

AVICENNA MEDICAL & DENTAL COLLEGE



STUDY GUIDE

2026

Community Medicine & Family Health

! BLOCK 9 - MODULE 22



Program: MBBS

Year: 3rd Professional Year

Batch No: M-23

Session: 2025-2026

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About Avicenna Medical College

Avicenna Medical & Dental College is a purpose-built, fully equipped institution with experienced and excellence-driven faculty to train high-quality dental professionals in Pakistan.

Avicenna Medical & Dental College runs under the umbrella of Abdul Waheed Trust. Abdul Wahid Trust is a non-profit social welfare organization and registered under the Societies Act with the Registrar of Societies. The Trust is legalized through a Trust Deed that bears necessary rectifications. The Trust Deed is further supported by its Memorandum and Article of Association that authorizes the establishment and operation of the Medical College, the Dental College, the Nursing College, the Allied Health Sciences College, and other activities in the healthcare sector.

In 2009, Avicenna Medical & Dental College was recognized by the Pakistan Medical & Dental Council. With the advent of advanced tools and technology in every field of health science, medicine today has shot up to the greater end of the gamut with superior choice and promises in medical therapy in the very vicinity of the common man. AVMDC promises to be one such neighborhood.

Message from the Principal

As a Co-Founder and Co-Chairperson, I have been involved in planning, construction and accreditation of Avicenna Medical College by the Pakistan Medical and Dental Council (PM&DC) and its affiliation with the esteemed University of Health Sciences (UHS). It is a pleasure to see Avicenna Medical College develop, progress and achieve maximum academic excellence in a short period since its inception in 2009. The institution has lived up to its mission of training and producing medical graduates of international standards. Three batches have passed out as Doctors, who currently are serving in the country and abroad while several have opted for post-graduation and are on road to progress. We have achieved several milestones since 2009 including the recognition of our College for FCPS training by College of Physicians and Surgeons of Pakistan (CPSP), establishment of College of Nursing and Avicenna Dental College.

Principal

Prof. Dr. Gulfreen Waheed

MBBS, FCPS, MHPE, PhD Scholar - HPE

Avicenna Medical & Dental College



Message from the Chairman

The Avicenna Medical & Dental College is a project of Abdul Waheed Trust which is a Non-profitable, Non-governmental, Non-political & Social organization, working for the welfare of Humanity and based on Community empowerment. Avicenna Medical College has its own 530 bedded Avicenna teaching Hospital (Not for Profit hospital) within the College Campus & 120 bedded Aadil Hospital, at 15 minutes' distance. Separate comfortable hostels for boys & girls are provided on the campus.

Our students benefit from the state of the art College Library with facilities of Internet & online Journals that remain open 15 hours a day, for our students & faculty members. I am particularly pleased with the hard work by the Faculty and Students in the achievement of historic 100% results for all the classes. It is a rare achievement and speaks of dedication of the Faculty and Staff. Our motto is Goodness prevails and we aim at producing Doctors' who are knowledgeable, competent in clinical skills and ethical values.

Avicenna Medical College & Hospital was founded to provide quality health care services to the deserving patients belonging to the rural areas near Avicenna Hospital as well as to provide quality medical education of international standard to our students. The Hospital provides all medical services and Lab diagnostics to the local population at minimal cost. So far by the grace of Allah Almighty the number of patients being treated and operated upon at our Hospital is increasing every day as there is no other public or charity hospital in the circumference of 20km. We have already established two Satellite Clinics in the periphery which are providing outdoor care while admission cases are brought to the Hospital in Hospital transport.

Following the success of our reputable Medical College and Hospital, we were able to successfully establish Avicenna Dental College which is recognized by the Pakistan medical & Dental Council & University of Health Sciences. To date, we have enrolled five batches in our dental college and we aim to achieve the same level of success for our dental students as our medical students.

Chairman
Abdul Waheed Sheikh
Avicenna Medical & Dental College





Avicenna Medical & Dental College



Vision

The vision of **Avicenna Medical & Dental College** is to become a college that thrives to achieve improvement in healthcare of masses through creative delivery of educational programs, innovative research, commitment to public service and community engagement in a environment that supports diversity, inclusion, creative thinking, social accountability, life-long learning and respect for all.

Mission

The mission of **Avicenna Medical and Dental College** is to educate and produce competent, research oriented healthcare professionals with professional commitment and passion for life-long learning from a group of motivated students through quality education, research and service delivery for the improvement of health status of the general population.

List of Abbreviations

Letter	Abbreviations	Subjects
A	A	Anatomy
	ABCDE	Airway, Breathing, Circulation, Disability, Exposure
	ABG	Arterial blood gas
	ACS	Acute Coronary Syndromes
	Ag	Aging
	AKI	Acute kidney injury
	ALT	Alanine transaminase
	AMI	Acute Myocardial Infarction
	AMP	Adenosine monophosphate
	ANA	Antinuclear Antibody
	ANCA	Anti-neutrophil Cytoplasmic Antibodies
	ANS	Autonomic Nervous System
	AO	Association of osteosynthesis
	APTT	Activated Partial Thromboplastin Clotting Time
	ARDS	Acute Respiratory Distress Syndrom
	ARVC	Arrhythmogenic Right ventricular Cardiomyopathy
	ASD	Atrial Septal Defect
	AST	Aspartate aminotransferase
	ATLS	Advanced Trauma Life Support
	Au	Autopsy
	AUC	Area under the curve
	AV	Atrioventricular
B	B	Biochemistry
	BhS	Behavioral Sciences
	BHU	Basic Health Unit
	BSL	Biological Safety Level
C	C	Civics
	C-FRC	Clinical-Foundation Rotation Clerkship
	C.burnetii	Clostridium burnetii
	C.neoformans	Clostridium neoformans
	C.pneumoniae	Clostridium pneumoniae
	C.psittaci	Clostridium psittaci
	C.trachomatis	Clostridium trachomatis
	CA	cancer
	CABG	coronary artery bypass grafting
	CAD	coronary artery disease
	CBC	Complete Blood Count
	CCR5	cysteine-cysteine chemokine receptor
	CD31	cluster of differentiation 31
	CD34	cluster of differentiation 34
	CD4	cluster of differentiation 4
	CF	cystic fibrosis
	CK	Creatine kinase
	CLED	cystine lactose electrolyte deficient
	CLL	chronic lymphocytic leukemia

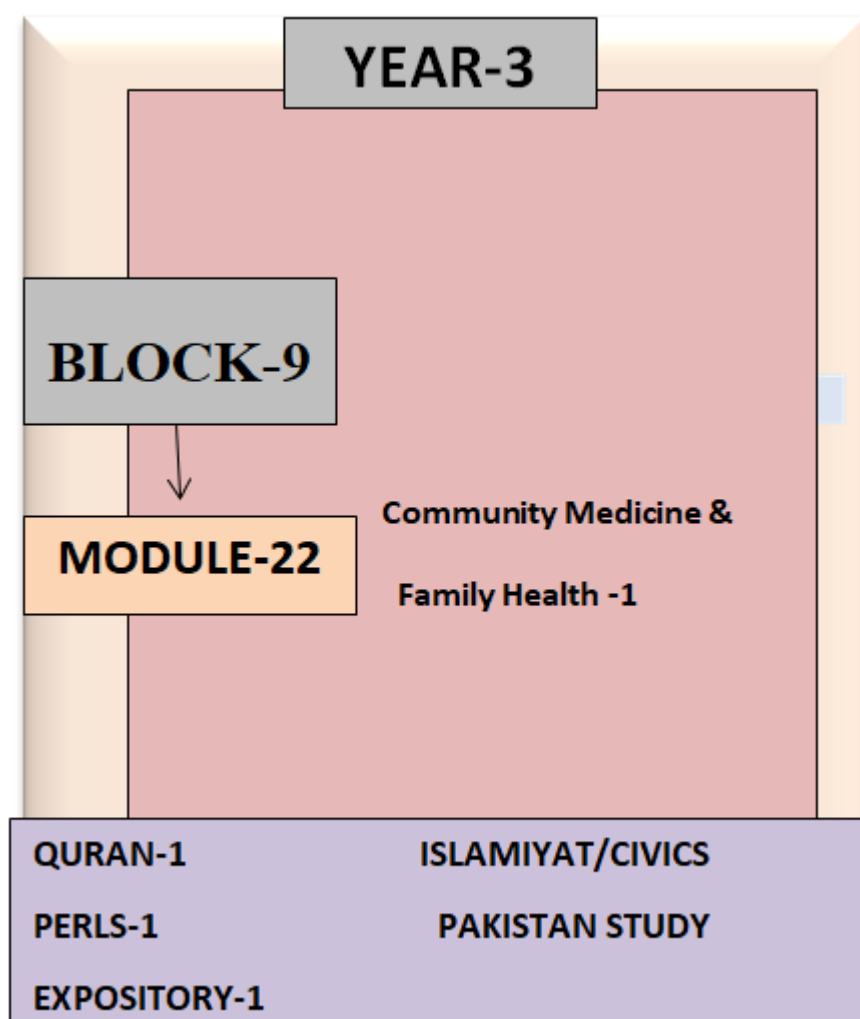
	CM	Community Medicine
	CML	chronic myeloid leukemia
	CMV	cytomegalo virus
	CNS	Central Nervous System
	CO	Carbon monoxide
	CO2	Carbon dioxide
	CODIS	combined DNA index system
	COPD	Chronic obstructive pulmonary disease
	COVID-19	Corona Virus Disease 2019
	COX	Cyclooxygenase
	CPR	Cardiopulmonary Resuscitation
	CR	Clinical Rotation
	CRP	Clinical Rotation CSF C- Reactive Protein
	CSF	Cerebro Spinal Fluid
	CT	Computed tomography
	CV	Cardiovascular
	CVA	Cerebral vascular accident
D	CVS	Cerebrovascular system
	D.medinensis	Dracunculus Medinensis
	DALY	Disability-Adjusted Life Year
	DCIS	Ductal Carcinoma in situ
	DCM	Dilated Cardiomyopathy Dorsal Colu
	DCMLS	Dorsal column medial lemniscus system
	DLC	Differential Leukocyte Count
	DMARDs	Disease Modifying Anti Rheumatic Drugs
	DNA	DeoxyRibonucleic Acid
	DOTS	Directly Observed Treatment Short-course
	DTP	Diphtheria, Tetanus, Pertussis
	DVI	Disaster Victim Identification
	DVT	Deep Vein Thrombosis
E	E.coli	Escherichia coli
	ECF	Extracellular Fluid
	ECG	Electrocardiography
	ECP	Emergency contraceptive pills
	ED50	Median Effective Dose
	EEG	Electroencephalogram
	EIA	Enzyme Immunoassay
	ELISA	Enzyme Linked Immunosorbent Assay
	EnR	Endocrinology & Reproduction
	ENT	Ear Nose Throat
	EPI	Expanded Programme on Immunization
	ER	Emergency Room
F	F	Foundation
	FAST	Focused Assessment with Sonography
	FEV1	Forced Expiratory Volume 1
	FM	Family Medicine
	For	Forensic Medicine
	FPIA	Fluorescent Polarization Immunoassay
	FS	Forensic Serology
	FSc	Forensic Science

