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Original Psychiatry Syllabus by CPSP

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- ✓ Daily Test session (Test discussion will be on Via Portal)
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SYLLABUS

Candidates for the Fellowship of the College are expected to have a sound working knowledge of the structure and functions of the human body and the various mechanisms whereby these structures and functions are altered leading to diseased states. The emphasis in the FCPS Part-I examinations is on comprehension of the various mechanisms by which the body works and adjusts to external and internal changes. Concepts of the integration and interrelationship of various parts of the body are to be given more importance than finer details of structure and function.

The outline of various topics given in this syllabus is a guide to what at the moment are considered to be important topics which the candidate is expected to know. This is to help both the candidate and the examiner in defining the minimum boundaries of FCPS Part-I examination.

PAPER I

1. ANATOMY

1. General Features:
 - Muscles
 - Joints
 - Blood vessels
2. General Embryology - General aspects
3. Histology - General Features:
 - Epithella
 - Muscles
 - Nerves
 - Blood vessels
 - Connective tissue
 - Lymphoid tissue

4. Brain and spinal cord - General Features:
 - Spinal nerves
 - Cranial nerves
 - Vertebral Column
5. Head and Neck - General Features:
 - Major blood vessels
6. Viscera: General Features: Blood and Nerve Supply:
 - Heart
 - Lung
 - Kidney
 - Liver
7. Endocrine glands – Gross structure and important relations of Pituitary, Thyroid, parathyroid and adrenal glands

II. **PHYSIOLOGY, BIOCHEMISTRY AND PHARMACOLOGY**

1. General Physiology:
 - Components of cell with their major functions.
Transport across cell membrane
 - Action Potential, Muscle contraction
 - Classification and properties of nerve fibres
 - Receptors: types and functions
 - Somatic sensations, transmission of pain
 - Function of motor and sensory areas
 - Cerebrospinal fluid (CSF) - formation, functions, drainage
 - Autonomic nervous system: parts and their functions
 - General properties and composition of blood including Normal Cell counts and functions of RBCs, WBCs and platelets



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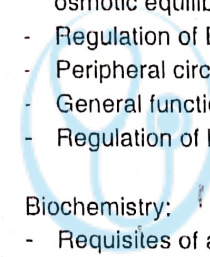
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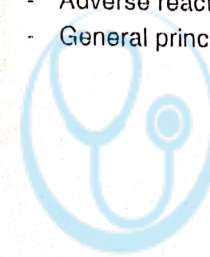
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- Mechanism of homeostatic coagulation factors and their actions
 - Blood groups
 - Conducting tissues of heart: generation and propagation of cardiac impulse
 - Cardiac cycle (pressure, volumes, valvular changes).
 - Blood pressure and its regulations
 - Respiration: Ventilation, transport of gases and regulation of respiration
 - Body fluids: compartments and regulation of osmotic equilibrium
 - Regulation of E.C.F, blood volume and flow
 - Peripheral circulation.
 - General functions of kidney.
 - Regulation of body temperature.
2. Biochemistry:
- Requisites of a balanced diet
 - General principles of electrolyte balance
 - Role and function of endocrine hormones - feedback mechanism.
 - Metabolism of carbohydrates, proteins, fats and vitamins
3. Pharmacology:
- Clinical Pharmacokinetics
 - Adverse reactions of common drugs
 - General principles of rational drug therapy



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III. PATHOLOGY INCLUDING MICROBIOLOGY

1. Effects of injury on cell by physical, chemical and biological agents
2. Inflammation
 - Acute
 - Chronic including granulomatous
3. Regeneration and Repair
4. Metabolic Response to Trauma
5. Disturbance of homeostatic mechanism
 - Haemorrhage and Shock - mechanism and types
 - Oedema
 - Disturbance of fluids and electrolytes
6. Thrombosis and embolism, Infarction and gangrene
7. Disorders of growth - Atrophy, hypertrophy, hyperplasia
8. Carcinogens and pre-malignant lesions
9. Neoplasia: Types and spread of tumor
10. General characteristics of bacteria, viruses, parasites and fungi
11. Immune system: General principle
12. Medical genetics - basic concept
13. Interpretation of routine Biochemical tests e.g. liver function tests, glucose, urea, creatinine
14. Nutritional diseases, disorders due to deficiency of vitamins and minerals

IV. RESEARCH AND BIostatISTICS BASIC CONCEPTS

Epidemiology:

An introduction to Epidemiology and its role in understanding distribution and determinants of disease.

- Measures of disease occurrence
- Study designs, their advantages / disadvantages
- Measures of association
- Chances, Bias and Confounding
- Screening

Biostatistics:

- Introduction to Biostatistics
- Data and its kinds
- Summarization of data
- Measures of Central Tendency and Dispersion
- Normal Distribution
- Point and Interval estimation and Probability
- Hypothesis testing, significance level and power
- Sampling and its Techniques

V. BEHAVIOURAL SCIENCE AND MEDICAL ETHICS - GENERAL PRINCIPLES

- Medical Ethics
- Communication skills including Doctor Patient relationship and counseling
- Psycho social aspect of general health care

PAPER-II
PSYCHIATRY (FCPS-I)

