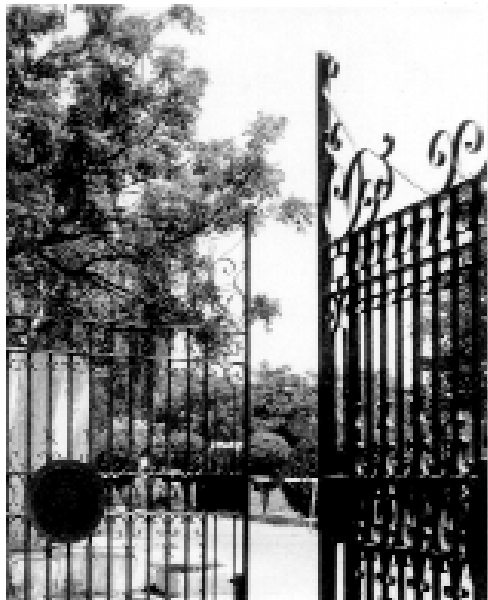

PROSPECTUS

FCPS PART-I
MEDICINE
& ALLIED



COLLEGE OF
PHYSICIANS AND
SURGEONS
PAKISTAN



THIS IS AN EVOLVING DOCUMENT.

The College of Physicians and Surgeons Pakistan

would appreciate any criticism, suggestions,
advice from the readers and users of this document.

Comments may be sent in writing or by
e-mail to the CPSP at:

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THE COLLEGE

The College was established in 1962 through an ordinance of the Federal Government. The objectives/functions of the College include: promotion of specialist practice by securing improvement of teaching and training; arranging postgraduate medical, surgical and other specialists training; holding and conducting examinations for awarding College diploma and admission to the Fellowships of the Colleges; and promotion of research.

Since its inception the College has actively pursued improvements in postgraduate medical education in Pakistan. Currently, the College offers Fellowships in fifty three (53) disciplines compared to the initial few in Medicine, Surgery, Paediatrics and Obstetrics and Gynecology in 1963. Structured training programs have been developed, criteria for recognition of training institutes have been laid down, and format of examinations has been improved with unbiased objective, reliable and candidate friendly methods of assessment. Fellowship training can be undertaken in over 130 accredited medical institutions throughout the country and 106 accredited institutions abroad. Over 2000 supervisors are involved in the CPSP training programs.

The entry to the fellowship training is after passing FCPS-I examination, which is a written entry/screening examination in eleven (11) groups of disciplines conducted three times a year. The examination consists of two papers, each comprising of 100 MCQs of single-best type. The first paper tests the core knowledge of basic medical sciences common to all disciplines while the second paper assesses discipline specific knowledge of basic sciences.

Success in FCPS-I examination qualifies the candidate to enter the first phase of Residency Program called Inter Mediate Module (IMM) of the basic discipline of choice.

The registration to the program can be made only during January or July each year, on submission of duly filled Registration Form to the Research & Training Monitoring Cell (RTMC). These forms are sent to all successful candidates in FCPS-I examination. After completing IMM training, the trainees proceed to the advance phase of training in the specific specialty of choice for 2-3 years. This phase is termed FCPS-II and ends with FCPS-II exit examination. However, the candidate must qualify IMM examination before appearing in FCPS-II examination.

The prospectuses of IMM and FCPS-II phases of each discipline have been extensively revised so as to delineate well defined competencies to be achieved in each phase of training along with their levels. These prospectuses have been complemented with color coded Structured Visual Curriculum Display (SVCD) charts placed at the most prominent place of each training site, which at a glance help reminding the trainees and the supervisors about the competencies and their levels to be achieved within a given time period through a minimum number of cases to work upon for practice. They also briefly describe the rotations to be performed along with their duration and objectives, mandatory workshops to be attended, and the requirements and deadlines for submitting research synopsis and dissertation or the research articles.

The work performed by the trainee is also to be recorded in the e-logbook in addition to the Manual Logbook. The purpose of e-logbook is to ensure entries to be made on daily basis and to avoid belated and false entries. It will thus promote vigilance both on the part of trainees and the supervisors. The format of examinations too has been improved with greater objectivity and transparency. The College in its endeavor to decrease inter-rater variability and increase fairness and transparency is using TOACS (Task Oriented Assessment of Clinical Skills) in IMM and FCPS-II Clinical examinations.

