

M C P S

Membership of College of Physicians & Surgeons Pakistan

PAEDIATRICS

Prospectus



COLLEGE OF
PHYSICIANS AND
SURGEONS
PAKISTAN

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would appreciate any criticism, suggestions,
advice from the readers and users of this document.

Comments may be sent in writing or by
e-mail to the CPSP at:

National Directorate Residency Program (NDRP)

College of Physicians and Surgeons Pakistan (CPSP)
7th Central Street, Defence Housing Authority, Karachi-75500.
ndrp@csp.edu.pk

Composed by:

Syed Faisal Babar
Department of Medical Education

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COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN
7th Central Street, Defence Housing Authority, Karachi-75500.
Phone No. 99207100-10 UAN: 111-606-606 Fax No. 99266432

THE COLLEGE

The College was established in 1962 through an ordinance of the Federal Government. The objectives/functions of the College include promoting specialist practice of Medicine, Surgery, Obstetrics & Gynaecology and other specialties by securing improvement of teaching and training, arranging postgraduate medical, surgical and other specialists training, holding and conducting examinations for awarding College diploma and admission to the Fellowship of the College, and to provide for research.

Since its inception, the College has taken great strides in the direction of improving postgraduate medical and dental education in Pakistan. Structured training programs along with criteria for accreditation of training institutions, and for the appointment of supervisors and examiners have been developed. The format of examinations has evolved over the years to achieve objective and reliable methods of assessment. The recognition of the standards of College qualifications nationally and internationally, has enormously increased the number of trainees, and consequently the number of training institutions and the supervisors. This increasing demand has gradually increased the number of fellowship disciplines to fifty three and the membership to eighteen.

The average number of candidates taking CPSP examinations is about 15,000 every year. The College conducts examinations for FCPS I (11 disciplines), IMM, FCPS II (53 disciplines), MCPS (18 disciplines) and DCPS (2 non-clinical disciplines).

To coordinate the training and examination, and provide assistance to the candidates stationed in cities other than Karachi, the College has established 12 Regional Centers and five Provincial Headquarter Centres in the country. The five Provincial Headquarter Centers in addition to organizing the capacity building workshops/short courses also have facilities of libraries, I.T, and evaluation of synopses and dissertations along with providing guidance to the candidates in improving their research work.

It is important to note that in the overall scenario of health care delivery service, out of the total functioning and registered health care specialists in the country, over 15,000 have been provided by the CPSP. The College strives to continue its efforts in making its courses and training programs evidence and need based so as to meet international standards as well as to cater to the specialist healthcare needs not only for this country but also for the entire region.

INTRODUCTION

The College of Physicians and Surgeons Pakistan has always designed its postgraduate training programs keeping in consideration the national and international needs. In Pakistan attempts have been made to improve the health status of the people through availability of trained personnel, adequate supply of medicines and establishment of greater number of health facilities. However, much more needs to be done in this respect.

The main health related problems facing Pakistan are preventable communicable and non-communicable diseases, severe malnutrition and high incidence of birth resulting in high infant and maternal mortality. It is evident from the dismal health related statistics that efforts should be directed at improving healthcare facilities at the primary and secondary care levels. A need was therefore felt to train a group of mid level specialists who can provide quality services at these centers. The curriculum and training for MCPS have been developed to achieve this objective.

This booklet provides information to the trainees and supervisors regarding training requirements and assessment strategy for the MCPS in Paediatrics.

MCPS EXAMINATION

The College conducts MCPS examination in the following 18 disciplines:

1. Anaesthesiology	10. Ophthalmology
2. Clinical Pathology	11. Oral Surgery
3. Community Medicine	12. Orthodontics
4. Dermatology	13. OtorhInolaryngology
5. Diagnostic Radiology	14. Paediatrics
6. Family Dentistry	15. Periodontology
7. Family Medicine	16. Prosthodontics
8. Obstetrics & Gynaecology	17. Psychiatry
9. Operative Dentistry	18. Pulmonology

GENERAL REGULATIONS

The following regulations apply to all candidates entering for MCPS examination:

Candidate will be admitted to the examination in the name (surname and other names) as given in the MBBS degree. CPSP will not entertain any application for change of name on the basis of marriage/ divorce / deed.

