



Before Licensing Examination > Useful Resources

Topics

The following is a list of topics for reference; the list is neither exclusive nor exhaustive. Candidates are expected to have a good understanding of the biomedical basis and clinical management, where appropriate, of these conditions. Please note that the same topic can appear in more than one discipline if deemed appropriate.

1. Anatomy, Biochemistry, Physiology

- Candidates are expected to have a good understanding of these disciplines, questions of which may appear in Basic Sciences and various clinical specialties.

2. Pathology, Microbiology, Pharmacology

- Candidates are expected to have a good understanding of these disciplines, questions of which may appear in Basic Sciences and various clinical specialties.

3. Medicine

Cardiology

- Ischaemic heart disease
- Heart failure
- Arrhythmia and heart block
- Cardiac emergencies (e.g. acute pulmonary oedema, cardiac arrest, cardiogenic shock, cardiac tamponade)
- Essential hypertension
- Secondary hypertension
- Systemic disorders affecting the heart
- Cardiomyopathies and myocarditis
- Valvular heart diseases
- Infective endocarditis
- Diseases of the pericardium (e.g. pericarditis)
- Diseases of the aorta (e.g. aortic dissection)
- Adult congenital heart diseases (e.g. atrial septal defect, ventricular septal defect)
- Diseases of the arteries (e.g. arterial thrombosis, atherosclerosis)
- Diseases of the veins (e.g. deep vein thrombosis, superior vena cava obstruction)
- Molecular and cellular cardiology



Endocrinology & Metabolism

- Metabolic syndrome
- Diabetes mellitus
- Lipid disorders
- Graves' disease and thyroid storm
- Hypothyroidism and myxoedema coma
- Acute and subacute thyroiditis
- Hypopituitarism
- Pituitary tumours
- Acromegaly
- Growth hormone deficiency
- Hyperprolactinaemia
- Diabetes insipidus
- Syndrome of inappropriate ADH secretion (SIADH)
- Hypogonadism
- Cushing's syndrome
- Adrenal gland disorders (e.g. adrenal insufficiency, primary hyperaldosteronism)
- Gynaecomastia
- Hirsutism
- Disorders of calcium and phosphate metabolism
- Osteomalacia and metabolic bone diseases
- Osteoporosis

Gastroenterology & Hepatology

- Malignancy of the gastrointestinal tract
- Infections of the gastrointestinal tract
- Gastro-oesophageal reflux disease
- *Helicobacter pylori* infection
- Gastric and duodenal ulcers
- NSAID gastropathy
- Functional dyspepsia
- Irritable bowel syndrome
- Food poisoning
- Malabsorption
- Inflammatory bowel diseases (ulcerative colitis and Crohn's disease)

- Intestinal obstruction
- Acute pancreatitis
- Cholangitis and gallstones
- Pancreatic cancer
- Systemic disorders affecting the liver
- Drug-induced liver injury
- Viral hepatitis (hepatitis A to E)
- Toxic, drug-induced and autoimmune hepatitis
- Alcoholic liver disease
- Non-alcoholic fatty liver disease
- Hepatocellular carcinoma
- Cirrhosis and portal hypertension
- Primary biliary cirrhosis
- Wilson's disease
- Variceal bleeding
- Ascites and spontaneous bacterial peritonitis
- Hepatic encephalopathy
- Acute liver failure and liver transplantation

Haematology & Oncology

- Anaemia and other related disorders (e.g. anaemia associated with systemic diseases, G6PD deficiency)
- Bleeding tendency (e.g. immune thrombocytopenic purpura, disseminated intravascular coagulation, thrombotic thrombocytopenia purpura, Vitamin K deficiency, haemophilia, Von Willebrand disease)
- Thrombotic tendency (e.g. deep vein thrombosis, pulmonary embolism, inherited and acquired thrombophilias)
- Haematological malignancies (e.g. acute leukaemia, myeloproliferative disorders, lymphoproliferative disorders, multiple myeloma)
- Bone marrow failure (e.g. aplastic anaemia, pure red cell aplasia, myelodysplastic syndrome, drug-induced agranulocytosis)
- Blood transfusion
- Haematopoietic cell transplantation
- General oncology
- Cancer treatment (including target and immunomodulatory therapies)
- Complications of cancer treatment
- Oncological emergencies



