



www.FCPSWORLD.com

Original Ophthalmology 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.)
- ✓ WWW.FCPSWORLD.com
- ✓ [WWW.facebook.com/fcpsworld](https://www.facebook.com/fcpsworld)
- ✓ 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. 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



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld

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)



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



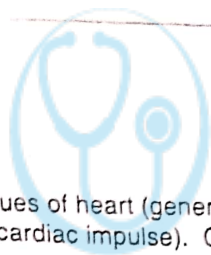
www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



- 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.



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld



www.FCPSWORLD.com
Institute for FCPS and MD/MS
Facebook page: FCPS WORLD
Facebook page: GynaeObsWorld

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



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 |



- ✓ 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)



❖ 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.



- ✓ 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)