

# ZIAUDDIN UNIVERSITY

## DEPARTMENT OF FAMILY MEDICINE



**STUDY** | 2024  
**GUIDE** | 2025  
DIPLOMA IN FAMILY MEDICINE



## FACULTY

## INTRODUCTION

### Why Study Guide

1. To inform students how student-learning program has been organized term wise, and how it would be implemented
2. To help students organize and manage their studies throughout the 2 year program.

### The Guide provides:

- ◆ Information on organization and management of the term.
- ◆ A description of the course objectives which you will be expected to achieve at the end of 2 years.
- ◆ Information on learning methods that you will experience during the course. The methods include, programmed lectures, skills/Sessions Clinical attachments /Clinics these learning methods should help you achieve the course objectives.
- ◆ Information on the contribution of continuous and term examinations, on your overall performance.
- ◆ Information on the methods of assessment that will be held to determine your achievement of objectives.
- ◆ Information on examination policy, rule and regulation.

### Mission

To produce community oriented Family Physicians who will be able to provide comprehensive primary health care using evidence based medicine in a cost effective manner'.

**Eligibility:** MBBS

**Duration:** Two years. Four terms of six months each

**Course Timings:** Monday to Saturday

**Medium of Instruction** English

**Course Overview** The course will focus on clinical postings in family medicine settings and it will also include case based interactive sessions, self-directed learning, seminars, hands on workshops and web based teaching

### Schedule

#### Term 1

8 weeks	Family Medicine
8 weeks	Internal Medicine
8 weeks	Pediatrics

#### Term 2

8 weeks	Family Medicine
8 weeks	Obstetrics and Gynecology
8 weeks	Surgery / Orthopedics

#### Term 3

8 weeks	Family Medicine
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4 weeks	Psychiatry
4 weeks	Anti Narcotics Clinics
8 weeks	Eye + ENT

#### Term 4

8 weeks	Family Medicine
4 weeks	Emergency
2 weeks	Radiology
2 weeks	Physical therapy
4 weeks	Dermatology
4 weeks	Electives

Attendance requirements: 80% in each semester

#### **Examination Rules, Regulations and Policy:**

**Assessment will consist of two parts,** Continuous Assessment and Final Certification Examination.

#### **Continuous Assessment**

End of Rotation evaluation

Faculty Evaluation

Case Presentation and Participation in Journal club

Mini CEX / OSCE

Attendance of 80 % at the designated rotations is mandatory.

All candidates will be evaluated for their participation in CME, Journal club and periodic tests.

The assessment will not be primarily concerned with the ability to memorize factual details but rather with the problem solving ability and an understanding of the holistic approach in the discipline concerned. The emphasis will be on the consultative and problem-solving ability, which the trainee is likely to confront when he/she is working independently.

#### **Certification Exam**

A final certification exam will be held at end of two years.

The exam will be comprise of theory and clinical skills.

Each component has to be passed individually.

#### **Eligibility to appear in Certification examination**

Minimum Attendance 80 % in each Rotation

Minimum Attendance 80% in Didactic Teaching Sessions

Taken all of the Continuous assessments at end of each term

No outstanding dues

#### TEST ADMINISTRATION RULES AND REGULATIONS

The final examination is monitored by the Department of Examination with the support of the faculty of the department of Family Medicine.

To ensure that the examinations are held according to the standard conditions and that no examinee or group of examinees receives unfair advantage on the examination, students (examinees) must strictly adhere/ abide to the rules and regulations of the University.

#### WHOM TO CONTACT?

The Department of Family Medicine (Department Secretary) Mr.Abdul wali Contact 03452135211

## **FAMILY MEDICINE**

Supervised comprehensive & holistic practice at Community Family Medicine Centers. Community Family Medicine Centers are free standing facilities in the vicinity of Ziauddin Hospital built on the idea of community and university partnership. Family Medicine is a stand alone rotation among the various rotations in Family medicine Diploma course.