- Paraneoplastic syndromes
- Palliative Care

Nephrology

- Systemic disorders affecting the kidney
- Acute kidney injury (acute renal failure)
- Chronic renal failure
- Preventing progression of chronic kidney disease
- Glomerular diseases (e.g. primary and secondary renal parenchymal diseases)
- Tubulointerstitial diseases (e.g. polycystic kidney disease)
- Urinary tract infection
- Fluids, electrolytes and acid-base disorders
- Renal stones and urinary obstruction
- Dialysis
- Renal transplantation

Neurology

- Cerebrovascular disease
- Seizures and epilepsy
- Parkinson's disease and other movement disorders
- Infections of the central nervous system
- Cognitive disorders (e.g. Alzheimer's disease, vascular dementia, other treatable entities such as nutritional deficiencies)
- Peripheral nerve disorders (e.g. systemic causes, chronic inflammatory demyelinating polyneuropathy, hereditary motor and sensory neuropathy, Guillain-Barré syndrome)
- Myasthenia gravis
- Motor neuron disease
- Multiple sclerosis
- Muscular disorders (e.g. systemic causes, muscular dystrophy, polymyositis, rhabdomyolysis)
- Spinal cord disorders (e.g. cord compression, cord tumours, cervical myelopathy, prolapsed disc)
- Primary headache disorders (e.g. migraine, tension headache, cluster headache, neuralgia)
- Coma and brain death
- Benign intracranial hypertension
- Normal pressure hydrocephalus
- Confusion and delirium
- Metabolic encephalopathy



- Cerebellar disorders
- Brain tumours
- Neurorehabilitation
- Head, spinal cord and nerve injuries

Respiratory Medicine

- Respiratory infections in immunocompetent and immunocompromised hosts (e.g. influenza, common respiratory viruses, bacterial pneumonia, tuberculosis)
- Severe acute respiratory syndrome (SARS)
- Allergic rhinitis
- Asthma
- Bronchiectasis
- Chronic obstructive pulmonary disease (COPD)
- Interstitial/inflammatory lung diseases
- Restrictive lung diseases from chest wall and neuromuscular diseases
- Obstructive sleep apnoea
- Cor pulmonale
- Respiratory failure
- Acute respiratory distress syndrome (ARDS)
- Lung cancer
- Pulmonary vascular diseases
- Non-invasive ventilation
- Diseases of the pleura and mediastinum
- Occupational and environmental lung diseases
- Lung transplantation

Rheumatology & Immunology

- Rheumatoid arthritis
- Seronegative spondyloarthritis
- Infective arthritis
- Crystal arthritis
- Osteoarthritis
- Systemic lupus erythematosus (SLE)
- Other collagen vascular diseases (e.g. systemic sclerosis, undifferentiated connective tissue disorder, dermatomyositis, polymyalgia rheumatica, Sjogren's syndrome)
- Vasculitides



- Drug-induced immunodeficiency
- Allergies and allergic conditions (e.g. drug allergy, food allergy, anaphylaxis)

Geriatrics

- Ageing and frailty
- Age-related biological changes and vulnerability to diseases
- Evaluation of geriatric patients
- Principles and organisation of care for geriatric patients
- Geriatric syndromes (e.g. falls and impaired mobility, neurological problems, sleep disorders, dementia, delirium, psycho-geriatric problems, pressure sores, constipation, incontinence, nutritional deficiencies)
- Common causes of hospital admissions
- Geriatric rehabilitation
- Prevention and health promotion for successful ageing
- Community geriatrics and long-term care
- End-of-life care (e.g. advanced directives and care planning, resuscitation decisions, difficult ethical dilemmas)

Infectious Diseases

- Community acquired infections
- Health care associated infections
- Infections in transplant recipients
- Common viral infections including respiratory infections as stated above, *Herpesviridae* infections, measles, mumps and rubella
- Common bacterial, fungal and parasitic infections
- Pyrexia of unknown origin
- Septicaemia
- Tropical medicine
- Malaria
- Dengue fever
- HIV infection and acquired immune deficiency syndrome (AIDS)
- Highly active antiretroviral therapy (HAART) for patients with human immunodeficiency virus (HIV)
- Emerging infections (e.g. COVID-19)

Sexually Transmitted Diseases

- Urethral discharge
- Genital ulcer
- Vaginal discharge



- Gonorrhoea
- Chlamydial infections
- Chancroid
- Syphilis
- Herpes
- HIV infection

