



FCPS GUIDELINE Vol.1

Perfect Time for Preparation:

- It depends on the individual's capabilities, dedication, previous concepts, and current situations.
- You can prepare at any stage. There are a lot of doctors who prepared while doing tough jobs or managing household works.
- It is best to Join FcpsWorld Online Classes (www.fcpsworld.com) if you are not getting enough motivation or if your concepts are not clear.

Appearing in the exam:

- CPSP announces its annual schedule in which dates are mentioned.
- Schedule of each attempt is notified separately.
- These are four attempts throughout a year usually February-March, April, September-October, and November.
- You can appear maximum in three attempts.

For Exam Dates: <https://fcpsworld.com/cpsp-exam-dates/>

Passing Criteria:

- You have to pass both papers individually i.e. 75% in each paper.
- There is no negative marking at any stage. There is a myth that for repeaters there is negative marking, it is not true.
- There are no specific marks for each question. It depends on the difficulty level. Some questions might be of 0.5 marks and some might be of 2 marks etc.
- CIP Aggregate calculator: www.fcpsworld.com/agg/

General Preparation

- ✎ Take a paper and start plotting your preparation timeline.
- ✎ You can easily do past question MCQs at your job place, traveling, etc..
- ✎ Paper - I is the same for all specialties and paper - II is specialty specific.
- ✎ Books for preparation of paper - I should be selected according to the paper - II. I will explain it in each specialty.
- ✎ First read the syllabus at website www.fcpsworld.com then start your preparation.



THEORY BOOKS

Books That Are Common For All Specialties

- **Physiology:** BRS (Neuro chapter can be skipped) OR Kaplan Lectures
- **General Pathology:** BRS Pathology (First 8 chapters) OR PATHOMA
First Aid (optional) - Tables of FA are important
- **Special Pathology:** First Aid Complete (cannot skip anything) - Tables are very important
(Few Specialties does not include Special Pathology. See syllabus on our website www.fcpsworld.com)

Anatomy: snell's review + First aid (at the start of each system) +Acland's videos/Netter atlas(if multiple supply holder for surg & allied only)

- **Neuroanatomy:** Kaplan Neuro anatomy
- **Biochemistry:** First Aid Only
- **Microbiology :** First Aid Only
- **Pharmacology :** First Aid Only
- **Immunology:** BRS pathology + First Aid
- **Histology:** Theory in Tanveer notes
- **Embryology =** High Yield + First aid tables OR First aid (at the start of each chapter) + Theory in Tanveer notes
- **Community Medicine:** Tanveer Notes + Fist Aid

Different Things For Specialities that you should consider doing except the things that have been written generally in this post above

Surgery

- Snell Review
- KLM for General anatomy
- Acland videos for anatomy are a must here if multiple supply holder

Medicine



FcpsWorld Online Academy For Fcps, Md/Ms & Pmdc Steps

- Nothing Extra

EYE

- Netter Atlas is a must
- Do Head and Neck Really well (Upper and lower limbs etc are very rarely asked , just skim through those)
- Snell Ocular Anatomy Book (This is really important from cover to cover)
- John Ferris for physiology and pharmacology of Eye
- Apple and Rap pathology (Only if you have time left)

ENT

(Focus mainly on anatomy and physiology chapters of these books and EAR portion)

- Dhingra
- ENT All in one book

Anesthesia

- Backbone and vertebral column from Big Snell
- Smiths (Chap: 1 to 7 and 14)
- Morgans (Clinical Pharmacology Chapters)
- Rali Notes (Past Papers)
(https://app.fcpsworld.com/pluginfile.php/2818/mod_resource/content/1/Anesthesia%20ALL%20IN%20ONE.pdf)
- Kaplan Pharmacology or Pharma given the end of each chapter of First Aid | Most Important
- Ajay Yadav MCQs
- Special Pathology is not included in the syllabus of anaesthesia
- (General pathology is a must to do)

GYNAE

Ten teachers (Both books)

- Things that you need to do well are written below

Genital infections.

