### Paper-J (Neurosciences-2)

Table-1: MCQs

Subject	Total MCQs
Pharmacology	20
Pathology	22
Forensic medicine	18
Community	27
medicine	
PRIME	02
Medicine	11
Psychiatry	09
Neurosurgery	02
Pediatrics	05
Anaesthesia	03
Family medicine	01
Total	120

Table-2: OSPE/OSCE

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Subject	Viva stations	Total OSPE/OSCE stations	Total stations
Pharmacology	2	3	5
Pathology	2	2	4
Forensic medicine	2	2	4
Community medicine	2	3	5
Medicine (Neurological examination)	X	1	1
Psychiatry (counselling)	X	1	1
Total	8	12	20

<sup>\*</sup> A minimum of 20 stations will be used in final exams. Total marks will be 120 (6 marks for each station).

### OSPE#4

The table below describes the number of illnesses and deaths caused by Covid-19 in three communities. Which community reports the lowest case-fatality rate associated with Covid-19? (total marks: 06)

	Deaths from Covid-19	Sick from Covid-19
Community A	100	150
Community B	300	400
Community C	300	500

Coronavirus
Case Fatality
Rate

Number of people who die from coronavirus

Number of people who test positive for coronavirus

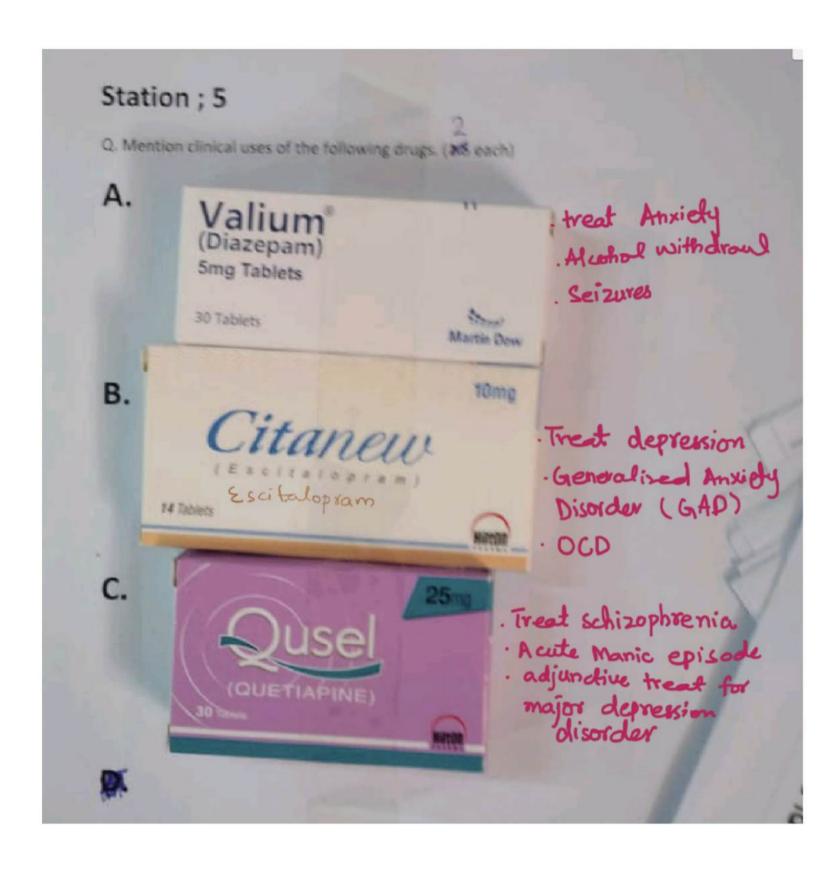
\* 100 =

Case Fatality
Rate expressed
as a percentage

(1)  $100 \times 100 = 67.1$ .

(2)  $300 \times 100 = 75.1$ .

(3)  $300 \times 100 = 60.1$ (3)  $300 \times 100 = 60.1$ 



Opening pressure

White blood cell count

Cell differential

Protein

CSF-to-serum glucose ratio

Elevated

≥1,000 per mm³

Predominance of

PMNs\*

Mild to marked

elevation

Normal to marked decrease

PMNs= polymorphonuclear cells, neutrophils

Carefully observe the above given report of cerebrospinal fluid examination ,it is the report of a 20 year old boy who came to Emergency with complaints of severe headache and vomiting and drowsiness.

- 1. What type of infection is shown by this report? (2)
- 2. Enumerate two differences between CSF reports of bacterial and viral meningitis . (2)
- 3. Which stain is used if tuberculous, infection is suspected? (2)

1 -

Bacterial -> Neutrophils

Viral -> Lymphocytes
Normal CSF Glucose

3. Ziehl Nelson Stain

## Station; 9

Write prescription for 35 yrs old Shiraz having depression after sad demise of his parents 06 months back.

Dr. ABC MBBS PCPS HMC Peshawan Phono No: 0312XXXXXX

gender: Pt Name: XYZ Age:

Date: Address:

Dx: Depression

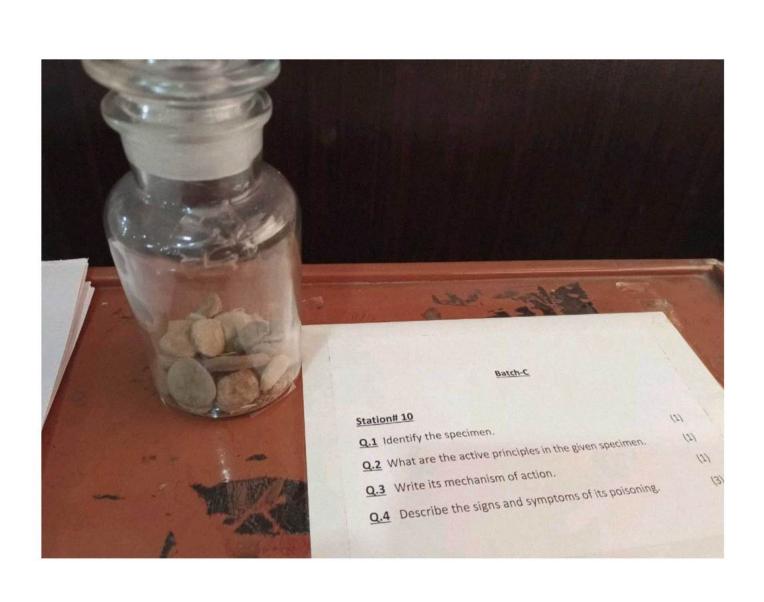
RX:

1) Tab Escitalopram 10 mg UKolo 6 & ijjaj & \$1

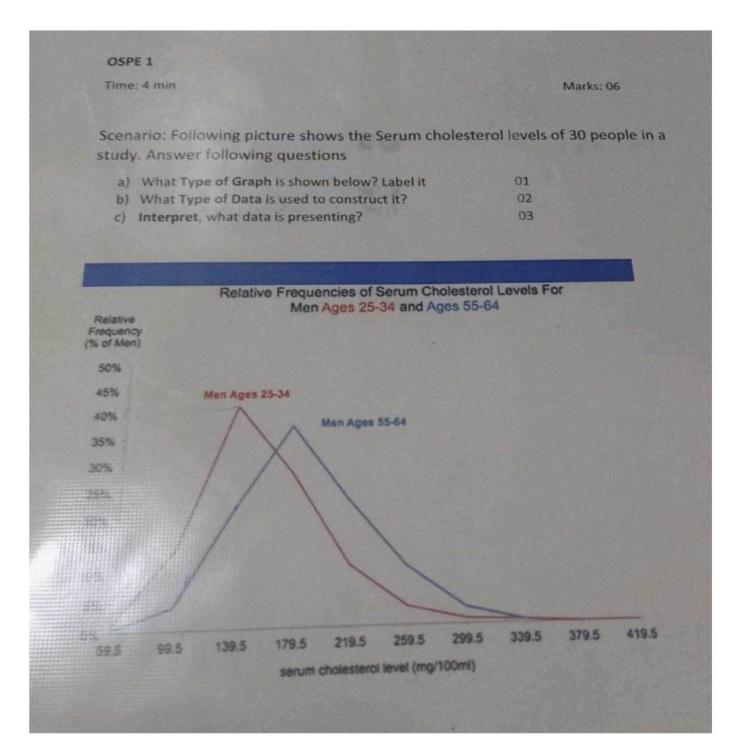
2) Tab Alprazolam O.Tmg LLobol & July Jily (1)

- L/N

Signature.

