
PROSPECTUS

FCPS PART-I
PSYCHIATRY



COLLEGE OF
PHYSICIANS AND
SURGEONS
PAKISTAN

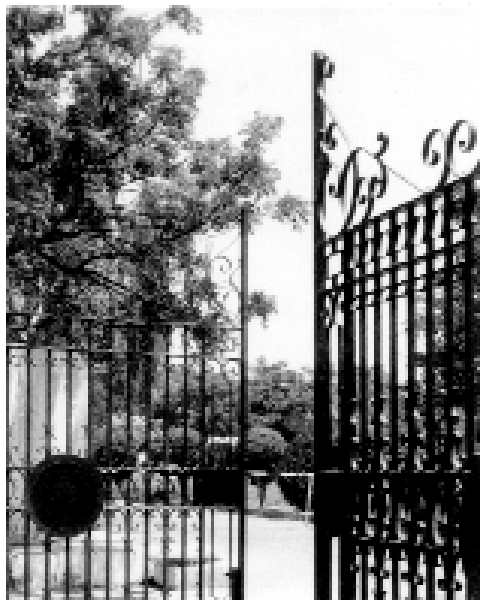


TABLE OF CONTENTS

ABOUT THE COLLEGE	1
FCPS I EXAMINATION	3
GENERAL REGULATIONS	4
SYLLABUS	8
USEFUL ADDRESSES AND TELEPHONE NUMBERS:	17

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:

National Directorate Residency Program (NDRP)
College of Physicians and Surgeons Pakistan (CPSP)
7th Central Street, Defence Housing Authority, Karachi-75500.
dnrp@csp.edu.pk

ABOUT 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 four (64) 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 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 Intermediate Module (IMM) consisting of two years of training in principles and practice of the primary discipline. The registration to the residency 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 Psychiatry:

- 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

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 Kathmandu 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 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 - feedback 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
-

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

PSYCHIATRY (FCPS-I)

I. NEURO ANATOMY

1. Development of CNS and its common developmental anomalies
2. Cerebral cortex - structure, areas and blood supply
3. Hypothalamus
4. Thalamus
5. Limbic system and reticular formation
6. Basal ganglia
7. Cerebellum
8. Brain stem
9. Peripheral nervous system
10. Autonomic nervous system

II. NEURO PHYSIOLOGY AND ENDOCRINOLOGY

Cerebral Cortex:

Functions of lobes (includes functions like speech and executive functions)

- Frontal
- Parietal
- Temporal
- Occipital

Sensory system:

1. Somatic senses
 - Receptors
 - Pathways
 - Consequences of interruption of pathways
 - Lesions at relay stations
 - Touch
 - Temperature
 - Pain
 - Pressure
 - Vibration
 - Gateway theory

- Analgesia system
- 2. Special senses pathways and consequences of disruption of pathways
 - Vision
 - Equilibrium
 - Auditory
 - Gustatory
 - Olfactory

Motor system:

1. Posture
 - Local (muscle spindles etc)
 - Central controlled mechanism
 - i. Extra-pyramidal system
 - ii. Cerebellum
2. Balance (cerebellum and spinal cord)
3. Locomotion
 - Central (cortical centres, pathways, termination)
 - Peripheral (anterior horn cells)

Homeostasis.

Vegetative functions:

Control mechanisms, major areas determining these functions, especially reticular formation

- Sleep
- Appetite
- Sex
- Normal EEG patterns
- Seasonal and circadian rhythms

Memory:

Major sites / nuclei, neurotransmitters involved and disturbances

Emotions:

Control of emotions and role of limbic areas

Endocrinology:

Pituitary, Thyroid, Adrenal glands

III. NEURO PATHOLOGY

1. Degenerative disorders including disorders involving memory and vegetative functions
2. Infections of CNS including AIDS, dementia complex
3. Tumours of CNS
4. Nutritional, metabolic and endocrinological disorders including encephalopathies like renal, hepatic etc.
5. Vascular disorders including vascular dementia, migraines and connective tissue disorders
6. Head injury and its sequelae

IV. PSYCHO PHARMACOLOGY

1. Neuro hormonal transmission and the substances involved:
 - Acetylcholine, adrenaline, noradrenaline
 - 5-hydroxytryptamine, GABA etc.

