



## Medicine

### Medicine Examination:

**All these stations will be covered in the course followed by supervised practice in brainstorming Mock session.**

1. Cerebellar examination
2. Cranial Nerve examination VIII Nerve only\*
3. Cranial Nerve Examination ( II - VII) **Beware! this could be bitemporal Hemianopia**
4. Cranial Nerve Examination: 8- 12
5. CVS
5. Neurological examination of upper limb
6. Neurological Examination of Lower Limb
7. Examination of Rheumatoid Hand
8. Examination of Diabetic foot: **Don't forget pulse and sensation**
9. GCS and Neurological Examination.
10. Diplopia Examination: **Must identify the affected muscle**
11. Thyroid examination.
12. Respiratory system. **Peak Flow must be done**
13. lymphoreticular system examination
14. Examination of lower limb of a patient with regular intake of alcohol
15. Examination of comatose patient: **Don't forget to start from ABC**
16. General examination of a patient with Rheumatoid Arthritis.
17. Examination of patient with vertigo
18. Examination of a patient with Meningitis.
19. Bitemporal Hemianopia
20. Cranial Nerve examination: 8- 12.



## Medicine History

1. Chest pain.
2. Fever: **Don't forget to take travel history**
3. Wheeze
4. Headache
5. 50 Yr old lady with abnormal LFT. Take history and discuss with the patient
6. Giant cell arthritis, Discuss management.
7. Palpitations: **Red Alert! This can be a Psychiatric station**
8. Dyspnoea
9. Cough and Haemoptysis
10. Dysphagia
11. Weight Loss: **Angry patient? - Think of Anorexia Nervosa**
12. Constipation: **Is he on Opiates?**
13. Diarrhoea
14. Polyuria and weight loss
15. Loss of consciousness: **Does he need sugar?**
16. Numbness of thumb
17. History- dizziness
18. Diplopia- take history and discuss with the examiner.
19. Weight gain
20. Sexual History: **Diplomacy and confidentiality matters**
21. Paracetamol Poisoning.
22. Red Eye
23. Hoarseness of voice
24. Haemoptysis



24. Stroke History Taking and assessment of risk factors
24. Chronic Fatigue Syndrome: ***A Diagnosis of exclusion***
25. Loss of consciousness
25. Uncontrolled Epilepsy: ***Is he drinking?***
26. Joint Pain: ***Don't forget sexual history?***
27. Elderly Abuse
28. Medical Negligence

## **Medicine Counseling**

1. Life style changes after MI
2. Endoscopy
3. Hypertension: Medication and lifestyle changes
4. Warfarin Counselling
5. Weight Gain Counselling: ***Don't blame!***
6. Post MI: Medications
7. Diabetes Mellitus
8. Epilepsy
9. Parkinson's Disease
10. Multiple Sclerosis: ***Am I going to die?***
11. Chronic Fatigue Syndrome
12. Blood Transfusion
13. Diabetic Retinopathy: ***Will I be blind?***
14. Sexually Transmitted Illness
15. HIV: Pre-test Counselling
16. Temporal Arteritis



17. Pain Management
18. Patient Having Headache - Requesting CT Scan: **Angry patient**
19. Gout counselling
20. Hypothermia
21. Chronic Renal Failure

VIVA

Discuss the management of the following stations

1. MI ( EGG)
2. Heart Failure ( x ray)
3. Status Epilepticus
4. Status Asthmaticus
5. Ketoacidosis
6. Paracetamol Poisoning
7. DOSE CALCULATION INSULIN[ 100ML/Hr, 1 UNIT/Hr]
8. Fentanyl dose calculation

**Total: 76Topics**



## **Surgery**

### **Examinations**

**All these stations will be covered in the course followed by supervised practice in brainstorming Mock session.**

1. Abdomen
2. Peripheral Vascular System
3. Neck Examination
4. Diabetic Foot
5. Breast Examination

Refer to Manikin Stations for other relevant examinations

### **History:**

1. Benign Prostratic Hypertrophy
2. Abdominal pain
3. Haematuria
4. PR Bleeding
5. Haematemesis
6. Right Upper Quadrant Pain
7. Intermittent Claudication
8. Altered Bowel Habits
9. Pre- Anaesthetic Assessment
10. Assessment for day case surgery