Inclusion of foreign examiners has added to the credibility of its qualifications at international level. The average number of candidates taking CPSP examinations is about 15,000 every year. The College conducts examinations for FCPS I, IMM, FCPS II and DCPS (2 non-clinical disciplines). The logistics involved in organizing and conducting these examinations are complex and a large number of Fellows and senior medical teachers from within the country and overseas are involved in this endeavor.

To coordinate the training and examination, and provide assistance to the candidates stationed in cities other than Karachi, College has established 12 Regional Centers, with Five Provincial Headquarter Centres, all over the country. The Provincial Headquarter Centers in addition to organizing capacity building workshops/short courses have facilities of libraries, I.T, and evaluation of synopses and dissertations along with providing guidance to the candidates in improving their research work.

These continuous efforts of the College have thus contributed to over 90% of specialist medical manpower of Pakistan and even more importantly has given a credible system of postgraduate medical education to the country comparable to those in vogue in any of the developed countries. The College strives to continue its efforts in making its courses and training programs evidence and needs based so as to meet international standards as well as to cater to the specialist healthcare needs not only for this country but also for the entire region.

FCPS I EXAMINATIONS

The College conducts FCPS I examinations in the following disciplines:

1. Anaesthesia	7. Otorhinolaryngology
2. Dentistry	8. Pathology
3. Diagnostic Radiology	9. Psychiatry
4. Medicine & Allied	10. Surgery and Allied
5. Obstetrics & Gynaecology	11. Community Medicine
6. Ophthalmology	

GENERAL REGULATIONS

Following regulations apply to all candidates taking FCPS Part-I examinations.

Candidate will be admitted to the examination in the name (surname and other names) as given in the MBBS degree. CPSP will not entertain any application for change of name on the basis of marriage / divorce / deed.

ELIGIBILITY REQUIREMENTS

- MBBS or equivalent qualifications registered with the PMDC.
- One year house job in an institution recognized by the CPSP / PMDC, which should have been completed at least two months before the date of examination.
- Deficiency of house job could be compensated by an equal period of residency in an institution recognized by the CPSP.

EXEMPTION

An application for exemption from FCPS Part-I must be submitted to the College with all the relevant documents and a bank draft of prescribed fee (non-refundable processing fee).

After due verification and payment of the prescribed fee, College shall grant exemption from FCPS Part-I to those applicants who have acquired the following qualifications in Medicine:

- Diplomate American Board of relevant Specialities.
- FCPS Part-I, Bangladesh.

In all other cases after proper scrutiny and processing, College will decide acceptance or rejection of the request for exemption from FCPS Part-I on case-to-case basis.

All applicants who are allowed exemption will be issued an exemption certificate on payment of prescribed fee (exemption certificate fee). A copy of this certificate will have to be attached with the application to the Research and Training Monitoring Cell (RTMC) of the CPSP, for registration as FCPS Part-II trainee and later with the application for appearing in IMM & FCPS Part-II examinations.

The exemption from FCPS-I shall be valid for a period of three years plus the period of training in the concerned discipline.

EXAMINATION

Examination Schedule

The FCPS Part-I examinations will be held thrice a year as per schedule notified on yearly basis.

- Theory examinations are held in different cities of the country. At present, the centres are Karachi, Quetta, Hyderabad, Larkana, Bahawalpur, Multan, Lahore, Faisalabad, Islamabad, Peshawar, Abbottabad and Muzaffarabad (AJK).

Overseas Centres are Riyadh in Saudia Arabia and Khatmandu in Nepal.

- Medium of examinations will be English.
- Any change in the dates and format of the examinations will be notified by the College before the examinations.
- Every successful candidate in FCPS Part-I examinations will be issued a letter to enable him/her to seek his/her placement for training in a recognized training institute.
- A competent authority appointed by the College has the power to debar any candidate from any examination if it is satisfied that such a candidate is not a fit person to take the College examinations because of using unfair means/misconduct or other disciplinary reasons.