	FVC	Forced Vital Capacity
G	GCS	Glasgow Coma Scale
	GFR	Glomerular Filtration Rate
	GIT	Gastrointestinal tract
	GL-MS	Gas Liquid Mass Spectrometry
	GLC	Gas Liquid Chromatography
	GLP	Guanosine Monophosphate
	GMP	Guanosine monophosphate
	GO	Gynecology and Obstetrics
	GP	General Practitioner
	GPE	General Physical Examination
	GTO	Golgi Tendon Organ
	Gynae & Obs	Gynecology and Obstetrics
H	H & E	Hematoxylin and eosin
	H. influenzae	Haemophilus influenzae
	H.pylori	Helicobacter pylori
	HAI	Healthcare Associated Infections
	HbC	Hemoglobin C
	HbS	Sickle Hemoglobin
	HbSC	Hemoglobin Sickle C Disease
	HCL	Hydrochloric Acid
	HCM	Hypertrophic Cardiomyopathy
	HHV	Human Herpesvirus
	HIT	Hematopoietic, Immunity and Transplant
	HIV	Human Immunodeficiency Virus
	HL	Hematopoietic & Lymphatic
	HLA	Human Leukocyte Antigen
	HMP	Hexose Monophosphate
	HNSS	Head & Neck and Special Senses
	HPLC	High Pressure Liquid Chromatography
I	ICF	Intra Cellular Fluid
	ID	Infectious Diseases
	IE	Infective Endocarditis
	IL	Interleukin
	ILD	Interstitial Lung Disease
	IN	Inflammation
	INR	International Normalized Ratio
	INSTIs	Integrase Strand Transfer Inhibitors
	IPV	Intrauterine Device
	IUD	Intrauterine device
	IUGR	Intra-Uterine Growth Restriction
J	JVP	Jugular Venous Pulse
L	L	Law
	LD50	Median Lethal Dose
	LDH	Lactate Dehydrogenase
	LSD	Lysergic acid diethylamide
M	M	Medicine
	MALT	Mucosa Associated Lymphoid Tissue
	MBBS	Bachelor of Medicine, Bachelor of Surgery
	MCH	Mean corpuscular hemoglobin
	MCHC	Mean Corpuscular Hemoglobin Concentration

	MCV	Mean Corpuscular Volume
	MHO2001	Mental Health Ordinance 2001
	MoA	Mechanism of action
	MRI	Mechanism of action
	MS	Musculoskeletal
	MSD	Musculoskeletal disorders
	MSDS	Minimum Service Delivery Standards
	MSK	Musculoskeletal
N	N	Neoplasia
	NEAA	Non-Essential Amino Acids
	NK cells	Natural Killer Cells
	NNRTI	Non-nucleoside Reverse Transcriptase Inhibitors
	NRTIs	Nucleoside Reverse Transcriptase Inhibitors
	NS	Neurosciences
O	NSAIDs	Non-steroidal Anti-Inflammatory Drugs
	O	Ophthalmology
	OA	Osteoarthritis
	OPC	Organophosphate
	OPV	Oral poliovirus vaccine
	Or	Orientation
P	Orth	Orthopaedic
	P	Physiology
	P.jiroveci	Pneumocystis jiroveci
	Pa	Pathology
	PAD	Pathology
	PAF	Platelet activating factor
	PBL	Problem Based Learning
	PCH	Psychiatry
	PCR	Polymerase Chain Reaction
	PDA	Patent Ductus Arteriosus
	PDGF	Platelet derived growth factor
	Pe	Pediatrics
	PEM	Protein Energy Malnutrition
	PERLs	Professionalism, Ethics, Research, Leadership
	PET	Positron Emission Tomography
	Ph	Pharmacology
	Ph	Pharmacology
	PI	Personal Identity
	PID	Pelvic inflammatory disease
	PIs	Protease inhibitors
	PMC	Pakistan Medical Commission
	PMDC	Pakistan Medical and Dental Council
	PMI	Post-Mortem Interval
	PNS	Peripheral Nervous System
	PPD	Paraphenylenediamine
	PPE	Personal Protective Equipment
	Psy	Psychiatry
	PT	Prothrombin Time
	PVC	Premature Ventricular Contraction
	PVD	Peripheral Vascular Diseases

Q	QALY	Quality-Adjusted Life Year
	QI	Quran and Islamiyat
R	R	Renal
	Ra	Radiology
	RA	Radiology
	RBCs	Red Blood cells
	RCM	Restrictive Cardiomyopathy
	RDA	Recommended Dietary Allowance
	Re	Respiratory
	RF	Rheumatoid factor
	RFLP	Restriction Fragment Length Polymorphism
	Rh	Rheumatology
	RHC	Rural Health Center
	RIA	Radioimmunoassay
	RMP	Resting Membrane Potential
	RNA	Ribonucleic Acid
	RTA	Road Traffic Accident
S	S	Surgery
	S.pneumonia	Streptococcus pneumoniae
	SA	Sinoatrial
	SCC	Squamous-cell carcinoma
	Se	Sexology
	Sec	Section
	SIDS	Sudden Infant Death Syndrome
	SLE	Systemic Lupus Erythematosus
	SOP	Standard Operating Procedure
T	TB	Tuberculosis
	TBI	Traumatic Brain Injury
	TCA	Tricarboxylic acid cycle
	TCBS	Thiosulphate Citrate Bile salts Sucrose
	TD50	Median Toxic Dose
	TGA	Transposition of the Great Arteries
	Th	Thanatology
	TLC	Thin Layer Chromatography
	TNF	Tumor Necrotic Factor
	TNM	Tumor Necrotic Factor
	TOF	Tetralogy of Fallot
	Tox	Toxicology
	Tr	Traumatology
	TSI	Triple Sugar Iron
U	USG	Ultrasonography
	UTI	Urinary Tract Infections
	UV	Ultraviolet
V	VAP	Ventilator-Associated Pneumonia
	Vd	Volume of Distribution
	VEGF	Vascular Endothelial Growth Factor
	VSD	ventricvular septal defect
W	W. bancroft	Wuchereria bancroft
	WBCs	White Blood Cells
	WHO	World Health Organization
Z	ZN Staining	Ziehl-Neelsen Staining

Curriculum Framework



Introduction to the Study Guide

Welcome to the Avicenna Medical & Dental College Study Guide!

This guide serves as your essential resource for navigating the complexities of your medical education at Avicenna Medical & Dental College. It integrates comprehensive details on institutional framework, curriculum, assessment methods, policies, and resources, all meticulously aligned with UHS, PMDC and HEC guidelines.

Each subject-specific study guide is crafted through a collaborative effort between the Department of Medical Education and the respective subject departments, ensuring a harmonized and in-depth learning experience tailored to your academic and professional growth.

Objectives of the Study Guide

Institutional Understanding:

- Gain insight into the college's organizational structure, vision, mission, and graduation competencies as defined by PMDC, setting the foundation for your educational journey.

Effective Utilization:

- Master the use of this guide to enhance your learning, understanding the collaborative role of the Department of Medical Education and your subject departments, in line with PMDC standards.

Subject Insight:

- Obtain a comprehensive overview of your courses, including detailed subject outlines, objectives, and departmental structures, to streamline your academic planning.