REGISTRATION AND SUPERVISION

All trainings must be supervised, and trainees are required to register with the RTMC within 30 days of the start of the training for MCPS. In case of delay in registration, the start of training will be considered from the date of receipt of application by the RTMC. Registration forms are available with RTMC and at the Regional Centers. They can also be downloaded from the CPSP Website. Training is compulsorily monitored by an approved supervisor who is a CPSP fellow or a specialist with relevant postgraduate qualifications and requisite experience, registered with the RTMC.

APPROVED TRAINING CENTRES

Training must be undertaken in units, departments and institutions approved by the College. A current list of approved institutions is available from the College and its Regional Centres as well as on the College website: www.cpsp.edu.pk

DURATION OF TRAINING

The duration of training for MCPS is two years; MCPS examination is taken on completion of the specified training and other requirements.

MANDATORY WORKSHOPS

All candidates will attend following Mandatory Workshops and present certificate of attendance before they can be allowed to take the MCPS examination:

1. Introduction to Computer and Internet
2. Communication Skills

ELIGIBILITY REQUIREMENTS FOR MCPS EXAMINATION

- MBBS or equivalent qualification registered with the PMDC.
- One year house job in an institution recognized by the CPSP.
- Registered with the Registration and Training Monitoring Cell (RTMC).
- Completed two years of post RTMC registered training under an approved supervisor in an institution recognized by the CPSP. A certificate of completion of training must be submitted, verifying that the rotational training in the specified disciplines for the required period has also been undertaken.
- Submitted attested logbook.
- Submitted certificates of attendance of mandatory workshops.

EXAMINATION SCHEDULE

- The MCPS theory examination in Paediatrics are held twice a year.
- Theory examinations are held in different cities of the country depending on the number of candidates at a center. Presently the centres are Abbottabad, Bahawalpur, Faisalabad, Hyderabad, Islamabad, Karachi, Lahore, Larkana, Nawabshah, Multan, Peshawar and Quetta. The College's decision to hold theory/clinical examinations depends on the number of candidates in a city and candidates will be informed accordingly.
- Clinical examination will held for those candidates who have qualified in theory.
- English is the medium of examination for the theory/practical/clinical and viva examinations.
- Any change in the centres, dates and format of the examination will be notified by the College before the examination.
- Each successful candidate in the MCPS examination shall be granted MCPS diploma after being elected by the College Council and payment of registration fee and other dues as per rules of the College.
- A competent authority appointed by the College has the power to debar any candidate from any examination if it is satisfied that such a candidate is not a fit person to take the College examination for using unfair means/misconduct or other disciplinary reasons.

EXAMINATION FEE

- Fee deposited for a particular examination shall not be carried over to the next examination in case of withdrawal/absence/exclusion.
- Application along with the prescribed examination fee and required documents should be submitted latest by the last date notified for the purpose before each examination.
- The details of examination fee and fee for change of centre, subject, etc. shall be notified before each examination.
- All fee are payable by bank draft/pay order made out to the “College of Physicians & Surgeons Pakistan”. Personal cheques and postal orders are not accepted. However fee can be paid in cash at the accounts department of the CPSP at Karachi or at specified branches of UBL in most cities.

Refund of fee

- After submitting an application for examination, if a candidate decides not to appear, a written request for the same should be submitted up to the last date of the receipt of application. In such cases the refund is admissible to the extent of 75% of fee only. No request for refund will be accepted after the last date of receipt of the application.
- In case the application for examination of a candidate is rejected by the CPSP, 75% of the examination fee will be refunded, after deducting 25% as processing charges. No refund will be made, for fee paid for any other reason, e.g. late fee, change of centre/subject fee.

FORMAT OF EXAMINATION

The MCPS examination comprises of:

I. **Theory:**

Paper I	10 SEQs	3 hours
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Paper II	75 Single Best MCQs and 25 EMQs	3 hours
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II. **Clinical:**

Only those candidates who pass the theory examination will be eligible to appear in the clinical examination. Detailed instructions will be sent out to all candidates who pass the theory exam regarding the date and particulars of the clinical exam.