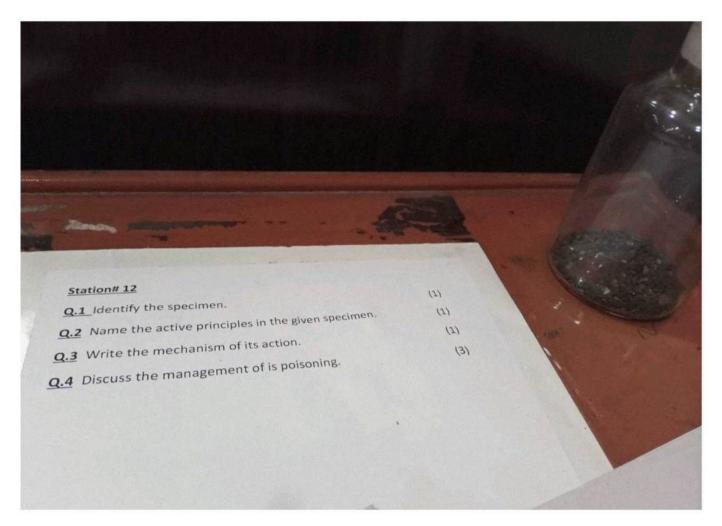


- 1- Nux vomica
- 2- Strychnine + Brucine
- 3. Block Neuroinhibitory post synaptic glycine
- 4. Anxiety, Agitation, muscular spasm, convulsion, hyperthermia, twitching, renal dysfunction, hyperthermia, respiratory and cardina dysfunction



- 1 Frequency polygon
- 2- Continuous quantitative data
- 3. Men Age 25-34 has cholesterol level 139.7 mg/100ml at relative frequency of 40%.

Men Age 55-64 has cholesterol level 180mg/100ml at relative frequency of 35%.



## 1- Dhatura Seeds

- 2 Dhatura active ingredients Levohyoscyamine Hyoscine (Scopolamine) Traces of atropine
  - 4-Dhatura antidote
    Physostigmine or neostigmine
- 3 · Signs and symptoms of dhatura poisoning 9 DS
  Dryness of mouth
  Dryness of throat
  Difficulty in talking (Dysarthria)
  Dysphagia
  Dilated pupil
  Drunken gait
  Dilatation of cutaneous blood vessels
  Dry hot skin
  Delirium (muttering delirium)
  Drowsiness

Dhatura Manegent

Stomach wash
with KMn04

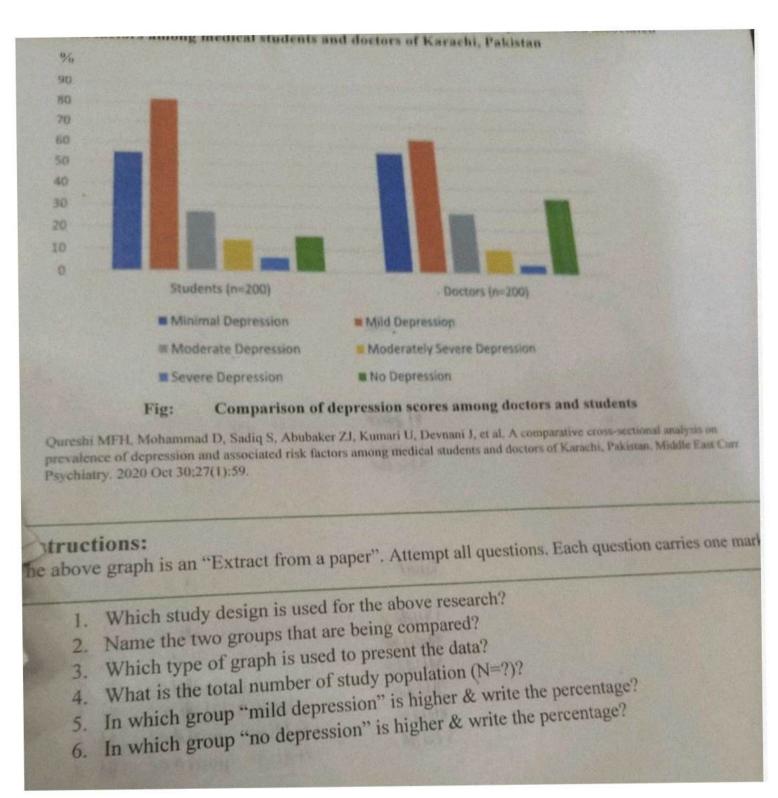
Antidote ->
Physostigmin
or Neostigmin
Pergatives and
beneficial

The table below describes the number of illnesses and deaths caused by Covid-19 in three communities. Which community reports the lowest case-fatality rate associated with Covid-19?

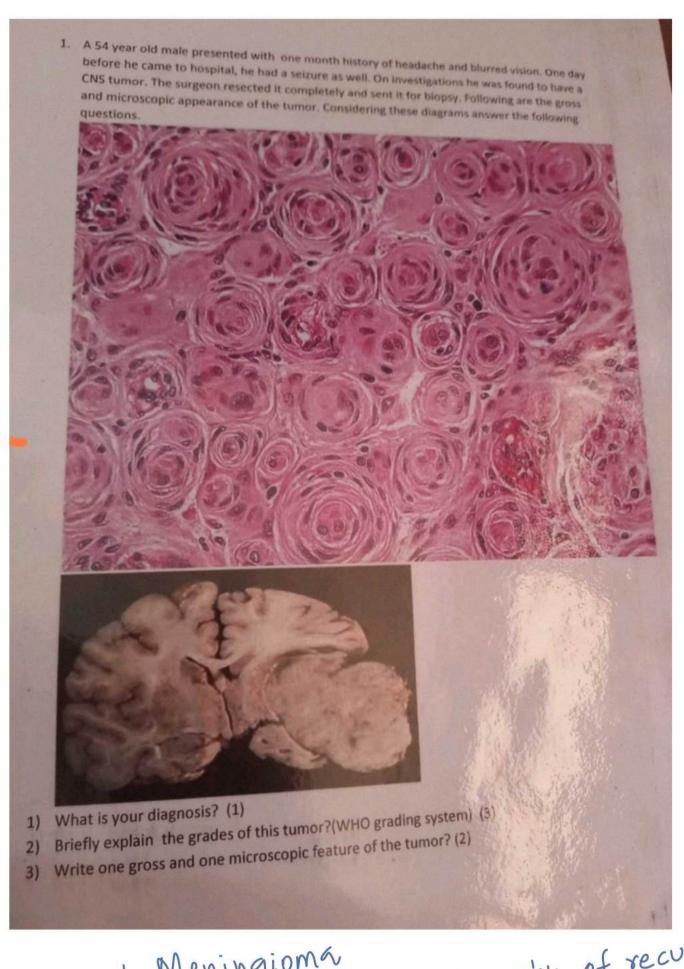
	-46116 +	ks: 06)
Community A Community B	Covid-19	Sick from Covid-19
Community C	300	150 400
		500

100 X 100 A

Z 300 X180



1- Cross Sectional
2- Doctors and Students
5. Bar chart
4- 400
5- Students 80%
6- Doctors 35%



L- Meningioma

2- Grade 1-> relative low risk of recurrence or agriculty

Crade 2-> Atypical meningioma

Crade 3-> Anaplastic maningioma

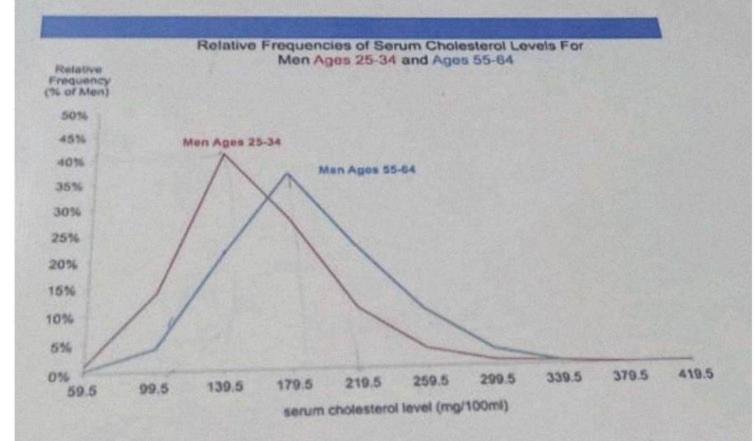
Crade 3-> Anaplastic maningioma

3. Microscopic -> psamoma bodies + whov! pattern

Gross -> firm, well circumscribed

Scenario: Following picture shows the Serum cholesterol levels of 30 people in a study. Answer following questions