Curriculum Framework:

- Explore the curriculum framework, academic calendar, and schedules for clinical and community rotations, adhering to the structured guidelines of UHS & PMDC.

Assessment Preparation:

- Familiarize yourself with the various assessment tools and methods, including internal exam and external exam criteria, and review sample papers to effectively prepare for professional exams.

Policies and Compliance:

- Understand the institutional code of conduct, attendance and assessment policies, and other regulations to ensure adherence to college standards and accrediting body requirements.

Learning Resources:

- Utilize the learning methodologies, infrastructure resources, and Learning Management System to maximize your educational experience and academic success.

This guide, meticulously developed in collaboration with your subject departments, is designed to support your academic journey and help you achieve excellence in accordance with the highest standards set by PMDC and HEC.

7-Star Doctor Competencies (PMDC)

According to national regulatory authority PMDC, a Pakistani medical/dental graduate who has attained the status of a 'seven-star doctor' is expected to demonstrate a variety of attributes within each competency. These qualities/ generic competencies are considered essential and must be exhibited by the individual professionally and personally.

1. Skillful / Care Provider.
2. Knowledgeable / Decision Maker.
3. Community Health Promoter / Community Leader.
4. Critical Thinker / Communicator
5. Professional / Lifelong learner.
6. Scholar / Researcher
7. Leader/ Role Model / Manage

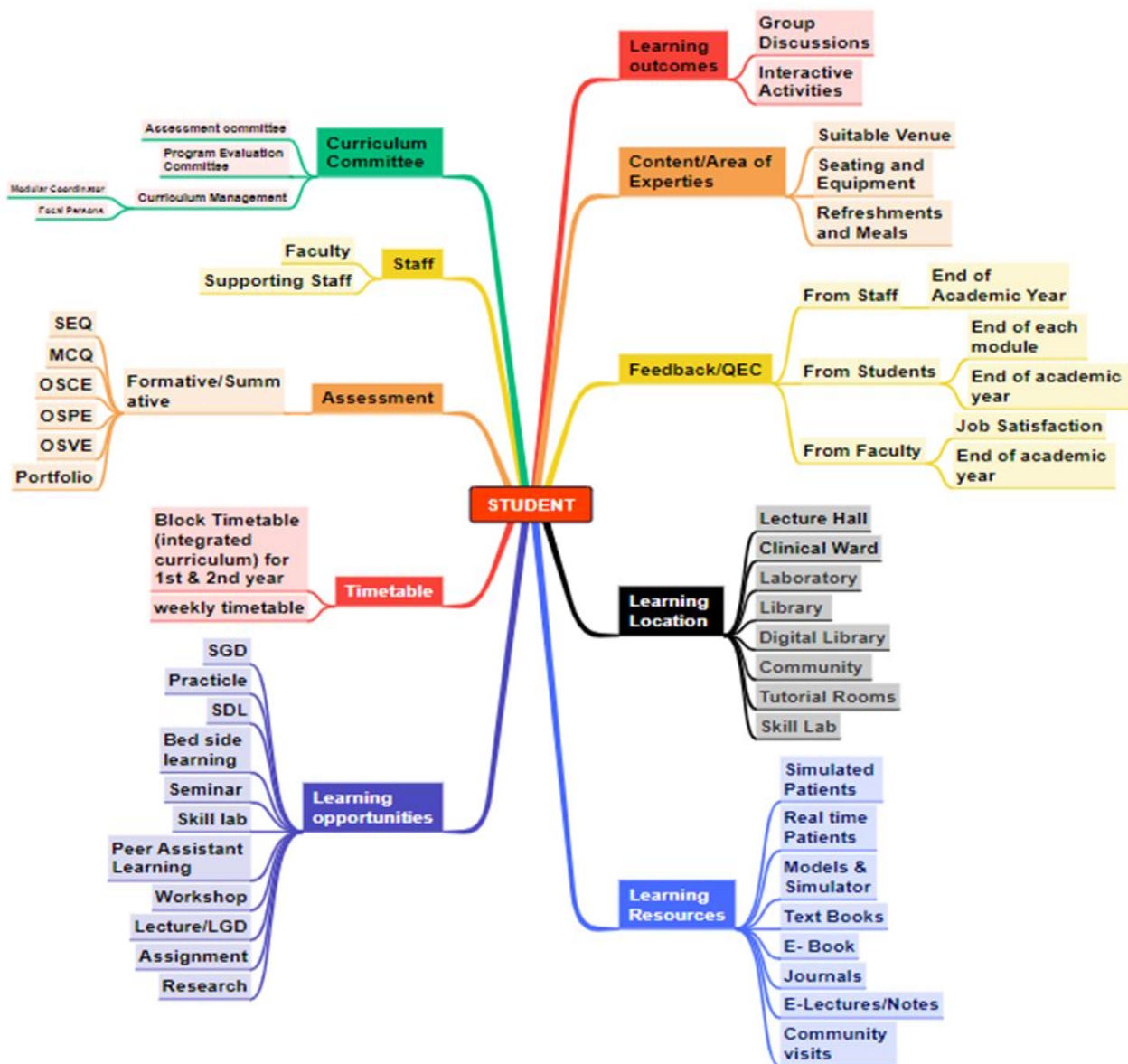
Module Committee

Name	Designation	Department
Prof. Dr. Gulfreen Waheed	Principal & Director	Medical Education
Dr. Saba Iqbal	Associate Director	Medical Education
Dr Hussain Raza	Assistant Professor	Medical Education
Dr. Ijlal Zehra	Head	Assessment Cell
Dr. Javaid Shabkhez Rab	Coordinator	Medical Education
Dr. Salar Arsalan	Demonstrator	Medical Education
Dr. Huma Fatima	Demonstrator	Medical Education
Ms. Tamzeela	Co-Coordinator	Medical Education
Mr. Adeel	Head	Student Affairs
Prof. Dr. Saeed Afzal	Head	Pathology
Dr. Majid	Focal Person	Pathology
Prof. Dr. Asma Saeed	Head	Pharmacology
Dr. Azka	Focal Person	Pharmacology
Prof. Dr.Rana Akhtar	Head	Community Medicine
Prof. Dr. Muhammad Usman Sheikh	Focal Person	Community Medicine
Prof. Dr. Zainab	Head	Forensic Medicine
Prof Dr. Anwar Sibtain	Focal Person	Forensic Medicine
Prof. Dr.Hassan Khan	Head	Surgery Unit-1
Prof. Dr.Khalid Nizami	Head	Surgery Unit-2
Dr. Sumaira	Focal Person	General Surgery

Prof. Dr. Muzammil	Head	Medicine Unit-1
Prof. Dr. Waheed Ahmed	Head	Medicine Unit-2
Dr. Usman	Focal Person	General Medicine
Dr. Usman	Focal Person	Psychiatry
Dr. Usman	Focal Person	Family Medicine
Dr. Farhat	Head	Behavioural Sciences
Dr. Uzma	Focal Person	Paediatrics

Curriculum Map

This pictorial, vertical and horizontal presentation of the course content and extent shows the sequence in which various systems are to be covered. Curricular map to cover all the subjects and modules and the time allocated to study of the systems for the undergraduate programs offered at four colleges at campus are as follows:



Academic Calender:

Avicenna Medical & Dental College Calendar 2025-2026 3rd Year MBBS																												
January 2026							February 2026							March 2026							SESSION START: 2nd March 2026							
Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Gazetted Holidays							
				1	2	3	1	2	3	4	5	6	7	Week-01	1	2	3	4	5	6	7	i- Kashmir Holiday - 5th Feb. 2026						
4	5	6	7	8	9	10	8	9	10	11	12	13	14	Week-02	8	9	10	11	12	13	14	ii- Eid-ul-Fitr- 19th March - 21st March 2026						
11	12	13	14	15	16	17	15	16	17	18	19	20	21	Spring	15	16	17	18	19	20	21	iii- Pakistan Day - 23rd March 2026						
18	19	20	21	22	23	24	22	23	24	25	26	27	28	Week-03	22	23	24	25	26	27	28	iv- Labor Holiday- 1st May 2026						
25	26	27	28	29	30	31								Week-04	29	30	31					v- Eid- Ul-Adha- 27th May - 28th May 2026						
																						vi- Youm-e-Talbeer Holiday - 28th May 2026						
																						vii- Ashura- 25th & 26th June 2026						
April 2026							May 2026							June 2026														
Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat								
			1	2	3	4	Week-08					1	2	Week-12	1	2	3	4	5	6	viii- Independence Day- 14th Aug. 2026							
Week-04	5	6	7	8	9	10	Week-09	3	4	5	6	7	8	Week-13	7	8	9	10	11	12	13	ix- Milad un Nabi- 25th Aug. 2026						
Week-05	12	13	14	15	16	17	Week-10	10	11	12	13	14	15	Week-14	14	15	16	17	18	19	20	x- Qaid-e-Azam Day-Christmas- 25th Dec. 2026						
Week-06	19	20	21	22	23	24	Week-11	17	18	19	20	21	22	Week-15	21	22	23	24	25	26	27	Vacations						
Week-07	26	27	28	29	30		Eid week	24	25	26	27	28	29	Week-16	28	29	30					Spring Vacations - 16th March - 23rd March, 2026						
							31															Summer Vacations - 11th July - 9th Aug. 2026						
																						Winter Vacations - 19th Dec. 2026						
July 2026							August 2026							September 2026							Events							
Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat								
Week-16			1	2	3	4							1	Week-21		1	2	3	4	5	Happiness World TB Day							
Week-17	5	6	7	8	9	10	Week-18	2	3	4	5	6	7	Week-22	6	7	8	9	10	11	12	World Autism Awareness Day						
Summer vacations	12	13	14	15	16	17	Week-19	9	10	11	12	13	14	Week-23	13	14	15	16	17	18	19	World Health Day						
Summer vacations	19	20	21	22	23	24	Week-20	16	17	18	19	20	21	Week-24	20	21	22	23	24	25	26	White Coat Ceremony						
Summer vacations	26	27	28	29	30	31	Week-21	30	31					Week-25	27	28	29	30				Music Fest - 2026						
																						Spring Fest						
																						World Hand Hygiene Day						
																						International Nursing Day						
																						World Hypertension Day						
																						Debates & MUN						
																						Class Trips						
																						World Environment Day						
																						Fun Fair						
																						International Self-Care Day						
Week-25				1	2	3	Week-30	1	2	3	4	5	6	Week-34		1	2	3	4	5	Independence Day							
Week-26	4	5	6	7	8	9	Week-31	8	9	10	11	12	13	Week-35	6	7	8	9	10	11	12	Qirai & Naat Competition						
Week-27	11	12	13	14	15	16	Week-32	15	16	17	18	19	20	Week-36	13	14	15	16	17	18	19	Blood Cancer Awareness Day						
Week-28	18	19	20	21	22	23	Week-33	22	23	24	25	26	27	Week-37	20	21	22	23	24	25	26	World First Aid Day						
Week-29	25	26	27	28	29	30	Week-34	29	30					Winter vacation	27	28	29	30	31			World Patient Safety Day						
																						World Heart Day						
																						Sports Fest - 26 Dec						
																						World Mental Health Day						
																						Breast Cancer Awareness						
																						Talent Hunt & Drum						
																						Block Exam						
Week-37					1	2																a-Block-7 Exam- 13th & 14th May 2026						
Week-38	3	4	5	6	7	8																b-Block-8 Exam- 16th & 17th September 2026						
Week-39	10	11	12	13	14	15																c-Block-9 Exam- 14th & 15th December 2026						
Week-40	17	18	19	20	21	22																Internal Assessment Exam						
	24	25	26	27	28	29	30															TAT- 16th December 2026						
	31																											

Timetable

AVICENNA MEDICAL & DENTAL COLLEGE

Rectangular Snip

AVICENNA MEDICAL & DENTAL COLLEGE

TIME TABLE Week 31		M-23 3rd Year MBBS	SESSION 2025-2026					BLOCK 9	
DATE	DAY							MODULE-22	
9-Nov	MON	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30	
		LECTURE PULMONOLOGY	LECTURE PATHOLOGY	LECTURE COMMUNITY MEDICINE	Break	LECTURE PATHOLOGY	LECTURE PULMONOLOGY	<u>Clinical Rotation-CFRC</u>	
10-Nov	TUE	8.00-9.00	9.00-10.00	10.00-10.30	10.30-11.30	11.30-12.30	12.30-1.30	1:30-3.30	
		Module 21 Exam (Written)		Break	Module 21 Exam (OSPE/VIVA)			<u>Clinical Rotation-CFRC</u>	
11-Nov	WED	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30	
		LECTURE PATHOLOGY	LECTURE COMMUNITY MEDICINE	FAMILY MEDICINE	Break	LECTURE COMMUNITY MEDICINE	FAMILY MEDICINE	<u>Clinical Rotation-CFRC</u>	
12-Nov	THU	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30
		LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	COMMUNITY MEDICINE FIELD VIST					
13-Nov	FRI	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.30	
		FAMILY MEDICINE	LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	LECTURE PATHOLOGY	E.W	JUMMA BREAK	<u>PERLs</u>	

AVICENNA MEDICAL & DENTAL COLLEGE

AVICENNA MEDICAL & DENTAL COLLEGE

TIME TABLE Week 32		M-23 3rd Year MBBS	SESSION 2025-2026						BLOCK 9	
DATE	DAY								MODULE-22	
16-Nov	MON	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30		
		LECTURE COMMUNITY MEDICINE	FAMILY MEDICINE	LECTURE FOR.MEDICINE	Break	TUTORIAL	PRACTICAL	Clinical Rotation-CFRC		
17-Nov	TUE	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		FAMILY MEDICINE	LECTURE COMMUNITY MEDICINE	LECTURE PATHOLOGY		TUTORIAL	PRACTICAL	Clinical Rotation-CFRC		
18-Nov	WED	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		FAMILY MEDICINE	LECTURE PATHOLOGY	LECTURE COMMUNITY MEDICINE		PERLs (Research TRC Committee Meetings)	FAMILY MEDICINE	Clinical Rotation-CFRC		
		8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30	
19-Nov	THU	LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	COMMUNITY MEDICINE FIELD VIST						
20-Nov	FRI	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.30		
		PERLs	LECTURE FOR.MEDICINE	FAMILY MEDICINE	LECTURE COMMUNITY MEDICINE	TUTORIAL	JUMMA BREAK	PRACTICAL		

AVICENNA MEDICAL & DENTAL COLLEGE

AVICENNA MEDICAL & DENTAL COLLEGE

TIME TABLE Week 33		M-23 3rd Year MBBS	SESSION 2025-2026					BLOCK 9	
DATE	DAY							MODULE-22	
23-Nov	MON	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30	
		PRACTICAL MSDS (PATHOLOGY, MEDICINE, GYNAE, SURGERY & PHARMA	LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	Break	FAMILY MEDICINE	PRACTICAL	Clinical Rotation-CFRC	
24-Nov	TUE	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30	
		PRACTICAL MSDS (PATHOLOGY, MEDICINE, GYNAE, SURGERY & PHARMA	FAMILY MEDICINE	LECTURE FOR.MEDICINE		LECTURE COMMUNITY MEDICINE	PRACTICAL	Clinical Rotation-CFRC	
25-Nov	WED	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30	
		PRACTICAL MSDS (PATHOLOGY, MEDICINE, GYNAE, SURGERY & PHARMA	FAMILY MEDICINE	LECTURE COMMUNITY MEDICINE		LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	Clinical Rotation-CFRC	
26-Nov	THU	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30
		PRACTICAL MSDS (PATHOLOGY, MEDICINE, GYNAE, SURGERY & PHARMA	LECTURE COMMUNITY MEDICINE	COMMUNITY MEDICINE FIELD VIST					
27-Nov	FRI	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.30	
		PRACTICAL MSDS (MEDICINE DEPARTMENT)	FAMILY MEDICINE	LECTURE COMMUNITY MEDICINE	FAMILY MEDICINE	PRACTICAL	JUMMA BREAK	PERLs	

AVICENNA MEDICAL & DENTAL COLLEGE

AVICENNA MEDICAL & DENTAL COLLEGE

TIME TABLE Week 34		M-23 3rd Year MBBS	SESSION 2025-2026						BLOCK 9	
DATE	DAY		MODULE-22							
30-Nov	MON	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30		
		Medicine and allied(Cardiology, Pulmonology) TEST		LECTURE COMMUNITY MEDICINE	Break	TUTORIAL	PRACTICAL	Clinical Rotation-CFRC		
1-Dec	TUE	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		LECTURE COMMUNITY MEDICINE	FAMILY MEDICINE	LECTURE FOR.MEDICINE		TUTORIAL	PRACTICAL	Clinical Rotation-CFRC		
2-Dec	WED	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		COMMUNITY MEDICINE TEST		LECTURE COMMUNITY MEDICINE		LECTURE FOR.MEDICINE	LECTURE PATHOLOGY	Clinical Rotation-CFRC		
3-Dec	THU	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30	
		LECTURE FOR.MEDICINE	LECTURE COMMUNITY MEDICINE	COMMUNITY MEDICINE FIELD VIST						
4-Dec	FRI	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.30		
		LECTURE COMMUNITY MEDICINE	LECTURE FOR.MEDICINE	TUTORIAL	Surgery and Allied TEST		JUMMA BREAK	PRACTICAL		

AVICENNA MEDICAL & DENTAL COLLEGE

Rectangular Snip

AVICENNA MEDICAL & DENTAL COLLEGE

TIME TABLE Week 35		M-23 3rd Year MBBS	SESSION 2025-2026						BLOCK 9	
DATE	DAY		MODULE-22							
7-Dec	MON	8.00-9.00	9.00-10.00	10.00-11.00	11.00-11.30	11.30-12.30	12.30-1.30	1:30-3.30		
		Pharmacology TEST		LECTURE FOR.MEDICINE	Break	FAMILY MEDICINE	LECTURE PHARMACOLOGY	Clinical Rotation-CFRC		
8-Dec	TUE	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		LECTURE SURGERY	LECTURE PULMONOLOGY			LECTURE COMMUNITY MEDICINE	LECTURE PATHOLOGY	Clinical Rotation-CFRC		
9-Dec	WED	8.00-9.00	9.00-10.00	10.00-11.00		11.30-12.30	12.30-1.30	1:30-3.30		
		Pathology TEST		FAMILY MEDICINE		LECTURE COMMUNITY MEDICINE	PRACTICAL	Clinical Rotation-CFRC		
10-Dec	THU	8.00-9.00	9.00-10.00	10.00-10.30	10.30-11.30	11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30	
		LECTURE FOR.MEDICINE	LECTURE MEDICINE	COMMUNITY MEDICINE FIELD VIST						
11-Dec	FRI	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.30		
		LECTURE PATHOLOGY	FAMILY MEDICINE	PRACTICAL	FOR.MEDICINE TEST		JUMMA BREAK	PRACTICAL		

