A. Medicine Department

**LIST OF COMMON DISEASES (FOR CME)**

1. Infectious Disease  
   a. Dengue  
   b. Typhoid  
   c. Cholera  
   d. Malaria  
   f. Leptospiroses  
   g. HIV/AIDS  
   h. Filiariasis  
   i. Ascaris Lumbricoides  
   k. Trichuris Tricura  

2. Dermatology  
   a. Psoriasis  
   b. Neurofibromatosis  
   c. Pemphigus  
   d. Erythema multiforme/Steven Johnson Syndrome/ Toxic Epidermal Necrolysis  

3. Endocrine  
   a. Pituitary Adenoma  
   b. Acromegaly  
   c. Diabetes Mellitus  
   d. Hyperthyroidism  
   e. Hypothyroidism  
   f. Addison disease  
   g. Cushing syndrome  
   h. Congenital adrenal hyperplasia  

4. Poisoning and Snake Bite  

5. Cardiovascular System  
   a. Congenital heart disease  
   b. Hypertension  
   c. Congestive heart failure  
   d. Peripheral vascular disease  
   e. MI  
   f. AP  
   g. Atherosclerosis  
   h. Infective endocarditis  
   i. Right heart disease  
   j. Valvular disease  
   k. Atrial fibrillation  
   6. Acute confusional state  
   7. Respiratory system  
   a. Bronchial asthma  
   b. COPD  
   i. Emphysema  
   ii. Chronic bronchitis  
   c. Bronchiectasis  
   d. Tuberculosis  
   e. Pulmonary hypertension  
   f. Pneumonia  
   g. Lung carcinoma  
   h. Pulmonary oedema  
   i. Acute respiratory failure  

8. Fluid and electrolyte maintenance  

9. GIT  
   a. Peptic ulcer  
   b. Chronic gastritis  
   c. Hepatitis  
   d. Cirrhosis  
   e. Hepatoma  
   f. Liver failure  
   i. Acute  
   ii. Acute attack on chronic  
   g. Liver abscess  

10. GI Bleeding  

11. Haematology  
   a. Anaemia  
   b. Thalassemia  
   c. Haemophilia  
   d. ITP  
   e. Lymphoma  
   f. Acute lymphoblastic leukaemia  
   g. DVT  

12. Rheumatology  
   a. SLE  
   b. Rheumatoid arthritis  
   c. Ankylosing spondylitis  
   d. Dermato/polyarthritis  
   e. Scleroderma  

13. Genitourinary  
   a. Glomerulonephritis  
   b. UTI  
   c. Acute/chronic renal failure  
   d. Polycystic kidney disease  

14. CNS  
   a. Stroke  
   b. Cranial nerve palsy  
   c. Peripheral neuropathy  
   d. Parkinsonism  
   e. Epilepsy  
   f. Meningitis  
   g. Cerebellar syndrome  
   h. Myelopathy  

**LIST OF PRACTICAL SKILLS**

1. Bone marrow aspiration  
2. Trephine  
3. Intubation  
4. CPR  
5. Central venous line insertion  
6. Chest tube insertion  
7. LP  
8. Nasogastric tube insertion  
9. Abdominal Paracentesis  
10. Urinary Catheterization F&M  
11. Pleural Tap  
12. Arterial Puncture for ABG  
13. BP (normal range)  
14. Normal blood taking  
15. Aseptic blood taking  
16. IV line setting  
17. Urine dipstick  
18. Fundoscopy-DD of diabetic retinopathy, hypertensive retinopathy, optic neuritis/papilloedema, Optic atrophy

**LIST OF RECOMMENDED BOOKS**

- Physical Examination - TALLY O’ CONNOR
- Theoretical Knowledge - DAVIDSON, KUMAR & CLERK
- Concise Schematic Revision – X’PRESS
- Revision in Case Short (UM)