The clinical examination consists of two components:

I. **TOACS:**

(Task Oriented Assessment of Clinical Skills)

14 to 16 stations

II. **Clinical:**

- | | | |
|-----|-------------|--------|
| i. | Long case | - One |
| ii. | Short cases | - Four |

TRAINING PROGRAMME

Objectives of the training programme

At the end of the training for MCPS in Paediatrics the candidate shall be able to:

- Initially assess the patients with Paediatric problems by:
 - Obtaining pertinent history.
 - Performing physical examinations correctly.
 - Formulating a working diagnosis.
 - Deciding whether the patient requires
 - ambulatory care or hospitalization.
 - referral to other health professionals.
- Manage patients requiring treatment by a paediatrician:
 - Plan an enquiry strategy i.e. order appropriate investigations and interpret the results.
 - Decide and implement suitable treatment.
 - Maintain follow up of patients at required intervals.
 - Maintain records of patients.
- Apply the principles and practice of primary health care and community paediatrics.

Duration of Training: two years

Rotations

The training will consist of the following:

General Paediatrics 14 months

Rotations in:

- | | |
|--|-----------|
| i. Neonatal Paediatrics | 03 months |
| ii. Emergency/casualty | 02 months |
| iii. OPD, including Well Child Clinics | 04 months |

- Breast feeding promotion and lactation management
- Immunization
- Diarrhoeal disease management
- ARI management
- Growth monitoring and evaluation
- Nutritional assessment and management
- Disability management and exposure to special educational institution

iv. Elective 01 month
(can be used for optional attachment to another unit/department of choice and interest)

The objectives of the training may be achieved through different modes, some of which are listed below:

- Graded responsibility in patient care e.g.
 - Ward duties
 - Emergency duties
 - OPD duties
- Morbidity/mortality review meetings
- Journal club
- Seminars, conferences and lectures
- Research projects

Monthly training programme

Lectures and tutorials*	1 hour x 4
Case discussions	1 hour x 4
X-ray/CT	1 hour
Clinico-pathological conference	1 hour
Mortality review	1 hour
Ward rounds	1 hour x 4

Weekly schedule

Four sessions/week of 4 hours duration

- Lectures and tutorials* 1 hour
- Case discussion 1 hour
- Ward round 1 hour
- X-ray/clinico-pathological conference 1/2 hour
- Mortality review 1/2 hour

*Relevant to rotation.

The clinical skills which a specialist must have are varied and complex. Complete list will be very long and is not considered necessary for organizing a training programme. Some examples which are a sub-sample of the whole, follow. These are to be taken as guidelines rather than definitive requirements.

Key to competency levels in clinical skills:

1. Observer status
2. Assistant status
3. Performed under supervision
4. Performed independently

A candidate is expected to attain the laid down level of competence for the following procedures by the end of each year as given below:

Table of Competences

Level of competence

	1st Year		2nd Year	
	Level	Cases	Level	Cases
Basics				
Gen. Pediatrics (Familiarity with Principles of General Peds.)	3	40	4	20
ER / Emergency	2	80	3	80
Neonatal Pediatrics (including perinatal care	2	80	3	80
PICU / Semi intensive	2	20	3	20
Preventive / Ambulatory Care	2	40	3	40
Pediatric Surgery	1	5	2	10
Patient Management				
History taking	4	15	4	15
Physical examination	4	15	4	15
Ordering investigations and interpreting the results	3	15	4	15
Deciding and implementing treatment	3	15	4	15
Maintaining follow up, records	3	10	4	10
Rehabilitation; special education programmes	2	3	3	3

Level of competence

	1st Year		2nd Year	
	Level	Cases	Level	Cases
Preventive Pediatrics				
Vaccination, Know the basic Schedule of EPI, Indications and contraindications of vaccines, Types / Modes of Administration, Newer vaccines, Availability and indications & contraindications of use, Current Polio Drive	3	10	4	10
Screening Programs	2	5	3/4	5
Nutrition	3	10	4	10
Genetic Counselling	1	3	2/3	3
Special Education programme for handicapped and deprived children	2	3	3	3
School health service	2	10	3	10

