Professional Development	Mentor junior doctors, provide feedback, career counseling	<i>BMJ Education Resources; Pakistan Medical &amp; Dental Council Mentorship Guidelines</i>	Professionalism, Communication	Scholar, Professional, Collaborator
Educational Research & Audit	Plan small audits, participate in curriculum feedback, publish case reports	CPSP Research Methodology Modules; <i>Oxford Handbook of Medical Education</i>	Practice-Based Learning, Systems-Based Practice	Scholar, Leader, Professional
Health System Organization & PHC Management	Understand district health system, PHC models, referrals, resource allocation	<i>Park's Preventive &amp; Social Medicine</i> ; Pakistan National Health Policy Documents	Systems-Based Practice	Leader, Collaborator, Health Advocate
Leadership & Governance in Family Medicine	Lead team meetings, quality improvement, conflict resolution, supervision	CPSP Faculty Development Manuals; WHO Primary Care Leadership Toolkit (free online)	Professionalism, Leadership	Leader, Collaborator, Professional

**Module :27 Community Medicine**  
**Preparedness for Public Health Emergencies**

Topics	Learning Objectives	Study Material (Available in Pakistan)	Learning Domains (ACGME)	Can MEDS
Disaster Management Principles	Understand phases of disaster management (mitigation, preparedness, response, recovery)	<i>Park's Preventive &amp; Social Medicine; WHO Emergency Response Framework</i>	Systems-Based Practice, Patient Care	Leader, Health Advocate, Collaborator
Outbreak Investigation & Control	Conduct outbreak investigation steps, collect samples, report to authorities	<i>Park's PSM; WHO Outbreak Communication Guidelines</i>	Practice-Based Learning, Patient Care	Medical Expert, Health Advocate, Leader
Emergency Vaccination & Mass Immunization	Plan mass immunization campaigns, cold chain management, community mobilization	<i>Oxford Handbook of Public Health Practice; Pakistan EPI Guidelines</i>	Patient Care, Systems-Based Practice	Health Advocate, Communicator, Collaborator
Preparedness for Emerging Infections (COVID-19, Dengue, Polio)	Apply infection prevention & control (IPC), PPE use, patient education	<i>WHO IPC Guidelines; Pakistan NIH Guidelines</i>	Patient Care, Professionalism	Medical Expert, Health Advocate, Professional
Risk Communication & Community Engagement	Communicate risk clearly, manage rumors, engage local leaders	<i>WHO Risk Communication Handbook; Pakistan NDMA Training Materials</i>	Communication, Professionalism	Communicator, Health Advocate, Leader

# **SEMESTER IV**

## **(CLINICAL ROTATIONS AND SKILLS DEVELOPMENT)**

## Procedures and Advanced Skills

S. No.	Skill	Learning Objective	Department	Recommended Resources
1	Joint Injection & Aspiration	Perform knee/shoulder injection; aspirate joint effusion safely	Medicine / Rheumatology	Oxford Handbook of General Practice; Oxford Handbook of Rheumatology
2	Pap Smear Collection	Perform Pap smear, counsel patient, maintain records	Obstetrics & Gynaecology	Danforth's Obstetrics & Gynecology; WHO Cervical Screening Guidelines
3	VIA (Visual Inspection with Acetic Acid)	Screen for cervical cancer in low-resource settings	Obstetrics & Gynaecology	Family Planning Handbook (Pakistan); WHO VIA Guidelines
4	IUCD Insertion & Removal	Insert and remove IUCD with proper aseptic technique & consent	Obstetrics & Gynaecology	Family Planning Handbook (Pakistan); Danforth's Obstetrics & Gynecology
5	Advanced Wound Care & Debridement	Debride complex wounds, apply advanced dressings	Surgery/ER	Bailey & Love's Short Practice of Surgery
6	Abscess Drainage (Deep)	Perform drainage for larger/deep abscesses	Surgery/ER	Bailey & Love's Short Practice of Surgery
7	Minor Surgical Repairs	Repair small lacerations with layered sutures	Surgery/ER	Bailey & Love's Short Practice of Surgery