Dermatology

- Eczema and dermatitis
- Psoriasis
- Acne
- Skin infections
- Life-threatening dermatoses (e.g. autoimmune blistering diseases, erythroderma, Stevens-Johnson syndrome, toxic epidermal necrolysis, pustular psoriasis, toxic shock syndrome)
- Cutaneous manifestations of systemic diseases
- Malignancy of the skin

Clinical Pharmacology

- Good prescribing practice
- Principles of clinical pharmacology
- Adverse drug reactions and drug interactions
- Drugs and the liver
- Drugs and the kidneys
- Prescribing in the elderly
- Prescribing in pregnancy
- Cardiovascular drug therapy
- Drug treatment of thromboembolism and bleeding
- Drug therapy for respiratory diseases
- Gastrointestinal drug therapy and drugs for inflammatory bowel diseases
- Clinical neuropharmacology
- Non-steroidal anti-inflammatory drugs (NSAIDs) and corticosteroids
- Antimicrobial drug therapy and prophylaxis
- Antiviral therapy
- Clinical toxicology (including common traditional Chinese medicine toxicity)
- Clinical drug trials
- Pharmacogenetics and pharmacogenomics
- Drug utilisation studies and audits



4. Surgery

Breast Surgery

Emergency Surgery Topics

- Mastitis and breast abscess

Elective Surgery Topics

- Management of breast cancer
- Management of benign breast neoplasms
- Triple assessment
 - Interpretation of mammogram and breast ultrasound
 - Fine needle aspiration vs. core needle biopsy
- Breast cancer screening
- Breast cancer genetics

Cardiothoracic Surgery

Emergency Surgery Topics

- Thoracic trauma
- Spontaneous pneumothorax
- Aortic dissection

Elective Surgery Topics

- Management of lung cancer
- Interpretation of chest x-ray and CT thorax

Colorectal Surgery

Emergency Surgery Topics

- Lower gastrointestinal bleeding
- Intestinal obstruction
- Bowel ischaemia
- Acute appendicitis
- Acute diverticulitis and its complications
- Complications from inflammatory bowel diseases
- Anastomotic leakage
- Post-operative ileus



Elective Surgery Topics

- Screening for colonic polyps and cancers
- Management of colonic and rectal cancer
- Management of inflammatory bowel diseases
- Nutrition: enteral, parenteral
- Colonoscopy and its complications
- Bowel preparations
- Types and complications of stoma
- Functional colonic disorders including constipation and irritable bowel syndrome
- Management of proctology problems
 - Haemorrhoids
 - Fistula-in-ano
 - Anal fissures
 - Pilonidal sinus

Endocrine Surgery

Emergency Surgery Topics

- Management of hypercalcemia
- Management of Addisonian crisis

Elective Surgery Topics

- Management of thyroid nodules
- Classifications of thyroid cancers
- Complications of thyroidectomy
- Management of hyperparathyroidism
- Management of adrenal nodules
- Pancreatic endocrine neoplasms

Oesophageal and Upper Gastrointestinal Surgery

Emergency Surgery Topics

- Upper gastrointestinal bleeding
- Perforated peptic ulcers
- Small bowel ischaemia
- Oesophageal perforation including Boerhaave syndrome



Elective Surgery Topics

- Management of oesophageal cancer
- Management of dysphagia
- Peptic ulcer disease and its complications
- Gastric outlet obstruction
- Management of gastric cancer
- Types of gastrectomy
- Functional oesophageal disorders including achalasia

Hepatobiliary and Transplant Surgery

Emergency Surgery Topics

- Acute biliary tract infections
 - Acute cholecystitis
 - Acute cholangitis
 - Biliary pancreatitis
 - Recurrent pyogenic cholangitis
- Liver trauma - blunt or penetrating
- Liver abscess and its etiology
- Ruptured hepatocellular carcinoma
- Hepatic encephalopathy
- Splenic trauma and splenectomy

Elective Surgery Topics

- Management of gallstone diseases
- Complications of cholecystectomy including bile duct injury
- Management of liver tumour (primary and secondary)
- Management of pancreatic cancer (curative and palliative surgery)
- Investigation of jaundice (including painless jaundice)
- Immunosuppression in transplant surgery

Neurosurgery

Emergency Surgery Topics

- Acute intracranial haemorrhage
- Head injury and management
- Spinal cord injury and compression - levels and classification



Elective Surgery Topics

- Glasgow Coma Score
- Brainstem death
- Intra-cranial pressure: hydrocephalus and management
- Brain tumours