All cancers breast endometrial cervical ovarian

contraception.

PHYSIOLOGICAL CHANGES OF PREGNANCY, Pelvis types

Join FcpsWorld Online lecture series for Fcps, Md/Ms & PMDC-1.
Enhance your chance to clear exam in 1st Attempt.

www.fcpsworld.com



[FcpsWorld Online Academy For Fcps, Md/Ms & Pmdc Steps](#)

Pelvic diameters

Preeclampsia, Eclampsia. Fibroids

Endometrial CA Cervical CA Abortions

Placental abnormalities maternal mortality rate puerperal sepsis

Bishop score Apgar score

Staging of cancer

Menstrual cycle abnormalities Ectopic pregnancy

PID

[For Anatomy in Gynae Obs Big Snell is a must too \(specially pelvis and Perineum\) and important topics include](#)

- |> Female genital organs
- |> Bony pelvis and its various types
- |> Pelvic diameter and Its significance
-)> pelvic walls Muscles, joints and ligaments
- |> pelvic floor Muscles actions and innervation
- |> Pelvic fascia and nerve supply
- |> Pelvic organs vessels and nerves
- |> Recto uterine and recto vaginal pouches
- |> Blood vessels and lymphatic drainage of pelvic organs
-)> Urinary bladder Nerve supply and
+ function
- |> pelvic nerves
- |> sacral lymphatic trunk
- |> inferior hypogastric plexus
- |> peritoneal reflection in pelvis
- |> female perineum
- |> Cutaneous nerves
- |> Anal canal and sphincter
- |> breast
- |> Arrangement of muscles of abdominal wall
- |> Blood vessels and nerve supply
-)> Peritoneum
-)> Inguinal region

[For Embryo in Gynae/Obs paper high yield is a must and these topics need more attention](#)



[FcpsWorld Online Academy For Fcps, Md/Ms & Pmdc Steps](#)

- |> Development of Female genital organ
- |> ovaries
- |> Uterus & Cervix
- |> Fallopian tubes
- |> Vagina
- |> Urinary tract
- |> Rectum +development+defect
- |> Endocrines
- |> pituitary
- |> Adrenal gland

[For Histo in Gynae/Obs Paper High yield is a must](#)

[Important topics for Biochem in Gynae/obs](#)

- |> Energy metabolism
- |> Glycolysis & citric acid cycle
- |> Regulation of metabolic Pathways
- |> Enzyme kinetics role of enzyme in role of insulin and glucagon
- |> genetic diseases
- > Mutation and transmission pattern
- > Role of amniocentesis
- > Common congenital anomalies
- > Disorders of hematopoietic and lymphoid system
- > Anemia deficiency of folic acid and Vitamin B12 white cell disorders during perinatalperiod and its effect

[Important topics in Pharma for Gynae/obs](#)

- > Analgesic drugs
- > Local and general anesthesia techniques
- > Epidural analgesia
- > Drugs used during pregnancy and their effect on Breastfeeding teratogens
- > Oxytocin
- > Prostaglandins
- > Calcium antagonist
- > Beta 2 receptor agonist
- > Antihypertensive drugs
- > Hormones
- > Oral hypoglycemic
- > Chemotherapeutic agents



Pathology

- Immunology from Levinson (only if you have time)
- Blood From Robbins/Goljan

Radiology

- Big Snell's must be read too
- Histo- Rabia Ali BCQs are a must too

MCQ Books (followed by most students)

- Rabia Ali
- Asim Shoib
- Golden files (preferably FcpsWorld)
- SK or Radiant notes

How to Approach

- Chose system
- Read the book
- Go for MCQs
- Then move to the next subject
- Don't leave MCQs for end.
- Golden files are Must
- Must see syllabus on www.fcpsworld.com before starting study
- Whatsapp 03129684658 to join FREE Whatsapp group of your specialty
- For Specialty guideline not mentioned here. Check www.fcpsworld.com