**FOR ALL DEPARTMENTS:**

- Make sure obtain the Personal Skills:
  1. Clerking (Scheme of Malaysia case report, scheme of clerking)
  2. Physical Examination (Refer handouts)
     a. General
     b. Respiratory
     c. CVS
     d. GIT
     e. Genitourinary
     f. Nervous System
     g. Haematological System
     h. SLE
     i. Thyroid
  3. Case Presentation
  4. Laboratory (CBC, Urine, Biochemical, ABG) (Norms, order forms, test tubes for respective test)
  5. X-ray Interpretation, order
  6. MRI forms, presentation of
  7. CT findings
  8. *ECG (How to do, interpretation, presentation)
  9. Common Drug List (dosage, brands)
  10. Abbreviations
B. Obstetrics and Gynaecology Department

LIST OF COMMON DISEASES (FOR CME)

Obstetrics Must-Knows

PART 1 (*- Refer to our Handout)
1. History taking*
2. Normal labour*
3. CTG and Partogram*
4. Antepartum haemorrhage*
5. Postpartum haemorrhage*
6. HTN in pregnancy*
7. Gestational DM*

PART 2 (Not covered this year workshop)
8. Abnormal lie, Breech presentation & CPD.
9. Preterm labour
10. Post-date pregnancy
11. Emergency: uterine inversion, uterine rupture

Gynaecology Must-Knows
1. Abortion, recurrent abortions
2. Ectopic pregnancy
3. Disorder of menstruation
4. Trophoblastic disease
5. Acute abdomen in gynecology
6. Gynaecological malignancies, cysts
7. Endometriosis
8. PID
9. Abnormal PVB
10. Hyperemesis gravidarum
11. Menopause & Contraception
12. Infection on Gynecology
13. Abnormal Pap Smear

Refer to Our CDs:
Above topics presentations
Protocols: Ampang, Kedah, Klang
CTG book
Videos: 1. Examination Gynaecology
2. Examination Obstetrics
3. Pap Smear
4. Vaginal delivery
5. Stations of child delivery
6. Delivery of placenta
7. Shoulder dystocia
8. Episiotomy repair

Workshop: (downloadable fr Crimea HOW)
1. General examination of obstetric patient
2. ARM
3. Episiotomy and repair
4. Obstetric Emergency (cord prolapsed, shoulder dystocia)
5. PPROM
6. Pap smear

LIST OF PRACTICAL SKILLS (as in HO log book)

COMPULSORY PERFORMED PROCEDURES
1. Normal delivery
2. Clinical assessment of Pelvis (vaginal examination)
3. Episiotomy and Perineal Tear Repair
4. Management of Obstetrics Haemorrhage
5. Management of retained placenta
6. Resuscitation of newborn
7. Ultrasonography of obstetrics cases
8. Cardiotocography – antenatal non stress test
9. Cardiotocography – intrapartum foetal monitoring
10. Management of HPD (Hypertensive Disorders in Pregnancy)
11. Management of obstetric shock
12. Management of cord accident/prolapsed
13. Management of abnormal presentation in labour
14. Management of heart disease in pregnancy
15. Management of asthma in pregnancy
16. Management of diabetic in pregnancy
17. Management of Thyrotoxicosis in pregnancy
18. Evacuation of retained products of conception (ERPOC)
19. Management of early pregnancy complication (surgical and nonsurgical cases)
20. PAP Smear
21. IUCD Insertion
22. Endometrial sampling
23. Marsupialisation of Bartholin’s cyst
24. Ultrasonography of gynaecological cases

COMPULSORY ASSISTED PROCEDURE
1. Instrumental assisted delivery (ventouse/forceps_)
2. Caesarean section
3. Twin deliveries
4. Management of preterm labour
5. Stabilisation and transfer of critically ill obstetrics patient
6. Management of ectopic pregnancy
7. Emergency gynaecological procedures – operative
8. Colposcopy with biopsy
9. Abdominal hysterectomy (with/ without salpingo-oophorectomy)
10. Vaginal hysterectomy and pelvic floor repair
11. Ovarian cystectomy

LIST OF RECOMMENDED BOOKS
1. Ten Teachers
2. A Practical approach to Obstetrics Problems for the undergraduate – by Prof. Kulenthiran Ammugam
3. A Practical approach to Gynaecology Problems for the undergraduate
4. Illustrated O&G (by Churchill Livingstone)
5. In A Page O&G
**Both 2 & 3 are known as DUMEX

N.B. Pls note that Malaysian O&G protocol usually follows protocol of UK, so try to get UK books in preparation/study.

