



LAHORE
MEDICAL & DENTAL
COLLEGE

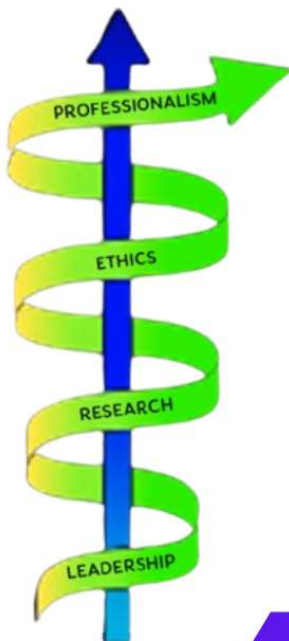
Second Year MBBS

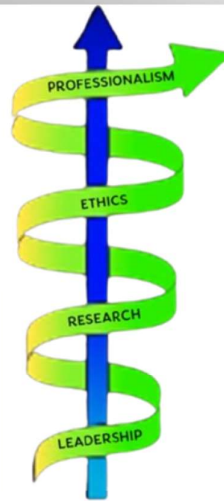
**PERL
STUDY GUIDE**



PERLs-II

Year-II



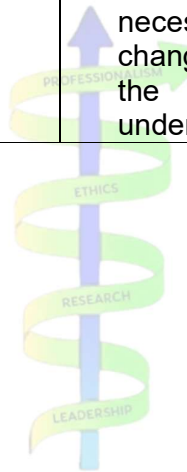


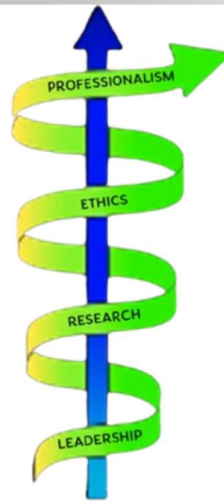
GIT & NUTRITION-I				
*Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block				Total Hours = 7.5
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Self-awareness & Improvement Planning	- Appreciate the need to develop self-awareness by reflecting on personal strengths and areas for improvement, and create actionable improvement plans to enhance academic performance and professional development. - Conduct a self-assessment to identify their strengths and weaknesses in academic and clinical tasks, and create a detailed improvement plan to address areas where growth is needed.	Submit a self-assessment report outlining your strengths and weaknesses, along with a personalized improvement plan that includes specific strategies and goals for enhancing your skills and knowledge.
	Leadership	Role Modelling via Mentoring Session III	- Participate in a mentoring session where to discuss their strengths and weaknesses with their mentor, receive feedback, and collaboratively create an action plan for personal and professional development. - Share self-Assessment report with mentors for further guidance.	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.
	Ethics	Patient Confidentiality	Discuss the ethical principles of patient confidentiality, including the importance of	Submit a reflection on a case study involving patient confidentiality.

			protecting patient information and the legal and professional consequences of breaching confidentiality. Review a clinical scenario involving patient confidentiality and identify how the principles of confidentiality were maintained or breached, proposing strategies for improvement where necessary.	Discuss the actions taken to protect patient information and reflect on the ethical responsibilities of healthcare professionals in maintaining confidentiality.
	Leadership	Basics of Teamwork	- Describe the roles and responsibilities of a team member in healthcare, including the importance of collegiality & effective information sharing - Describe the stages of team dynamics - Appraise how team dynamics influence performance and outcomes. - Self-assessment as a team member/leader using e.g. The Blake and Mouton Managerial Grid Leadership Self-Assessment Questionnaire	Submit results of leadership self-assessment.
	Research	Building Evidence-Based Arguments	Discuss the principles of constructing an evidence-based argument, including developing a clear research question or thesis, organizing the argument in a logical sequence, critically appraising and using relevant scientific	Submit a written argument on a medical topic, demonstrating how you structured your argument and incorporated evidence from scientific literature to support your claims.

			evidence, acknowledging counterarguments, ensuring coherence, and properly citing sources to support claims in medical writing and discussions.	
RENAL-I				
<i>*Proposed Sequence of Topics Mentioned below. Medical Colleges are at liberty to manage according to their resources. Topics can switch within each Block</i>				Total Hours = 4.5
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Time Management	Discuss the importance of effective time management in medical education and practice, and develop strategies to prioritize tasks, manage academic responsibilities, and maintain a healthy work-life balance. Create a weekly schedule that prioritizes academic tasks, clinical work, and personal activities, demonstrating their ability to manage time effectively	Submit a time management plan outlining your weekly schedule, including study hours, clinical tasks, and personal time. Reflect on how this plan helps you balance your responsibilities and improve productivity.
	Ethics	Informed Consent	Discuss the ethical and legal principles of informed consent, including the patient's right to make autonomous decisions based on clear, accurate, and comprehensive information about their treatment options, risks, and benefits. Review a case scenario and practice obtaining informed consent,	Submit a reflection on a case where you practiced or observed the informed consent process. Discuss how the information was communicated to the patient and how patient autonomy was respected.