## **CARDIOVASCULAR**

1. Acute coronary syndrome and Congestive Heart Failure
2. Hypertension and Dyslipidemia
3. Cardiac arrhythmias & Valvular heart diseases
4. Peripheral vascular disease, DVT & varicose veins, Anticoagulant therapy

## **PULMONARY MEDICINE**

1. Upper respiratory tract infections / sore throat, cold, nasopharyngitis, pharyngitis, tonsillitis, laryngitis
2. Lower respiratory tract infections / bronchitis, bronchiolitis, pneumonia, bronchiectasis, emphysema , Tuberculosis
3. Hyperactive airway disease / Chronic Obstructive Pulmonary Disease

## **GASTROINTESTINAL DISEASES**

1. Hepatobiliary disorders
2. Perioral pathologies / Dyspepsia/ GERD / Peptic Ulcer Disease
3. Abdominal pain (acute appendicitis, Cholecystitis, pancreatitis intestinal obstruction, ,ischemic bowel)
4. Altered bowel habit-Diarrhea / Constipation
5. Gastrointestinal bleeding / Hemorrhoids / Diverticular disease

## **NEPHROLOGY / UROLOGY**

1. Fluid, electrolyte and acid base problems & renal failure
2. Urinary Tract Infections / Dysuria / haematuria, proteinuria & Calculi
3. Outflow obstruction & urinary incontinence. Urethritis /Prostatitis /BPH, Prostate ca
4. Erectile dysfunction & Testicular torsion & undescended testis / Epididymitis / Hydrocoele

## **MUSCULOSKELETAL**

1. Osteoarthritis, Rheumatoid arthritis, FMS
2. Monoarthropathies & backache
3. Osteoporosis, & Vit D/ osteomyelitis

## **NEUROLOGY**

1. Dizziness/ vertigo /Syncope, Tinnitus
2. Cerebrovascular Accidents including TIA/ secondary stroke prevention
3. Headaches
4. Seizure disorders, Tremors and movement disorders
5. Dementia, Post stroke management & long term care

## **HEMATOLOGY / IMMUNOLOGY**

1. Anemia, Bleeding and clotting disorders
2. Neutropenia / Thrombocytopenia / thrombocythemia & Hematological malignancy(Leukemia/ lymphoma, Polycythaemia

## **ENDOCRINOLOGY AND METABOLIC DISEASE**

1. Diabetes Mellitus/ Hypoglycemia
2. Hypothyroidism/ Hyperthyroidism/ pituitary & adrenal disorders

## **PSYCHIATRY**

1. Anxiety /Depression/ mood disorders
2. Substance abuse / toxicology / overdose

3. Somatoform disorders / Bipolar disorders / Eating disorders & Obesity

#### **DERMATOLOGY**

1. Common skin infections (viral, bacterial & fungal)
2. Acne & Rash (eczema, dermatitis, insect bites, infestations and urticaria)
3. Pigmentation disorders & skin tumors
4. Nail, hair & sweat gland changes

#### **PEDIATRICS**

1. Problems of growth and development , common injuries / Developmental milestones
2. Newborn evaluation, Feeding problems & neonatal jaundice
3. Immunization & well child visits including enuresis & toilet training
4. Fever and acute illnesses in children (Hyperactive airway & common childhood infections)
5. Intestinal parasitic infections, gastrointestinal disorders & rehydration therapy

#### **GERIATRICS**

1. Comprehensive Geriatric Assessment
2. Delirium, dementia, and Cognitive decline in elderly
3. Immobility, Gait disorder and its prevention

#### **GENERAL SURGERY**

1. Hernias, hemorrhoids, varicocele, hydrocele
2. Management of minor burns, injuries and skin infections
3. Pre-operative evaluation and management & Post operative care

#### **OPHTHALMOLOGY**

1. Vision screening & common causes of blindness
2. Disorders of eyelids and conjunctiva & evaluation of the red eye
3. Foreign body & management of ophthalmic emergencies
4. Pediatric ophthalmology (ophthalmia neonatorum, squint, nystagmus)

#### **OTORHINOLARYNGOLOGY**

1. Nasal problems (Rhinitis, Epistaxis, Sinusitis, Nasal polyps, adenoids, septal deviation, haematoma)
2. Disorders of throat (Sore throat, Pharyngitis, Laryngitis, Tonsillitis, epiglottitis, thrush)
3. Disorders of ears (Otitis media & externa, deafness, labyrinthitis, facial nerve paralysis)