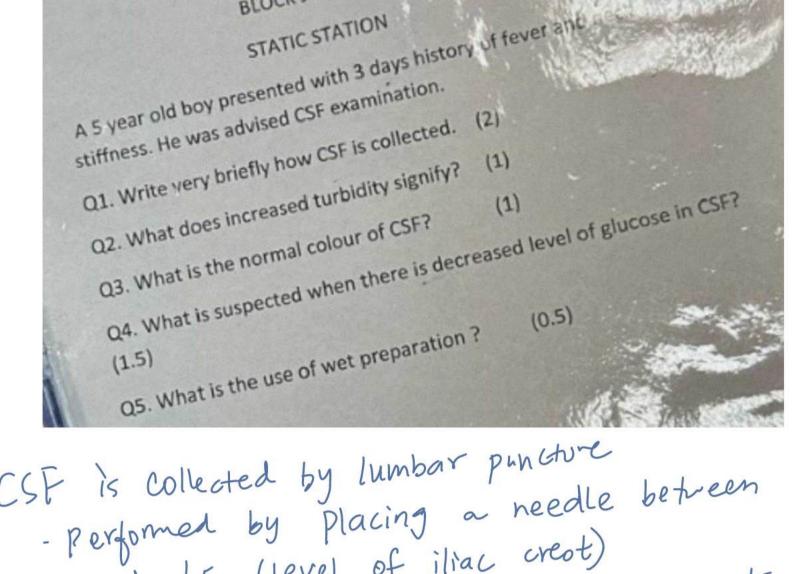
(1)	What Type of Graph is shown below? Label it	01
6)	What Type of Data is used to construct it?	02
cl	Interpret, what data is presenting?	03



Flevated Opening pressure ≥1,000 per mm<sup>3</sup> White blood cell count Predominance of Cell differential PMNs\* Mild to marked Protein elevation Normal to marked CSF-to-serum glucose decrease ratio PMNs= polymorphonuclear cells, neutrophils

Carefully observe the above given report of cerebrospinal fluid examination ,it is the report of a 20 year old boy who came to Emergency with complaints of severe headache and vomiting and drowsiness.

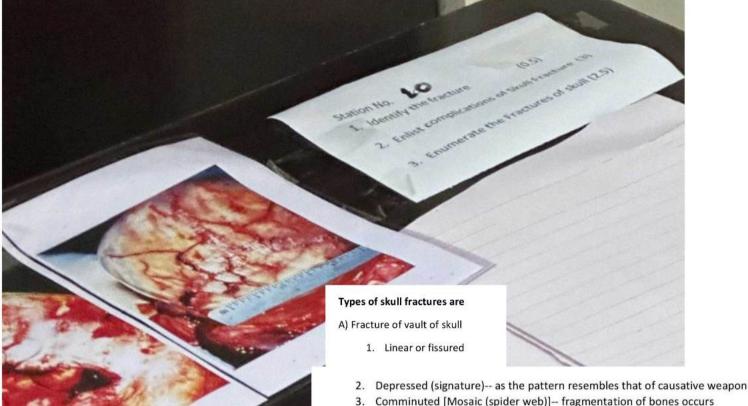
- 1. What type of infection is shown by this report? (2)
- 2. Enumerate two differences between CSF reports of bacterial and viral meningitis . (2)
- 3. Which stain is used if tuberculous infection is suspected? (2)
  - 2. Viral -> Normal glucose, Lymphocytes
    Bacterial -> Low glucose, Neutrophils
    3. Ziehl Nelson Stain meningitis



(1) CSF is collected by lumbar puncture Ly and Ls (level of iliac creat) - Layers crossed include 8kin, ligaments, epidural Space, dura and arachnoid - CSF is withdrawn from subarachnoid space - 30 ml volume collection is considered safe Bacterial, viral, fungal wening, in (2) Multiple scleross Subarachnord hemormage GBS CNS Tumors

Colorless and transparent (4) Bacterial or Fungal mening itis

- Detection of microorganisms (cryptococcus)
- Detection of microorganisms Wot preparation/ wet mount for - Detection of WBCs, RBCr -Detection of tomor cells



# 1- Linear Fracture

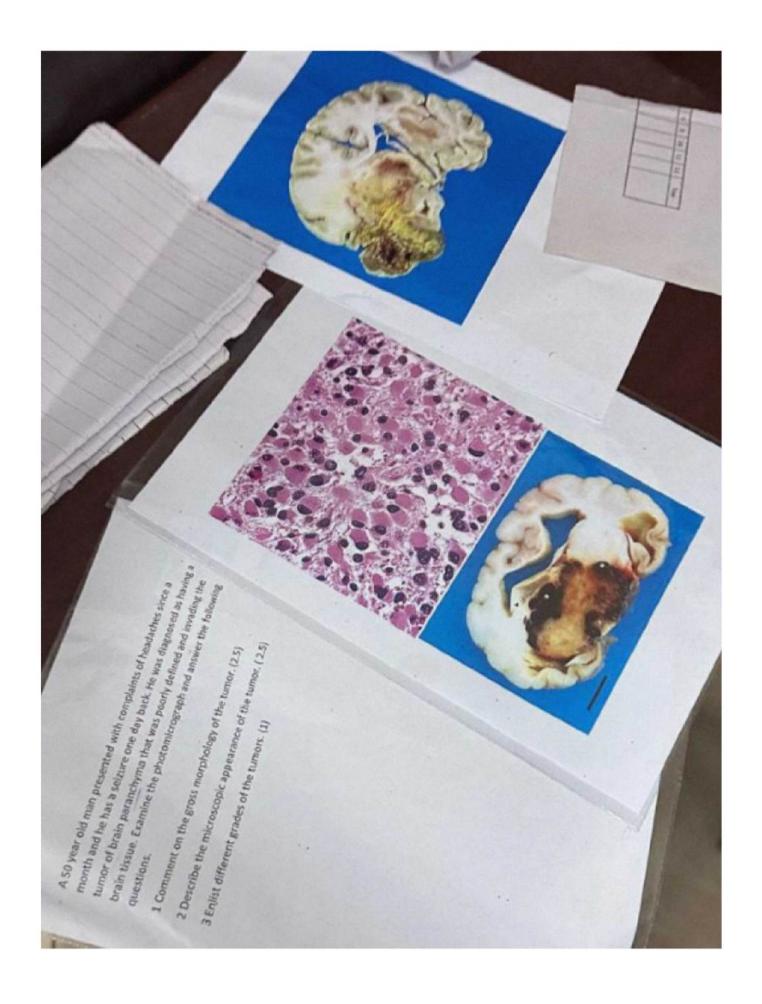
- 3. Comminuted [Mosaic (spider web)] -- fragmentation of bones occurs
- 4. Pond or indented --occurs only in skull of infants
- 5. Gutter --when part of the thickness of skull bone is removed so as to form a gutter or furrow
- 6. Diastatic or sutural -- along the line of sutures of skull
- 7. Perforating
- 8. Cut fracture

B) Fracture of base of skull (basilar fracture)

- 1. Linear or fissured
- 2. Ring --This is a fissured fracture that occurs round the foramen magnum in posterior cranial
- 3. Hinge --linear fracture that passes across the floor of middle cranial fossa, often following the petrous temporal or greater wing of sphenoid bone into pituitary fossa on both sides thus separating the base of skull into two halves--- motorcyclist's fracture
- 5. Secondary

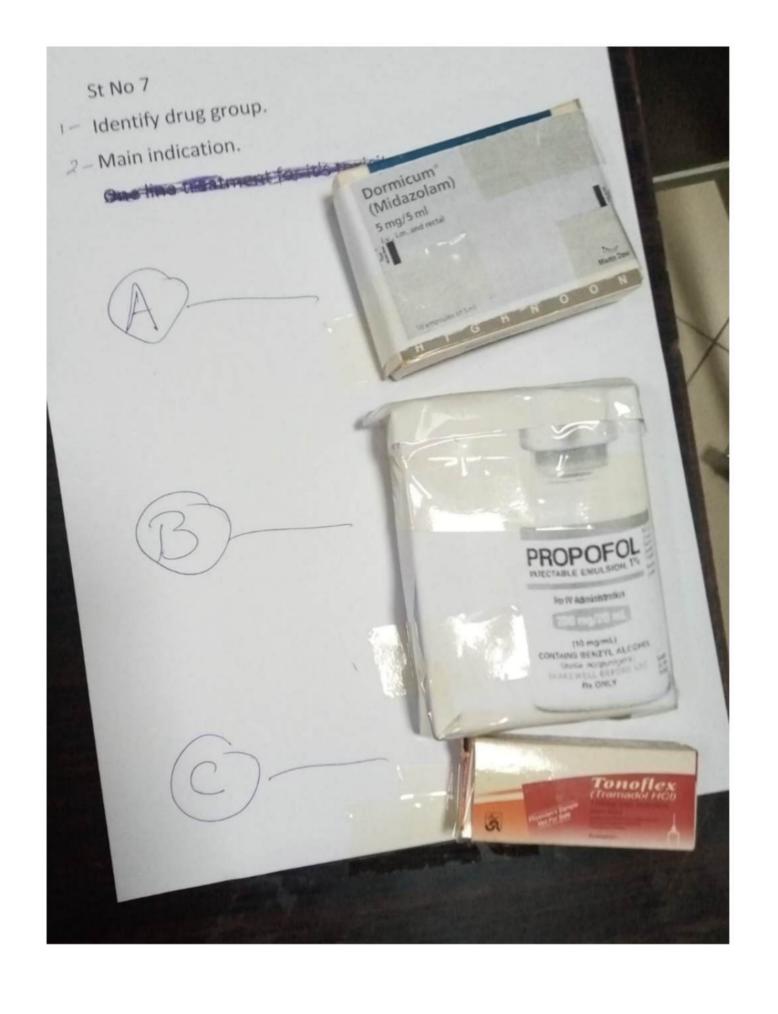
Complication of skull fracture 2- Injury to brain Intracranial hemorrhage fracture of anterior cranial fossa may involve frontal, ethmoidal or sphenoidal air sinuses