			ensuring they provide clear explanations of the risks, benefits, and alternatives, and confirming patient understanding.	
	Leadership	Patient Counselling about disease	Discuss the principles of effective patient counseling, focusing on clear and empathetic communication to explain disease conditions, treatment options, and lifestyle modifications, ensuring patient understanding and engagement in their care. Practice counseling a simulated patient about a disease, using clear, empathetic communication to explain the diagnosis, treatment options, and necessary lifestyle changes, while ensuring the patient's understanding.	Create and submit a poster illustrating the key steps involved in patient counseling for a specific disease, including how to explain the diagnosis, treatment options, and lifestyle modifications. Highlight strategies to ensure patient comprehension and engagement in the decision-making process.





ENDOCRINOLOGY & REPRODUCTION-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

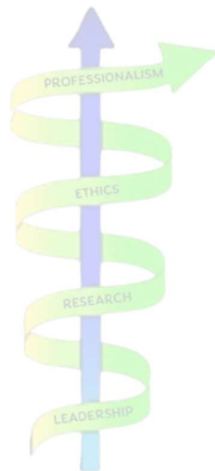
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Professionalism	Task Management & Productivity	- Discuss the principles of effective task management and productivity, focusing on setting priorities, managing workloads, and maintaining efficiency in both academic and clinical settings. - Create a task list for an academic week, prioritizing tasks based on deadlines and importance, and reflecting on strategies to enhance productivity and efficiency.	Submit a weekly task management plan, detailing how you organized and prioritized your tasks to maximize productivity. Reflect on how this approach helped improve your efficiency and ability to meet academic or clinical deadlines.
	Research	Literature Search Strategy	- Discuss the principles of developing a literature search strategy, including identifying relevant databases, using appropriate keywords, and refining search criteria to gather evidence for research purposes. - Design and implement a literature search strategy for a given medical topic, selecting appropriate databases and refining search terms to find relevant articles.	Submit a summary of your literature search strategy, including the databases used, search terms, and filters applied. Reflect on how you refined your search to gather the most relevant and high-quality articles for your research.
	Research	Literature Summary	Discuss steps for summarizing research findings and effectively organizing literature	Submit a completed literature matrix that includes a summary of key studies related

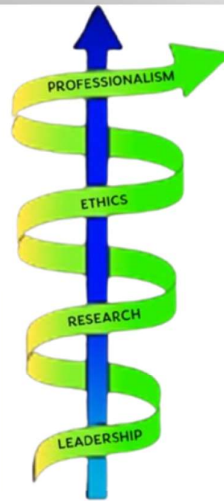
			using a literature matrix, enabling better comparison and synthesis of information across studies. • Create a literature matrix for a selected topic, summarizing key findings, methodologies, and conclusions from relevant articles to facilitate analysis and comparison.	to your chosen topic. Include columns for author, year, study design, findings, and relevance.
	Leadership	Taking Evidence based Informed Consent	• Discuss principles of taking informed consent in a manner that incorporates evidence-based information, ensuring patients are fully informed about their treatment options, risks, and benefits. • Practice taking informed consent from a simulated patient, using evidence-based information to explain the procedure, risks, benefits, and alternatives, ensuring the patient's understanding and comfort	Submit a reflection on a simulated informed consent session. Discuss how you communicated evidence-based information to the patient, how you ensured their understanding, and the importance of respecting their autonomy in the decision-making process
	Professionalism	Respect for Diversity	• Appreciate the importance of respecting diversity in healthcare, including sensitivity and responsiveness to patients' culture, age, gender, and disabilities, while applying principles of inclusion and equity.	Create a simple poster or a one-page reflection outlining key strategies for respecting diversity in patient care. Include examples of how to communicate effectively with patients from different backgrounds and