#### **CANCER & EPIDEMIOLOGY**

1. Epidemiology & screening of common carcinomas (Breast, Ovarian, endometrial, Cervical, prostate, lung, Colon)

#### **OBSTETRICS AND GYNECOLOGY**

2. Pre pregnancy counseling & antenatal care/ postnatal care
3. Preeclampsia / Eclampsia, Bleeding in pregnancy (APH, PPH) & Hemolytic disease & rhesus isoimmunization
4. Pelvic inflammatory disease and STI
5. Menstrual disorders / menopause/ premenstrual syndrome/Endometriosis
6. Evaluation of Infertility & Family Planning and Counseling

#### **SKILL WORKSHOPS**

4. CB-5 B.L.S Head + AED + Rhythm Simulator

5. CB-6 Pelvic Trainer (Normal)+Prostate Examination
6. CB-3 Pelvic Trainer Abnormal
7. Minor Surgery Workshop

### Comprehensive Guidelines

#### Course

#### **Community Family Medicine Practice:**

Field- based in the community of Sikanderabad (behind Ziauddin University Clifton campus) structured follow-up of the registered families at the Family Medicine Centers.

Principles of Family Medicine  
 Health care implication on Humans  
 Families and community  
 Home care  
 Health Economics and Practice Management  
 Health Education and Promotion  
 Care of infants and children  
 Care of Adolescent  
 Care of pregnant women and newborns  
 Care of adult male and female  
 Care of the elderly  
 Clinical Reasoning in Practice  
 Epidemiology in medicine (descriptive & analytical)  
 Biostatistics in medicine  
 Approach to common clinical presentations

#### LEARNING OBJECTIVES

At the end of the course the candidate will be able to manage the following diseases/symptoms according to defined competency levels.

#### Key defining different competency levels

<b>Cognitive</b>	<b>Level</b>
Suspect disease, screen, educate and refer	1
Diagnose, educate, initiate management and refer	2
Diagnose and manage independently	3
<b>Skills</b>	<b>Level</b>
Observe	1
Perform under supervision	2
Perform independently	3

<u>CARDIOVASCULAR</u>	<u>COMPETENCY LEVEL</u>
Common Arrhythmias	2
Chest Pain.	2
Coronary Heart Disease	2
Congestive Heart Failure	2
Hypertensive Disease	3
Thrombophlebitis	2
Pulmonary embolism	1
Peripheral vascular disease	2
Rheumatic fever	3
Syncope	3
Valvular Heart Disease	2
Congenital heart disease	1
Cardiomyopathies	1

Bacterial Endocarditis	1
Aortic Aneurysm	1

SKILLS:

BCLS / ACLS	3
Electrocardiography	3

INTERPRET REPORTS OF TESTS/ PROCEDURES :

Exercise Stress Testing	
Echocardiogram	
Coronary Angiography and Cardiac Catheterization	

ENDOCRINOLOGY AND METABOLIC DISEASE

Amenorrhoea	2
Diabetes Mellitus	3
Hypoglycemia	3
Hypothyroidism and Hyperthyroidism	3
Hyperlipoproteinemia	3
Osteoporosis	3
Micronutrient deficiency disorders	3
Obesity	3
Hirsutism	2
Gynaecomastia	2
Infertility	2
Disorders of pituitary	1
Acromegaly	1
Adrenal Disorders	1
Hyper / hypocalcaemia	2
Hyper/hypoglycemic comas	1
Hyper/hypogonadism	1
Iatrogenic Emergencies	1

INTERPRET REPORTS OF TESTS/PROCEDURES :

Adrenal, thyroid and pituitary function tests.	
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GASTROINTESTINAL DISEASES

Cirrhosis	2
Cholelithiasis, cholecystitis	2
Diarrhea	3
Diverticular Disease	2
Gastroenteritis	3
Hemorrhoids	2
Hepatitis	2
Hiatus Hernia	1
Inflammatory bowel disease	2
Irritable Bowel Syndrome	3
Malnutrition	2
Peptic Ulcer Disease	2
Malabsorption syndromes	2
Hepatic encephalopathy	1
Acute abdomen	1
Esophageal strictures	1
Carcinomas or other neoplasm	1
Gastrointestinal bleeding	1

SKILLS:

Paracentesis	2
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INTERPRET REPORTS OF SELECT TESTS/PROCEDURES:

Liver function tests	
Abdominal ultrasound and computerized tomography scans	
Liver drainage and biopsy	

