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Original Gynae Obs Syllabus by CPSP

- ✓ Clear FCPS-1 in FIRST ATTEMPT
- ✓ Entire course will be completed in 2 months.
- ✓ Live lectures via video Portal
- ✓ Daily Test session (Test discussion will be on Via Portal)
- ✓ Follow our complete guideline for FCPS-1
- ✓ Get Hands on 20,000 CPSP question (most of them repeat)
- ✓ Free study material, whatsapp group (only for our students)
- ✓ Don't Miss the chance. (LIMITED SEATS AVAILABLE.)
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- ✓ For Details Phone# 03129684658



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

I. ANATOMY

1. General Features:
 - Muscles
 - Joints
 - Blood vessels
2. General Embryology - General aspects
3. Histology - General Features:
 - Epithelia
 - 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





- 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 - feed back mechanism.
- Metabolism of carbohydrates, proteins, fats and vitamins

3. Pharmacology:

- Clinical Pharmacokinetics
- Adverse reactions of common drugs
- General principles of rational drug therapy





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, hypotrophy, 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





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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

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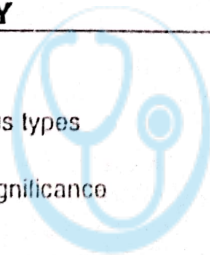


PAPER II
GYNAECOLOGY & OBSTETRICS (FCPS-I)

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I. ANATOMY

Embryology:

1. Development of Female genital organ
 - Ovaries
 - Uterus & Cervix
 - Fallopian tubes
 - Vagina
 - Urinary tract
 - Rectum
 - Developmental defects

Endocrines:

- Pituitary
- Adrenal

Histology:

- Ovary
- Uterus & Cervix
- Fallopian tube
- Vagina
- Urinary bladder
- Ureter
- Kidney
- Breast

II. GROSS ANATOMY

1. Female genital organs
2. Bony pelvis and its various types
3. Pelvic diameter and its significance
4. Pelvic walls:
 - Muscles, Joints and ligaments



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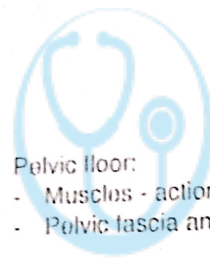


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5. Pelvic floor:
 - Muscles - actions and innervation
 - Pelvic fascia and nerve supply
6. Pelvic organs - vessels and nerves
7. Rectouterine and Rectovesical pouches
8. Blood Vessels and lymphatic drainage of pelvic organs
9. Urinary Bladder:
 - Structure
 - Nerve supply and function
10. Ureter - its relation to various organs and vessels
11. Lumbar and sacral plexus:
 - Pelvic Nerves
12. Sacral sympathetic trunk
13. Inferior hypogastric plexuses
14. Peritoneal reflection in pelvis
15. Female perineum:
 - Cutaneous Nerves
16. Anal canal and sphincter
17. Breast:
 - Development
 - Morphology
 - Blood supply and lymphatic drainage
18. Abdominal Wall:
 - Arrangement of muscles
 - Blood vessels and nerve supply
 - Peritoneum
 - Inguinal region

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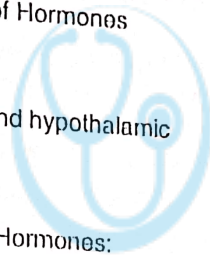
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III. PHYSIOLOGY

Endocrinology and Reproduction:

1. Pituitary hormones
2. Thyroid Metabolic hormone
3. Parathyroid hormones:
 - Regulation of calcium and phosphate
 - Role of Vit. D for bone
4. Function of the Gonadotropic Hormone
5. Mechanism and action of Hormones
6. Monthly ovarian cycle
7. Regulation by ovarian and hypothalamic
8. Pituitary Hormones
9. Function of the ovarian Hormones:
 - Puberty and Menarche
 - Precocious and Delayed puberty
 - Female fertility
 - Menopause
10. Male hormones and reproduction.
11. Pregnancy and Lactation
12. Hormonal factors in pregnancy
13. Maternal adaptation to pregnancy
14. Mechanics of parturition:
 - Onset of Labour
15. Lactation:
 - Function of Prolactin
16. Placenta:
 - Hormones



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IV. C.V.S.

Reflex Mechanisms for maintaining normal arterial pressure.

Control of cardiac output.

Respiratory System:

1. Pulmonary ventilation.
2. Transport and diffusion of oxygen and carbon dioxide.
3. Regulation of respiration.
4. Respiratory Insufficiency:
 - Hypoxia.

Nervous System:

Cortical and brain stem control of motor function.

1. Somatic sensations:
 - Pain
 - Headache and thermal sensation
2. Micturation reflex

V. BIOCHEMISTRY

1. Energy metabolism:
 - Glycolysis
 - Citric acid cycle
2. Regulation of metabolic pathways
3. Enzyme kinetics - Role of enzyme in digestion
4. Role of insulin and glucagon



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VI. PHARMACOLOGY

1. Analgesic Drugs:
 - Local and General Anesthetics
 - Epidural analgesia
2. Drugs used during pregnancy and their effect on breast feeding - Teratogenesis:
 - Oxytocin
 - Prostaglandins
 - Calcium Antagonists
 - Beta 2 receptor agonist
 - Hormones
 - Anti hypertensive drugs
 - Oral hypoglycemic
 - Chemotherapeutic agents

VII. PATHOLOGY

1. Pathogenesis of septic shock:
 - D.I.C
2. Adult Respiratory distress syndrome
3. Amniotic fluid embolism
4. Hypersensitivity Reactions:
 - Types
5. Common Immuno-deficiency diseases and Autoimmune disorders
6. Carcinogenic Agents and risk factors for cancer of Female genital organs
7. Grading and Staging of Cancer

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8. Genetic diseases:
 - Mutation and Transmission pattern
9. Feto of Amniocontosis
10. Common Congenital anomalies
11. Disorders of haemopoietic and lymphoid system.
 - Anaemias (deficiency of folic acid, B12) and white cell disorders during perinatal period and its effect
 - Pathophysiology of Jaundice during pregnancy
 - Common organisms responsible for perinatal and post operative infection
 - Tuberculosis of Pelvic organs
 - Hepatitis B and C, H.I.V./AIDS
 - Common Parasitic infestations:
 - i. Malaria
 - ii. Giardiasis
 - iii. Entamoeba
 - iv. Echinococcus

STATISTICS, EPIDEMIOLOGY, BIOPHYSICS

1. Study design, measures of validity in screening qualification of risk and chance.
2. Essential epidemiological data in obstetrics and gynaecology specially for Pakistan.
3. Understanding the principles of ultrasound imaging, X-rays - CT Scan, M.R.I., Radioisotope and lasers.
4. Physical principles and biological effects of heat, cold sound and electromagnetic radiation.





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



- ✓ Now you can join us Online for MD/MS & Fcps Preparation
- ✓ Complete course in 2months including Past paper discussion
- ✓ Join from anywhere using mobile/laptop using internet
- ✓ 100% feasible with job and 100% time adjustment for students
- ✓ www.fcpsworld.com or Contact: 03129684658
- ✓ 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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