Intracranial infections - meningitis/encephalitis Cranial pneumatocele or pneumocranium Cranial nerve injury Traumatic epilepsy CSf otorrhea Coma Cerebral edema Increased intracranial pressure/tension Death





Linear Fracture



St. 8

Q. What is the management of status epilepticus? (2)

Q. Pathognomonic adverse effects of phemytoin sodium?

Q. Classify drugs used for Parkinsonism.

Q. Classify drugs used for use of Carbidopa and levodopa in combination (0.5)

Q. Rationale for use of Carbidopa and levodopa in combination (0.5)

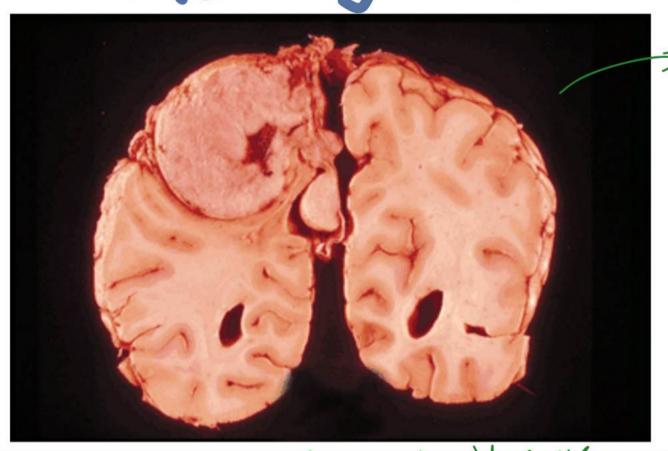
## Intensity: Active and Passive Surveillance\*

- Active: A systematic and comprehensive solicitation of case data by designated staff supported for that purpose.
- Passive: The collection of case data based on voluntary compliance of reporting by physicians, other healthcare workers and laboratories.

## Active vs passive surveillance

- · Passive surveillance
  - Issue case definition
  - Wait for cases to be reported
- Active surveillance
  - Go looking for cases
  - E.g., MD offices, hospitals, pathology departments

Meningioma



circums control

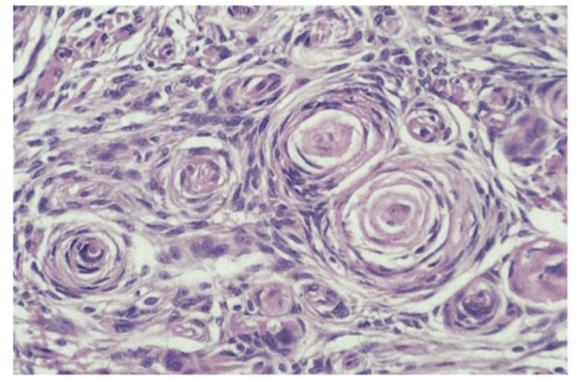
· Benign Tumor of Arachmed Cells

· Histology -> whorled pattern,

psammoma budies (calcfication

arranged in

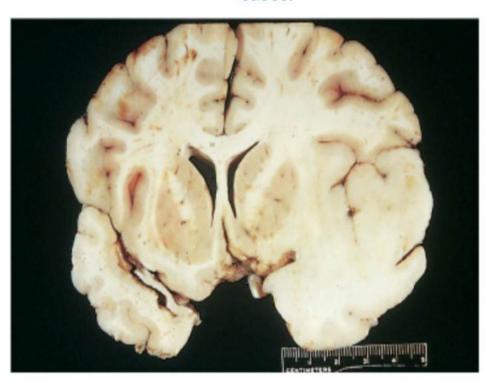
whoms)



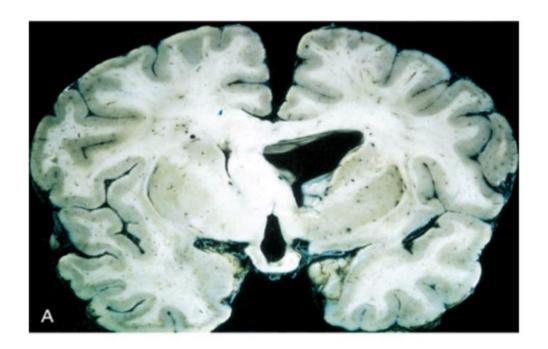
· may present as seizures



Well-differentiated infiltrating astrocytoma. The right temporal lobe contains an infiltrative, homogeneous lesion that has expanded the lobe and obscured the normal boundaries between gray and white matter. Because of the ill-defined borders, surgical resection seldom removes all the tumor in such cases.



Low-grade astrocytoma is seen as expanded white matter of the left cerebral hemisphere



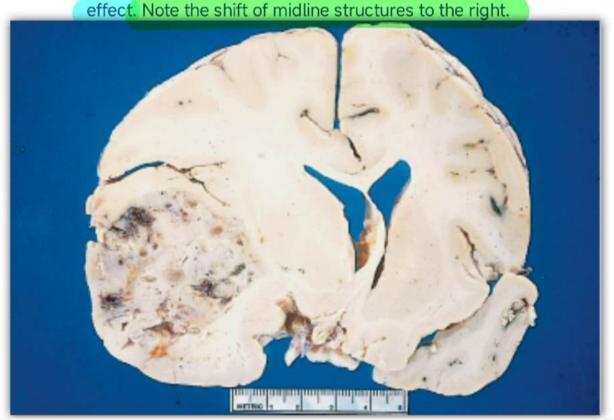
# Glioblastoma Multiforme

Glioblastoma multiforme appearing as a necrotic, hemorrhagic, infiltrating mass



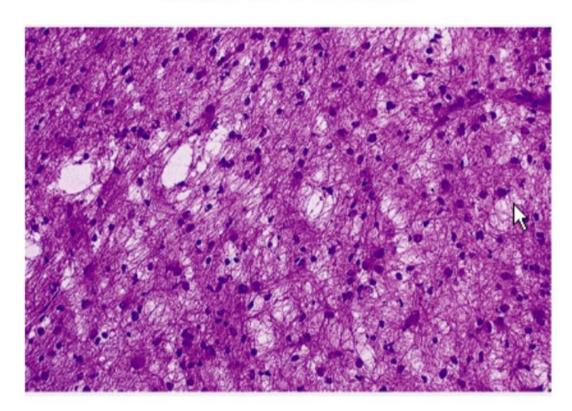
Glioblastoma multiforme. In contrast to the well-differentiated infiltrating astrocytoma in, this glioblastoma contains irregular areas of discoloration and cystic change, reflecting the presence of necrosis and hemorrhage.

These lesions are widely infiltrative and associated with considerable mass





Astrocytoma. Moderately pleomorphic, neoplastic astrocytes infiltrate the white matter.



Glioma at the left shows greater cellularity and pleomorphism than adjacent brain at the right, but the margin is not distinct.



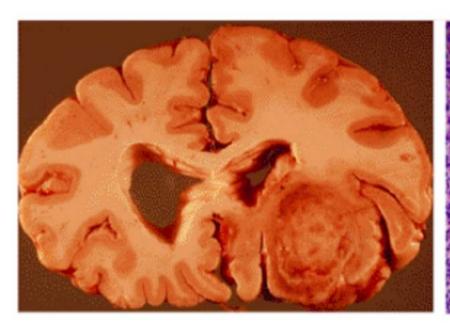
Wiown

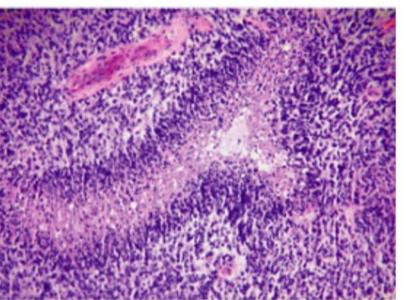
Glioblastoma Multiforme

Glioblastoma multiforme.

