



# 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 (including target and immunomodulatory therapies)
- 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
- Malaria
- Dengue fever
- HIV infection and acquired immune deficiency syndrome (AIDS)
- Highly active antiretroviral therapy (HAART) for patients with human immunodeficiency virus (HIV)

## 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
- Alcohol and substance use disorders
- Schizophrenia, schizotypal states and delusional disorders
- Depressive and bipolar disorders
- Anxiety, stress related disorders (e.g. phobias, panic disorder, obsessive/compulsive disorder, post-traumatic stress disorder, adjustment disorder, dysthymia and somatoform disorders)
- Sleep and circadian rhythm disorders
- Eating disorders
- Sexual disorders
- Personality disorders (including the special relevance of psychopathic personality disorder in forensic medicine and alcohol & drug abuse)
- Mental retardation
- Disorders with onset usually in childhood or adolescence, including neurodevelopmental conditions (e.g. Autistic Spectrum Disorder, Attention Deficit Hyperactivity Disorder), internalising and externalising disorders
- Psychiatric disorders in the elderly (e.g. dementia/neurocognitive disorders)

### **Specific Clinical Situations**

Crisis management in common emergencies:

- An episode of parasuicide (attempted suicide)
- Assessment of risks of self-harm or harming others
- A patient in acute distress
- An acutely psychotic patient
- A patient with severe mood disturbance
- A delirious patient

Clinical problems specific to certain states:

- Bereavement
- Chronic debilitating physical illnesses
- Puerperium
- Malignant diseases
- Pregnancy
- Suicide
- Dementia



## Psychiatric Treatment

- Psychotropic drugs and electroconvulsive therapy
- 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 conflict and defence mechanisms



## **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
- 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
- (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
- 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 and quarantine
- Immunity and vaccination
- Agent-host-environment triangle
- Epidemiology and control of common infectious diseases in Hong Kong, such as food poisoning, hepatitis, tuberculosis, influenza and complications, childhood vaccination and flu vaccination
- Infectious disease control in hospitals and other health care settings
- Occupational infectious diseases (particularly SARS, tuberculosis, HIV/AIDS)
- Cancer caused by infectious agents
- Travelers' health and port health
- 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



## 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 notification of occupational diseases



## **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
- 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

## **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**

- Eye trauma
- Diseases of the eye lid
- Conjunctivitis
- Blepharitis
- Problems of the tear duct: dry eye syndrome, dacryocystitis
- Corneal, scleral and uveal diseases
- Thyroid eye diseases
- Orbital diseases
- Visual field loss
- Blindness
- Age-related macular degeneration
- Cataract
- Glaucoma
- Hypertensive retinopathy
- Diabetic retinopathy
- Squint
- Refractive errors





## **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