I. NEURO ANATOMY

1. Development of CNS and its common developmental anomalies
2. Cerebral cortex - structure, areas and blood supply
3. Hypothalamus
4. Thalamus
5. Limbic system and reticular formation
6. Basal ganglia
7. Cerebellum
8. Brain stem
9. Peripheral nervous system
10. Autonomic nervous system

II. NEURO PHYSIOLOGY AND ENDOCRINOLOGY

Cerebral Cortex:

Functions of lobes (includes functions like speech and executive functions)

- Frontal
- Parietal
- Temporal
- Occipital

Sensory system:

1. Somatic senses
 - Receptors
 - Pathways
 - Consequences of interruption of pathways
 - Lesions at relay stations
 - Touch
 - Temperature
 - Pain
 - Pressure
 - Vibration
 - Gateway theory
 - Analgesia system

2. Special senses pathways and consequences of disruption of pathways

- Vision
- Equilibrium
- Auditory
- Gustatory
- Olfactory

Motor system:

1. Posture
 - Local (muscle spindles etc)
 - Central controlled mechanism
 - i. Extra-pyramidal system
 - ii. Cerebellum
2. Balance (cerebellum and spinal cord)
3. Locomotion
 - Central (cortical centres, pathways, termination)
 - Peripheral (anterior horn cells)

Homeostasis.

Vegetative functions:

Control mechanisms, major areas determining these functions, especially reticular formation

- Sleep
- Appetite
- Sex
- Normal EEG patterns
- Seasonal and circadian rhythms

Memory:

Major sites / nuclei, neurotransmitters involved and disturbances

Emotions:

Control of emotions and role of limbic areas

Endocrinology:

Pituitary, Thyroid, Adrenal glands

III. NEURO PATHOLOGY

1. Degenerative disorders including disorders involving memory and vegetative functions
2. Infections of CNS including AIDS, dementia complex
3. Tumours of CNS
4. Nutritional, metabolic and endocrinological disorders including encephalopathies like renal, hepatic etc.
5. Vascular disorders including vascular dementia, migraines and connective tissue disorders
6. Head injury and its sequelae

IV. PSYCHO PHARMACOLOGY

1. Neuro hormonal transmission and the substances involved:
 - Acetylcholine, adrenaline, noradrenaline
 - 5-hydroxytryptamine, GABA etc.



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2. Psychotropic drugs:

- Anti anxiety drugs
- Anti depressants
- Anti psychotics
- Anti epileptics
- Mood stabilizers
- Anti Parkinsonian drugs
- Addiction and drug dependence
- CNS stimulants and depressants, psychedelics, drugs with Neuro-psychiatric side effects
- Drug interaction

V. NEURO CHEMISTRY

1. Enzymatic processes in formation and degradation of neurotransmitter
2. Receptors in relation to neurotransmitters
3. Post receptor transmission (second and third messenger mechanisms)
4. Formation of neurotransmitters - Excitatory and Inhibitory action and site of manufacture mechanism of release
5. Autoimmune nervous system sympathetic & parasympathetic

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Books Required

1. First Aid (no alternative for this)
2. Physiology → BRS physiology or Ganong
3. Anatomy → Small Snell
4. Neuroanatomy → Kaplan neuroanatomy
5. Pathology → FirstAid (first 8 chapters) or Goljan

Past Papers

Past papers are key. About 40% paper is repeated

1. GoldStandard FCPS (Key book, no alternative)
(This is key book as it contains most authentic papers. You have to cram at least 5 pages each day. After your specialty is over move to other specialty. Give at least 20-30mins each day. This book will continue from day 1 of your preparation. It is not available in market so order it on 03100220370)
After completing papers of your specialty, pick rafi or Sk and start doing mcqs(only if you want to). You will see that you will able to perform 99% of mcqs.
p.s after your specialty papers are over start doing other specialty as paper 1 is same
2. Rabia Ali
(do mcq at end of your each chapter)
3. Sk / rafiullah for practice

Study Plan

Anatomy (15 days)

- ❖ GoldStandard FCPS daily 4 pages



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- ✓ Hostel Facility is also available (for those who want to join physical classes)



❖ do rabia ali Mcqs after completing topic

- 15 days complete
- Upper limb 2 days
- Lower limb 2 days
- Abdomen pelvis 2 days
- Head & Neck 2 days
- Neuroanatomy 4 days

Physiology (15 days)

- ❖ GoldStandard FCPS daily 4 pages
- ❖ do rabia ali Mcqs after completing topic
- Daily 1 chapter

General Pathology

GoldStandard FCPS daily 4 pages

- ❖ do rabia ali Mcqs after completing topic
- General pathology is enough from goljan / first aid

Minor Subjects: Do any book

- | | |
|----------------------|---------------------------|
| ❖ Histology | Goldstandard or first aid |
| ❖ General embryology | any book |
| ❖ General anatomy | any book |
| ❖ Biostats | any book |
| ❖ Biochemistry | any book |



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❖ Microbiology

first aid

Trick:

Study Smart

There are few specific topics which are always repeated in exams

Like foot drop wrist drop etc.

For example examiners won't ask you about 8 steps of kreb cycle.

So better to first read Mcqs to get an idea about important concept and then study for exam. After preparation you can

There is significant time in clearing part 1 exam and then FCPS induction. If you want to clear your exam in One Go, you may join FcpsWorld Online preparation classes.



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