Paediatric Surgery

Emergency Surgery Topics

- Necrotising enterocolitis
- Intussusception
- Testicular torsion

Elective Surgery Topics

- Hirschsprung's disease

Plastic, Head and Neck Surgery

Emergency Surgery Topics

- Burn injury
- Airway management
- Management of epistaxis
- Management of carotid blowout
- Facial trauma and its classifications

Elective Surgery Topics

- Approach to oral cavity tumours including tongue and buccal mucosa tumours
- Approach to cervical lymphadenopathy
- Management of nasopharyngeal carcinoma (including recurrence)
- Management of common skin cancers (including squamous cell carcinoma, basal cell carcinoma and melanoma)
- Parotid tumours and facial nerve palsy



Urology

Emergency Surgery Topics

- Acute retention of urine
- Testicular torsion and its differential diagnosis
- Pyelonephritis
- Ureteric obstruction

Elective Surgery Topics

- Management of renal cell carcinoma and its complications (including vena caval thrombosis)
- Management of transitional cell carcinoma of urinary bladder and renal pelvis
- Management of ureteric stones
- Interpretation of uroflowmetry

Vascular Surgery

Emergency Surgery Topics

- Acute limb ischaemia
- Abdominal aortic aneurysm (repair techniques and its limitations)

Elective Surgery Topics

- Management of lower limb ulcers (ischaemic, venous and infective)
- Management of lymphoedema
- Management of asymptomatic abdominal aortic aneurysm
- Management of varicose veins
- Management of carotid diseases, including bypass and stenting
- Uses of common antiplatelet agents and anticoagulants

Other General Surgical Topics

Emergency Surgery Topics

- Trauma care
- Management and classification of shock
- Management and classification of hypoxia
- Management and classification of oliguria



Elective Surgery Topics

- Suture materials
- Informed consent
- World Health Organization (WHO) Surgical Safety Checklist
- Common abdominal incisions
- Wound healing and wound management



5. Paediatrics

General and Adolescent Medicine

i. History Taking

- Fever
- Weight loss
- Pyrexia of unknown origin
- Failure to thrive
- Joint pain
- Child neglect/abuse
- Prolonged neonatal jaundice
- Symptoms of upper respiratory tract infection (runny nose, cough, etc.)
- Acute shortness of breath
- Small head
- Big head
- Squint
- Limping
- Obesity
- Skin rash
- HEADSS assessment tool

ii. Physical Examination

- Dysmorphism
- Features of Down syndrome
- Café au lait spot
- Depigmented spot
- Haemangioma
- Atopic eczema
- Lymphadenopathy
- Chickenpox/rubella
- Assessment of hydration state
- Otitis media
- Cataract/corneal clouding
- Nutrition
- Pneumonia
- Big head/small head
- Skeletal dysplasia



- Undescended testis

iii. Cases

- Obesity
- Vomiting
- Acute diarrhoea
- Chronic diarrhoea
- Feeding problems
- Failure to thrive
- Irritable hip
- Eczema
- Developmental delay e.g. floppy infant
- Growth disturbance e.g. short stature
- Behavioural difficulties
- Psychological response to illness
- Abuse/neglect
- Pneumonia
- Sinusitis
- Accidents and poisonings
- Stings and bites (insects and snakes)

Cardiology

- Innocent murmur
- Pulmonary stenosis
- Atrial septal defect
- Ventricular septal defect
- Aortic stenosis
- Transposition of the great arteries
- Coarctation of aorta
- Fallot's tetralogy
- Patent ductus arteriosus
- Heart failure

Child Neurology / Developmental Paediatrics / Neurohabilitation

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism spectrum disorder/autistic features



- Delayed speech
- Learning disability or mental retardation (mild/moderate/severe)
- Blindness
- Duchenne muscular dystrophy
- Spinal muscular atrophy
- Neurofibromatosis
- Epilepsy
- Febrile convulsion
- Cranial nerve palsy
- Syndromes (Down syndrome, Fragile X syndrome, Angelman syndrome)
- Cerebral palsy (hemiplegia, diplegia, tetraplegia, dyskinetic)
- Floppy baby
- Tuberous sclerosis
- Global developmental delay
- Tension headache
- Migraine

Endocrinology

- Constitutional delay of growth
- Short stature
- Delayed puberty
- Early/precocious puberty
- Hypothyroidism and hyperthyroidism
- Obesity
- Growth hormone deficiency
- Diabetes mellitus