2. Psychotropic drugs:
 - Anti anxiety drugs
 - Anti depressants
 - Anti psychotics
 - Anti epileptics
 - Mood stabilizers
 - Anti Parkinsonian drugs
 - Addiction and drug dependence
 - CNS stimulants and depressants, psychedelics, drugs with Neuro-psychiatric side effects
 - Drug interaction

V. NEURO CHEMISTRY

1. Enzymatic processes in formation and degradation of neurotransmitter
2. Receptors in relation to neurotransmitters
3. Post receptor transmission
(second and third messenger mechanisms)
4. Formation of neurotransmitters - Excitatory and Inhibitory action and site of manufacture & mechanism of release
5. Autoimmune nervous system sympathetic and parasympathetic

USEFUL ADDRESSES AND TELEPHONE NUMBERS

1. Regional Offices of the CPSP

MUZAFFARABAD
CMH Muzaffarabad
Azad Kashmir
TEL: 058810 - 43307
FAX: 058810 - 43902
Email: ssgr-brehman@csp.edu.pk

ABBOTTABAD
Ayub Hospital Complex
Abbottabad
TEL: 0992-383330
Email: cpspatd@hotmail.com
cpspatd@yahoo.com

PESHAWAR
Hayatabad Medical Complex
Phase IV, Hayatabad
Peshawar
UAN: 091-111-666-666
TEL: 091-9217011, 091-9217320-1
FAX: 091-9217062
Email: rc_peshawar@csp.edu.pk

ISLAMABAD
P.I.M.S, Ravi Road, Sector G-8/3
Islamabad.
UAN: 051-111-666-666
TEL: 051-9262590-1,
FAX: 051-9262592
Email: rc_islamabad@csp.edu.pk

FAISALABAD
Punjab Medical College
Faisalabad
UAN: 041-111-666-666
TEL: 041-9210131, 9210366-8
FAX: 041-9210224
Email: rc_faisalabad@csp.edu.pk

LAHORE
Next to INMOL, Hospital
New Muslim Town, Block-D
Lahore
UAN: 042-111-666-666
TEL: 042- 9231320-8
FAX: 042- 9231327
Email: rc_lahore@csp.edu.pk

MULTAN
Nishtar Medical College
Distt. Jail Road, Opp Circuit House
Multan
UAN: 061-111-666-666
TEL: 061-9200946, 9200952
Email: rc_multan@csp.edu.pk

BAHAWALPUR
Quaid-e-Azam Medical College
Bahawalpur
TEL: 062-9250461
Email: rc_bahawalpur@csp.edu.pk

NAWABSHAH
Peoples Medical College for Girls
Nawabshah
TEL: 0244-9370271, 9370479
FAX: 0244-9370478
Email: rc_nawabshah@csp.edu.pk

LARKANA
Chandka Medical College
Larkana
TEL: 074-9410726
Email: cpsplrkh@hotmail.com

HYDERABAD

Adjacent to Sir Cowasji Jehangir
Institute of Psychiatry,
Hyderabad, Sindh.
TEL: 022-3860056
FAX: 022-3860057
Email: rc_hyderabad@csp.edu.pk

KARACHI**2. Departments of CPSP Karachi**

UAN – 021-111-606-606

- 1 Examination (FCPS Part I)
99207100 -10 Ext: 311
- 1 Examination (FCPS Part II)
99207100 -10 Ext: 215
- 1 Department of Medical
Education
99207100 -10 Ext: 305
- 1 Registration, Training &
Monitoring Cell
99207100 -10 Ext: 320

For further Information:
Phone: 99207100-10
UAN 111-606-606
Facsimile: 99266450
Website: www.csp.edu.pk

QUETTA

College of Physicians & Surgeons
Pakistan, Near Cenar Hospital,
off Brewery Road, Quetta
TEL: 081-9213434 & 081-2913435
Email: rc_quetta@csp.edu.pk

OVERSEAS CPSP CENTRES**3. Saudi Arabia****RIYADH**

Saudi Commission for Health
Specialities,
Diplomatic Quarter,
P.O. Box 94656
Riyadh -11614, KSA.
TEL: 966-1-4822415 Ext: 156/141
966-2-6401000 Ext: 25843
Email: medexam5@scfhs.org

4. Nepal**KATHMANDU**

T.U. Institute of Medicine
Maharajganj, Kathmandu,
Nepal
TEL: 977-1- 416224
Email: csp@healthnet.org.np

Published: July, 2013

COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN.
7th Central Street, Defence Housing Authority, Karachi-75500.
Phone No. 99207100-10 UAN: 111-606-606 Fax No. 99266432