Procedures

Venous cannulation	4	10	4	15
Venesection	2	2	3/4	3
Lumber Puncture	3	10	4	10
Subdural tap	1	1	2/3	1
Pleural tap	2	1	3/4	2
Peritoneal tap	2	1	3/4	1
Suprapubic tap	2	2	3/4	2
Bone marrow aspirate	3	1	4	2
Direct laryngoscopy and ET intubation	3	5	4	10
CPR	2	5	3/4	10
Exchange transfusion	2/3	2	4	2
Proctosigmoidoscopy	2	0/1	3	0/1
Emergency pneumothorax drainage (needle insertion)	2	2	3/4	2
Neonatal resuscitation	2	10	3/4	10

Level of competence

	1st Year		2nd Year	
	Level	Cases	Level	Cases
Common Pediatric Diseases				
<i>(Note: This is not an exhaustive list but is meant to be a guideline).</i>				
Growth Development	2	10	3/4	10
Fluids and Electrolytes	2	15	3/4	15
Infectious Diseases	2	20	3/4	20
Gastrointestinal and Liver Disorders	2	20	3/4	20
Hematological and Oncological Disorders	2	10	3/4	10
Cardiovascular Disorders	2	10	3/4	10
Metabolic and Genetic Disorders	2	2	3	2
Immunology and Dermatological Disorders	2	2	3	2
Common immunological disorders atopic dermatitis, seborrhea, drug rashes				
Neurological Disorders	2	10	3/4	10
Endocrinological Disorders	2	5	3/4	5
Urogenital Systems	2	10	3/4	10
Respiratory Disorders	2	20	3/4	20
Miscellaneous	2	10	3/4	10

Neonatology

Pre-maturity/low birth weight	2	7	3/4	8
IUGR	2	4	3/4	4
Jaundice	2	10	3/4	10
Sepsis	2	7	4	8
Birth trauma / asphyxia	2	4	4	4
Congenital malformations	2	2	3	2
TORCH Infections, IEM	2	2	3	2
Respiratory distress	2	7	3	8
Seizures (including tetanus)	2	5	3/4	5
Bleeding disorders	2	2	3/4	2

Level of competence

	1st Year		2nd Year	
	Level	Cases	Level	Cases
Emergency Procedures/ICU				
Shock	2	2	3/4	3
Hyperpyrexia	3	5	4	5
Convulsions	2	4	3/4	4
Poisoning	2	2	3	3
Dehydration	3	10	4	10
Coma	3	5	3/4	5
Status epilepticus/seizures	2	1	3/4	2
Status asthmaticus	2	1	3/4	2
Renal failure	2	2	3/4	2
Hepatic failure	2	2	3/4	2
Cardiac failure	2	5	3/4	5
Croup	2	2	3/4	2
Respiratory failure	2	5	3	5
Hypertensive crisis	2	2	3	2

SYLLABUS

The outline of various topics given in this syllabus is a guide to what at the moment are considered to be important topics which the candidate is expected to know. This is to help both the candidate and the examiner in defining the minimum boundaries of MCPS examination.

- Diseases of children including principles of clinical Paediatrics. Heredity, neonatology, growth and development, diarrheal disorders, infant feeding, tropical Paediatrics etc and their management.
- Applied Pathology, applied Physiology including Embryology, applied Biochemistry, applied Parasitology.
- Diagnosis and investigation of paediatric surgical conditions and anaesthesia.
- Principles of sociology, the child, family and community.
- Epidemiology and vital statistics.
- Paediatric nursing.
- Maternity and child health, health education, training in mother craft. Parental problems, infant hygiene.
- Prevention of the infectious disease, immunological procedures.
- Growth and development.
- Handicapped children: the mentally defective, blind, deaf, and crippled. Physiotherapy units, vocational centers, chronic invalidism.
- Child welfare centers: principles of nutrition.
- Child guidance: child psychology, problems of social adjustment, functional disorders infancy and childhood.
- Inspection of buildings for schools, nurseries, homes, creches, orphanages and the children's institutions.
- School medical service: nursery schools and classes.
- Child and the law concerning children and child welfare (in Pakistan).

