



Third Year Prof Study Guide

By Salar Haider

PHARMACOLOGY

Days: 10

Resources:

Kaplan along with its videos is the best approach for actually building concept and understanding pharmacology. It's enough for passing the exam or even scoring good if you do it fully. It should be your final book in prof with all the notes compiled on it.

Mini-Katzung is a detailed book. It should be used as a supplement to Kaplan for some chapters and to add points to kaplan . No need to do all of it. The drug classifications in mini Kat at the first page of every chapter are high yield and you should note them at the start of each chapter in Kaplan for easy revision.

Units :

ANS is the most important unit. You cannot do pharma without giving this the time and mind it needs. Only go ahead once you master it.

Important Units: Need proper understanding. First do from kaplan with videos, then you may read from mini kat and add points to kaplan.

-ANS -CVS -Antimicrobials

Units entirely from Kaplan: Don't waste time on mini kat for any of these.

-General principles -Renal (Diuretics)

-Blood -Endocrine

-CNS (One topic 'Effects of general anesthetics on the body to be done from mini kat)

-Anti-inflammatory drugs (anti-histamines, serotonergic drugs, eicosanoid pharmacology-

NSAIDs are very important, Glucocorticoids, Rheumatoid Arthritis, Gout)

Short units: to be done from mini kat only but make short notes (preferably one page per unit) and paste in your Kaplan. Each should not take more than an hour in revision:

-GIT -Respiratory (Asthma)
-Anti-cancer -Immuno-pharmacology

Toxicology: (Just a read from kaplan. Can be completely skipped)

PATHOLOGY

General Pathology : 4 days

Resources: Always do Pathoma with the videos first, understand and memorize each chapter (1 to 4).

Then move to mini or medium Robbins to do the extra and important topics of each chapter missed in Pathoma which are:

Chapter 1: Causes of cellular Injury, Table 1.1, 1.2, Necrosis, Apoptosis, Calcifications

Chapter 2: Table 2-1, 2-5, 2-7, 2-9, Figure 2-19, Scar formation, Functions of ECF, Chemical mediators of inflammation, Factors influencing tissue repair, Systemic Effects of inflammation

Chapter 3: Shock, Edema, Hemorrhage, Infarction, congestion (Morphologies are important)

Chapter 4: SLE, AIDS , Amyloidosis

Chapter 5: All tables, 5.2 is important, Figure 5.13, Genetic lesions in Cancer(esp translocations), Hallmarks of cancer(read details of factors you studied in pathoma), Host defense mechanisms against tumours, Only



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names and summary boxes of microbes in
Viral/microbial oncogenesis, Table 5.4, Tumor
Markers, Paraneoplastic syndrome and also its
table 5-5, Carcinogenic agents.

Chapters Nutrition, Environment, Genetics and
Pediatric diseases are less important. You just
need general information on these. They can be
done from Firdaus of General Pathology to save
time and can be skipped (for revision) in exam
holidays. Important topics to be done:

Chapter 6: Mutations in protein coding genes,
Marfan, Ehler Danlos, Cystic fibrosis,
Phenylketonuria, Galactosemia, Table 6.4,
Downs, Turners, Klinefelter, Patau, Fragile X,
Prader Willi and Angelman, RDS, Necrotizing
enterocolitis, Sudden infant death syndrome,
Fetal hydrops, Wilms Tumor, X linked diseases
types and examples

Chapter 7: Table 7.2, Tobacco, Alcohol, Protein
energy malnutrition, Marasmus, Kwashiorkor,
Vitamin deficiencies of A, C, D, Obesity

Immunology: Hypersensitivity, Transplant. Most
important topics (Do from Kaplan). The rest can
be just read from Kaplan chapters or their
summaries.

Microbiology: 8-9 days

Bacteriology

General bacteriology: Most important and to be
done from Levinson: Chapters 3, 4, 5, 6, 9, 13

Chapter 7 (pathogenesis)- People skip it since it's
all repeated in special bacteriology ahead but if
you understand and memorize this chapter in
detail here, special bacterio will be very easy to
go through. Your choice.

Just the summary/pearls from Levinson:
Chapters 2, 11, 12. In exam holidays you can
skip (revising) General bacteriology.