S. No.	Skill	Learning Objective	Department	Recommended Resources
8	Intro to Point-of-Care Ultrasound (POCUS)	Perform basic abdominal/obstetric scans for primary care triage	Family Medicine / Radiology	Oxford Handbook of General Practice; CPSP Skills Workshop Notes
9	Fine Needle Aspiration (FNA) (Basic)	Perform FNA for simple superficial lumps under supervision	Surgery	Bailey & Love's Short Practice of Surgery
10	Local Anesthesia Techniques	Safely administer local infiltration for minor procedures	Surgery / Emergency	Bailey & Love's Short Practice of Surgery; Oxford Handbook of Emergency Medicine
11	ENT Examination	Perform detailed ENT exam; manage chronic ENT conditions; interpret basic ENT tests (e.g., tuning fork, audiometry basics)	ENT	Dhingra's Diseases of ENT; Oxford Handbook of General Practice
12	Eye Examination	Perform comprehensive eye exam; vision screening; fundoscopy; identify cataract/glaucoma; manage red eye	Ophthalmology	Dhingra's Diseases of ENT; Oxford Handbook of General Practice

## **Reference Books (Latest Editions)**

### **Family Medicine**

- McWhinney's Textbook of Family Medicine, 4th Edition (2022)
- Oxford Handbook of General Practice, 5th Edition (2020)
- Rakel's Textbook of Family Medicine, 9th Edition (2015)
- ABC of Family Medicine, 3rd Edition (2021)

### **Internal Medicine**



- Davidson's Principles and Practice of Medicine, 24th Edition (2022)
- Kumar & Clark's Clinical Medicine, 10th Edition (2020)
- Harrison's Principles of Internal Medicine, 21st Edition (2022)

### **Cardiology**

- Oxford Handbook of Cardiology, 3rd Edition (2021)
- Braunwald's Heart Disease, 12th Edition (2022)
- Clinical Cardiology Made Ridiculously Simple, 4th Edition (2019)

### **Respiratory Medicine**

- Murray & Nadel's Textbook of Respiratory Medicine, 7th Edition (2021)
- Fishman's Pulmonary Diseases and Disorders, 5th Edition (2015)

### **Gastroenterology & Hepatology**

- Yamada's Textbook of Gastroenterology, 6th Edition (2021)
- Sleisenger and Fordtran's GI and Liver Disease, 11th Edition (2020)
- Zakim and Boyer's Hepatology, 7th Edition (2017)

### **Endocrinology**

- Williams Textbook of Endocrinology, 14th Edition (2020)

- Greenspan's Basic and Clinical Endocrinology, 10th Edition (2017)

### **Rheumatology & Dermatology**

- Kelley's Textbook of Rheumatology, 10th Edition (2016)
- Oxford Handbook of Rheumatology, 4th Edition (2018)
- Rook's Textbook of Dermatology, 10th Edition (2022)

### **Neurology**

- Adams and Victor's Principles of Neurology, 11th Edition (2019)
- Oxford Handbook of Neurology, latest edition

### **Psychiatry & Mental Health**

- Kaplan and Sadock's Synopsis of Psychiatry, 12th Edition (2021)
- DSM-5-TR (Text Revision), 2022
- WHO mhGAP Intervention Guide, latest edition

### **Emergency Medicine & Surgery**

- Oxford Handbook of Emergency Medicine, 5th Edition (2020)
- Tintinalli's Emergency Medicine, 9th Edition (2020)
- Schwartz's Principles of Surgery, 12th Edition (2021)

- Bailey & Love's Short Practice of Surgery, 28th Edition (2022)

### **Pediatrics & Obstetrics**

- Nelson Textbook of Pediatrics, 21st Edition (2020)
- Manual of Neonatal Care, 8th Edition (2017)
- Williams Obstetrics, 26th Edition (2022)
- Danforth's Obstetrics and Gynecology, 11th Edition (2013)

### **Urology, ENT & Ophthalmology**

- Smith's General Urology, 19th Edition (2020)
- ABC of ENT, latest edition
- Kanski's Clinical Ophthalmology, 9th Edition (2020)

### **Radiology & Orthopedics**

- Fundamentals of Diagnostic Radiology, 5th Edition (2021)
- Campbell's Operative Orthopaedics, 14th Edition (2021)

### **Public Health & Research**

- Oxford Handbook of Public Health Practice, 4th Edition (2021)
- Epidemiology: Beyond the Basics, 4th Edition (2020)

