

Block E Chapters Distribution and Guidance

For Second Year MBBS students of Khyber Medical University, Peshawar

Modules in Block-E: GIT and Renal

Modular Medical Circle

Physiology

GIT Module	Renal Module
<p>GIT Physiology</p> <p>Guyton Chapters: Unit# XII (Chapter 63-67)</p> <p>BRS Chapter#6 Page#195</p> <p>Recommended lectures:</p> <ul style="list-style-type: none">• Dr. Najeeb (Has covered ch#63 & 64 of Guyton only)• Brainless medicos (has covered Last ch#67 of Guyton)• Ninja Nerd (Youtube)• MBS Medilectures (Youtube)	<p>Renal Physiology</p> <p>Guyton Chapters: Unit# V (Chapter 25-32)</p> <p>BRS Chapter#5 Page#148</p> <p>Recommended lectures:</p> <ul style="list-style-type: none">• Dr. Najeeb lectures + His Lecture Notes• Ninja Nerd (Youtube)• MBS Medilectures (Youtube)

Tips:

GIT Physiology:

GIT physio is a bit easier in comparison with other portions. You can do it by just reading the text from Guyton without any lectures. BRS provides a good summary and integration. Using Guyton+BRS is a gold standard. If you can't understand it without lectures then do watch Dr Najeeb which covers first two chapters of GIT Physio from guyton. Watch remaining from Ninja Nerd especially Hormone lecture in the chapter "Secretary Functions of the Gastrointestinal tract ". Last chapter is explained well by brainless medicose. Or you can alternatively watch MBS lectures and read guyton.

Renal Physiology:

Must watch Dr. Najeeb lectures on renal physiology, use his notes, there is a pdf I'll share with you people in which someone has written all points of Dr. Najeeb, it made it so easy to watch dr najeeb. As Renal Physiology has less mcqs in the paper and has a lengthy unit in Guyton so most of the students don't prefer to do it from Guyton. If you have enough time after watching Dr. Najeeb go for Guyton but must read BRS alongside it as it will a lot easier to revise it from BRS. But if you don't have enough time after Dr. Najeeb just read 1st chapter from Guyton and use BRS for rest (it covers 95% of it). However BRS lacks Pathophysiology (Last chapter having Diseases) chapter do it from Guyton or Mini/Baby Guyton. If you are using guyton and face difficulty in understanding you can watch MBS lectures.

An Important Note:

WE usually recommend many resources especially video lectures, that does not mean that you have watch all of them, use only those from which you understand easily i.e. from which you can pick more in less time. This is for all subjects.

Biochemistry

GIT Module	Renal Module
<p>Satyanarayana Chapters:</p> <ul style="list-style-type: none"> Ch#11...Biological oxidation Ch#12...Introduction to Metabolism Ch#13...Metabolism of Carbohydrates Ch#14...Metabolism of lipids Ch#15...Metabolism of amino acids Ch#16...Integration of Metabolism Ch#8...Digestion and Absorption Ch#23...Nutrition Remaining Topics: Saliva, Gastric secretions, bile, Pancreatic secretions, intestinal juices etc... can be covered from physiology or you can do it from Mushtaq or Google/Youtube <p>Pankaja Naik Chapters:</p> <ul style="list-style-type: none"> Ch#8...biological oxidation Ch#9...Carbohydrate metabolism Ch#10...Lipid Metabolism Ch#11...Protein Metabolism Ch#12...Integration of metabolism and metabolism in starvation Nutritional Disorders...Page#348 (Ch#15) Remaining Topics: Saliva, Gastric secretions, bile, Pancreatic secretions, intestinal juices etc... can be covered from physiology or you can do it from Mushtaq or Google/Youtube 	<p>Satyanarayana Chapters:</p> <ul style="list-style-type: none"> Ch#21...Water, electrolyte and acid base balance Constituents of Urine...can be covered from practicals <p>Pankaja Naik Chapters:</p> <ul style="list-style-type: none"> Ch#23...Body water and Electrolytes Ch#24...Acid-base Balance Constituents of Urine...can be covered from practicals
<p>Recommended Resources: Kaplan Lectures (Sam Turco) Dr. Rajesh Jambulkhar Ninja Nerd (Youtube) Dr Mungli (Youtube)</p>	<p>Recommended resources: Dr. Najeeb (acid-base balance) Ninja Nerd lectures Dr. Rajesh Jambulkhar</p>

Tips:

Metabolism:

Some people prefer to use multiple books for metabolism but I won't suggest that at all as metabolism is not something very conceptual. Rather it is more volatile so using one book is a good strategy. Use any of the two books mentioned above i.e. Satya or Pankaja Naik.