				ensure that care is inclusive and equitable.
	Leadership	Conflict Resolution	- Discuss the principles and strategies of effective conflict resolution focusing on communication, negotiation, and collaboration to achieve positive outcomes. - Participate in a role-playing exercise to navigate a conflict scenario, practicing conflict resolution techniques such as active listening, empathy, and problem-solving.	Submit a reflection on the conflict resolution exercise. Discuss the strategies you used, how effective communication played a role, and what you learned about resolving conflicts in a healthcare environment.
HEAD AND NECK & SPECIAL SENSES				
*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
	Research	Literature Reviews	- Discuss the purpose and methodology of conducting a literature review, including how to synthesize existing research, identify gaps in the literature, and establish a framework for future research. - Conduct a literature review on a specific medical topic, summarizing key findings, identifying trends, and highlighting gaps in current research.	Submit a poster showing steps in conducting literature review.
	Leadership	Work-Life Balance	Appreciate the importance of maintaining a healthy	Submit a reflection on your work-life balance plan. Include

			work-life balance, focusing on strategies for managing personal well-being while fulfilling professional commitments to ensure optimal mental and physical health. • Create a personal plan that outlines strategies for achieving work-life balance, including time management, self-care practices, and setting boundaries between personal and professional life	specific strategies you intend to implement to manage stress and maintain your well-being while meeting your academic and professional responsibilities.
	Professionalism	Digital representation	• Discuss principles of digital representation in a professional context, focusing on how to effectively present an e-portfolio, wiki page, or blog page that reflects one's skills, experiences, and professional identity. • Create and present a digital representation of their professional achievements, utilizing platforms such as e-portfolios, wiki pages, or blogs to showcase their skills, projects, and reflections.	Submit a link to your e-portfolio, wiki page, or blog page along with a brief reflection on the choices you made in its design and content. Discuss how this digital representation aligns with your professional goals and identity.
	Ethics	Patient autonomy in sensory disabilities	• Discuss the ethical principles surrounding patient autonomy, particularly in the context of individuals with sensory disabilities, focusing on their right to make informed decisions about their healthcare. • Analyze a case study involving a patient with	Create a presentation or infographic that highlights key strategies for supporting patient autonomy in individuals with sensory disabilities. Include information on effective

			sensory disabilities, discussing how healthcare providers can support and respect the patient's autonomy while ensuring they have access to the necessary information to make informed choices.	communication techniques, adaptations to enhance understanding, and ways to ensure informed consent.
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NEUROSCIENCES 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	Professional Accountability	Discuss the concept of professional accountability, emphasizing the importance of taking ownership of one's actions in patient care, academic responsibilities, and interactions with colleagues, including adherence to protocols and deadlines.	Submit a reflective journal entry discussing a situation where you failed to demonstrate professional accountability. Include details on how you took ownership of your actions, met deadlines, followed protocols, and engaged with colleagues to ensure the highest standards of care and professionalism.
	Research	Literature Reviews	Conduct a literature review on a specific medical topic, summarizing key findings, identifying trends, and highlighting gaps in current research.	Submit a structured literature review that includes an introduction to the topic, a summary of key studies, an analysis of trends, and identification of research gaps. Reflect on the process of conducting the review and how it informs future research directions.
	Ethics	End of Life Decision	Discuss the ethical principles surrounding end-of-life decisions, particularly the criteria for brain death, and the implications for patient	Submit a case analysis of a scenario involving brain death. Discuss the ethical challenges faced by healthcare providers

			care, family decisions, and organ donation. Analyze a case involving a patient diagnosed with brain death, discussing the ethical considerations of end-of-life decisions, including family dynamics, communication, and the implications for organ donation.	and families, the decision-making process, and how these decisions align with ethical principles in medicine.
	Leadership	Evidence-Based Decision making	- Discuss the principles of evidence-based decision making, focusing on how to integrate the best available research evidence with clinical expertise and patient values to make informed decisions in healthcare settings. - Apply evidence-based decision-making principles to a clinical case scenario, evaluating relevant research studies and integrating findings with clinical expertise and patient preferences to recommend a course of action.	Submit a written analysis of a clinical case where you applied evidence-based decision-making principles. Discuss the research you reviewed, how you integrated it with clinical expertise, and how you considered patient values in your decision-making process.
	Leadership	Role Modelling via Mentoring Session IV	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	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.

			professional development	
INFLAMMATION				
*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 = 1.5
Code	Domain	Topic	Specific Learning Objectives	Proposed Portfolio Entry
	Ethics	Equity Resource Allocation +	- Discuss ethical principles of equity in resource allocation, particularly concerning patients with neoplasia (cancer) and inflammation-related conditions, and how these principles impact access to care and treatment options. - Analyze a case involving resource allocation for patients with neoplasia or inflammation, discussing how equity principles were applied or challenged in determining access to treatments and interventions.	Submit a case study analysis addressing the ethical challenges of resource allocation for patients with neoplasia and inflammation. Discuss the implications of equity in access to care, how decisions were made, and reflect on potential improvements to ensure fair distribution of resources.