Constant update yourself the latest guideline: www.rcog.org.uk/

Don’t use India book or USA book if u don’t want to get sudden death when ask by the specialist!! ☺
C. Surgery Department

**LIST OF CME TOPICS**

1. Fluid and electrolyte
2. Trauma
   - Management of chest trauma
   - Management of abdominal trauma
   - Management of head injuries and prevention of secondary brain damage
   - Early management of burns
3. Rational use of antibiotics in surgery including surgical prophylaxis
4. Diagnosis and management of acute abdomen
   - Acute appendicitis
   - Perforated peptic ulcer
   - Acute cholecystis
   - Acute pancreatitis
5. Management intestinal obstruction
6. Management upper gastrointestinal haemorrhage
7. Management hypovolemic shock
8. Blood transfusion and complications including management of transfusion related complication
9. Preoperative assessment of a surgical patient
10. Postoperative complications and management including monitoring of a post operative patient
11. Use of analgesics in surgery
12. Palliative care
13. Surgical consent

For concrete details about the common Surgical diseases in Malaysia (for self revision), refer to photo of:

**CSMU 5TH YEAR 2009/10 UNION**

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<table>
<thead>
<tr>
<th>LIST OF PRACTICAL SKILLS</th>
<th>COMPULSORY PROCEDURES</th>
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<tbody>
<tr>
<td>1. Incision and drainage of abscess</td>
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<td>2. Endotracheal intubation</td>
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<td>3. Cardiac pulmonary resuscitation and basic life support</td>
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<td>4. Blood cultures from peripheral and central sites</td>
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<td>5. Urethral catheterisation in males</td>
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<td>6. Urethral catheterisation in females</td>
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<td>7. Toilet and suturing</td>
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<td>8. Desloughing and dressing of wounds</td>
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<td>9. Nasogastric tube insertion</td>
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<td>10. Insertion of central venous catheter</td>
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<td>11. Chest tube insertion</td>
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<td>12. Diagnostic peritoneal lavage / paracentesis</td>
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<td>13. Supra pubic catheterisation of bladder</td>
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**COMPULSORY SURGICAL PROCEDURES**

1. Excision of lymph node
2. Excision of breast lumps
3. Banding of haemorrhoids / Haemorrhoidectomy
4. Appendectomy
5. Herniorrhaphy

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**LIST OF RECOMMENDED BOOKS:**

1. Bailey & Love’s Short Practice of Surgery
2. In A Page Surgery (Author: Scott Kahan)
3. Davidson Surgery
4. Churchill’s Pocketbook of Surgery (Author: Andrew T. Raftery , Michael S. Delbridge)

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D. Paediatrics Department

**LIST OF COMMON DISEASES FOR CME**

1. Neonates:
   1.1 Newborn Screening
   1.2 Low Birth Weight
   1.3 Respiratory Distress Syndrome
   1.4 Meconium Aspiration Syndrome (MAS)
   1.5 Hypoxic Ischemic Encephalopathy (HIE)
   1.6 Neonatal Infection
   1.7 Neonatal Jaundice
   1.8 Neonatal Hypoglycaemia / IDM
   1.9 Neonatal Surgical Emergencies
2. Breast Feeding / Infant feeding
3. Fluid and Electrolytes Balance
4. Acute pharyngitis
5. Growth and Development
6. Asthma
7. Pneumonia / Bronchiolitis
8. Upper Airways obstruction
9. Nephrotic Syndrome
10. Acute Glomerulonephritis (AGN)
11. Urinary Tract Infection
12. Acute Gastroenteritis
13. Failure to thrive
14. Thalassemia
15. Anaemia
16. Rheumatic Fever / Carditis
17. Cardiac Failure
18. Congenital Heart Disease
19. Febrile Convulsion
20. Meningitis / CNS Infection
21. Cerebral Palsy
22. HIV
23. Dengue
24. Malaria
25. Tuberculosis
26. Typhoid
27. Exanthemas

