



LAHORE
MEDICAL & DENTAL
COLLEGE

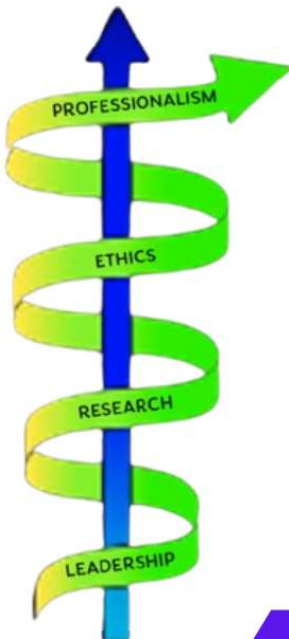
First Year MBBS

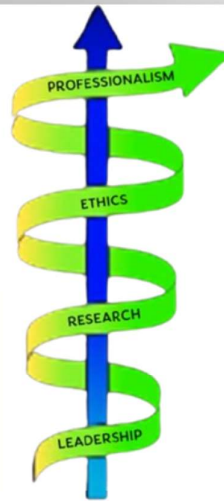
**PERL
STUDY GUIDE**



PERLs-I

Year-I





ORIENTATION				
*Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block				Total Hours = 10.5
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	History of Medical Profession	- Discuss the origins of Medicine in Ancient Civilizations - Explain the key Figures in Medical History (Hippocrates, Avicenna, Florence Nightingale) - Discuss modernization of Medicine and Technological Advances - Introduce the development of Medical Education and Licensing	-
		Reflective Doctor	- Discuss the concept of reflective practice and its importance in medical professionalism, including self-awareness, critical thinking, and continuous improvement. - Write a reflective entry after a learning experience, identifying key lessons, areas for improvement, and how these insights will influence their future practice.	
	Ethics	Hippocratic Oath taking	- Explain the history and Significance of the Hippocratic Oath - Discuss the importance of Professional Integrity and Moral Conduct - Explain the need for lifelong Commitment to	-

			Patient Care and Well-being Describe ethical Principles in the Oath: Autonomy, Beneficence, Non-maleficence, and Justice	
	Research	Academic Writing Basics	- Introducing the fundamentals of academic writing, - Discuss organizing thoughts, writing basic sentences and paragraphs, and understanding the purpose of academic writing in medical education. - Discuss College Rules and Regulations for assignment writing and submission	-
	Leadership	The Doctor as a learner- Study Skills	- Time Management: - Recognize the importance of planning and prioritizing tasks to make the most of available study time. - Learn to break down complex tasks and schedule study sessions to optimize productivity. - Organization: - Understand how to organize study materials, notes, and resources in a structured manner to make learning more efficient. - Develop systems for tracking assignments, deadlines, and upcoming exams to	Submit a reflection on your study skills, highlighting your personal strategies for time management, organization, and learning efficiency. Include a weekly study schedule that demonstrates how you balance academic responsibilities with self-care and well-being.

			stay on top of coursework. • Learning Efficiency: • Explore techniques for active learning, including summarization, self-testing, and spaced repetition. • Understand how to avoid common distractions and maintain focus during study sessions.	
	Leadership	Role Modelling/ Mentoring Session I	• Participate in the first mentoring session. • Introduce yourself to your assigned mentor. • Discuss their strengths and weaknesses with their mentor, receive feedback, and collaboratively create an action plan for personal and professional development	Submit a summary of your mentoring session, including feedback, areas identified for improvement, and the action plan you developed with your mentor to enhance your professional growth.
	Computer/ IT	Academic Writing-IT Skills	• Demonstrate the use of essential IT skills for academic writing, including word processing software (e.g., Microsoft Word), formatting documents, and essential editing tools to enhance the quality of academic papers. • Practice creating and formatting a simple document using a word processing tool, applying basic formatting features like headings, bullet points, and spacing to organize their writing.	

FOUNDATION-I

**Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block*

Total Hours = 7.5

Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Introduction of medical Professionalism	- Define Medical Professionalism - Discuss Core Values: Altruism, Accountability, Integrity - Explain Ethical Practice and Moral Responsibility - Reflect on a scenario or case study that demonstrates professionalism in healthcare, identifying key behaviours and attitudes that align with professional standards	Submit a reflective entry discussing what professionalism means in the context of healthcare. Use a case or example to highlight key professional behaviours you observed or practiced.
		Responsible & Accountable Medical Student	- Understand the importance of responsibility and accountability in maintaining regularity and punctuality as core professional behaviors expected of medical students. - Demonstrating regular attendance and punctuality in academic and clinical activities, reflecting on how this consistency contributes to their professional development.	Evidence of Attendance Record.
	Ethics	Code of Conduct: Duties of healthcare professionals	- Appreciate student responsibility in following the code of conduct of the college - Review the college's code of conduct and identify key responsibilities expected of them as medical students.	Submit a reflective entry discussing the key points of the college's code of conduct and your responsibilities as a medical student. Include how adherence to these rules shapes your