Upper Gastrointestinal Series and Barium Enema  
Endoscopies

#### HEMATOLOGY AND ONCOLOGY

Anemia	3
Polycythemia	2
Thrombocytopenia	2
Neutropenia	2
Haemoglobinopathies	1
Leukemias, myelomas, lymphomas, Hodgkin's disease	1
Bleeding disorders	1

#### SKILLS:

Cancer screening and management	3
Anticoagulant therapy	2
Peripheral blood smear examination	1
Bone marrow aspiration	1
Skin biopsy	1

#### INTERPRETION OF REPORTS

Complete Blood count and peripheral blood picture.  
Bone marrow examination

#### INFECTIOUS DISEASES

Amoebiasis	3
Coliform bacterial infections	3
Gonococcal infections	3
Helminthic infections common to Pakistan	3
Streptococcal infections	3
Haemophilus infections	3
Herpes Zoster and Simplex	3
Influenza	3
Malaria	3
Measles	3
Meningococcal infections	3
Mycoplasma pneumonia	3
Mumps	3
Osteomyelitis	2
Pneumococcal infections	3
Respiratory viral infections	3
Rubella	3
Salmonella infections	3
Shigellosis	3
Staphylococcal infections	3
Syphilis	3
Tuberculosis	3
Varicella	3
Histoplasmosis	1
Acquired Immunodeficiency Syndrome	1
Opportunistic infections	1
Septic Shock	1
Tetanus	1

#### SKILLS:

White blood cell count and analysis	2
Malaria films	3
Specimen collection for cultures	3
Stool analysis for parasites	3

#### INTERPRET REPORTS OF TESTS/PROCEDURES:

All cultures



Chest x-ray evaluation

NEPHROLOGY / UROLOGY

Fluid, electrolyte and acid base problems	3
Urinary Tract Infections	3
Genitourinary Calculi	2
Urethritis	3
Prostatitis	3
Epididymitis	3
Acute glomerulonephritis	2
Acute and chronic renal failure	3
Hydronephrosis	1
Nephrotic syndrome	1
Renal artery stenosis with hypertension	1
Genitourinary neoplasms	1
Hemolytic uremic syndrome	1
Prostatic hypertrophy	1
Testicular torsion	1
Testicular tumors	1
Undescended testes	1
Obstructive Uropathy	1

SKILLS:

Urine Dipstick	3
Bladder catheterization	3

INTERPRET REPORTS OF SELECT TESTS/PROCEDURES:

Urinalysis
Urine culture
Renal and Pelvic Ultrasound
Intravenous Pyelogram
Voiding cystourethrogram

NEUROLOGY

Cerebrovascular Accidents including TIA	2
Drug intoxication	2
Headaches	3
Herpes Zoster	3
Neuropathy, diabetic and nutritional	3
Parkinsonism	2
Spondylosis	2
Seizure disorders	2
Poliomyelitis	2
Dementia	2
Peripheral neuropathies	2
Trigeminal neuralgia	2
Meningitis	2
Multiple Sclerosis	1
Brain tumor or abscess	1
Encephalomyelitis	1
Narcolepsy	1
Coma	1
Pituitary adenomas	1
Subdural and epidural hematoma	1
Motor neuron disease	1
Myasthenia gravis	1
Movement disorders	1

SKILLS

Lumbar puncture	3
Fundoscopy	3

INTERPRET REPORTS

EMG and Nerve conduction studies.

CAT scan	
Skull and spine x-rays	
Carotid Angiography	
Audiometry	
Myelography	
MRI	

PULMONARY MEDICINE

Asthma	3
ARI	3
Chronic Obstructive Pulmonary Disease	2
Tuberculosis	3
Pleural effusion	2
Pulmonary emboli	1
Cystic fibrosis	1
Pneumothorax	1
Pulmonary tumors	1
Foreign body aspiration	1
Status asthmaticus	1
Other causes of acute respiratory distress	1

SKILLS:

Arterial puncture for blood gas determination	3
Thoracentesis	3
Endotracheal intubation	2
Peak flowmetry	3

INTERPRET REPORTS OF TESTS/PROCEDURES :

Chest x-ray interpretation	
Bronchoscopy	
Pulmonary function tests	
Spirometry	
Lung scan	
Pleural and Lung biopsy	