EXAMINATION FEES

- Fees deposited for a particular examination, shall not be carried over to the next examination in case of withdrawal/absence/exclusion.
- Applications along with the prescribed examination fee and required documents should be submitted latest by the last date notified for this purpose before each examination.
- The details of examination fee and fees for change of centre, subject, etc. shall be notified before each examination.

ALL FEES ARE PAYABLE BY **CASH OR BANK DRAFT** MADE OUT IN FAVOUR OF “COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN”. PERSONAL CHEQUES AND POSTAL ORDERS ARE NOT ACCEPTED. HOWEVER, FEES/DUES CAN BE PAID AT THE IDENTIFIED BRANCHES OF UNITED BANK IN 9 CITIES OF THE COUNTRY. CANDIDATES FROM BAHAWALPUR, ABBOTTABAD AND MUZAFFARABAD ARE REQUIRED TO SEND A DEMAND DRAFT OF THE FEES AMOUNT DIRECTLY TO THE CPSP HEAD OFFICE KARACHI. (ANY FURTHER INFORMATION CAN BE OBTAINED FROM THE REGIONAL OFFICE).

Refund of fees

On a written request for not appearing in the examination, submitted upto the last date of the receipt of application, the refund is admissible to the extent of 75% of fees only. No request for refund will be accepted after the last date of receipt of the application.

- In case the application of a candidate is rejected by the CPSP, 75% of the examination fee will be refunded, after deducting 25% as processing charges. No refund will be made, for fees paid for any other reason, e.g. late fee, change of centre/subject fee, etc.

FORMAT OF EXAMINATION

The examinations shall consist of two theory papers (Paper-I and Paper-II), consisting of 100 MCQs (One Best Type) each:

PAPER I (three hours) will contain questions from the core knowledge of the following subjects:

- Anatomy
- Physiology and Biochemistry
- Pathology and Microbiology
- Pharmacology
- Research and Biostatistics
- Behavioural Sciences and Medical Ethics

PAPER II (three hours) will contain questions from specialty related Basic Medical Sciences.

VALIDITY OF FCPS-I

The validity of a pass in FCPS-I examination will be for a period of three years plus the period of training in the concerned discipline.

THE COLLEGE RESERVES THE RIGHT TO ALTER/AMEND ANY RULES/REGULATIONS

Any decision taken by the College on the interpretation of these regulations will be binding on the applicant.

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 greater importance.

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 examinations.

PAPER I

I. ANATOMY

1. General Gross Anatomy (General outline):
 - Muscles
 - Joints
 - Major blood vessels
2. Embryology - General aspects
 - Histology - General
 - Types of tissue
 - Epithelia
 - Muscles
 - Nerves
 - Blood vessels
 - Fibro fatty tissue
 - Lymph glands

3. Brain and spinal cord
 - Gross structure
 - Spinal nerves - origin and distribution
 - Cranial nerves
4. Head and Neck - General aspects
5. Viscera: Gross structure
 - Heart
 - Lung
 - Kidney
6. Anatomical outline
 - Bronchial tree
7. Endocrine glands - anatomical structure
Pituitary, Thyroid, parathyroid and adrenal glands

II. PHYSIOLOGY, PHARMACOLOGY & BIOCHEMISTRY

1. General Physiology
 - Components of cell and cytoplasm with their functions (in general) & transport across cell membrane.
 - Nerves and Muscles contraction
Classification and properties of nerve fibres.
 - Receptors (types, properties, functions).
 - Function of motor & sensory area
 - Cerebrospinal fluid (CSF) - formation, functions, drainage, lumbar puncture.

- 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).
- Conducting tissues of heart (generation and propagation of cardiac impulse).
- Cardiac cycle (pressure, volumes, vulvular changes).
- Blood pressure and its regulations (general).
- Respiratory and non-respiratory function of respiratory tract.
- Body fluids, compartments and regulations of osmotic equilibrium and acid base balance.
- Regulation of ECF and blood volume.
- 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.
- Metabolism of carbohydrates, proteins, fats and vitamins.