Allocation of Hours

AVICENNA MEDICAL COLLEGE, LAHORE																																								
3RD YEAR MBBS (2025-26)																																								
	PATHOLOGY			PHARMACOLOGY			F.M			COMMUNITY MEDICINE				Surgery		Medicine		Cardio		Pulmo		ORTHO		Radiology		Paeds		Gynae		FAMILY MED	ioche	Physio	B.S	PERL	sitory Writin	Assesment	Total			
Wk #	Lec	Prac	Tut	Lec	Prac	Tut	Lec	Prac	Tut	Lec	Tut	Field	Prac	Lec	CR	Lec	CR	Lec	CR	Lec	CR	Lec	CR	Lec	CR	Lec	CR	Lec	CR											
BLOCK-7	1	4	1	1	7	1	2	2	1					1	2	2	2									1		1				1	2.5	1		34.5				
	2	4	1	1	7	1	2	2	1					1	2	2	2									1		1				1	3.5			34.5				
	3	5	1	1	6	1	2	2	1					1	1	2		2														2.5			27.5					
	4	4	1	1	6	1	2	2	1							2		3					1							1	1	1	1.5	1	5	34.5				
	5	6	1	1	10	1	2	2	1							3		3													1	1	1	1.5			34.5			
	6	5	1	1	11	1	2	2	1							3		3															2.5		2	34.5				
	7	4	1	1	6	1	2	2	1						1	2	1	3													1			1.5	1	5	34.5			
	8	3	1	1	6	1	2	2	1						1	3	1	3													1					2	28			
	9	6	1	1	8	1	2	2	1						1	2	1	2																2.5	1	2	34.5			
	10	3	1	1	4	1	2	2	1						1	3	2	3															1	1.5	1	7	34.5			
BLOCK-8	11	5	3.7		3			2	1.8					1			1														1		1			14	34.5			
	12	6	1.8		6			2	3.7						1	2	3	2																			34.5			
	13	5	1.2		4	1.1		2	1.2					2		1	2	2	2						1	4	1								1	1	5	34.5		
	14	8	1	2	5	1		2	1					2	1	1	2	2								1	1	1	1						1.5			34.5		
	15	3	2	2	1			1	1					1	1	1	2	2																			21			
	16	8	1	2	6			2	2					2	1		2	2																	3.5			34.5		
	17	3		2	2		1	2						2		3	2	3	2																2.5		5	34.5		
	18	4	1	2	1	1			1	1					3	2	1	2	2																1	1	1		28	
	19	6	1	2		1	1	2	1							2	5	2	2																	1.5	1		34.5	
	20	4	1	2	1	1		2	1	1							3	2	2																	1	2.5		27.5	
	21	9	2	2	2			3	1	1						2	2	2	2																	3.5	2		34.5	
	22	9	2	2				2	1	1						2		2	2																2.5	1	8	34.5		
	23	6	2	2	1			2	1	1	1					2		2	2					1	1			1							2.5			9	34.5	
BLOCK-9	24	2	1.8		3	1.8		1	1.9						1		2	1	2	1																	14	34.5		
	25	4	1	1	3	1	1	1	1	1	2				3	2	3	2	5	2																	1.5			34.5
	26	3	1	1	4	1	1	2	1	1	1				1	2	4	2	5	2																2.5			34.5	
	27	2	1		2	1		1	1					1		4	2	1	2	2	2															1		5	28	
	28	4	1		4	1	1	2	1	1	2	1			4	2		2	2			5	2													1.5			34.5	
	29	5	1	1	4	1	1	2	1		4	1			1	1		2				5	3												1.5			34.5		
	30	4	1	1	4		1	2	2		5	1					2				6	3					1								1.5			34.5		
	31	4						2			5		5			2	2	2	2												3				1.5	1	5	34.5		
	32	2	1.1				1	3	2.4	1	5	1	5			2		2		1															2			34.5		
	33		1					3	2		6		5	5		2		2		1																1.5			34.5	
	34	1		1		1.1		4	2.4	1	5	1	5			2		2		1																	6	34.5		
	35	2	1.1		1			3	2.4		2		5			1	2	1	2		1	1	1														6	34.5		
	36	1	1			1		1	4	1	1	2	10			1		1	1																1	1.5	5	34.5		
	37																																					14	14	
	154	41.7	35		128	24	28	71	48.8	11	55	10	35	5	35	65	44	74	14	11	19	15	20	18	6	5	2	4	2	4	18	7	2	8	55.5	15	119	1209		
	230.7			180			130.8			105				100		118		25		34		38		11		6		6		18	7	2	8	55.5	15	119				
	PATHOLOGY			PHARMACOLOGY			F.M			COMMUNITY MEDICINE				Surgery		Medicine		Cardio		Pulmo		ORTHO		Radiology		Paeds		Gynae		FAMILY MED	ioche	Physio	B.S	PERL	Expository Writing	Assesment				

Modular Outcomes

Module Name Community Medicine & Family Health I

Block 9 Module 22

- To apply principles of epidemiological study designs in research methodology to establish association and causations
- To apply principles of community diagnosis, screening in general population and high-risk population
- To apply the concept of environmental safety and global environmental concerns including air, water, waste disposal, radiation, noise and climate change.
- To apply principles of infectious disease epidemiology in classification, prevention and control of communicable diseases.
- To apply different types of surveillance in disease control, elimination and eradication
- To understand the concept of herd immunity and role of immunizing agents in disease prevention and control
- To demonstrate the difference between health education and propaganda, application of different health education, communication, information in different settings using different techniques and approaches
- To apply principles of primary health care targeting universal health care coverage through family medicine.
- To demonstrate comprehensive health care services as a concept of One Health which is attainable and achievable.

Learning Objectives

COMMUNITY MEDICINE			
CODE	SPECIFIC LEARNING OUTCOMES	TOTAL HOURS = 44	
		DISCIPLINE	TOPIC
	Explain the development of Public Health in Pakistan.		
	Describe the Health Policy and planning in Pakistan.		
	Explain the background, concepts and progress made towards achieving "Health for all",		
	Describe the concepts and assess the progress of "Primary Health Care"		
	Describe the National Disease Control programs including policies, strategies and operations.		

CMFH1-
CM-001

Analyze the roles Federal and Provincial Governments in

managing Healthcare services in Pakistan

Discuss The District Health System, in the context of
devolution. The Physician as a manager: Functions of manager
management of material, human and financial

resources.

Explain key principles of leadership and motivation in

healthcare settings

Describe the collaboration between the public and private

sectors in health care

Evaluate the role of Non-governmental Organizations and

International Agencies.

Community
Medicine

Health Systems in Pakistan

	Analyze the resources available for health.		
	Discuss the importance of community mobilization		
CMFH1- CM-002	Describe the background, concepts, uses and basic measurements of epidemiology (morbidity, mortality, disability and fatality)	Community Medicine	General Epidemiology and Research Methodology
	Describe the different epidemiological methods including descriptive, analytic and experimental approaches		
	Differentiate between association and causation		
	Outline the investigation of an outbreak or an epidemic.		
	Explain the principles and methods of disease screening		

	Conduct a community diagnosis and interpret its findings		and Screening
	Describe research and survey methodologies		
	Describe the composition of air		
	Describe the causes of air pollution and methods of air purification		
	Explain the diseases caused by impurities in the air and their prevention		
	Identify the sources of water and understand daily water requirements		
	Analyze the causes of water pollution and methods for its		

CMFH1- CM-003	prevention	Community Medicine	Environment al Health Sciences
	Describe the process of water purification and water quality standards		
	Describe diseases caused by polluted water and their prevention		
	Explain the contents, hazards, and safety measures for the disposal of solid and liquid waste from domestic, industrial, and hospital sources Explain global and marine problems related to waste disposal.		
	Differentiate between climate and weather		
	Analyze global environmental concerns like greenhouse		

	effect, depletion of Ozone layer and acid rains.		
	Explain the effects of extremes in temperature, humidity, and atmospheric pressure on human health, along with prevention methods.		
	Describe the sources, types, causes, hazards, and prevention of radiation exposure.		
	Explain the concepts of healthful housing and the challenges faced in urban and rural slums.		

	Define noise, its causes, and the acceptable levels, hazards and methods of control.		
	Differentiate between Infection, contamination, pollution,		

infestation.

Define the terminology of Infectious disease,

communicable disease, contagious disease.

Define Host, Immune and susceptible persons.

Differentiate between Sporadic, Endemic, Epidemic,

Pandemic, Epizootic, Exotic and Zoonotic.

Describe the roles of contact, fomites, carriers, insect

vectors, and reservoirs of infection.

