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CPSP Original Syllabus

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. Features and Functional Anatomy:

- Bone
- Muscle
- Joints
- Major blood vessels

2. Embryology - General aspects.

3. Histology - General Structure:

- Types of tissue
- Epithelia
- Muscles
- Nerves
- Blood vessels
- Fibro fatty tissue
- Lymph glands



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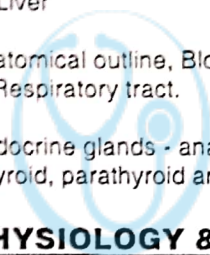
4. Brain and spinal cord:
 - Gross structure
 - Spinal nerves - origin and distribution
 - Cranial nerves
 - Vertebral Column - Features
5. Head and Neck - Structures.
6. Viscera: Gross structure, Blood and Nerve Supply:
 - Heart and Pericardium
 - Lung, Pleura and Mediastinum
 - Kidney
 - Liver
7. Anatomical outline, Blood Supply and innervation of Respiratory tract.
8. Endocrine glands - anatomical structure Pituitary Thyroid, parathyroid and adrenal glands.

II. PHYSIOLOGY & BIOCHEMISTRY:

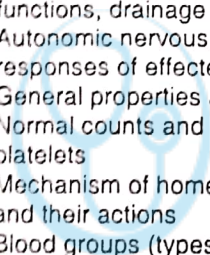
1. General Physiology:
 - Components of cell and cytoplasm with their functions (in general) and transport across cell membrane.
 - Nerve action potential, Muscles contraction
 - Classification and properties of nerve fibres
 - Receptors, types, properties and functions
 - Somatic sensation - Transmission of pain
 - Function of motor and sensory areas, Pain pathway Cerebrospinal fluid (CSF) - formation, functions, drainage
 - Autonomic nervous system (outflow and responses of effected organs)
 - General properties and composition of blood
 - Normal counts and functions of RBCs, WBCs, platelets
 - Mechanism of homeostatic coagulation factors and their actions
 - Blood groups (types, antigens, antibodies, phenotype, genotypes and significance)



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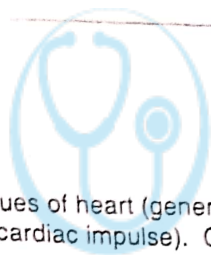
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- Conducting tissues of heart (generation and propagation of cardiac impulse). Control of cardiac out put
 - Cardiac cycle (pressure, volumes, valvular changes).
 - Blood pressure and its regulations (general).
 - Respiratory and non-respiratory function of respiratory tract. Regulation of Respiration, Transport of gasses.
 - Body fluids, compartments and regulations of osmotic equilibrium especially pleural and peritoneal.
 - Regulation of E.C.F. and blood volume and flow - Peripheral circulation.
 - General functions of kidney.
 - Regulation of body temperature.
2. Pharmacology:
- General principles of rational drug therapy, Clinical pharmacokinetics.
 - Adverse reactions of common drugs.
3. Biochemistry:
- Requisites of a balanced diet
 - General principles of electrolyte balance
 - Role and function of endocrine hormones - feedback mechanism.
 - Metabolism of carbohydrate, proteins, fats and vitamins - Metabolic pathway.

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 - Adaptation, Atrophy, hypertrophy, hyperplasia
8. Carcinogens and pre-malignant lesions
9. Neoplasia: General classification and spread of tumor
10. General aspects of tumor markers
11. General characteristics of bacteria, viruses, Chlamydia, reeketsia, parasites and fungi
12. Immunology and immune system: General principle
13. Medical genetics - basic concept
14. Interpretation of routine Biochemical tests e.g. liver function test, glucose, urea, creatinine
15. Nutritional disease: 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
- Screening

Biostatistics:

- Introduction to Biostatistics
- Data and its kinds
- Summarization of data
- Normal Distribution
- Point and Interval estimation and Probability
- Hypothesis testing, significance level and power

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 (OPHTHALMOLOGY (FCPS-I))

I. ANATOMY

Embryology:

- Brain
- Eye

Histology:

- Eye

Anterior Segment:

- Conjunctiva
- Cornea
- Sclera
- Iris and pupil
- Limbus and angle of AC
- Lens and Zonule

Posterior Segment:

- Ciliary body
- Choroid
- Vitreous
- Retina
- Optic nerve

Cranium:

- Foramina
- Nerves

Brain - Visual Cortex:

- Visual Cortex

Visual Pathway**II. PATHOLOGY**

1. Neoplasia:
 - Etiology
 - Tumor Immunity
 - Laboratory diagnosis of cancer
2. Genetics:
 - Transmission patterns
 - Cytogenetic disorders
 - Diagnosis of Genetic diseases
3. Environmental factors leading to Eye disease:
 - Pathogenesis of Hypertension
 - Effect on Eye
4. Vasculitides related to eye giant cell (temporal) arthritis.