III. PATHOLOGY INCLUDING MICROBIOLOGY

1. Effects of injury on cell by physical, chemical and biological agents.
 2. Inflammation
 - Acute
 - Chronic including granulamatous
 3. Regeneration and Repair.
 4. Metabolic Response to Trauma.
 5. Disturbance of homeostatic mechanism
 - Haemorrhage and Shock - mechanism and types
 - Oedema (disturbance of fluids & 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 its spread.
 10. General aspects of tumour markers.
 11. General characteristics of bacteria, viruses, Chlamydia, recketsia, 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

MEDICINE & ALLIED (FCPS-I)

I. ANATOMY/HISTOLOGY / EMBRYOLOGY

1. Embryology: Development of C.V.S., Brain, Kidney:
 - Common developmental defects
2. Histology:
 - Liver
 - Pancreas
 - Spleen
 - Kidney
 - Brain
 - G.I.T
3. Regional Anatomy:

Structure and General disposition

Upper Limb:

- Pectoral girdle and axilla
- Breast
- Arm
- Forearm
- Wrist
- Hand
- Innervation of muscles
- Osteology

Lower Limb:

- Gluteal region and hip joint
- Thigh
- Popliteal fossa and knee joint, leg
- Ankle and Foot
- Innervation of muscles
- Osteology

Thorax:

- Thoracic wall and diaphragm
- Heart
- Mediastinum
- Pleura
- Lungs

Abdomen:

- Anterior abdominal wall
- Peritoneum
- Gastro Intestinal tract
- Liver and biliary tract
- Pancreas
- Spleen
- Kidney
- Ureters
- Suprarenal gland

Pelvis:

- Pelvic cavity
- Urinary bladder
- Male genital organs and urethra
- Female genital organs
- Pelvic vessels
- Nerves
- Pelvic joint and ligaments
- Lumbar and sacral plexuses

Head, Neck, Spine:

- Cranial cavity and meninges
- Vertebral column and vertebral canal
- Scalp
- Face
- Parotid glands
- Nose and sinuses
- Oral cavity
- Pharynx

Central Nervous System:

- Cereberum - Internal structure
- Cortical areas
- Cerebellum
- Brain stem
- Descending and Ascending tracts
- Special senses - Anatomical pathway
 - o Visual
 - o Taste
 - o Olfactory
- Autonomic Nervous System

II. PHYSIOLOGY & BIOCHEMISTRY

1. Kidney:
 - Functions of kidney
 - Glomerular filtration - determinants
 - Tubular reabsorption and secretion
 - Regulation of Sodium, Potassium, Calcium, Phosphate and Magnesium concentration
 - Micturition
2. The Heart:
 - Physiology of cardiac muscle
 - Cardiac cycle
 - Relationship of the heart sound to heart pumping, cardiac output
 - Electrical Activity of the Heart
 - Electro cardiogram - characteristics
 - Vectorial analysis of E.C.G.- Abnormalities
 - Cardiac Arrhythmias
3. The Circulation:
 - Capillary fluid exchange
 - Interstitial fluid and lymph flow
 - Nervous Regulation of the circulation
 - Control of blood pressure
 - Humoral control of circulation
 - Circulation through special regions - Cerebral, Coronary, Pulmonary & splanchnic
 - Cardiovascular changes in exercise

4. Gastro Intestinal System:

- Motility and propulsion - Nervous Control
- Secretory function
- Digestion and absorption - Malabsorption syndrome
- Functions of liver - Metabolic functions
- Bilirubin formation and excretion - types of jaundice
- Energy Metabolism - Energy requirement
- Defecation
- Vomiting

5. Respiratory System:

- Pulmonary Ventilation: Ventilation - Perfusion ratio
- Principles of gas exchange - diffusion of gases
- Pulmonary Capillary dynamics
- Regulation of respiration, Lung function tests
- Respiratory insufficiency - Hypoxia
- Cyanosis
- Oxygen therapy
- Hypocapnia, Hypercapnia
- Respiratory changes in exercise

6. Central Nervous System:

- Cortical and brain stem control of motor functions.
- Cerebellum - Functions in overall motor control
- Basal ganglia - Functions in executing pattern of motor activity