A .Necrotic, hemorrhagic, expansile mass

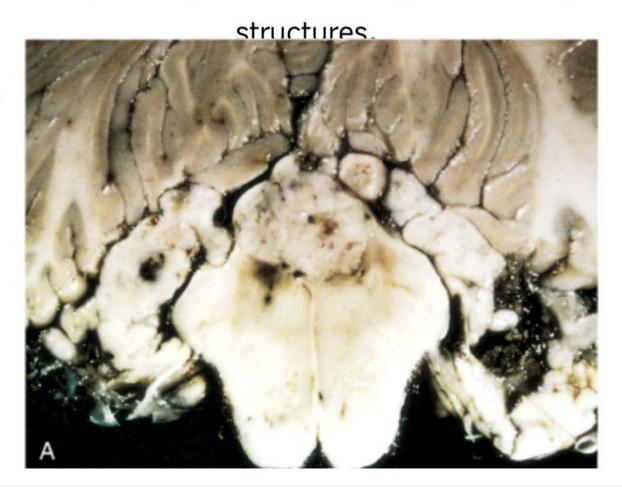
B. Tumor necrosis, surrounded by pseudopalisaded tumor cells





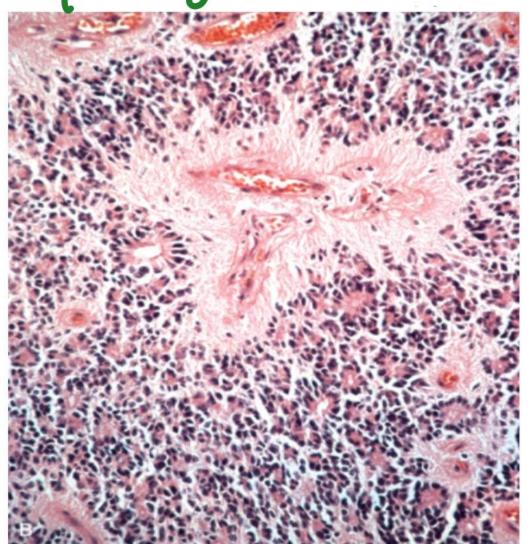
Ependymoma

Tumor growing into the fourth ventricle, distorting, compressing, and infiltrating surrounding

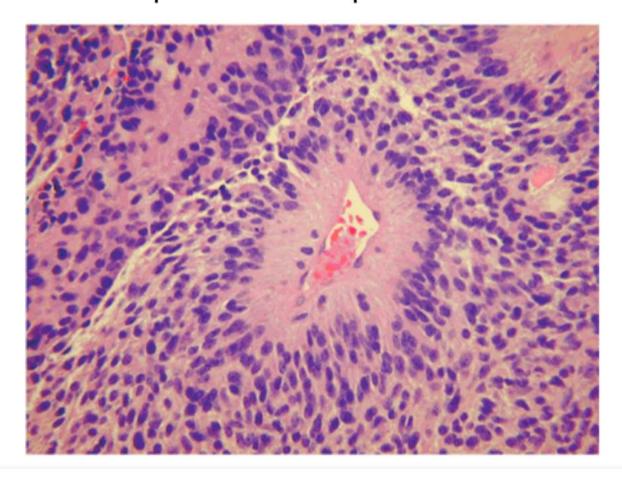


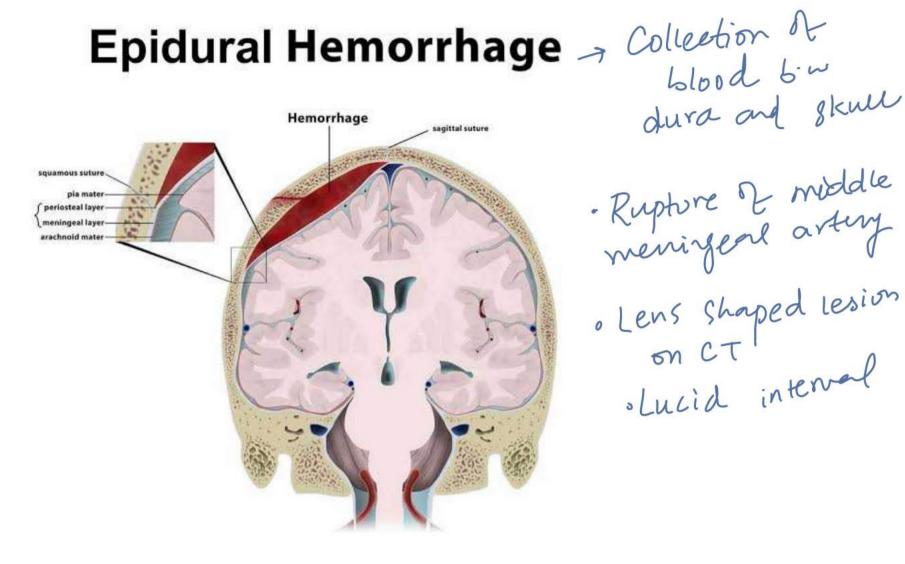
Ependymoma

Microscopic appearance of ependymom a.



Ependymoma. A microscopic section shows a perivascular pseudorosette.



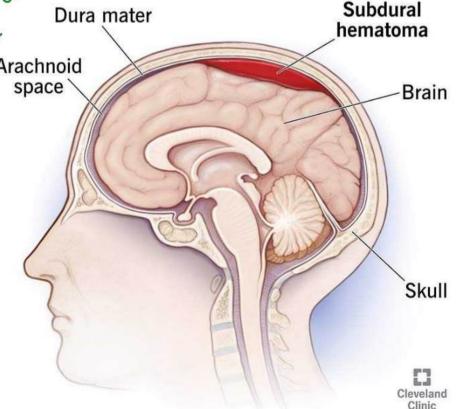


· Rupture 2 middle meningent arting

· Lens shaped lesion on CT · Lucid interval

· Collection of blood underneath The dura (

· Due to tearing of bridging veins Subdural Hematoma that lie between dwar Ariand arachnoid Ariand Arachnoid · Crescent shaped lesion space



©2023

- \* demyelination of CNS multiple sclerosis \* demyelination of PNS Guillain Barre syndrome

	Pilocytic astrocytoma	Glioblastoma Multiforme	Oligodendroglioma	Ependymoma
MC site	Cerebellum	Cerebral hemisphere	Cerebral Cortex (white matter)	4 <sup>th</sup> Ventricle
Gross	<ul><li>Well</li><li>circumscribed</li><li>Cystic</li></ul>	Butterfly tumor	Gelatinous mass	Well demarcated
Microscopy	Rosenthal fibres	<ul> <li>Pleomorphic</li> <li>Pseudopalisading necrosis</li> <li>Mitosis</li> </ul>	<ul><li>Fried egg cell</li><li>Calcification</li></ul>	Rosettes, Pseudorosettos Blepharo

	Meningioma	Medulloblastoma	Schwannomas
MC site	<ul> <li>Arise from Arachnoid</li> <li>Lateral Cerebral</li> <li>Convexities</li> </ul>	Cerebellum	8 <sup>th</sup> nerve (Acoustic)
Gross D GB	- Well circumscribed	Grey- white mass	<ul> <li>Encapsulated</li> <li>Eccentric</li> <li>Does not infiltrate nerve</li> </ul>
Microscopy	<ul><li>Whorled pattern</li><li>Psammoma bodies</li></ul>	<ul><li>Home Wright Rosettes</li></ul>	<ul> <li>Antoni A → Cellular areas (Verocay body)</li> <li>Antoni B → L areas</li> </ul>

- \* Astrocytes -> principal cells responsible for repair and scar formation in brain
- \* Oligodendrocytes -> myelination of CNS
- \* Ependymal Cells -> line the ventricular system
- \* Microglia -> Macrophages of CNS

## Microscopic features Well-differentiated fibrillary astrocytomas

- A mild to moderate increase in the number of glial cell nuclei,
- Somewhat variable nuclear pleomorphism, and
- An intervening feltwork of fine, (gfap-positive astrocytic cell processes that give the background a fibrillary appearance)
- The transition between neoplastic and normal tissue is indistinct, and tumor cells can be seen infiltrating normal tissue at some distance from the main lesion.