Gastroenterology

- Acute abdominal pain
- Chronic abdominal pain
- Vomiting
- Diarrhoea
- Constipation
- Jaundice
- Abdominal mass (e.g. hepatosplenomegaly)



- Dehydration
- Hepatomegaly
- Splenomegaly

Haematology / Oncology / Immunology / Infection

- Malignancy
- Leukaemia
- Brain tumour
- G6PD deficiency
- Thalassaemia major
- Haemophilia
- Idiopathic thrombocytopenic purpura
- Henoch-Schönlein purpura
- Gastroenteritis
- Urinary tract infection
- Upper respiratory tract infection
- Croup
- Acute bronchiolitis
- Pneumonia
- Kawasaki disease
- Rheumatic fever
- Infectious mononucleosis
- Viral exanthema
- Impetigo
- Cellulitis (including orbital and periorbital cellulitis)
- Urticaria
- Molluscum contagiosum
- Arthritis (e.g. Juvenile rheumatoid arthritis, septic arthritis)
- Systemic lupus erythematosus
- Meningitis and encephalitis
- Adverse effects after immunisation
- Refusal of vaccination

Nephrology

- Urinary tract infection
- Enuresis



- Hypertension
- Nephrotic syndrome
- Acute glomerulonephritis
- Acute nephritis
- Henoch-Schönlein purpura
- Neuropathic bladder
- Vesico-ureteric reflux

Respiratory System

- Allergic rhinitis
- Pneumonia
- Asthma
- Tuberculosis
- Croup
- Tonsillitis/viral respiratory infections
- Bronchiolitis
- Obstructive sleep apnoea

Neonatology

- Neonatal jaundice
- Prematurity
- Maternal/perinatal infection
- Congenital malformations, genetic and chromosomal abnormalities
- Perinatal asphyxia
- Multiple pregnancy
- Small for Gestational Age and Large for Gestational Age
- Intrauterine growth restriction
- Intraventricular haemorrhage
- Hydrocephalus
- Transient tachypnoea of the newborn
- Respiratory distress syndrome
- Meconium aspiration
- Pneumonia
- Pneumothorax
- Intestinal obstruction



- Necrotising enterocolitis

Critical Care / Emergencies

- Anaphylaxis
- Adrenal crisis
- Acute shortness of breath
- Acute asthma
- Upper respiratory tract obstruction (croup)
- Septicaemia
- Acute confusion
- Shock
- Coma
- Dehydration (secondary to gastroenteritis)
- Status epilepticus
- Accidental poisoning
- Cardiac failure
- Trauma

Public Health, Medical-social & Ethical Issues

i. Public Health

- Prevention of accidents
- Notification of communicable diseases
- Screening for thalassaemia
- Screening for hypothyroidism

ii. Medical-social

- Baby with chronic disability
- Habilitation/disabilities
- Child abuse
- Single mother

iii. Ethics

- Palliative care of terminal disease
- Personal responsibility for health from childhood
- Prenatal counselling/abortion
- Single mother



6. Obstetrics & Gynaecology

General Topics

- Clinical and communication skills
- Antenatal screening and prenatal diagnosis
- Common obstetric investigations and procedures
- Common gynaecological investigations and treatment
- Physiology of pregnancy
- Antenatal care (including minor ailments of pregnancy, nutrition in pregnancy and prolonged pregnancy, assessment of fetal well-being)
- Pre-pregnancy and pregnancy counselling
- Postnatal care (including lactation)
- Ethical issues

Specific Conditions

- Early pregnancy complications
- Fetal growth assessment (including discrepancy between size and date)
- Pregnancy complications, such as malpresentation, antepartum haemorrhage, postpartum haemorrhage
- Obstetric emergencies
- Multiple pregnancies
- Medical disorders associated/complicating pregnancy
- Hypertension in pregnancy
- Gestational diabetes, Diabetes mellitus in pregnancy
- Drug use in pregnancy
- Preterm labour (including premature rupture of membranes)
- Perinatal infections
- Management of labour (normal, abnormal labour and analgesia in obstetrics)
- Operative delivery and Lower Segment Caesarean Section (LSCS) - including previous LSCS
- Psychosocial problems in pregnancy
- Gynaecological endocrinology
- Menstrual disorders (including abnormal vaginal bleeding, dysmenorrhoea)
- Endometriosis
- Common genital tract infections (including vaginal discharge and pelvic inflammatory disease)
- Sexually transmitted infections
- Chronic pelvic pain