Describe the incubation period, infective period, and
generation time.

CMF
H1-

Prevention and control of Infectious
diseases

CM-004	Differentiate between cross infection, nosocomial infections, opportunistic infections, and iatrogenic disorders (Physician induced).		
	Explain the concepts of surveillance, control, eradication, and elimination.		
	Analyze the various modes of disease transmission.		
	Discuss the principles of disease prevention and control.		
	Describe the methods and types of disinfection.		
	Explain the concept of immunity.		
	Identify different immunizing agents.		
	Describe the concepts aims and approaches of IEC and		

CMF H1- CM- 005	approaches used in public health.	Community Medicine	Communicati on, information and health education
	Explain the contents, principles and stages of health education.		
	Explain the process, types, methods and barriers of communication.		
	Identify the role of health care provider in health education.		
	Describe the concept of social marketing and its' applications in health sector.		
	Conduct health education sessions.		

FAMILY MEDICINE		
		TOTAL HOURS = 15

CODE	SPECIFIC LEARNING OUTCOMES	DISCIPLINE	TOPIC
CMF H1- FM- 001	List common causes of acute and chronic cough. Describe the systematic approach to a patient presenting with cough in OPD. Formulate a differential diagnosis based on history and examination. Identify appropriate baseline investigations. Outline initial management strategies. Identify indications for referral to specialty care.		Cough
	List common cardiac, respiratory, gastrointestinal,		Chest Pain

CMF
H1-
FM-
002

musculoskeletal, and psychological causes of chest pain.

Describe a structured OPD approach to evaluating chest pain.

Formulate a differential diagnosis using history, examination, and risk factors.

Select appropriate baseline investigations (e.g., ECG, chest X-ray, lab tests).

Outline initial management strategies, including urgent care if indicated.

Identify criteria for referral to cardiology, pulmonology, or

	gastroenterology.		
CMF H1- FM- 003	List common causes based on anatomical regions (upper, lower, right/left, generalized). Describe a systematic OPD assessment of a patient with abdominal pain. Formulate a differential diagnosis guided by history and physical findings. Select appropriate baseline investigations (e.g., CBC, LFTs, ultrasound). Outline initial management strategies including symptomatic relief.	Abdominal	Pain

	Recognize indications for referral to surgery, gastroenterology, or other specialties.		
CMF H1- FM- 004	List common causes of acute and chronic joint pain (inflammatory, degenerative, infectious, systemic). Describe an OPD approach for evaluating joint pain. Formulate a differential diagnosis using history, examination, and pattern of joint involvement. Identify relevant baseline investigations (e.g., CBC, ESR, CRP, X-rays). Outline initial management including analgesia and		Joint Pain

	lifestyle advice.		
	Recognize indications for referral to rheumatology,		
	orthopedics, or physiotherapy.		

COMMUNITY VISIT			
COMMUNITY MEDICINE			
CODE	SPECIFIC LEARNING OUTCOMES	TOTAL HOURS = 36	
		DISCIPLINE	TOPIC
	Assess the appropriateness of location of a water purifying facility.		
	Elaborate on the process of delivering and transporting water to a water treatment plant.		

CMFH1-CM-007	Differentiate the critical aspects of water supply from various sources. Identify the physical and chemical characteristics of water. Determine the characteristics of the ingredients contained in water purification plants. Characterize infectious organisms and indicators. Explain how chemical compounds affect human health. Discuss the physical, chemical, and biological unit operations that are commonly encountered in treatment processes. Determine which rules, regulations, and guidelines that govern the selection of various water treatment processes at the local, national, and international levels.	Community Medicine	Water purification plant/Water testing lab
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	Highlight the requirement for surface water and some ground water treatment for drinking reasons. Describe the role of each treatment procedure in the treatment of drinking water. Outline a fundamental overview of technology selection. Evaluate the working of water treatment plants.		
CMFH1-CM-008	Identify working biomedical waste department Describe various types of biomedical waste & their disposal in hospital Explain with rationale about the waste management plan of their hospital	Community Medicine	Visit to hospital waste management

	Describe color coding scheme for various types of waste according to WHO Describe the various methods to dispose of waste, their advantages and disadvantages. Describe non risk waste and risk waste. Describe incineration working and cost analysis Describe storage site of waste at hospital		
	Describe the various physical, emotional and cognitive disabilities experienced by people who receive rehabilitation services and understand their functional limitations. Explain the medical & psychosocial impact of disabilities. Explain the impact of society's attitudes towards disabilities on the treatment of people with disabilities Evaluate the effect of physical, mental, gender, racial,		

CMF H1- CM- 009	cultural, and environmental factors on the lives of people with disabilities. Develop interaction skills to accommodate cultural sensitivity when working with consumers & their families. Explain the local context to familiarize the wide variety of generic and specialized community resources available to serve people with disabilities. Describe the major services provided in rehabilitation (e.g., rehabilitation counseling, vocational evaluation, adjustment services, job placement, physical restoration, environmental adaptations). Explain the role of the rehabilitation case manager in coordinating services for people with disabilities.	Community Medicine	Visit to Rehabilitation center
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	Explain the local, state, and federal laws that affect rehabilitation services and the rights of people with disabilities.		
	Explain the importance of advocacy (including self-advocacy) in the field of rehabilitation		

	Discuss awareness and imparting skills to empower consumers to be active participants in their own rehabilitation plan. Critically appraise the ethical guidelines based on principles that encompass the rehabilitation field. Develop the verbal, written, and nonverbal communication skills necessary to work with people with disabilities, their families, and other service providers. Develop basic rehabilitation service delivery skills Describe the rehabilitation process and techniques used to evaluate eligibility for services, assess consumers to identify employment and independent living options, develop appropriate treatment plans, and provide follow- up Explain the similarities and differences among public, private not-for-profit, and private-for-profit rehabilitation practice. Discuss the community-based employment options for individuals with disabilities Identify the social, political, economic, and legal issues pertinent to an aging society and rehabilitation Develop the knowledge and skills pertinent to the procedures and programs provided to people with developmental disabilities. Develop the knowledge and skills pertinent to the procedures and programs provided to people with psychiatric disabilities. Develop the knowledge and skills to train, supervise, and evaluate employees who are providing direct care to consumers.		
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	Discuss the professional organizations, professional journals, and job opportunities in the field of rehabilitation. Discuss the integration of biological, physical, behavioral, and clinical sciences into physical therapy services		
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	Exhibit professional conduct and behaviors that are consistent with the legal and ethical practice of physical therapy. Demonstrate compassion, care, integrity, and respect for differences, values, and preferences in all interactions with patients/clients, family members, health care providers, students, other consumers, and payers. Screen patients/clients to determine if they are candidates for physical therapy services or if a referral to, or consultation with, another health care professional or agency is warranted. Complete a patient/client examination/re-examination and evaluate and interpret the examination data to determine a physical therapy diagnosis and prognosis Employ critical thinking, self-reflection, and evidence- based practice to make clinical decisions about physical therapy services. Collaborate with patients/clients, caregivers, and other health care providers to develop and implement an evidence- based plan of care that coordinates human and financial resources. Critically appraise the services and information related to health promotion, fitness, wellness, health risks, and disease prevention within the scope of physical therapy practices and rehabilitation		
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CMF H1- CM- 010	Apply 5 levels of prevention for diseases of public health importance. Design and implement community-based Health education and promotion projects. Collect, organize, analyze, interpret and disseminate data of disease burden in community and present report	Community Medicine	Visit to BHU & RHCs
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CMF H1- CM- 011	Household survey of 10 houses. Data collection and report writing	Community Medicine	Acquired community in vicinity of Medical College
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COMMUNITY MEDICINE		
		TOTAL HOURS = 10

CODE	SPECIFIC LEARNING OUTCOMES	DISCIPLINE	TOPIC
CMF H1- CM- 006	Assess the application of standards and KPIs in hospital lab settings and Blood banks	Pathology	MSDS Standards
	Assess the application of standards and Quality assurance indicators for imaging services	Radiology	
	Assess the application of standards and Quality assurance indicators for emergency services	Emergency and traumatology	
	Assess the application of standards and Quality assurance indicators for high-risk obstetrical services	Gynae & Obs	
	Assess the application of standards and Quality assurance indicators for anesthetic services	Anesthesia	
	Assess the application of standards and Quality assurance indicators for surgical procedures	Surgery and Allied	
	Assess the application of standards and Quality		

	assurance indicators for prescription and dispensing and administration of the drugs	Working Pharmacies	
	Assess the application of standards and Quality assurance indicators for patients' rights and education	Medical and Surgical OPDS	
	Collect data and transform into a report with recommendations	Community Medicine	

Operational Definitions

Traditional & Innovative Teaching Methodologies

Sr.	Pedagogical Methodologies	Description
1.	Lectures	Traditional method where an instructor presents information to a large group of students (large group teaching). This approach focuses on delivering theoretical knowledge and foundational concepts. It is very effective for introducing new topics.
2.	Tutorial	Tutorials involve small group discussion (SGD) where students receive focused instruction and guidance on specific topics.
3	Demonstrations	Demonstrations are practical displays of techniques or procedures, often used to illustrate complex concepts or practices, particularly useful in dental education for showing clinical skills.
4	Practicals	Hands-on sessions where students apply theoretical knowledge to real-world tasks. This might include lab work, clinical procedures, or simulations. Practicals are crucial for developing technical skills and understanding the application of concepts in practice.
5.	Student Presentations	Students prepare and deliver presentations on assigned topics. This method enhances communication skills, encourages students to explore topic in-depth. It also provides opportunities for peer feedback and discussion.
6.	Assignment	Tasks given to students to complete outside of class. Assignments can include research papers, case studies, or practical reports. They are designed to reinforce learning, assess understanding, and develop critical thinking and problem-solving skills.
7.	Self-directed Learning	Students take initiative and responsibility for their own learning process. Students are encouraged to seek resources, set goals, and evaluate their progress. This is a learner-centered approach where students take the initiative to plan, execute, and assess their own learning activities. This method promotes independence, critical thinking, and lifelong learning skills.