- Vancouver Style Manual, latest edition

## **Geriatric Medicine**

- Oxford Handbook of Geriatric Medicine (OUP Pakistan)
- Davidson's Principles & Practice of Medicine
- Kumar & Clark's Clinical Medicine
- Oxford Handbook of Psychiatry
- WHO Elder Abuse Guidelines (free)
- BMJ Best Practice (HEC e-library)

## **Palliative Care**

- Oxford Handbook of Palliative Care (available locally)
- Davidson's Principles & Practice of Medicine (palliative care chapters)
- WHO Cancer Pain Relief Guidelines (free PDF)
- BMJ Best Practice Palliative Care (HEC e-library)
- ABC of Palliative Care (optional)

## **Women's Health Expansion**

- Oxford Handbook of Obstetrics & Gynaecology (OUP Pakistan)
- Danforth's Obstetrics & Gynecology
- Bailey & Love's Short Practice of Surgery
- Family Planning Handbook (Pakistan RH guidelines)
- WHO Cervical Cancer Screening Guidelines (free)

## **Child & Adolescent Health (Advanced)**

- Nelson Textbook of Pediatrics
- Manual of School Health (open access or PDF)
- DSM-5 TR
- Kaplan & Sadock's Synopsis of Psychiatry
- WHO Adolescent Mental Health & Nutrition Guidelines
- CDC Immunization Schedule

## **Mental Health (Advanced)**

- Kaplan & Sadock's Synopsis of Psychiatry

- DSM-5 TR
  - Oxford Handbook of Psychiatry
  - WHO Suicide Prevention Toolkit
  - WHO mhGAP Intervention Guide
  - Pakistan Mental Health Ordinance Booklets
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## **Rehabilitation Management**

- Oxford Handbook of Rehabilitation Medicine (if available)
- Davidson's Neurology sections (stroke rehab)
- Kelley's Textbook of Rheumatology (pain rehab overlap)
- WHO CBR (Community-Based Rehabilitation) Guidelines (free)
- Pakistan Disability Law Booklets

## **Community-Oriented Primary Care (COPC)**

- Oxford Handbook of Public Health Practice (OUP Pakistan)
- Park's Preventive & Social Medicine
- Davidson's Community Medicine chapters

- WHO Primary Health Care Guidelines
- Pakistan National Health Policy Documents
- WHO Monitoring & Evaluation Tools

### **Teaching, Mentorship & Health Systems Leadership**

- Oxford Handbook of Medical Education
- BMJ Education Resources
- CPSP Faculty Development Workshop Manuals
- Pakistan PMDC Mentorship & Ethics Booklets
- WHO Primary Care Leadership Toolkit
- Park's Preventive & Social Medicine (for PHC systems)

### **Public Health Emergency Preparedness**

- Park's Preventive & Social Medicine
- Oxford Handbook of Public Health Practice
- WHO Emergency Response Framework

- WHO Outbreak Communication Guidelines
- WHO IPC (Infection Prevention & Control) Guidelines
- Pakistan EPI Guidelines
- Pakistan NDMA Training Booklets

### **Telemedicine & Digital Health**

- Pakistan Telemedicine Guidelines (PMC/HEC)
- BMJ Best Practice – Telemedicine
- WHO Telemedicine Toolkit
- WHO mHealth Guidelines
- Pakistan eHealth & mHealth Policy Briefs
- WHO Digital Health Ethics Guidance

### **Advanced Research & Publications**

- CPSP Research Methodology & Publication Workshop Materials
- RMU Research Office Handbook



- Park's Preventive & Social Medicine (Research & Biostatistics chapters)
- BMJ Author Guidelines
- HEC Recognized Journals List
- CPSP Biostatistics Notes

### **Advanced Procedures**

- Oxford Handbook of General Practice
- Oxford Handbook of Rheumatology
- Danforth's Obstetrics & Gynecology
- Bailey & Love's Short Practice of Surgery
- Oxford Handbook of Emergency Medicine
- WHO Cervical Cancer Screening Guidelines
- Family Planning Handbook (Pakistan)

### **LINKS:**

<https://scholar.google.com/>

<https://www.researchgate.net/>

<https://www.aafp.org/home.html>

<https://familydoctor.org/>

<https://fmch.bmj.com/>