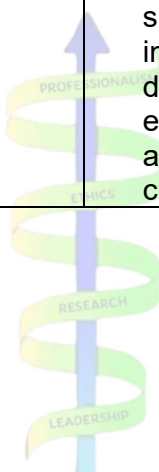
			Reflect on the importance of following these guidelines in maintaining professionalism and being aware of actions for misconduct (academic, non-academic/disciplinary).	journey toward becoming a responsible healthcare professional.
	Leadership	Personal Qualities: Self Directed Learner	- Develop the ability to become a self-directed learner by setting achievable long-term and short-term goals and effectively managing time to meet academic and personal milestones. - Create a personal plan that includes both long-term and short-term academic goals and a weekly time schedule to help manage their studies and personal responsibilities.	Submit a personal learning plan outlining your long-term and short-term goals, as well as a detailed weekly time schedule. Reflect on how this plan will support your academic success and personal development as a self-directed learner
		Verbal Communication	- Develop effective verbal communication skills, focusing on clear and concise communication in academic, clinical, and team-based settings to enhance collaboration and leadership abilities. - Practice delivering clear and concise verbal explanations of medical concepts or tasks during group activities, focusing on tone, clarity, and engagement with peers	Submit a reflection on a group activity where you practiced verbal communication skills. Highlight how you conveyed information clearly and effectively, and reflect on areas where you can improve your verbal communication in academic or clinical settings.

HEMATOPOETIC & LYMPHATIC

**Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block*

Total Hours =03

Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Research	Structure of a Manuscript	- Discuss the basic structure of a research manuscript using the IMRAD format (Introduction, Methods, Results, and Discussion) and its importance in scientific writing. - Identify various components of a given research manuscript using the IMRAD structure,	Submit the identified components on the manuscript.
	Leadership	Non-Verbal Communication	- Discuss the role of non-verbal communication, including body language, facial expressions, and gestures, in effectively conveying messages and building rapport in healthcare settings - Practice using appropriate non-verbal communication during simulated patient interactions or group discussions, such as eye contact, posture, and active listening cues.	Submit a reflection on a group activity or simulated interaction where you consciously used non-verbal communication to enhance the interaction. Discuss how it impacted your ability to lead or communicate effectively





MUSCULOSKELETAL AND LOCOMOTION-I

**Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block*

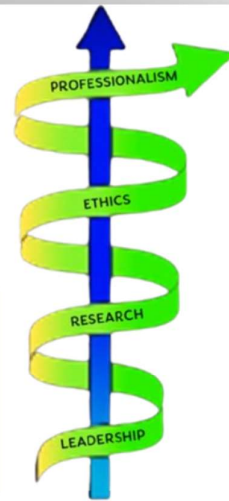
Total Hours = 06

Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Respect for the Human Body/Remain	Understand the ethical and professional significance of respecting the human body, especially in medical education settings such as anatomy labs, and appreciate the contributions of body donors to medical science.	Write a Code of Conduct of professional behaviours in Anatomy Hall, Laboratories /museums with human tissue/remains.
	Ethics	Virtues of a Medical Professional	- Analyse the key virtues expected from healthcare providers, including compassion, courage, integrity, humility, patience, altruism, professional responsibility, trustworthiness, and honesty, and their role in ethical medical practice. - Reflect on a case or scenario where healthcare professionals demonstrated one or more of these virtues, discussing how these traits influenced patient care and outcomes.	Write a reflective entry on a case or scenario where healthcare professionals demonstrated one or more of these virtues, discussing how these traits influenced patient care and outcomes
	Leadership	Written and Electronic Communication Skills	Appreciate effective written and electronic communication skills, focusing on clarity, professionalism, and accuracy in both academic and clinical contexts, including emails and electronic health records.	Submit a sample professional email or electronic communication (e.g., a message to a faculty member) that demonstrates clarity, appropriate tone, and adherence to