Special Bacteriology:

You have to see what works best for you. You
can pick one of these resources and use one
other to supplement it. Do the important
bacteria first then move to all the others.

Sketchy videos: Good for retaining. Need time.
They have a pdf as well corresponding to the
videos for quick revision.

Kaplan (book): Its short and sufficient itself for
all the bacteria. Should be your final book for
the prof.

Levinson: Its easy and gives detail. Lengthy so
cant be revised at the end. Add notes from
what you do from it to Kaplan

High Yield Bacteria (* are a must): Gram positive
cocci (staph aureus*, strep pyogenes*) Gram
positive rods (mycobacteria*, clostridium*,
actinomycetes, bacillus, anthrax) Gram negative
cocci (Neisseria*) Gram negative rods
(Pseudomonas*, vibrio cholerae*, E Coli*
(strains of E.Coli*), Shigella, Salmonella*,
Klebsiella, Bordetella, proteus, haemophilus,
treponema) Mycobacteria*, leprosy

Virology: DNA and RNA viruses classification
tables (most important topic in virology). Most
important viruses: Hepatitis viruses and
serology*, Polio virus*, all herpes viruses*,
HIV*, Dengue, EBV*, Small pox virus, mumps,
influenza, measles virus, HPV, adenovirus,
Retroviruses*

Mycology: Kaplan is enough. General Fungal
diagnostic tests are important. Important Fungi:
Candida, Aspergillus, Histoplasma, coccoides.

Parasitology: More important than Mycology or
virology combined. Life Cycles are the most
important thing. Levinson is the easiest, fastest
and the best book. Qaida is not recommended,
lots of unnecessary information.



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FORENSIC MEDICINE

Days: 5 + 3(toxi) Resources:

Tests which are taught in forensic practicals show up in mcqs often. Do check their names and purpose before hand.

From NRA:

All tables in chapters are very high yield and appear as questions in exam. Chapters:

- 1(Definitions)
- 2 (Laws)
- 3 (Legal aspects)
- 4 (Medical aspects)
- 5 (Personal Identity) Important chapter
- 9 (Sexual offenses)
- 11 (Autopsy) Another easy way is to do this from Amir Saleem with just Tables from NRA in chapter 11.Tables are important)
- 13 (Asphyxia)
- Other topics NRA:

Burns, Electrocutation, **Lightening** in Chapter 6, **Drowning**, **Effects of temperature** on the body, Dry wet burns , Chemical burn , Arsenic poisoning 172, **Crush syndrome** 84, Chapter 17 (From pg 191 to seminal stains and electrophoresis 203)

From Notes:

- Trauma**
(coup, counter coup injury and pseudo bruising from NRA/internet)
- Road Traffic Accidents**
(Also do last two pages of chap 8 in NRA- types of hemorrhages)
- Thanatology**
(very well written in notes)
- Fire arms**

These extra topics are from NRA, only to be done when there's a lot of time, not in prep holiday before written. Can be left:

Embolism 84 , Immunological examination 196, Gel diffusion 196, Precipitation tests , Blood group identification 195, Accident in home environment includes burns, temperature effects, starvation. From Parikh: Snake venom 574, Deaths from starvation 198, Mixed babies 479, DNA profiling for mixed babies 478

General Toxicology:

From Notes. Dont waste a lot of time at the start. The important topics like Lavage are more towards the end.

Special Toxicology: (3 days)

-Best book with all the detail is Terse

-Short on time, need to do the important stuff and still do it good - Amir Saleem

-Always keep special toxi at the end of your schedule closest to the exam day. It's very volatile.

-During prep leave of a month you should do 2 or 3 poisons a day to avoid mixing them all up.

-Duties of RMP in poisoning case are important (given in Terse)

Very Important poisons:

In general Metallic poisons > Vegetable poisons > Acids and alkali poisons (corrosives)

Sulphuric acid, Carbolic acid, Phosphorus, Arsenic, Mercury, Lead, Organophosphate (insecticide), Carbon Monoxide, Strychnine, Dhatura, Arbus precatorius, Digitalis, Aconite.

Additional Credits: Hafsa Amin, Maryam Maqsood