### Anaplastic astrocytomas

show regions that are

- More densely cellular
- · Greater nuclear pleomorphism;
- Increased mitoses often



### The highest grade tumor(Glioblastoma)

- Histologic appearance similar to anaplastic astrocytoma
- with the additional features of necrosis and vascular or endothelial cell proliferation
- Necrosis in serpentine pattern,
- occurs in areas of hypercellularity with highly malignant tumor cells crowded along the edges of the necrotic regions, pseudopalisading

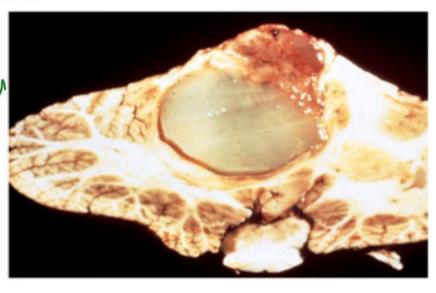
- Vascular cell proliferation is characterized by tufts of piled-up vascular cells that bulge into the vascular lumen; the minimal criterion for this feature of glioblastoma is a double layer of endothelial cells.
- When vascular cell proliferation is extreme, the tuft forms a ball-like structure, the Glomeruloid body
- (VEGF), produced by malignant astrocytes, perhaps in response to hypoxia,

### Pilocytic Astrocytoma

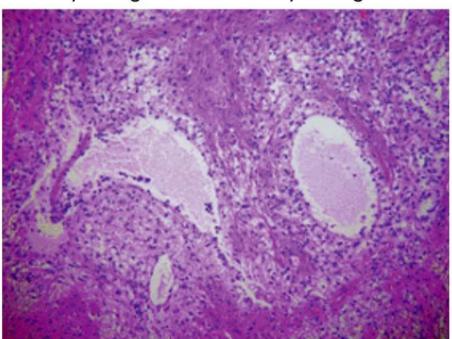
- Distinguished from the other types by their pathologic appearance and relatively benign behavior.
- Children and young adults
- Located in the cerebellum but may also appear in the floor and walls of the third ventricle, the optic nerves
- On macroscopic examination, a pilocytic astrocytoma is often cystic, with a mural nodule in the wall of the cyst
- · If solid, it may be well circumscribed or, less frequently, infiltrative.

· well circumscrb. o · Child "Cerebellum Roscuthal fiberc GPAP positive





Pilocytic astrocytoma. A section of a cerebellar tumor reveals cystic areas containing neoplastic astrocytes against a fibrillary background.

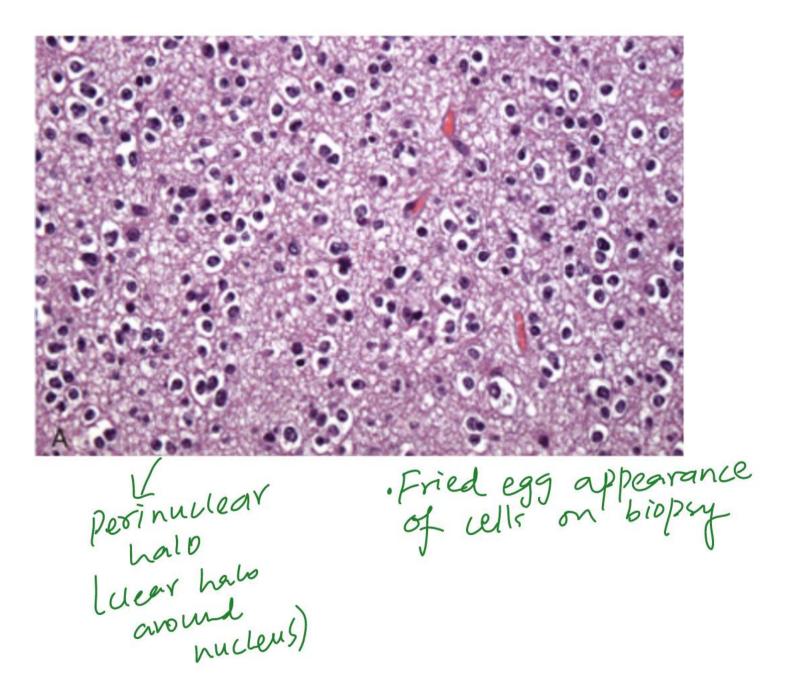


## Oligodendroglioma Morphology

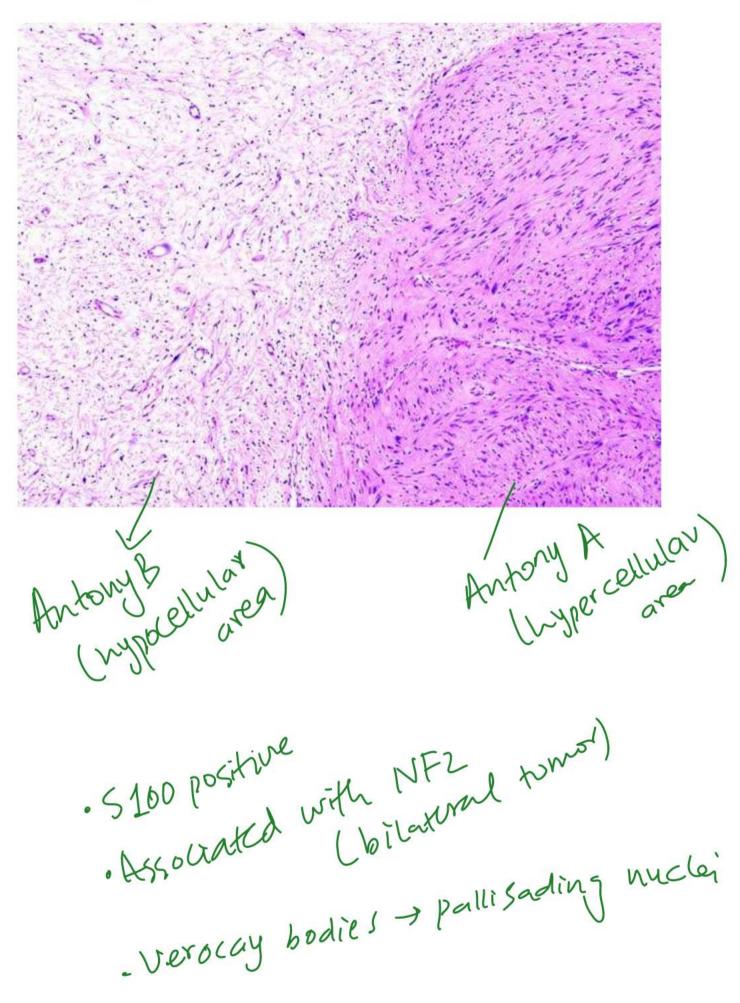
 Infiltrative tumors that form gelatinous, gray masses, and may show cysts, focal hemorrhage, and calcification.

C/O

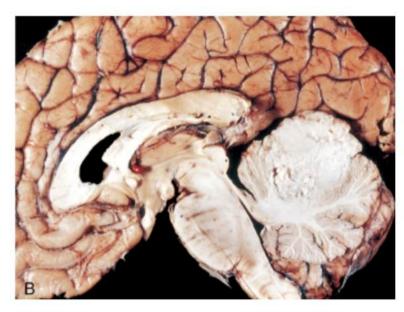
 sheets of regular cells with spherical nuclei containing finely granular chromatin (similar to normal oligodendrocytes) surrounded by a clear halo of cytoplasm



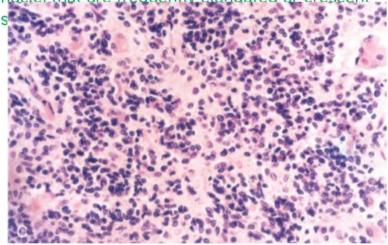
# Schwannoma



## Medulloblastoma



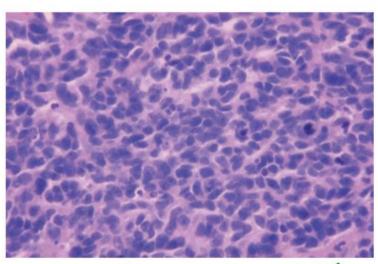
Small, with little cytoplasm and hyperchromatic nuclei that are frequently elongated or crescent.