- Role in cognitive control of sequence of motor control:
 - o Integration of total motor control systems
 - o Control of posture and movement
 - o Cerebral cortex - higher functions of the Nervous system:
 - F Conditioned reflexes
 - F Learning and Memory
 - F Function of Neocortex
 - The limbic system and the hypothalamus:
 - o Behavioural and Motivational Mechanism
 - Physiology of sleep and electric activity of the brain - E.E.G.
 - Somatic sensations - pain, headache, thermal sensation.
 - Speech mechanism.
7. Physiology of special senses:
- Smell
 - Taste
 - Hearing
 - Vision
9. Physiology of Endocrine:
- Mechanism of action of Hormones
 - Pituitary Hormones - Hypothalamic control, growth hormone, ADH, oxytocin
 - Adrenal glands - Adrenocortical hormones- functions and control of secretion
 - Adrenal Medullary Hormones
 - Thyroid Metabolic Hormones - Functions and control of secretion
 - Parathyroid Hormone - Calcium and Phosphate Regulation
 - Vit. D for development of bone and teeth.
 - Insulin, glucagon.
 - Reproductive System.
 - Male reproduction.
 - Female Hormones, Hypothalamic-pituitary and ovarian control of reproduction.
 - Pregnancy and lactation.
 - Neonatal physiology.

III. PATHOLOGY/MICROBIOLOGY / IMMUNOLOGY

1. Mechanism of immune mediated injury:
 - Types of hyper-sensitivity reactions
2. Mechanism of auto-immune diseases:
 - Immunologic tolerance
 - Genetic factors in auto-immunity
 - Major abnormalities of immune function in AIDS
3. Immuno-deficiency Diseases:
 - Primary immuno-deficiencies
 - Severe combined immuno-deficiency
 - Genetic deficiencies of complement components
 - Secondary immune-deficiencies
4. Neoplasia:
 - Epidemiology
 - Etiological factors
 - Tumor Immunity-Host defense against tumour
 - Effects of tumour on Host
 - Para neoplastic syndrome
 - Grading and staging of malignancy
 - Laboratory diagnosis of cancer
5. Genetic Diseases:
 - Transmission Pattern of single gene disorders
 - Disorders of multi-factorial inheritance
 - Cytogenetic disorders involving autosome and sex chromosome
 - Single gene disorders with atypical pattern of inheritance
 - Diagnosis of genetic disease
 - Factors responsible for common environmental diseases
 - Pathogenesis of Atherosclerosis and Ischaemic Heart Disease - Risk factors

6. Disorders of Haemopoietic and lymphoid systems:
 - Non-neoplastic disorders of W.B.C.
 - Bleeding disorders - causes.
7. Pathophysiology of Jaundice
8. Myco-bacteria:
 - Tuberculosis
 - Leprosy
9. Viruses:
 - Pathogenesis and diagnosis of viral diseases
 - Hepatitis - A,B,C,D,E
 - HIV / AIDS
 - Rabies
 - Herpes
 - Influenza
- 10 Parasitology:
 - Haemo-parasites - Malaria, Leishmania, filariasis
 - Intestinal - Giardia, entamoeba, nematodes, cestodes
 - Hydatid disease

IV. PHARMACOLOGY

1. Antibiotics, Antifungal and Anti-Viral Drugs:
 - Anti-tubercular drugs
 - Anti-Malarial
 - Anti-Amebic
 - Anti-helminthic
2. Drugs used in peptic ulcer:
 - Anti-emetics
 - Purgatives
 - Gastric anti-acid
 - Drugs used in diarrhea

3. Analgesics - NSAIDs:
 - Anti-rheumatic and anti-gout drugs
 - Opioid analgesics
 - Drugs used in Parkinsonism
 - Drugs used in epilepsy
 - Anxiolytics and hypnotics
 - Anti-depressants
 - Anti-histamines (H₁ Blockers)
 - Anti-hypertensive drugs
 - Anti-anginal drugs
 - Drugs used in congestive heart failure and arrhythmias
 - Drugs used in hyper-lipidemia
 - Drugs used in anemias
 - Drugs used in coagulation disorders
4. Insulins and oral anti-diabetics
5. Thyroid and anti-thyroid drugs
6. Autonomic drugs
7. Vaccine and immuno-globulins

USEFUL ADDRESSES AND TELEPHONE NUMBERS

M
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1. Regional Offices of the CPSP

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99207100 -10 Ext: 305
- 1 Registration, Training &
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