## **Counselling**

1. Hernioraphy
2. Vasectomy
3. TURP
4. Laproscopy
5. Endoscopy
6. Appendicectomy
7. Post Mastectomy
8. Post Operative Pain Management/ PCA
9. Post Operative Infection Management
10. MRSA
11. Nephrectomy
12. Hemicolectomy
13. Colonoscopy
14. Ankle Sprain
15. Head Injury
16. Irritable Bowel Syndrome
17. Telephone conversation: Post Hemicolectomy
18. Telephone Conversation: Intestinal Obstruction
19. Obesity, operation cancelled
20. Testicular Lump.
21. Woman with ulcer in back

**Total: 36 Topics**



## **Orthopedics**

### **Examination**

**All these stations will be covered in the course followed by supervised practice in brainstorming Mock session.**

1. Knee
2. Hip
3. Shoulder
4. Examination of hand
5. tennis Elbow
6. Golfers Elbow
7. Spine

### **Counselling**

- 1.Total Hip Replacement
2. Total Knee Replacement
3. Ankle injury
4. Tennis elbow
5. Rheumatoid arthritis with insomnia: **Watch out! This is a depression station**
6. Rheumatoid arthritis long term management

**Total: 13 Topics**



## Emergency Stations

**Exam will usually include 2 emergency stations. This list is short so practice these stations repeatedly.**

1. CPR- Adult
2. CPR- Child
3. Unconscious patient
4. Primary Survey:
5. Secondary Survey

***Don't forget the basics !!!***

***Total: 5 Topics***

## Pediatrics

### **History Taking:**

1. Intussusception
2. Weight Loss
3. Asthma
4. Delay in Walking
5. Fever
6. Crying Baby: ***Could be Intussusception***
7. Diarrhoea
8. Urinary Tract Infection
9. Irritable hip
10. PR Bleeding
11. Foreign Body Ingestion



12. Telephone Conversation: Diarrohea
13. Telephone Conversation: Fever
14. Child Abuse: **Don't Discharge**
15. Nappy Rash
16. Peanut Allergy

### **Counselling:**

1. Spacer
2. MMR
3. Management URTI - explain to father
4. Splenectomy
5. Infantile Colic
6. Downs Syndrome
7. Celiac disease
8. Meningitis
9. Diabetes Mellitus

**Total: 25 Topics**

## Psychiatry

### **History:**

**All these stations will be covered in the 10 day course! Only @ PLAB Right**

1. Depression
2. Suicide risk Assessment
3. Anorexia Nervosa
4. PTSD



5. Post Natal Depression
6. Post Natal Blues
7. Post Natal Psychosis
8. Alcohol History
9. Mini mental State Examination
10. Cognitive Assessment
11. Mental State Examination
12. Generalised Anxiety Disorder
13. Phobia
14. Substance Misuse
15. OCD
16. Psychosis
17. Panic attack

### **Counselling:**

**All these stations will be covered in the 10 day course! Only @ PLAB Right**

1. Alcohol
2. Amitriptyline: Side effects
3. SSRI
4. Alzheimer's Disease
5. Serotonin Syndrome
6. Neuroleptic Malignant Syndrome
7. Hyper Ventilation Syndrome

**Total 24 Topics**



## Manikin

1. Hand Washing
2. Otoscopy
3. PV Examination
4. PR Examination
5. Suturing
6. IV Canulation
7. Venepuncture
8. Catheterisation
9. Breast Examination
10. Testis Examination
11. ABG
13. Cervical smear
14. Blood Pressure
15. Ophthalmoscopy
16. Antenatal Examination

**TOTAL 16 Topics**

## OBG

### History:

**All these stations will be covered in the 10 day course! Only @ PLAB Right**

1. PV Bleeding
2. Primary Amenorrhoea
3. Secondary Amenorrhoea
4. Pain abdomen: **Could be Ectopic**



5. Sexual History
6. Assessment for HRT
7. Assessment for OCP
8. Urinary Incontinence
9. Antenatal Evaluation
10. Hyperemesis Gravidarum

## **Counselling**

**All these stations will be covered in the 10 day course! Only @ PLAB Right**

1. HRT
2. OC Pills
3. Contraception
4. Tubectomy
5. Hysterectomy
6. Ectopic Pregnancy: ***Don't let the patient go home***
7. Abnormal Cervical Smear
8. Pelvic Inflammatory Disease
9. Termination of Pregnancy
10. Endometriosis
11. Down Syndrome Screening
12. Pain management in Labour
13. Osteoporosis
14. Still Birth
15. Pre Eclampsia

**Total: 25 Topics**

**Grand Total: 220 Topics**

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