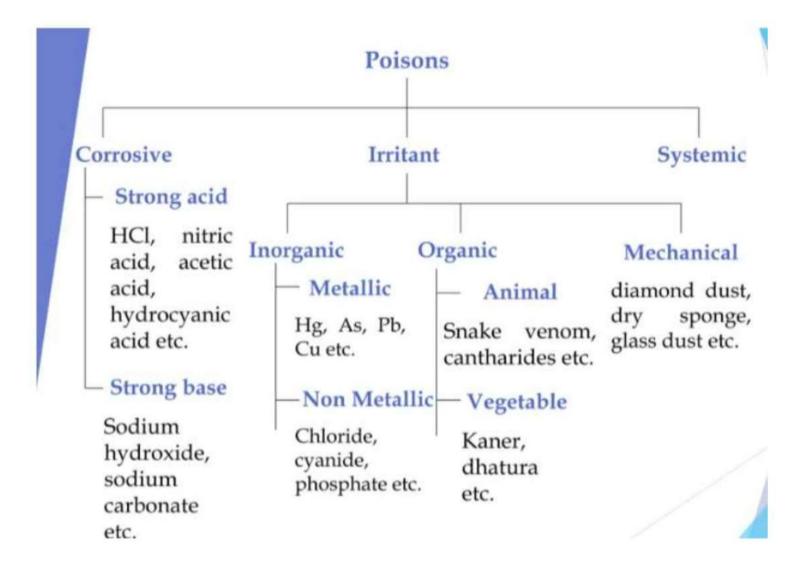


ochildren ocerebellum

· Radio sensitive



·Round blue CENS ·Homer Wright rosettes



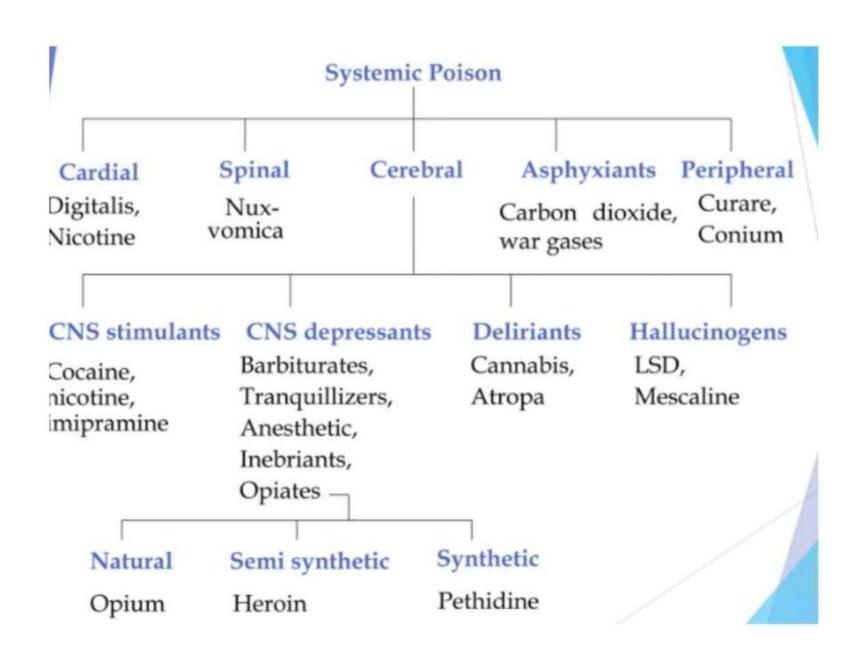


Table 11.1: Classification of head injury		
Туре	Duration of un- consciousness	Glasgow coma scale
Minor or mild head injury	< 30 minutes	13-15
Moderate head injury	> 30 min and < 6 hours	9-12
Severe head injury	> 6 hours	8 or less

#### SCALP:

#### Contusion of Scalp

- Bruise of scalp may be mobile
- A bruise in the anterior scalp may shift downward to appear around the eye, thus
  causing "black eye" or spectacle hematoma (Hemorrhage in the soft tissue around the
  eyes in eyelids of both eyes is called spectacle hematoma or raccoon eyes i.e. in other
  words black eye on both side is a spectacle hematoma. It usually suggests fracture of
  base of skull.).
- A contusion in temporal scalp may shift downward and appear behind the ear similar to battle sign.
- These shifting bruises are also called as ectopic contusion, percolated bruises or migratory contusions.
- Hematoma may occur beneath the galea aponeurotica and called as under-scalp hematoma or sub-galeal hemorrhage or sub-galeal hematoma

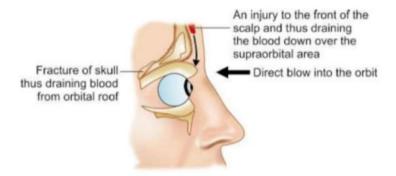


FIG. 11.3: Mechanism of production of black eye

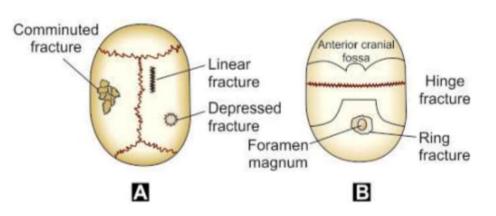
#### Mechanism of Skull Fracture

As per Rowbotham's hypothesis, fracture of skull is caused by:

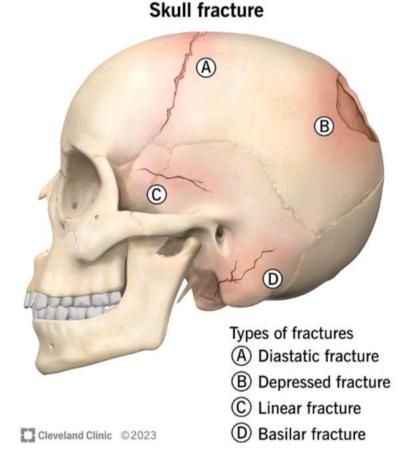
- 1. Direct application of force to skull for example blow over head with iron rod.
- 2. Indirect violence for example fall from height on feet or buttock: Fracture due to general deformation results in fissured type and occur in part of the skull distant

#### Types of skull fractures are

- A) Fracture of vault of skull
  - 1. Linear or fissured
  - 2. Depressed (signature)— as the pattern resembles that of causative weapon
  - 3. Comminuted [Mosaic (spider web)] -- fragmentation of bones occurs
  - 4. Pond or indented --occurs only in skull of infants
  - 5. Gutter --when part of the thickness of skull bone is removed so as to form a gutter or furrow in the bone.
  - 6. Diastatic or sutural --along the line of sutures of skull
  - 7. Perforating
  - 8. Cut fracture
- B) Fracture of base of skull (basilar fracture)
  - 1. Linear or fissured
  - 2. Ring --This is a fissured fracture that occurs round the foramen magnum in posterior cranial fossa
  - 3. Hinge --linear fracture that passes across the floor of middle cranial fossa, often following the petrous temporal or greater wing of sphenoid bone into pituitary fossa on both sides thus separating the base of skull into two halves--motorcyclist's fracture
  - 4. Longitudinal
  - 5. Secondary



FIGS 11.20A and B: Different types of fracture



#### **HEAD INJURY**

- 1. If dura is intact = closed head injury
- 2. If dura is lecerated = open head injury.
- An effusion of blood over the top of the head or forehead may gravitate down to the loose tissues causing black eyes (periorbital hematoma).

# **SKULL FRACTURE:**

The fracture of skull can occur either by direct or indirect violence.

#### Direct violence:

 The forces act directly on the bone to produce a fracture, e.g. head crushed under the wheels in road traffic accidents or an object like stick/rod/ bullet striking the head.

# Indirect violence:

 The forces act indirectly on the skull through some other structure, which receives primary impact, e.g. fall on buttocks from height which transmits the force to occipital bone through vertebral column or a blow to the chin resulting in fracture of base of the skull.

#### TYPES PF FRACTURES

#### FISSURED FRACTURE:

- 1. Are called linear fracture.
- 2. Involve outer and inner table.
- 3. Such fracture cannot be seen on X ray.
- 4. Can only be detected on Autopsy.
- 5. Caused by:
- Impact against hard ground surface (RTA)
- Blows with a hard blunt object having a relatively broad striking surface.
- 6. The fracture line tends to follow an irregular course.