			Students will practice composing a clear and professional email to a faculty member or peer, ensuring correct format, tone, and content.	communication protocols.
	Leadership	Giving Feedback	- Appreciate the importance of giving constructive feedback - Discuss the principles using techniques like the Sandwich Technique and “2 Stars and a Wish” to promote improvement while maintaining positive communication. - Practice giving feedback to a peer using the Sandwich Technique (positive-constructive-positive) or ‘2 Stars and a Wish’ (two positive aspects and one area for improvement) during a group activity or simulated scenario.	Submit the feedback given to you by your peer during class activity with the identification of areas for improvement and an action plan.
	Research	Critiquing Scientific articles- Introduction	- Describe the steps to critique a research article. - Use any checklist, e.g. https://web2.qatar.cmu.edu/~mhhammou/15440-f16/assignments/Howtocritiqueajournalarticle.pdf for journal article critique	Submit an Article Critique report highlighting areas for improvement
	Ethics	Patient Autonomy in decision making	- Define patient autonomy and understand its foundational role in medical ethics, recognizing that every patient has the right to make informed decisions regarding their own healthcare. - Describe necessary components of informed decision-making,	Submit a reflective case study analyzing how patient autonomy was handled in a clinical situation. Discuss whether the patient was fully informed, how their preferences were respected, and the role of healthcare

			including the provision of accurate information, understanding of risks and benefits, patient comprehension, and the patient's ability to voluntarily make choices free from coercion. • Appreciate the responsibilities of healthcare providers in ensuring that patients receive all necessary information and support to make autonomous decisions, including effective communication and respecting cultural, religious, or personal values.	providers in ensuring the patient's right to make decisions about their own care.
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CARDIOVASCULAR-I

**Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block*

Total Hours = 09

Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Digital Identity	- Understand the concept of digital identity, focusing on the impact of a healthcare professional's digital footprint and the importance of maintaining professional conduct in online spaces - Analyze their current digital footprint, identify areas where they can improve their online presence to reflect professionalism and develop a plan for maintaining appropriate online conduct.	Submit evidence of your digital footprint.
	Ethics	Justice Resource Allocation in	- Describe the ethical principle of justice in healthcare, focusing on the fair allocation of limited resources and how healthcare professionals can make ethical decisions to ensure equity in patient care. - Analyze a case where healthcare resources e.g. Ventilators are limited in CCU, evaluating how justice and fairness principles were applied in resource allocation and proposing ways to ensure equitable distribution.	Submit a case analysis discussing the ethical challenges of resource allocation in healthcare, focusing on how justice was applied or compromised. Propose strategies for making fair and equitable decisions in future resource-constrained scenarios.
	Leadership	Asking Feedback for	Discuss the importance of seeking constructive feedback as a	Submit a list of areas where you want feedback from your

			leadership skill to foster personal growth, enhance team performance, and improve communication within healthcare settings. • Discuss the critical principles of seeking constructive feedback, including openness to criticism, active listening, and using feedback for personal and professional growth. • Practice seeking constructive feedback by asking specific, open-ended questions to peers or mentors about their performance and demonstrating active listening and reflection on the feedback received.	mentor in the upcoming mentor meeting.
		Role Modelling/ Mentoring Session II	• Participate in a mentoring session where they will discuss their strengths and weaknesses with their mentor, receive feedback, and collaboratively create an action plan for personal and professional development	Submit a summary of your progress from your last mentoring session, including feedback, areas identified for improvement, and the action plan you developed with your mentor to enhance your professional growth.
		Receiving Feedback	• Describe the principles of receiving feedback effectively, including openness, self-awareness, and using feedback constructively to improve performance and personal development. • Practice receiving feedback by actively	Submit a reflection on how you received feedback during a task or project. Discuss how you responded to the feedback and how you plan to incorporate it into your personal or

			listening, acknowledging the feedback, and reflecting on how it can be applied to improve their performance in academic or clinical tasks.	professional development
	Research	Critiquing Scientific article via Journal Club Meetings	Participate in a journal club meeting with a presentation of a scientific article, critique its strengths and weaknesses, and discuss the article's validity and relevance with peers.	Submit Article Critique report
RESPIRATORY-I				
*Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block				Total Hours = 4.5
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Ethics	Digital Ethics	- The principles of digital ethics, including proper netiquette, maintaining confidentiality in online spaces, and the legal and ethical implications of online harassment and misconduct. - Identify examples of ethical and unethical online behaviour, focusing on netiquette, confidentiality, and how to prevent and address online harassment by relevant laws.	Make a poster for Netiquette in using your Class Social Media Groups.
	Professionalism	Integrity & Honesty	Describe the importance of integrity and honesty in academic and clinical environments, focusing on demonstrating ethical behaviour in assignment submissions and during examinations.	Submit an incident report of a case of cheating in an exam and provide recommendations on how it should have been handled.

			Commit to completing and submitting assignments and exams with honesty and integrity, reflecting on the significance of these values in their academic and future professional practice.	
	Research	Critiquing Scientific Article via Journal Club Meetings	Participate in a journal club meeting with a presentation of a scientific article, critique its strengths and weaknesses, and discuss the article's validity and relevance with peers.	Submit Article Critique report