5. Hypersensitivity reactions.
6. Auto-immune diseases.
7. Immuno-deficiency disease.
8. Bleeding and coagulation disorders.
9. Jaundice.
10. Precautions in cases of Hepatitis B and C.

III. PHYSIOLOGY

1. Nervous System:
 - Cerebral cortex - Functions of Specific cortical areas
 - Motor cortex and corticospinal tract
 - Organization and function of visual cortex
 - Role of brain stem in controlling motor function
 - Function of cerebellum and basal ganglia
 - Limbic system and hypothalamus
 - Role of Hypothalamus in regulation of body temperature
2. The Eye:
 - Principle of optics
 - Fluid system of Eye
 - Movement of Eye ball: Blinking - Types and control
 - Receptor and Neural function of retina
 - Photochemistry of vision
 - Colour vision

3. Central Neurophysiology of Vision:
 - Visual acuity
 - Fields of vision
 - Near Vision
4. Autonomic control of Accommodation and pupillary aperture - light and dark adaptation:
 - Cerebral blood flow
 - Cerebrospinal fluid - Formation
 - Pulmonary Ventilation
 - Pulmonary circulation
 - Pulmonary capillary dynamics
 - Ventilation perfusion ratio
 - Transport of O₂ and CO₂ in blood - Hypoxia
 - Regulation of respiration
5. Endocrine:
 - Regulation of Thyroid Metabolism - Hyperthyroidism
 - Pituitary hormones
 - Effect of Insulin and Glucagons - Diabetes Mellitus
 - Role of Parathyroid hormone on calcium and Phosphate Homeostasis
6. CVS:
 - Regulation of heart functioning
 - Control of Blood pressure - Mechanism
 - Role of kidney in long term regulation of arterial pressure
 - Lens Metabolism - Transparency
 - Corneal Metabolism - Transparency
 - Binocular Vision
7. Control of G.I.T. Secretions



Theory Books	MCQ Books
USMLE Step 1 First Aid	Gold Standard FCPS
Snell Review anatomy	Rabia Ali
High Yield Embryology	Rafiullah MCQs
Kaplan Neuroanatomy	
Clinical Anatomy of eye by snell	
John ferris ophthalmology	

How to Approach

GoldStandard FCPS :-

This is key book, try to **cram** each and every question. Start from ophthalmology, then medicine, then surgery. Do 5 pages daily, give repetition and use it in last 4 days.

First Aid:

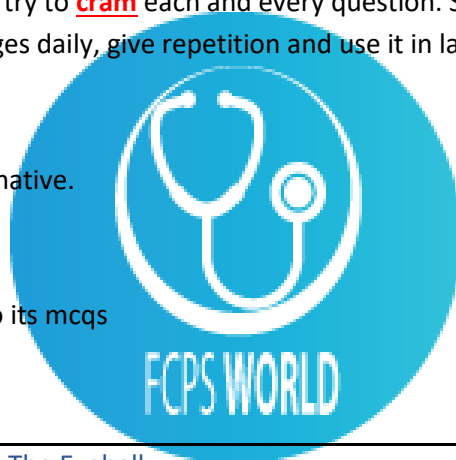
This is key book no alternative.

Rabia Ali:

After every unit try to do its mcqs

Snell's Ocular Anatomy

Chapter 6	The Eyeball
Chapter 5	The Ocular Appendages
Chapter 3	The Orbital Cavity
Chapter 8	Movements of Eyeball and Extraocular muscles
Chapter 9	The Orbital Blood vessels
Chapter 13	The Visual Pathway
Chapter 1	Development of Eye and Ocular appendages



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John Ferris Ophthalmology:

Read of Pharmacology and Physiology portion of this book

Embryology : Most will be covered from First Aid when you will read in organ systems, High yield embryology

Microbiology : First Aid + Rabia Ali

Pharmacology : Rabia Ali MCQs

Biostatistics and Ethics : Rabia Ali MCQs

Histology : Rabia Ali MCQs

Biochemistry : Rabia Ali MCQs

General Anatomy: Rabia Ali MCQs (only if you have time)

General Pathology: First 6 Chapters from BRS Pathology or First AID

Metabolism and Temperature: Rabia Ali

Immunology: First Aid



Study Plan Anatomy (15 days)

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

• 15 days complete

• Upper limb 2 days

• Lower limb 2 days



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- | | |
|------------------|--------|
| • 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 from BRS / First AID

General Pathology

- ❖ GoldStandard FCPS daily 4 pages
- ❖ rabia ali Mcqs after completing topic
- General pathology is enough from goljan / first aid (First 8 chapters)



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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