OBSTETRICS AND GYNECOLOGY

Puerperal sepsis	2
Urinary tract infections in pregnancy	3
Vaginitis and Pelvic inflammatory disease	3
Menstrual disorders	3
Fetal distress	1
Preeclampsia and Eclampsia	1
Diabetes and Hypertension in pregnancy	2
Antepartum Hemorrhage	1
Pregnancy/Labor Complications	1
Postpartum Hemorrhage	1
Infertility	1
Endometriosis, ovarian cysts	1
Cervical, endometrial or ovarian carcinomas	1
Urinary Incontinence	2
Genitourinary fistulas	1
Family Planning and Counseling	3

SKILLS:

Sex Education	3
Antenatal and Postnatal Care	3
Nutritional guidance for mothers	3
Removal of retained placenta	1
Episiotomy	1
Neonatal Resuscitation	2
Dilatation and curettage	1
Pap smear	3
Cervical polypectomy	1
Intrauterine Contraceptive device insertion	3
Vaginal Wet Mount Examination	2

SELECT:

Patients for Caesarean and hysterectomy.  
Patients for Induction of Labor,

DISEASES OF BREAST:

Benign breast disease	3
Breast cancer screening	1
Breast cancer	1

SKILLS

Clinical Examination of Breast	3
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GENERAL SURGERY

Animal Bites	3
Minor burns and injuries	3
Bed sores	3
Acute abdomen	2
Gall Bladder Disease	2
Bowel Obstruction	2
Urinary Tract Obstruction	2
Surgical Emergency and Trauma, prior to transfer	2

SKILLS:

Pre-operative evaluation and management	3
Post operative care	3
Local anesthesia	3
Ring Block digital anesthesia	2
Haemostasis	3
Fluid and electrolyte therapy	3
Asepsis and appropriate tissue handling	3
Assessment of an acutely ill patient	3
Tracheostomy	2
Insertion of a chest tube	2
Laceration Suturing	3
Irrigation and debridement of contaminated wound	3
Incision and Drainage of superficial abscesses	3
Nasogastric tube insertion	
Circumcision	3
Foreign body removal (superficial, soft tissue)	3
Superficial lymph node and skin biopsy	2
Fine Needle Aspiration	2
Dressings and bandaging	3
Enema administration	3
Removal of fecal impaction	3
Urinary catheterization and bladder wash	3
Wedge resection for in-growing toe-nail	3
Cauterization of warts and granulomas	3

SELECT PATIENTS AND REFER FOR:

Central Line Placement

Mechanical ventilation  
Vasectomy  
Cricothyroidectomy

PEDIATRICS

Low birth weight/ Malnutrition /Failure to thrive	3
Acute upper and lower respiratory tract infections	3
Tuberculosis	3
Diarrhea	3
Anemia	3
Bronchial asthma, bronchiolitis	3
Otitis media	3
Intestinal parasitic infections	3
Febrile seizures	3
Transient tachypnoea of the newborn	3
Neonatal jaundice	3
Drug reactions	3
Common injuries, minor burns, nappy rash	3
Feeding disorders	3
Poisoning	1
Common behavioral problems	2
Asphyxia neonatorum,	1
Neonatal injuries	1
Congenital abnormalities	1
Developmental delays, Mental retardation	1
Strabismus	2
Concussion	1
Neonatal sepsis	1
Neonatal tetanus	1
Sepsis/Bacteraemia	1
Shock	1
Status asthmaticus	1
Status epilepticus	1
Meningitis and Encephalitis	1
Inborn Errors of metabolism	1
Common malignancies	1
Common pediatric surgical problems	2
Acute abdomen	2
Trauma with severe injury	2

SKILLS:

Pediatric history taking and physical examination	3
Neonatal examination and assessment	3
Well child care, nutrition & feeding advice	3
Rehydration	3
Developmental assessment and Growth monitoring	3
Immunization schedules	3
Neonatal resuscitation and prepare for transport.	3
Lumbar puncture	3
Blood sampling	3
Paracentesis	3
Venesection	3
Intubation	3
Oxygen administration	3

SELECT PATIENTS AND REFER FOR:

Juvenile diabetes mellitus  
Behavioral problems  
Developmental delays

DERMATOLOGY

Acne	3
Dermatitis	3
Carbuncles and furuncles	3
Cellulites	3
Drug rashes	2
Eczema	3
Fungal skin infections	3
Herpes simplex and zoster	3
Impetigo	3
Keratoses	2
Pediculosis	3
Molluscum contagiosum	3
Paronychia	3
Psoriasis	2
Scabies	3
Seborrheic dermatitis	3
Urticaria	2
Pemphigus vulgaris, severe drug reactions	1
Skin cancers	1
Systemic Lupus erythematosus	1
<u>SKILLS</u>	
Excision of superficial lesions	3
Skin biopsy	3
Skin scraping for fungus or scabies	3
Cautery of superficial lesions	2
<u>ORTHOPEDICS</u>	
Monoarthritis	3
Polyarthritis	3
Bursitis and Tendinitis	3
Carpal tunnel syndrome	2
Contusions	3
Foot care of diabetic patients	3
Low back pain	3
Osteoporosis	3
Sprains and Strains	3
Superficial stasis ulcers	3
Avascular necrosis of femoral neck	2
Gangrene	1
Compartment syndromes	1
Simple fractures	3
Compound, comminuted, open fractures	1
Congenital hip dislocation	1
Osteomyelitis	1
Poliomyelitis requiring reconstruction or appliances	1
Septic joints	1
Spinal disc protrusion with neurologic impairment	1
Spondylolisthesis with neurologic impairment	1
Tuberculosis of the bones and joints	1
<u>SKILLS</u>	
Rheumatologic examination of all joints and bones	3
Deliver adequate pre-and post-operative ambulatory care	3
Aspiration of joint effusions and injection into joints	2
Dressing of wounds and bandaging of sprained joints	3
Physical therapy for rehabilitation of injured joints	2
Radiologic description of fracture position and healing	2
Safe transport of orthopedic trauma	3
Safe and effective splinting of fractures	3
<u>INTERPRET REPORTS OF SELECT TESTS/PROCEDURES:</u>	
Computed tomography scans, MRI and Myelogram	

## OPHTHALMOLOGY

Blepharitis	3
Conjunctivitis	3
Corneal abrasion	2
Evaluation of the red eye	3
Hordeolum (styes)	3
Ophthalmia neonatorum	2
Periorbital cellulitis	2
Trachoma infections	2
Episcleritis	2

## SELECT PATIENTS AND REFER FOR:

Acute visual loss  
Cataract  
Corneal ulceration and its complications  
Diabetic retinopathy  
Disorders of accommodation  
Herpetic infections  
Glaucoma  
Orbital and Intraocular tumors  
Ocular manifestations of systemic diseases  
Ocular manifestations of neurological diseases  
Orbital cellulitis  
Retinal detachment  
Severe corneal or ophthalmic injury  
Strabismus  
Pterygium, chemosis  
Infections of the cornea, sclera and the uveal tract  
Trichiasis, entropion, ectropion, symblepharon, ptosis Diseases of the lacrimal passages

## SKILLS:

Ophthalmologic examination (cornea, lens and retina)	3
Assess the intraocular pressure and vision	3
Excision of a chalazion	2
Probe and wash a blocked nasolacrimal duct	2
Prescribe antimicrobial therapy for eye infections	3
Remove superficial foreign body from the cornea	2

## OTORHINOLARYNGOLOGY

Allergic, acute, atrophic rhinitis	3
Diphtheria	3
Epistaxis	2
Facial nerve paralysis (Bell's palsy)	3
Labyrinthitis	3
Otitis media and externa	3
Pharyngitis, Laryngitis	3
Sinusitis	3
Thrush	3
Tonsillitis	3
Viral respiratory tract infections	3
Acute airway obstruction specially epiglottitis	1
Cholesteatoma, Deafness	1
Nasal polyps, adenoids, injury, septal deviation, haematoma.	1
Oropharyngeal/nasal carcinomas or other tumors	1
Penetrating facial or neck injuries	1
Peritonsillar, retropharyngeal or mastoid abscess	1
Recurrent sinusitis or otitis media requiring surgical therapy	1
Thyroid nodules	2
Vincent's angina	2
Vocal cord abnormalities	1

## SKILLS

Ear, nose and throat examination	3
Ear wax removal	3
Nasal packing for control of epistaxis	3
Removal of foreign body from nose or external ear	3

SELECT PATIENTS AND REFER FOR:

Laryngoscopy & foreign body removal from airway or esophagus  
 Nasal septum repair, sinus drainage  
 Tonsillectomy  
 Tympanoplasty and tympanocentesis

