

FMG Exam – Must know topics in PSM

1. Infectious Disease Epidemiology
 - a. epidemic types, endemic, pandemic – with examples
 - b. control elimination eradication – examples
 - c. isolation, quarantine, Incubation period, generation time, serial interval
 - d. modes of transmission – direct, indirect
2. Epidemiology
 - a. Cross sectional, Case control, Cohort study
 - b. Bias – types, treatment
 - c. Confounding examples, treatment (optional)
 - d. Interpret Odds ratio, relative risk
3. Screening of disease
 - a. formula of sensitivity, specificity, PPV, NPV
 - b. test in series, parallel
4. Biostats (really superficial for FMG)
 - a. data types and scales
 - b. formula for: Mean, median mode, standard deviation,
 - c. graphs in biostats
 - d. tests of significance
5. Vaccines
 - a. NIS, mission Indradhanush
 - b. dose, schedule, route and side effects
 - c. unimmunized child – 11 months, 2 years, 6 years
6. Communicable disease – long chapter – atleast do the IPs, and period of communicability for most diseases (**v. Important**)
 - a. diphtheria (vaccine, CFR, SAR, communicability)
 - b. measles (vaccine, communicability)
 - c. rubella (vaccine, SAR)
 - d. typhoid (diagnosis, vaccine indications)
 - e. hookworm
 - f. cholera (types, disinfection, vaccines, outbreak management)
 - g. new infection – NIPAH, ZIKA, EBOLA
7. Vector borne disease
 - a. malaria, JE, KA, LF, dengue – Diagnosis, Treatment, Prophylaxis
 - b. Yellow fever – vaccine
8. Polio
 - a. VDPV, VAPP, AFP surveillance, indicators
9. HIV
 - a. NACO – ART, post exposure, Diagnosis in child born to HIV mother
 - b. Syndromic kits (from Derma, OBGY)



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10. Tuberculosis (**v. Important**)

- NEW diagnosis protocol
- NEW treatment protocol, chemoprophylaxis
- RNTCP organogram and indicators

11. Leprosy

- New treatment and chemoprophylaxis
- NLEP indicators

12. Zoonotic

- Tetanus – wound management
- Rabies – prophylaxis regime
- Leptospirosis – diagnosis, treatment, prevention
- Rickettsial disease, KFD (from micro also)

13. New programs in health care

- Ayushman Bharat, Ujjawala
- LaQshya, PMSMA, PMSSY, AMRIT scheme, Kayakalp, COPRA
- Poshan scheme, Poshan Abhiyan

14. nutrition

- protein indicators
- fat classification and richest sources
- milk and salient features of human milk (**v. Important**)
- rich sources of - minerals and vitamins (**v. Important**)
- Indicators of malnutrition – WFA, HFA, WFH

15. Mother and child health

- RMNCAH+N, all new schemes – MAA, JSSK, RBSK, RKSK, INAP, SUMAN, PMSMA (**v. Important**)
- ICDS, growth charts
- indicators in MCH – IMR, MMR, PNMR, U5MR, SBR – formula, current value, target value (**v. Important**)

16. Environment

- air quality indicators – effective temperature, CET, instruments to measure (**v. Important**)
- water quality indicators – chlorination, hardness (**v. Important**)
- mosquito, sandfly, tick, louse, mite (**v. Important**)
- waste – waste disposal techniques
- Biomedical waste guidelines - (**v. Important**)

17. Demography

- Demographic cycle
- TFR, NRR formula, targets and remarks for the indicators (**v. Important**)
- data from NFHS-5, Census 2011, SRS data (**v. Important**)
- contraception (**v. Important**)
 - IUD and OCPs – types, failure rates, contraindications (**v. Important**)
 - target couple, eligible couple



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18. occupational health –

- a. pneumoconiosis – asbestosis, silicosis (**v. Important**)
- b. Plumbism
- c. ESI – updates, Shramnik Yojna (**v. Important**)
- d. factories act, child rights

19. Health care system of India (**v. Important**)

- a. NRHM, NUHM,
- b. ICDS, anganwadi
- c. PHC, CHC, Subcentre – population norms, beds, staffing and job description
- d. Ayushman Aarogya mandir, Health and wellness centre, CHO
- e. Health Planning and management - PERT, CPM, Cost benefit and effective analysis, zero budget, work sampling

20. Other Chapters

- a. international health –
 - i. WHO, UNICEF
 - ii. non govt international organisations – achievements (**v. Important**)
 - iii. SDG goals, Global plan to control NCD – targets
 - iv. Ottawa charter public health
- b. social medicine –
 - i. definitions
 - ii. SES scales (**v. Important**)
 - iii. Family – Types, Family cycle
- c. health communication and health education – types (**v. Important**)
 - i. Panel, Seminar, Lecture, Workshop, Symposia,
 - ii. Gather, SPIKE, Cafeteria
 - iii. Barrier in communication channel
- d. disaster medicine – disaster cycle, vaccine in disaster, mitigation and preparedness



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