LOGBOOK

Trainees are required to maintain a logbook in which entries of all academic / professional work done during the period of training should be made on daily basis and should be signed by the supervisor. Completed and duly certified logbook will form a part of the application for appearing in MCPS Paediatrics examination.

The College reserves the right to alter/amend any rules / regulations.

Any decision taken by the College on the interpretation of these regulations will be binding on the applicant.

USEFUL ADDRESSES AND TELEPHONE NUMBERS

1. Regional Offices of the CPSP

MUZAFFARABAD

CMH Muzaffarabad

Azad Kashmir

TEL: 058810 - 43307

FAX: 058810 - 43902

Email: ssgr-brehman@csp.edu.pk

ABBOTTABAD

Ayub Hospital Complex

Abbottabad

TEL: 0992-383330

Email: rc_abbottabad@csp.edu.pk

PESHAWAR

Hayatabad Medical Complex

Phase IV, Hayatabad,

Peshawar

UAN: 091-111-666-666

TEL: 091-9217011, 091-9217320-1

FAX: 091-9217062

Email: rc_peshawar@csp.edu.pk

ISLAMABAD

P.I.M.S, Ravi Road, Sector G- 8/ 3

Islamabad.

UAN: 051-111-666-666

TEL: 051-9262590-1,

FAX: 051-9262592

Email: rc_islamabad@csp.edu.pk

FAISALABAD

Punjab Medical College

Faisalabad

UAN: 041-111-666-666

TEL: 041-9210131, 9210366-8

FAX: 041-9210224

il:rc_faisalabad@csp.edu.pk

LAHORE

Next to INMOL, Hospital

New Muslim Town, Block-D

Lahore.

UAN: 042-111-666-666

TEL: 042- 9231320-8

FAX: 042- 9231327

Email: rc_lahore@csp.edu.pk

MULTAN

Nishtar Medical College,

Distt. Jail Road, Opp Circuit House,

Multan.

UAN: 061-111-666-666

TEL: 061-9200946, 9200952

Email: rc_multan@csp.edu.pk

BAHAWALPUR

Quaid-e-Azam Medical College

Bahawalpur

TEL: 062- 9250461

Email: rc_bahawalpur@csp.edu.pk

NAWABSHAH

Peoples Medical College for Girls

Nawabshah

TEL: 0244-9370271, 9370479

FAX: 0244-9370478

Email: rc_nawabshah@csp.edu.pk

LARKANA

Chandka Medical College

Larkana

TEL: 074 – 9410726

Email: rc_larkana@csp.edu.pk

HYDERABAD

Adjacent to Sir Cowasji Jehangir
Institute of Psychiatry,
Hyderabad, Sindh.
TEL: 022-3860056
FAX: 022-3860057
Email: rc_hyderabad@csp.edu.pk

KARACHI

2. Departments of CPSP Karachi

UAN – 021-111-606-606

- Examination (FCPS Part I)
99207100 -10 Ext: 311
- Examination (FCPS Part II)
99207100 -10 Ext: 215
- Department of Medical
Education
99207100 -10 Ext: 305
- Registration, Training &
Monitoring Cell
99207100 -10 Ext: 320

For further Information:
Phone: 99207100-10
UAN 111-606-606
Facsimile: 99266450
Website: www.csp.edu.pk

QUETTA

Near Cenar Hospital,
Off: Brewery Road, Quetta
TEL: 081-9213434 & 081-2913435
Email: rc_quetta@csp.edu.pk

OVERSEAS CPSP CENTRES

3. Saudi Arabia

RIYADH

Saudi Commission for Health
Specialities,
Diplomatic Quarter,
P.O. Box 94656
Riyadh -11614, KSA.
TEL: 966-1-4822415 Ext: 156/141
966-2-6401000 Ext: 25843
Email: medexam5@scfhs.org

4. Nepal

KATHMANDU

T.U. Institute of Medicine
Maharajganj, Kathmandu,
Nepal
TEL: 977-1- 416224
Email: csp@healthnet.org.np

