
PROSPECTUS

FCPS PART-I
OBSTETRICS &
GYNAECOLGOY



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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 Sixty nine (69) 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 159 accredited medical institutions throughout the country and 44 accredited institutions abroad. Around 2460 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 purpose of FCPS-I examination is to select the candidates who are adequately prepared to go through its residency programs. This booklet is designed to provide a guideline for the candidates preparing for FCPS-I examination.

Prof. Zafar Ullah Chaudhry

President
College of Physicians
and Surgeons Pakistan

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

- 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 Gynaecology & Obstetrics:

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

In all other cases after proper scrutiny and processing, the 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 & Training Monitoring Cell (RTMC) of the CPSP, for registration as FCPS Part-II trainee and later with the application for appearing in 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 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 Muzzafarabad (AJK). **Overseas** Centres are Riyadh in Saudia Arabia and Kathmandu in Nepal.
- Medium of examinations is 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 placement for training in a recognized training institute after which he/she will have to register with RTMC.
- 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

- 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.
- Fees deposited for a particular examination, shall not be carried over to the next examination in case of withdrawal/absence/exclusion.

ALL FEES ARE PAYABLE BY **CASH AT CPSP DESIGNATED BANKS OR BANK DRAFT / PAY ORDER** 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 MUZZAFARABAD 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 up to the last date of withdrawal 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 withdrawal 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 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, 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
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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

PAPER II

GYNAECOLOGY & OBSTETRICS (FCPS-I)

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

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

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

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

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

8. Genetic diseases:
 - Mutation and Transmission pattern
9. Role of Amniocentesis
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.

USEFUL ADDRESSES AND TELEPHONE NUMBERS

1. Regional Offices of the CPSP

MUZAFFARABAD

CMH Muzaffarabad
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TEL: 05822-920998
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ABBOTTABAD

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PESHAWAR

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NAWABSHAH

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- 1 Examination (FCPS Part I)
99207100 -10 Ext: 311
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- 1 Registration, Training & Monitoring Cell
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