- Urinary incontinence and genital prolapse
- Climacteric
- Subfertility
- Contraception and family planning
- Benign ovarian tumours (including abdominal/pelvic mass)
- Benign uterine tumours (fibroid, adenomyosis, polyps)
- Gynaecological malignancies
- Cervical cancer prevention

7. Psychiatry

Common Forms of Psychiatric Disorders

- Organic mental disorders
- Substance-related and addictive disorders (including substance (e.g. alcohol and other substances) and non-substance-related (e.g. gambling disorder))
- Schizophrenia or other primary psychotic disorders
- Catatonia
- Mood disorders (including Depressive disorders, Bipolar or related disorders, etc)
- Anxiety or fear-related disorders (e.g. Generalized anxiety disorder, Agoraphobia, Panic disorder, Social anxiety disorder, etc)
- Obsessive-compulsive or related disorders
- Disorders specifically associated with stress (including Post-traumatic stress disorder, Prolonged grief disorder, Adjustment disorder, etc)
- Dissociative Disorders
- Somatic Symptom and Related Disorders (including Somatic symptom disorder, Illness anxiety disorder, Conversion disorder and Factitious disorder, etc)
- Sleep-wake disorders
- Feeding or eating disorders
- Disorders related to sexual health (including sexual dysfunctions and gender incongruence)
- Disruptive behavior or dissocial disorders, Personality disorders (including their relevance to clinical and forensic scenarios)
- Neurodevelopmental disorders (including Disorders of intellectual development, Autism spectrum disorder, Attention-deficit hyperactivity disorder, etc) and other disorders with onset usually in childhood or adolescence
- Neurocognitive disorders (including Delirium, Mild neurocognitive disorder, Amnesic disorder, Dementia, etc)

Specific Clinical Situations

Crisis management in common emergencies:

- An episode of parasuicide (attempted suicide)
- Assessment of risks of violence
- A patient in acute distress
- An acutely psychotic patient
- A patient with severe mood disturbance
- A delirious patient

Other specific clinical contexts:

- Bereavement
- Multi-morbidity and chronic debilitating physical conditions



- Puerperium and Pregnancy
- Malignancies
- Suicide

Psychiatric Treatment

- Psychotropic drugs
- Neuromodulation (e.g. electroconvulsive therapy, repetitive transcranial magnetic stimulation)
- Psychotherapeutic interventions and their main clinical applications
- Rationale of early intervention for psychiatric conditions
- Theoretical basis and techniques for the rehabilitation of chronic psychiatric disorders in both institutional and community settings, the rationale of community care
- Clinically important concepts in psychological approaches, e.g. unconscious conflicts and defence mechanisms

Psychiatry, Law and Ethics

- Assessment of mental capacity for treatment (and other) decisions
- Clinical applications of the Mental Health Ordinance in psychiatric and non-psychiatric settings

8. Orthopaedic Surgery & Traumatology

Bone and Joint Infection

- Acute and chronic infections
- Necrotising fasciitis

Adult Knee and Hip Arthritis

- Degenerative arthritis
- Rheumatological conditions with orthopaedic implication: ankylosing spondylitis, rheumatoid arthritis
- Gout and pseudogout
- Avascular necrosis of femoral head

Orthopaedic Traumatology

- Common musculoskeletal injuries including geriatric fractures, multiple trauma and open fractures
- Common dislocations
- Interpretation of x-ray of fractures and dislocations
- Classification, clinical features, complications and healing of fractures
- Management of fractures including reduction, immobilisation and rehabilitation
- Compartment syndrome and Volkmann's contracture

Common Sport Injuries and Related Problems

- Importance of physical activity for health, potential side effects of excessive activity such as overuse or traumatic sports injuries
- Knee problems:
 - a. Tear of ligaments
 - b. Meniscal injury
 - c. Chondromalacia patellae
 - d. Acute knee haemarthrosis
- Ankle problems:
 - a. Ankle sprain including anterior talo-fibular ligament injury
 - b. Rupture of tendoachilles
- Shoulder problems:
 - a. Shoulder dislocation and instability
 - b. Multidirectional instability and general laxity
 - c. Impingement, supraspinatus tear and other rotator cuff tears



- d. Frozen shoulder
- Elbow problems:
 - a. Tennis elbow
 - b. Golfer's elbow
- Others
 - a. Osgood-Schlatter disease