8.	Flipped Classroom	In this model, students first engage with learning materials at home (e.g., through videos, readings) and then use class time for interactive activities, discussions, or problem-solving exercises. This approach aims to maximize in-class engagement and application of knowledge.
9.	Peer-Assisted Learning (PAL)	A collaborative learning approach where students help each other understand course material. PAL involves structured peer tutoring, study groups, or collaborative tasks. It enhances comprehension through teaching, reinforces learning, and builds teamwork skills.
10.	Team-based Learning (TBL)	A structured form of small group learning where students work in teams on application-based tasks and problems. Teams are responsible for achieving learning objectives through collaborative efforts, promoting accountability, and deeper understanding of the material.
11.	Problem-based Learning (PBL)	Students work on complex, real-world problems without predefined solutions. They research, discuss, and apply knowledge to develop solutions. PBL fosters critical thinking, problem-solving skills, and the ability to integrate knowledge from various disciplines.
12.	Academic Portfolios	A collection of student's work that showcases learning achievements, reflections, and progress over time. Portfolios include assignments, projects, and self-assessments. They provide a comprehensive view of student development, highlight strengths and areas for improvement, and support reflective learning (experiential learning)
13.	Seminar	A seminar is an academic or professional setting where individuals discuss, present, and explore specific topics, often with expert guidance

Infrastructure Resources

Sr.	Infrastructure Resources	Description
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1.	Lecture Hall	Each year has a dedicated lecture hall, totaling five lecture halls for the five professional years. These halls are equipped with modern audiovisual aids to support effective teaching and learning.
2.	Tutorial Room	The college's tutorial rooms, each with a capacity of 30, are specifically designed to support small group discussions and interactive sessions. These rooms facilitate personalized instruction, enabling more engaged and effective learning through direct interaction between students and instructors.
3.	Lab	The college is equipped with state-of-the-art laboratories for practical and clinical work. Each lab is designed to support various disciplines, to facilitate hands-on learning.
4.	Library on campus	A huge library occupies a full floor and has 260 seats including study carrels and group-discussion tables. Latest reference books of Basic and Clinical Sciences along with national & international journals are available in the library.
5.	Digital Library	The digital library offers access to a vast collection of e-books, online journals, research databases, and other digital resources. It supports remote access and provides tools for academic research and learning.
6.	Learning Management System (LMS)	The LMS is a comprehensive online platform that supports course management, content delivery, student assessment, and communication. It provides tools for tracking progress, managing assignments, and facilitates ongoing academic activities.
6.	Phantom Labs	Specialized Phantom Labs are available for advanced simulation and practice in dental procedures. These labs provide high-fidelity models and simulators that help students refine their clinical skills in a controlled environment.
7.	Mess & Cafeteria	The College has its own on-campus Mess which caters to 600 students. All food items including dairy, meat, and vegetables are sourced organically and bought in at the time of cooking, in order to ensure that students get freshly cooked meals at all times Students form the Mess committee which decides the mess menu in consultation with other students. The Mess offers fresh food to all residents three times a day. However, day scholars are also welcome to use the Mess facility at a reasonable cost. Two 50- inch LCD screens provide students an opportunity to get entertained during their meal times.

8.	Gymnasium & Sports	We recognize sports as a pivotal key to shape and maintain students' personality and good health. The College has indoor and outdoor sports facilities to help enhance the cognition and capacity to learn. There is a proper sports section for various games like basketball, football, volleyball, and cricket. The gym itself is fully equipped with modern machinery both for students and faculty.
9.	IT Lab	The IT Lab is equipped with modern computers and software available for students who need access for academic purposes.
10.	Auditorium	The college has a spacious auditorium equipped with advanced audio-visual facilities. It is used for large-scale lectures, guest presentations, and academic conferences, providing a venue for students to engage with experts and participate in important educational events.
11.	Examination Halls	The college provides dedicated examination halls that are designed to accommodate a large number of students comfortably. These halls are equipped with necessary facilities to ensure a smooth and secure examination process, including proper seating arrangements, monitoring systems, and accessibility features.

AVICENNA MEDICAL & DENTAL COLLEGE
DEPARTMENT OF MEDICAL EDUCATION

Internal Assessment Policy

Introduction

This policy outlines the guidelines for internal assessment of students at Avicenna Medical and Dental College. Internal assessment plays a crucial role in evaluating a student's progress, understanding their strengths and weaknesses, and providing timely feedback. This policy aims to ensure fairness, consistency, and transparency in the internal assessment process.

Internal Assessment Components

The internal assessment for each course will be comprised of the following components:

1. Attendance

- Attendance will be recorded regularly and will contribute to the overall internal assessment score.
- Students are expected to maintain a minimum attendance of 75% to be eligible for internal assessment marks.

2. Continuous Assessment

- Continuous assessment will be based on regular assignments, quizzes, presentations, and other activities conducted throughout the semester.
- These assessments will evaluate students' understanding of the course material, their critical thinking skills, and their ability to apply knowledge to real-world scenarios.

3. Grand Test and Module Exams

- Grand tests and module exams will be conducted to assess students' comprehensive understanding of the course content.
- These exams will be designed to evaluate both theoretical knowledge and practical skills.

4. Attitude and Behavior

- Students' attitude towards learning, participation in class activities, and adherence to college rules and regulations will be assessed.
- This component will evaluate students' professionalism, teamwork skills, and ethical conduct.

5. Logbook and Portfolio

- Students will be required to maintain a logbook and portfolio to document their learning journey.
- The logbook will include reflections on lectures, tutorials, and practical sessions.
- The portfolio will showcase students' best work, including assignments, projects, and research papers.

Assessment Criteria and Weighting

The following table outlines the weighting of each component in the internal assessment:

Component	Marks	Percentage
Attendance	6	2%
Continuous Assessment	12	4%
Grand Test and Module Exams	30	10%
Attitude and Behavior	10	3%
Logbook and Portfolio	2	1%
Total	60	20%

Assessment Procedures

- **Faculty Responsibility:** Faculty members will be responsible for designing and administering the internal assessments in accordance with the course syllabus and this policy.
- **Marking and Grading:** Faculty members will mark and grade the assessments using a transparent and consistent marking scheme. Candidates shall be required to score at least 50% marks in the internal assessment in each subject to become eligible for admission to professional examinations.
- **Feedback:** Faculty members will provide timely and constructive feedback to students on their performance.
- **Record-Keeping:** Faculty members will maintain accurate records of all internal assessments, including marks and feedback.
- **Moderation:** Internal assessments will be moderated by the course coordinator or the head of the department to ensure fairness and consistency.

Appeal Process

Students who have concerns about their internal assessment marks may appeal to the concerned faculty member or the head of the department. The appeal process will be handled promptly and fairly.

The internal assessment policy is designed to promote student learning, assess their progress, and provide a fair and transparent evaluation system. Faculty members and students are expected to adhere to this policy to ensure the integrity of the internal assessment process.

Attendance Requirement & Internal Assessment Criteria

The institution follows the regulations for examinations of the UHS in letter and spirit. The students require **75% attendance** in all academic sessions and **50% passing marks** with internal assessments and send-up examinations to be eligible for the UHS Professional Examinations.

Assessment Guidelines

Assessment in medical & dental education is a critical component designed to ensure that medical & dental students acquire the necessary knowledge, skills, and competencies required for effective medical & dental practice.

Assessment drives learning! – George E. Millar

You will encounter a variety of assessment methods, each serving a specific purpose.

- Written examinations, including multiple-choice and essay questions, will test your grasp of theoretical concepts and subject matter.

- Practical assessments will require you to demonstrate your clinical skills and ability to apply knowledge in real-world scenarios.
- Clinical exams will evaluate your communication skills and reasoning abilities through case discussions and problem-solving exercises.
- Clinical skills and work-place based assessments will observe your hands-on proficiency and patient management capabilities.

At Avicenna Medical & Dental College, internal assessments are systematically conducted throughout each academic year of the MBBS program, as per the guidelines established by the University of Health Sciences (UHS). These assessments, overseen by the Assessment Cell, adhere to either the Annual Subject-Based System or the Integrated/Modular System, depending on the curriculum structure.

Notably, beginning with the 2024-25 academic year, the weightage of internal assessments will be increased from 10% to 20%. The UHS administers professional examinations independently, organizing them at designated neutral sites and appointing external examiners to ensure objectivity and fairness.