Watching Kaplan lectures are very helpful in understanding the whole thing. Space repetitions can be beneficial in memorizing the pathways. **In short watch** Kaplan & then read satya/pankaja. If you are not comfortable with Kaplan then go Dr. Rajesh (Youtube)

Electrolyte and Acid base balance: these topics can be easily understood from book however you can watch the lectures recommended above.

Anatomy

GIT Module	Renal Module
Abdomen anatomy except urinary system Snell's Chapters: Ch#6....Abdomen Part-I Ch#7....Abdomen Part-II (Except Urinary System Part i.e. from page 379-399)	Urinary System Anatomy Snell's Chapters: Urinary system portion of Ch#7....Abdomen Part-II (page#379-399) +Selective topics from Pelvis and Perineum including urinary bladder, urethra and prostate gland.
Recommended Lectures: <ol style="list-style-type: none"> 1. Dr. Adel Bondok (youtube) 2. Acland's video atlas 3. Dr. Sumit Gupta 4. Dr. Rajesh k Kaushal (youtube) 	

Tips:

Follow your own way of understanding anatomy which you are using until now. I personally use visual memory approach for anatomy. Watch any video among the sources mentioned above then study it from Snell's alongside use netter's atlas. For revision use a short book Short snell/Essence/BRS Anatomy. I personally used short snell.
 Anatomy course in this block relatively is more as compared to the marks assigned to it.

Histology

GIT Module	Renal Module
Laiq Hussain's (6th edition) Chapters: Ch#18...Digestive tract Ch#19...Organs associated with digestive Tract (excluding salivary glands)	Laiq Hussain's (6th edition) Chapters: Ch#20...Urinary system

Note: For tips and resources of histology see our block D guidance.

Embryology

GIT Module	Renal Module
Langman's (14th edition) Chapters: Ch#15...Digestive System + Development of Tongue...On Page#297 in Ch#17	Langman's (14th edition) Chapters: Ch#16...Half: Urinary System Portion Only (Page#256-266)

Note: For tips and resources of Embryology see our block D guidance.

For embro and histo, if you are short of time, BRS is a good alternate but its language is a bit difficult.

Minor/Side subjects and PRIME

Subject	GIT Module	Renal Module
Pathology	<ul style="list-style-type: none"> • Carcinoma of Esophagus • Peptic ulcer disease • Acute/ chronic viral hepatitis • Carcinoma of colon and Rectum 	<ul style="list-style-type: none"> • Smoky urine • Renal disorders • Systemic disease affecting kidneys • Renal failure • Urinary stones • Glomerular diseases • Classification of kidney disorders • Nephrotic syndrome • common pathologies of perineal region
ENT	<ul style="list-style-type: none"> • Oral ulceration 	
Pharmacology	<ul style="list-style-type: none"> • Drugs used in Peptic ulcer • First pass hepatic metabolism of drugs • Hepatotoxic drugs • Anti-diarrheal drugs • Drugs for constipation 	<ul style="list-style-type: none"> • Nephrotoxic drugs • Drugs acting on the renal system (Diuretics)
Forensic Medicine	<ul style="list-style-type: none"> • Poisons identification through gastric lavage • Hepatotoxic poisons 	
Medicine	<ul style="list-style-type: none"> • GERD and Peptic ulcer • Liver cirrhosis • hyperlipidemias 	<ul style="list-style-type: none"> • Dialysis • Patient with excessive urination • Patient with continuous dribbling of urine (Urinary Incontinence)
Surgery	<ul style="list-style-type: none"> • Peptic ulcer • Lump in the abdomen • Acute pancreatitis • Obstructive jaundice • Colorectal malignancies 	<ul style="list-style-type: none"> • Urinary retention
Community Medicine	<ul style="list-style-type: none"> • Hepatitis B and C virus infection • Food borne infection 	<ul style="list-style-type: none"> • Quality of life in problems of prostate
Paediatrics	<ul style="list-style-type: none"> • Acute gastroenteritis 	
Radiology		<ul style="list-style-type: none"> • Radiological diagnosis of urinary pathologies

Tips for Minors: See our block D guidance

For any question or further detail feel free to inbox our page or email us at:

modularmedicalcircle1@gmail.com

Written by: Farhad Khan,
Batch 2k25 NMC

Revised by: Saqib Islam,
Batch, 2k25 BMC