FIG. 11.9: Linear fracture (black arrows)

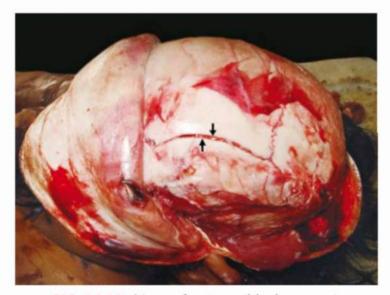
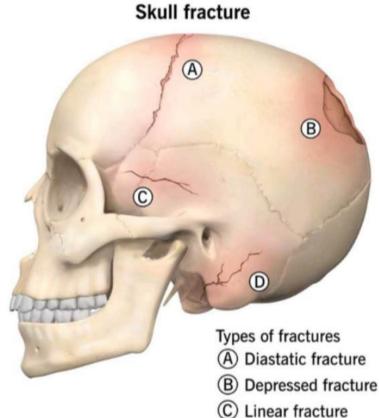


FIG. 11.10: Linear fracture (black arrows)

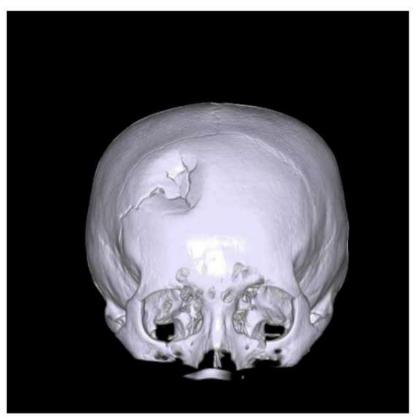


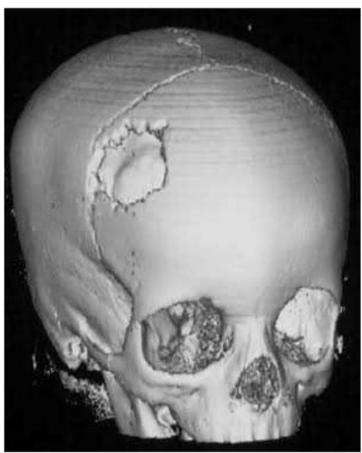
Cleveland Clinic ©2023

D Basilar fracture

# **DEPRESSED FRACTURE:**

- 1. Also called signature fracture.
- Caused by heavy weapon with a small striking surface. ( such as hammer, axe, brick or chopper.).
- Fracture bone is driven inward (giving the shape of striking object therefore called signature fracture).





# Comminuted COMMUNICATED FRACTURE:

- 1. Also called
- Spider web fracture
- Mosaic fracture
- 2. Caused by ->
- Vehicular accidents
- Fall from height
- Blow from weapon with a large striking surface. (heavy iron bar) (bullet)
- 3. Bone broken into two or more pieces .

# Types of skull fractures

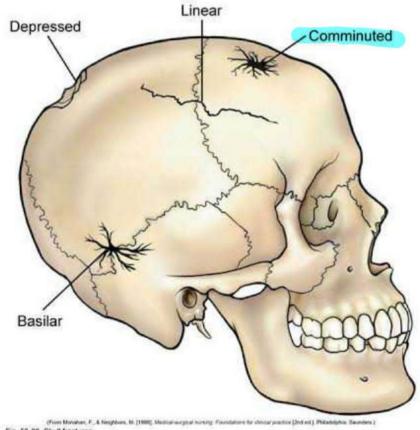
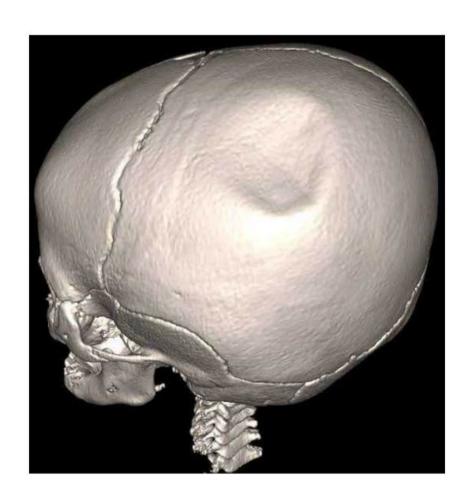


Fig. 56-26 Skull fractures

#### **POND FRACTURE:**

- 1. Also called indented fracture.
- 2. It is actually a type of depressed fracture.
- 3. This is a smooth concave depression without a fracture line, resulting from in-buckling of skull.
- 4. Prior to 4 years of age.
- Occurs in children due to elastics of their skull bone.
- 6. It is also known as ping-pong fracture, as it looks similar to a dent in ping-pong ball.
- 7. Only outer table is involved.



#### **GUTTER FRACTURE:**

1. It is formed when part of the thickness of the

bone is removed so as to form a gutter, e.g. oblique bullet wounds.

#### PENETRATING FRACTURE:

 Clean cut opening due to penetrating weapon such as a dagger or a bullet.

# **ELEVATED FRACTURE:**

- Blow from a moderately heavy sharp edge weapon .
- It is caused by a blow from sharp, heavy object (e.g. an axe/ machete) which elevates the skull fracture by lateral pull of the weapon while retrieving it.

#### **DISTASIS FRACTURE:**

- 1. Usually occurs in young childrens.
- 2. Fractures lines passing through the sutures.

# Common Sites of Fracture

# A) Anterior cranial fossa

- Can lead to black eye , spectacle harmorrhage , raccoon eye .
  - B) Middle cranial fossa
- 1. Direct impact behind the ear.
  - C) Posterior cranial fossa
- 1. Striking back of head
  - D) Around the foramen magnun (Ring fracture)
- 1. Any fracture around the foramen magnum.
- A fissured fracture about 3.5 cm outside the foramen magnum at the back, involving middle ear sideways, and roof of nose anteriorly.
- 3. Results from
- Fall from height on feet or buttocks.
- Sudden violent turn of head on the spine.
- Severe blow on vertex which drives the skull downwards on the vertebral column.
- Heavy blow directed underneath the acciput or chin.

#### **COUP AND CONTRECOUP INJURY:**

#### **CONTRECOUP INJURY:**

- Occurs exactly opposite to the site of primary impact or 'coup violence'. This is due to shear strain.
- It is usually seen in the anterior cranial fossa involving the bones of the orbital or ethmoid plates with associated periorbital hematoma.
- 3. It can only occur when the head is fee to move.

#### **COUP INJRURY:**

- Which occur immediately subjacent to the area of impact.
- 2. The smaller the impact area the greater is the likelihood of a coup injury .

# Snake Bite Management (Parikh's Textbook)

#### 1. Immediate First Aid:

- o Immobilization: Keep the bitten limb below heart level.
- o **Tourniquet:** Apply it 5 cm above the bite site to prevent lymphatic flow, but not too tight to cut off blood supply.
- o **Cleansing:** Wash the bite site with plain water or saline.

#### 2. Hospital Management:

- o Antivenin Therapy:
  - Specific Antivenin: For a particular species (e.g., cobra).
  - Polyvalent Antivenin: Effective for cobra, krait, Russell's viper, and saw-scaled viper bites.
  - Dosage: Typically 60 ml, given subcutaneously, intramuscularly, and

intravenously. Repeat IV dose if symptoms persist.

#### o Supportive Care:

- Neostigmine-atropine for neurotoxic bites (elapids).
- Heparin and fibrinogen transfusion for vasculotoxic bites (vipers).
- Tetanus Prophylaxis and Antibiotics to prevent secondary infections.

#### 3. General Measures:

- Artificial Respiration if needed.
- Corticosteroids for allergic reactions to antivenin.
- Blood Transfusion in hemorrhagic cases.



\* emetics usually fail due to depression of vomiting center \* stomach should be washed out first with tepid water and then with a solution of potassium permanganate

\* some solution should be left in stomach to oxidise the alkaloid that might be excreted in stomach after absorption

\* Specific antidote - Naloxone





Strychnine poisoning treatment

\* patient should be kept in bed in dark, quiet room

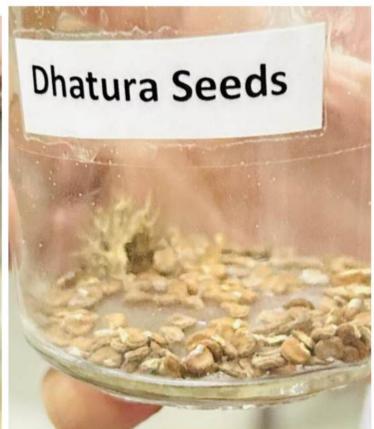
\* quick anesthesia with chloroform or IV barbiturates \* stomach wash with charcoal or tannic acid

\* Antidote - barbiturates - IV administration

\* mephenism - a muscle relaxant







Dhatura poisoning treatment
\* stomach wash with potassium
permanganate or tannic acid
\* Antidote - physostigmine or
neostigmine

\* purgatives are beneficial



Petroleum poisoning treatment

\* stomach wash with warm water
containing sodium bicarbonate

\* liquid paraffin to slow absorption

\* artificial respiration is poison is
inhaled

# **Elements of epidemiological studies**

See also "Types of epidemiological studies" and "Statistical analysis of data."

- Population (epidemiology): the total number of people in the group being studied [4]
- Sample (epidemiology): a group of people selected from a larger population; meant to be representative of the larger population
- Data (epidemiology): information collected during observation and/or experimentation that is used as a basis for analysis and discussion [5]
- Exposure: a factor that is potentially associated with a particular outcome
- Intervention: a treatment, drug, or management step that is being studied in an experimental study
- Outcome: an endpoint (e.g., a disease or health-related event) that may occur after exposure to a risk factor or intervention.
- Latency period: a seemingly inactive period between the exposure to a risk factor and when its effect becomes clinically apparent.

Research questions can be formulated using the PICO criteria: Population, Intervention, Comparison (or Control group), and Outcome