Paediatric Orthopaedics

- Bone growth
- Adolescent idiopathic scoliosis
- Developmental dysplasia of hip (DDH)
- Transient synovitis of hip
- Children's injuries and fractures

Disorders and Injuries of the Spine

- Conditions leading to neck or back pain
- Prolapsed intervertebral disc (PID)
- Spinal stenosis
- Neurogenic claudication (compared with vascular claudication)
- Cervical radiculopathy and myelopathy
- Lumbar radiculopathy
- Cauda equina syndrome
- Management and complications of spinal cord injury

Common Hand Problems

- Common injuries: domestic injuries, sports injuries (e.g. mallet finger and scaphoid fracture), traffic accidents and falls
- Three phases of management for hand injuries: first aid, definitive management, rehabilitation
- Outcome measurement of hand injuries
- De Quervain's tenosynovitis
- Trigger finger
- Lateral and medial epicondylitis
- Cumulative trauma disorders
- Nerve entrapments, double crush syndrome, carpal tunnel syndrome, cubital tunnel syndrome
- Common lumps and bumps: ganglion, giant cell tumour of the tendon sheath, nerve sheath tumour, lipoma, dermoid cyst



- Acute infection
- Nerve injuries and nerve palsies
- Reflex sympathetic dystrophy, complex regional pain syndrome I and II

Orthopaedic Rehabilitation

- Meaning of impairment, disability and handicap
- Multidisciplinary approach for rehabilitation

Foot and Ankle Injuries and Disorders

- Hallux valgus
- Diabetic foot
- Ankle sprain
- Plantar fasciitis
- Bunions
- Flat foot
- Ingrown toenail
- Ischaemia – acute and chronic

Musculoskeletal Tumours

- Principles of management for benign bone and soft tissue tumours
- Principles of treatment for malignant tumours
- Basis of clinical staging and its application
- Concept of marginal, intra-lesional, wide local, and radical excision for musculoskeletal tumours
- Overall management of metastatic disease
- Classic osteosarcoma and its management

Miscellaneous

Metabolic bone disease:

- Osteoporosis
- Neurofibromatosis
- Marfan syndrome



9. Epidemiology & Community Medicine

i. Basic and Clinical Epidemiology

e.g.

- Descriptive and analytic methods
- Major causes of morbidity and mortality in Hong Kong
- Measures of health service utilisation
- Disease notification and registry
- Primary, secondary and tertiary prevention of diseases
- Screening
- Association and causality
- Risk predictive models

ii. Basic Biostatistics

e.g.

- Use of health information and vital statistics
- Study designs
- Statistical tools and analysis
- Systemic review and meta-analysis
- Guidelines for critical appraisal and reporting
- Measuring disease occurrence, risk and rate
- (Note: Formulae and calculation for significance testing are not required. Simple calculation not requiring a calculator may be needed.)

iii. Behavioural Sciences

e.g.

- World Health Organization (WHO) definition of health
- Doctor-patient relationships
- Sick role and help seeking behaviour
- Risk perception and risk behaviour
- Behaviour change models
- Psychosocial factors and social determinants of health, illness, disease and mortality
- Inequality and inequity in health and disease
- Quality of life, deviance and abnormality, impairment, disability and handicap
- Professionalism



iv. Prevention and Control of Major Risk Factors of Non-communicable Diseases (NCD)

e.g.

- Major NCD: e.g. cancer, cardiovascular disease, diabetes and chronic respiratory disease
- WHO's role, targets and strategies
- Tobacco: harm and control
- Alcohol: harm and control
- Modifiable lifestyle risk factors
- Overweight and obese: adverse effects and control
- Cancer prevention and screening
- The Hong Kong situation (government policies and actions)
- Hong Kong Cancer Registry, Department of Health and Centre for Health Protection, Tobacco Control Office, Hong Kong Council on Smoking and Health, Centre for Food Safety

v. Prevention and Control of Communicable Diseases

e.g.

- Principles of prevention and control
- Surveillance
- Outbreak investigation and control, isolation and quarantine
- Laboratory and testing
- Immunity and vaccination
- Agent-host-environment triangle
- Epidemiology and control of important / common infectious diseases in Hong Kong, such as food poisoning, hepatitis, tuberculosis, influenza and complications, childhood immunisation, flu and pneumococcal vaccination, COVID-19 and COVID-19 vaccination
- Emerging and re-emerging infectious diseases
- Infectious disease control in hospitals and other health care settings
- Occupational infectious diseases (particularly tuberculosis, HIV/AIDS)
- Cancer caused by infectious agents
- Travelers' health and port health
- Statutory notification of infectious diseases in Hong Kong



vi. Health Policy, Services, Management and Economics

e.g.