PSYCHIATRY

Anxiety disorders	3
Depression	3
Family crisis counselling	3
Somatoform disorders	3
Substance abuse rehabilitation	2
Depression	3
Suicidal patients	1
Psychotic disorders	1
Violent patients	1

SKILLS

Take a psychiatric history	3
Assess mental status	3
Sedate acutely psychotic patients	3
Use psychotropic drugs appropriately & rationally	3
Provide supportive psychotherapy	3

RADIOLOGY

INTERPRET AND DESCRIBE FINDINGS IN:

Abdominal films (plain) for obstruction, perforation, stones;	3
Bone radiographs for dislocations, arthritis and fractures including normal healing, delayed healing or malunion;	3
Chest x rays for effusions, infiltrates, congestive failure	
Tuberculosis, cardiomegaly, neoplasm;	3
Intravenous pyelogram for gross obstruction / renal function;	3
Paranasal sinus films for haziness and fluid;	3
Skull x-rays	3
Spine x-rays of the cervical, thoracic or lumbar spine for collapse, osteoporosis and arthritis;	3

INTERPRET REPORTS OF TESTS/PROCEDURES :

Abdominal ultrasound  
  
 Barium studies  
 Computed tomography  
 Magnetic resonance imaging  
 Myelogram  
 Pelvic ultrasound  
 Upper gastrointestinal series  
 Voiding cystourethrogram

RHEUMATOLOGY

Osteoarthritis	3
Rheumatoid arthritis	3
Systemic lupus erythematosus	2
Gout	3
Spondyloarthritis	3
Tenosynovitis	3
Frozen shoulder	3

Backache	3
Nerve entrapment syndromes	2
Septic arthritis	1
Osteomyelitis	1
Temporal arteritis and polymyalgia rheumatica	1
Polymyositis and dermatomyositis	1

SKILLS:

Joint and musculoskeletal examination	3
Intra articular and intra lesional steroid injections	2
Joint aspiration	2

INTERPRET REPORTS OF TESTS/PROCEDURES:

Synovial fluid analysis  
 Serum antibody profiles  
 X rays of the joints  
 MRI  
 Bone Densitometry  
 Bone scan

SKILLS	COMPETENCY LEVEL
Observe	1
Perform under supervision	2
Perform independently	3

GENERAL SKILLS                      COMPETENCY EXPECTED

Patient Centered History taking	3
General physical examination	3
Examination of chest (resp & cvs system)	3
Examination of abdomen	3
Examination of genitalia & digital rectal exam	3
Examination of limbs & joints	3
Examination of neonates & infants	3
Examination of CNS	3
Basic Life Support (BCLS)	3
Advanced Life support (ACLS)	3
Perform Anthropometric Measurements(MAC,FOC,Ht,Wt, )	3
Aseptic technique of wearing gloves	3
Prepare I/V infusions and injections	3
Give an Intramuscular injection	3
Give an Intravenous injection	3
Give a Intradermal injection	3
Pass a I/V cannula	3
Perform Suction Drainage in OR	3
Prepare ORS solution	3
Perform a ECG	3
Pass a Nasogastric Tube	3
Pass a Urinary Catheter	3

PREVENTIVE CARE IN FAMILY PRACTICE

Health Maintenance and Role of Screening	3
Immunization	3
Nutrition	3
Growth Monitoring	3
Care of a Newborn	3
Care of an Adolescent	3
Care of an elderly	3

LABORATORY SKILLS

Perform venepuncture with sterile technique	3
Arterial puncture for arterial blood gases	3
Urinalysis: Dipstick, Microscopy, Culture count	3