Internal Assessment Weightage	20%	100%
External Assessment Weightage	80%	

YEAR-3		
		Marks
A.	Block 7 (Foundation-II + Hematopoietic, Immunity & Implant + General Pharmacology + Forensic Medicine & Toxicology-I)	350
B.	Block 8 (Musculoskeletal & Locomotion-II + Infectious Diseases + Neoplasia + Forensic Medicine & Toxicology - II)	350
C.	Block 9 (Cardiovascular-II + Respiratory II + Community Medicine & Public Health + Family Medicine I + Forensic Medicine & Toxicology - III)	350
	Total	1050

Assessment Schedule

Avicenna Medical & Dental College 3rd Year MBBS (M-23) Test Schedule Block-9

We ek	Date	Day	Subject	Test	Topic	Reference
25t h	29-Sep-26	Tue	All subjects	Lecture	Lecture time divided	
26t h	Whole Week		Pathology/ Pharmacology / Forensic Med	Tutorial Test		
27th	13-Oct-26	Tue	Integrated	Module-20 Exam		
				OSPE+VIVA		
28th	Whole Week		Community Med/ Pharmacology / Forensic Med	Tutorial Test		
29th	Whole Week		Pathology/ Pharmacology / Community Med	Tutorial Test		
30th	Whole Week		Pathology/ Pharmacology / Community Med	Tutorial Test		
31st	10-Nov-26	Tue	Integrated	Module-21 Exam		
				OSPE+VIVA		
32nd	Whole Week		Pharmacology / Community Med/ Forensic Med	Tutorial Test		
33rd	24-Nov-26	Tue	All subjects	Lecture	Lecture time divided	

34th	30-Nov-26	Mon	Medicine & Allied Test Cardiology, Pulmonology)	Grand Test		
34th	2-Dec-26	Wed	Com. Medicine	Grand Test		
34th	4-Dec-26	Fri	Surgery & Allied Test	Grand Test		
35th	7-Dec-26	Mon	Pharmacology	Grand Test		
35th	9-Dec-26	Wed	Pathology	Grand Test		
35th	11-Dec-26	Fri	Forensic Medicine	Grand Test		
36th	17-Dec-26	Thu	Integrated	Module-22 Exam		
				OSPE+VIVA		
37th	21-Dec-26	Mon	Integrated	Block-9 Exam		
	22-Dec-26	Tue		OSPE+VIVA		
End Of Block-9						
Winter Vacations- 23rd Dec- 31st Dec,2026						

Table of Specification

MBBS 3 rd Professional						
Block-9						
Subject	Written Exam		Oral/Practical/Clinical Exam			
	MCQ (1 mark)	Marks	OSPE /OSCE (8 marks each observed)	OSCE (10 marks each observed)	OSVE (14 marks each observed)	Marks
Pharmacology	19	19	02	-	01	30
Pathology	22	22	02	-	-	16
Family Medicine	05	05	-	-	-	-
Community Medicine	42	42	03	-	01	38
Surgery	15	15	-	-	-	-
Medicine	15	15	01	-	-	08
Forensic	20	20	02	-	01	30
Behavioral Sciences	02	02	-	-	-	-
Patient Safety	-	-	-	-	-	-
CFRC	-	-	01	-	-	08
PERLs + Expository	-	-	-	01	-	10
Total	140	140	11 stations x 08 = 88	01 stations x 10 = 10	03 stations x 14=42	140

Recommended Books & Reading Resources

Anatomy

Snell's Clinical Anatomy 10th ed.

Langman's Medical Embryology 12th ed

Medical Histology by Laiq Hussain Siddiqui 8th edition.

General Anatomy by Laiq Hussain Siddiqui 6th edition.

Biochemistry

Harpers illustrated Biochemistry (latest edition). Rodwell.V.W MCGrawHill publishers.

Lippincott illustrated Review (latest edition). Kluwer.W.

Essentials of Medical Biochemistry vol 1&2 by Mushtaq Ahmed.

Pathology

Vinay Kumar, Abul K. Abbas and Nelson Fausto Robbins and Cotran, Pathologic basis of disease. WB Saunders.

Robbins and Cotran Pathological Basis of Disease. Kumar, V., Abbas, A. and Aster, J. Latest Edition

Richard Mitchell, Vinay Kumar, Abul K. Abbas and Nelson Fausto Robbins and Cotran, Pocket Companion to Pathologic basis of diseases, Saunders Harcourt.

Walter and Israel. General Pathology. Churchill Livingstone.

Robbins & Kumar, Medical Microbiology and Immunology Levinson.

General Medicine

Principles and Practice of Medicine by Davidson (latest edition)

Clinical Medicine by Parveen J Kumar & Michael Clark

Oxford Handbook of Medicine

Macleod's Clinical Examination book

Medicine and Toxicology by C.K. Parikh

Hutchison's Clinical Methods by Michael Swash. 21st edition

Pharmacology And Therapeutics

Katzung and Trevor's Pharmacology: Examination and Board Review- 15th Edition

Basic and Clinical Pharmacology by Bertram G Katzung (case scenarios only) - 16th Edition-

Current Medical Diagnosis and Treatment- reference book –Edition-2024

Basic and Clinical Pharmacology by Bertram G Katzung (case scenarios only) - 15th Edition

Basic and Clinical Pharmacology by Katzung, McGraw-Hill. 16th Edition.

Pharmacology by Champe and Harvey, Lippincott Williams & Wilkins 8th Edition.

Katzung Basic and Clinical pharmacology, Lippincott Illustrated reviews.

Clinical Pathology Interpretations by A. H. Nagi

Behavioural Sciences

Handbook of Behavioural Sciences by Prof. Mowadat H.Rana, 3rd Edition

Medical and Psychosocial aspects of chronic illness and disability 6th edition by Donna R.Falvo and Beverly E.Holland,
Integrating behavioral sciences in healthcare, Asma Humayun,2003, 1st edition

Community medicine

Parks Textbook of Preventive and Social Medicine. K. Park

Public Health and Community Medicine by Ilyas Ansari

MSDS manual of Government of Punjab

Text book of Community Medicine by Park J E. Latest Edition

Surgery

Bailey & Love's Short Practice of Surgery (latest edition)

Browse's Introduction to the Symptoms & Signs of Surgical Disease 4th Edition

Bailey & Love Short Practice of Surgery, Clinical Surgery pearls by Dayananda Babu RACS for Surgical Audits.

Patient Safety

Patient Safety Curriculum Guide: Multi Professional Guide

Microbiology

Levinson's review of Microbiology

Medical Microbiology and Immunology by Levinson and Jawetz,

Pediatrics Medicine

Nelson Textbook of Pediatrics

Basis of Pediatrics by Pervez Akbar Khan

Gynecology

Gynecology by Ten Teachers

Infection Control

National Guidelines Infection Prevention and control, National Institute of Health Pakistan

Biosafety

Biosafety in Microbiological and Biomedical Laboratories, 6th Edition (CDC, USA)

WHO Laboratory Biosafety Manual, Fourth Edition, And Associated Monographs

WHO safe management of wastes from healthcare facilities chapter 7 -8 page 77-99, 105-125)

Family medicine

Oxford Handbook of General Practice, 5th Edition

Orthopedics

Apley and Solomon's System of Orthopaedics and Trauma by Ashley Blom (Editor)

Rheumatology

Davidson's Principles and Practice of Medicine

Clinical Medicine by Parveen J Kumar & Michael Clark

Hutchison's Clinical Methods by Michael Swash

Radiology

Aids to Radiological Differential Diagnosis by Chapman S. and Nakielny R. 4th edition.

Elsevier Science Limited; 2003.

Forensic Medicine

Knight's Forensic Pathology by Barnard Knight 3rd edition

G. Principles and Practice of Forensic Medicine by Prof. Nasib R. Awan, 2nd edition

Forensic DNA Typing – 2nd Edition, Author: John M. Butler

Parikh's Textbook of Medical Jurisprudence, Forensic Medicine and Toxicology by C.K. Parikh 6th Ed., CBS Publisher.

Gun Shot Wounds 2nd edition by V.J. De Maio

Knight B. Simpson's Forensic Medicine.

Knight and Pekka. Principles of Forensic Medicine

Forensic Pathology

Forensic pathology 2nd edition by V.J. De Maio CRC press Boca Raton London New York

Washington DC

Toxicology

Principles of clinical toxicology 3rd edition Thomas. Gossel CRC press Taylor and Francis group

Forensic Sciences

Fundamentals of Forensic Science- 3rd Edition: Author: Max M Houck, Jay A. Siegel

TextBook of forensic medicine and toxicology Principles and Practice 5th edition by Krishan Vig

Biomedical ethics

Principles of Biomedical ethics, 8th edition by Tom. L. Beauchamp, James F. Childress.

Evidence Based Medicine

Databases for the latest articles/manuscripts

Clinical Practice Guidelines- local and international - (within last 3 years)

Books (Latest edition-within last 5 years)

Pediatrics

Nelson's Book of Pediatric 22 edition Illustrated book of Pediatrics, Pervaiz Akbar textbook pediatrics medicine

Islamiyat

Standard Islamiyat (compulsory) for B.A, BSc, MA, MSc, MBBS by Prof M Sharif Islahi.

Ilmi Islamiyat(compulsory) for BA, BSc & equivalent.