- Different health care systems and financing
- Evaluation methods (structure, process and outcomes)
- Elementary principles of health economics
- Situation and development in Hong Kong
- Primary care in Hong Kong
- Disease screening and early detection

vii. Occupational Health

e.g.

- Fitness to work
- Rehabilitation after sickness and injury
- Pre-employment and regular medical examination in occupational health
- Common occupational diseases and compensation (statutory compensation boards for noise induced hearing loss and pneumoconiosis) in Hong Kong
- Common exposures to work hazards (dust, chemical, physical, biological, ionising radiation and psychosocial)
- Specific work hazards in the health care settings and occupational diseases in health care professionals
- Prevention and statutory notification of occupational diseases in Hong Kong



10. Medical Ethics & Medical Law

- International code of medical ethics
- Four moral principles:
 - a. Beneficence
 - b. Non-maleficence
 - c. Respect for autonomy
 - d. Justice
- Code of professional conduct
- Consent
- Confidentiality
- Assisted reproduction
- Abortion
- End-of-life decision making
- Organ donation
- Patients' rights and patients' charter
- Medical negligence
- Medical Certificate of the Cause of Death
- The Medical Council of Hong Kong
- Relevant Medical Legislation of Hong Kong:
 - a. Medical Registration Ordinance
 - b. Dangerous Drugs Ordinance
 - c. Pharmacy and Poisons Ordinance
 - d. Coroners Ordinance
 - e. Births and Deaths Registration Ordinance
 - f. Prevention and Control of Disease Ordinance
 - g. Offences against the Person Ordinance (related to abortion)
 - h. Crimes Ordinance (sexual offences)
 - i. Mental Health Ordinance
 - j. Human Organ Transplant Ordinance
 - k. Guardianship of Minors Ordinance
 - l. Apology Ordinance
 - m. Smoking (Public Health) Ordinance



11. General Practice & Family Medicine

- Please refer to the relevant topics in various specialties.

12. Anaesthesiology

- Pre-operative assessment
- Anaesthetic agents and equipment
- Types of anaesthesia
- End of anaesthesia and recovery
- Pain relief in labour

13. Emergency Medicine

- Please refer to the related topics in various specialties.

14. Diagnostic Radiology

- The relevant imaging modalities and interpretation of findings

15. Ophthalmology

Acute Red Eye

- Conjunctivitis
- Infective keratitis
- Scleritis/episcleritis
- Anterior uveitis/iritis
- Acute angle closure attack
- Endophthalmitis

Acute Visual Loss

- Vitreous hemorrhage and proliferative diabetic retinopathy
- Retinal detachment
- Exudative age-related macula degeneration
- Retinal vein occlusion
- Retinal artery occlusion
- Acute optic neuropathies (compressive, ischaemic, inflammatory)



Chronic Visual Impairment

- Cataracts
- Glaucoma
- Age-related macula degeneration
- Diabetic retinopathy and diabetic maculopathy

Paediatric Eye Conditions

- Refractive error
- Causes of leukocoria (especially retinoblastoma)
- Squint
- Retinopathy of prematurity

Neuro-ophthalmic diseases

- Ophthalmoplegia
- Optic atrophy/chronic optic neuropathies
- Pupil abnormalities

Diseases of the Eyelids and Orbital Adnexa

- Grave's ophthalmopathy/thyroid eye disease and other orbital inflammatory diseases
- Eyelid abnormalities (ectropion, entropion)
- Ptosis
- Common and important tumors of the eyelids (basal cell carcinoma, squamous cell carcinoma, melanomas)

Ophthalmic Trauma

- Chemical injuries of the eye
- Orbital fracture
- Eyelid lacerations



16. Ear, Nose & Throat

- Laryngitis, sinusitis, rhinitis
- Myringitis
- Otitis externa
- Otitis media
- Glue ear
- Laryngomalacia
- Salivary gland problems: stones, strictures, parotiditis, tumours
- Vocal cord nodule
- Malignancy
- Deafness
- Benign positional vertigo
- Labyrinthitis
- Ménière's disease
- Temporomandibular joint dysfunction
- Cleft lip and cleft palate