Pregnancy test	3
Interpret reports of Bone marrow and Fine Needle Aspiration	3
Perform Blood test for Malaria	2
Interpret complete blood picture	3
Interpret stool report and occult blood test	3
Interpret Sputum report and AFB	3
Interpret reports of throat swab culture	3
Interpret reports of urine culture	3
Interpret reports of Blood culture	3
Interpret reports of Biopsies	3
Interpret reports of Hepatitis	3
Estimate blood sugar by Glucometer	3
<u>EPIDEMIOLOGY IN MEDICINE (Descriptive &amp; Analytical)</u>	
Interpret incidence & prevalence rates for a given study	3
Explain the basic concepts of demography	3
Choose the appropriate study design for a given problem	3
Discuss the role of bias and confounding factors	3
Describe the strengths & limitations of epidemiological studies	3
Calculate the measures of association	2
Describe the screening test	3
<u>BIOSTATISTICS IN MEDICINE</u>	
<u>INFERENTIAL</u>	
Apply the principles of sampling distribution	2
Determine the Confidence Intervals for population means	2
Determine the required sample size for a given variable	2
Explain the procedure for applying the tests of significance	3
Apply the t-test between two sample means	2
Explain the importance of p-value	3
Apply the chi-square test on an appropriate data set	
Linear Regression tests of Significance are used	
<u>BASIC</u>	
Describe the importance of statistics in health related fields	3
Present data in tabular and graphic forms	3
Interpret data presented in tabular and graphic forms	3
Apply the basic rules of probability	2
Measures of central tendency and dispersion	2
Explain the properties of normal distribution	3
Compute the area under a normal curve from the z-table	2

## Introduction

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PMDC has recognized the Diploma in Family Medicine vide letter No.PF 1-F2008(1) (ZU)112547 dated 26 th January 2009 as post graduate Medical Qualification granted by Ziauddin University Karachi published in The gazette of Pakistan IV, Karachi Wednesday, March 18, 2009 Registered No. M-302

The course will focus on clinical postings in family medicine settings and it will also include case based interactive sessions, self-directed learning, seminars, hands on workshops and web based teaching

## Mission Statement

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To produce community oriented Family Physicians who will be able to provide comprehensive primary health care using evidence based medicine in a cost effective manner

## Objectives

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To develop the knowledge, skills, and attitudes needed to function competently and confidently as a family physician in a community.

To master the objectives of the comprehensive patient – centered program in a manner and with excellence as per requirement of international Family Medicine Guidelines

To ensure that graduates of our program are prepared to accept leadership roles in their communities in regard to community partnership in delivering of holistic medicine

## Assessment

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Assessment will consist of two parts, Continuous Assessment and Final Certification Examination.

### Continuous Assessment

- End of Rotation evaluation
  - Faculty Evaluation
  - Case Presentation and Participation in Journal club
  - Mini CEX / OSCE
  - Attendance of 80 % at the designated rotations is mandatory.
  - All candidates will be evaluated for their participation in CME, Journal club and periodic tests.
- The assessment will not be primarily concerned with the ability to memorize factual details but rather with the problem solving ability and an understanding of the holistic approach in the discipline concerned. The emphasis will be on the consultative and problem-solving ability, which the trainee is likely to confront when he/she is working independently.

## Eligibility Criteria

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### Pakistani Students

- MBBS / Medical Degree (Recognized Medical Institutions)
- Registration from PMDC

### Expatriates

- MBBS / Medical Degree (Recognized Medical Institutions)
- Registration from PMDC

### Non-Pakistani Students

- Medical Degree (Recognized Medical Institutions)
- NOC from Higher Education Commission Pakistan
- Permission from Ministry of Interior Pakistan
- Provisional Registration certificate of Two years from Pakistan Medical & Dental Council
- Student Visa for two years from the respective Pakistan Embassy

### Required Documents – For Pakistani Students Only

- Copy of MBBS degree
- Copy of PMDC registration

## Certification Exam – Administrative Rules and Regulations

A final certification exam will be held at end of two years. The examination is monitored by the Department of Examination with the support of the faculty of the department of Family Medicine.

To ensure that the examinations are held according to the standard conditions and that no examinee or group of examinees receives unfair advantage on the examination, students (examinees) must strictly adhere/ abide to the rules and regulations of the University.

### Eligibility to appear in Certification examination

- Minimum Attendance 80 % in each Rotation
- Minimum Attendance 80% in Didactic Teaching Sessions
- Taken all of the Continuous assessments at end of each term
- No outstanding dues
- Satisfactory evaluations from all rotations
- 200 CME hours from Aafp
- 1 published paper
- BLS and ACLS workshops done

### Fee Structure

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#### Course Fee

- Course Fee per Semester: US\$ 1500.00
- This fee is payable at the beginning of each semester
- Additional payment will be required for the skills workshops (BLS and ACLS)
- Total Fee for 4 Semesters: US\$ 6000.00
- Certification Examination Fee: US\$ 500.00
- Application Processing Fee: Rs. 3,000
- AaFP subscription for 2 years

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**KNOWLEDGE  
& BEYOND...**