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**LIST OF PRACTICAL SKILLS** (as in HO log book)

**COMPULSORY PERFORMED PROCEDURES**

1. Lumbar Puncture (LP)
2. Nasogastric Tube Insertion
3. Bladder Catheterization
4. Suprapubic Tap / Suprapubic Aspiration
5. Urine bag Application
6. Blood Exchange Transfusion
7. Umbilical Venous Catheterization
8. Heel Prick / Dextrostix
9. Blood culture
10. Arterial Puncture and Arterial Blood Gas (ABG)
11. Intubation and Resuscitation of newborn and Children
12. Drip setting
13. ECG Record and Interpretation
14. Application of Pulse Oximeter
15. Oxygen Therapy
16. Nebulisation
17. Measurement of Peak Flow

**COMPULSORY OBSERVED PROCEDURES**

1. Chest Tube Insertion
2. Bone Marrow Aspiration
3. Central Venous Pressure Line
4. Intraosseous Line

**LIST OF RECOMMENDED BOOKS:**

1. Illustrated Textbook of Paediatrics (Sunflower) by Lissauer and Clayden
2. Malaysia Protocol for Paediatric 2nd ed
3. Nelson
4. Frann Shann (drug book)
E. A&E Department

LIST OF COMMON DISEASES (Selected)
1. Cardiovascular
   • Acute coronary syndrome
   • Hypertensive crisis
   • MI
   • Cardiogenic shock
2. Gastrointestinal
   • Cholecystitis, biliary colic
3. Neurology
   • Meningitis
   • Coma
   • Intracranial hypertension
4. Endocrinology
   • Addisonian crisis
5. Pulmonology
   • ARDS
   • Pulmonary edema and congestive heart failure
6. Toxicology
   • General poisoning
7. Nephrology
   • Acute renal failure
8. Others
   • Pain management

LIST OF PRACTICAL SKILLS
1. Arrest of bleeding
2. Transport immobilisation
3. Airway, Breathing and circulation (ABC)
   a. Cardiopulmonary resuscitation (CPR)
   b. Intubation
Note: This is not the only practical skills for necessary to manage in A&E dept.

For other necessary skills, pls refer to the list of Medicine and Surgery Department.

LIST OF RECOMMENDED BOOKS:
2. Tarascon Adult Emergency Pocketbook (Steven Rothrock)
3. Sarawak Handbook of Medical Emergencies (2nd edition)
4. Singapore Handbook of Emergency Medicine

Visit also:
For CPG update: www.acadmed.org.my
Cardiac care & CPR: www.circulationaha.org

F. Orthopaedics Department

LIST OF CME TOPICS (Selected)
1. Basic Orthopaedic & fracture care
2. Interpretation of x-ray
3. Basic Principle of prosthesis & Orthosis
4. Orthopaedic Emergencies:
   • Multiple injuries
   • Vascular Injury
   • Compartment Syndrome
   • Crush Injury/syndrome
   • Gas Gangrene/necrotizing fasciitis
   • Fat embolism
   • Tetanus
   • Diabetic foot

COMPULSORY PERFORMED PROCEDURES.
1. Application of tourniquet
2. Reduction of fractures and dislocations under sedation
3. Skeletal traction /Steinman Pin Insertion
4. Application/Splitting and removal of POP
5. Amputation and refashioning (fingers and toes)
6. Joint Aspiration
7. Ring Block
8. Splinting of fractures

COMPULSORY ASSISTED PROCEDURES
1. Wound debridement & external fixation for compound fractures
2. Internal fixation of fractures
3. K-wiring
4. Major amputation of Limb
5. Soft tissue surgery (tendon, muscle)
6. Arthrotomy of septic joint
7. Fasciotomy of compartment syndrome

LIST OF RECOMMENDED BOOKS:
• Klang GH Manual for HO’S
• Orthopaedics & Trauma by Ronald McRae
• Tarascon Pocket Orthopaedic by Damian M. Rispoli

COMPULSORY OBSERVED PROCEDURES
1. Stabilization of spinal injuries
2. Cervical Skull Traction
3. Stabilization of pelvic fracture

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