brothers.com, for detailed information on pgmee books, visit our website www.jaypeebrothers.com, for detailed information on pgmee books

Companion for 3rd MBBS



14th Edition

Singi Yatiraj

Co-author
Roopali Somani

JAYPEE

CONTENTS

COMMUNITY MEDICINE

1. Man and Medicine: Towards Health for All 3
2. Concept of Health and Disease 3
3. Principles of Epidemiologic Methods 9
4. Screening for Disease 18
5. Epidemiology of Communicable Diseases 19
   Respiratory Infections 19
   Intestinal Infections 23
   Arthropod-Borne Infections 26
   Zoonoses 28
   Surface Infections 30
   Emerging and Re-emerging Infectious Diseases 33
   Hospital-Acquired Infections 33
6. Epidemiology of Chronic Noncommunicable Diseases and Conditions 33
7. Health Programs in India 38
8. Demography and Family Planning 42
9. Preventive Medicine in Obstetrics, Pediatrics and Geriatrics 46
10. Health Care of the Community 54
11. Nutrition and Health 58
12. Medicine and Social Sciences 64
13. Tribal Health in India 67
14. Sustainable Development Goals 67
15. Environment and Health 68
16. Hospital Waste Management 75
17. Disaster Management 76
18. Occupational Health 77
19. Genetics and Health 81
20. Mental Health 82
21. Health Information and Basic Medical Statistics 83
22. Communication for Health Education 87
23. Health Planning and Management 89
24. Essential Medicine and Counterfeit Medicine 92
25. International Health 92

Miscellaneous **93**

OPHTHALMOLOGY

Section I: Anatomy and Physiology of the Eye

1. Anatomy and Development of the Eye 97
2. Physiology of Eye and Vision 97

Section II: Optics and Refraction

3. Elementary and Physiological Optics 97
4. Errors of Refraction and Accomodation 97

Section III: Diseases of Eye and Ocular Adnexa

5. Diseases of Conjunctiva 100
6. Diseases of Cornea 103
7. Diseases of Sclera 107
8. Diseases of Uveal Tract 108
9. Diseases of Lens 111
10. Glaucoma 115
11. Diseases of Vitreous 119
12. Diseases of Retina 119
13. Neuro-ophthalmology 122
14. Disorders of Ocular Motility 125
15. Diseases of Eyelids 127
16. Diseases of Lacrimal Apparatus 130
17. Diseases of Orbit 132
18. Ocular Injuries 134

Section IV: Ocular Therapeutics

19. Ocular Pharmacology 136
20. Lasers and Cryothearapy in Ophthalmology 138

Section V: Systemic and Community Ophthalmology

21. Systemic Ophthalmology 139
22. Community Ophthalmology 140

Practical Ophthalmology

1. Practical Ophthalmology and Related Aetcom Modules 142
2. Clinical Methods in Ophthalmology 142
3. Clinical Ophthalmic Cases 144
4. Darkroom Procedures 144
5. Ophthalmic Instruments and Operative Ophthalmology 145

Miscellaneous 145

OTORHINOLARYNGOLOGY

Section I: Diseases of Ear

1. Anatomy of Ear 149
2. Peripheral Receptors and Physiology of Auditory and Vestibular System 150
3. Audiology and Acoustics 151
4. Assessment of Hearing 151
5. Hearing Loss 152
6. Assessment of Vestibular Functions 154
7. Disorders of Vestibular System 154
8. Diseases of External Ear 155
9. Eustachian Tube and its Disorders 156
10. Disorders of Middle Ear 157
11. Cholesteatoma and Chronic Suppurative Otitis Media 158
12. Complications of Otitis Media 159
13. Otosclerosis 161
14. Facial Nerve and its Disorders 162
15. Meniere's Disease 164
16. Tumors of External Ear 164
17. Tumors of Middle Ear and Mastoid 164
18. Acoustic Neuroma 165
19. The Deaf Child 165
20. Rehabilitation of the Hearing Impaired 165
21. Otalgia (Earache) 166
22. Tinnitus 166

Section II: Diseases of Nose and Paranasal Sinuses

23. Anatomy of Nose 166
24. Physiology of Nose 167
25. Diseases of External Nose and Nasal Vestibule 167
26. Nasal Septum and its Diseases 168
27. Acute and Chronic Rhinitis 169
28. Granulomatous Diseases of Nose 170
29. Miscellaneous Disorders of Nasal Cavity 171
30. Allergic Rhinitis 172
31. Vasomotor and Other Forms of Nonallergic Rhinitis 172
32. Nasal Polypi 173
33. Epistaxis 175
34. Trauma to the Face 176
35. Anatomy and Physiology of Paranasal Sinuses 176

36. Acute Sinusitis 177
37. Chronic Sinusitis 177
38. Complications of Sinusitis 178
39. Neoplasms of Nasal Cavity 178
40. Neoplasms of Paranasal Sinuses 179
41. Proptosis 179

Section III: Diseases of Oral Cavity and Salivary Glands

42. Anatomy of Oral Cavity 179
43. Common Disorders of Oral Cavity 179
44. Tumors of Oral Cavity 180
45. Non-neoplastic Disorders of Salivary Glands 181
46. Neoplasms of Salivary Glands 181

Section IV: Diseases of Pharynx

47. Anatomy and Physiology of Pharynx 181
48. Adenoids and Other Inflammations of Nasopharynx 182
49. Tumors of Nasopharynx 182
50. Acute and Chronic Pharyngitis 183
51. Acute and Chronic Tonsillitis 183
52. Head and Neck Space Infections 185
53. Tumors of Oropharynx 187
54. Tumors of the Hypopharynx and Pharyngeal Pouch 187
55. Snoring and Sleep Apnea 187

Section V: Diseases of Larynx and Trachea

56. Anatomy and Physiology of Larynx 188
57. Laryngotracheal Trauma 189
58. Acute and Chronic Inflammations of Larynx 189
59. Congenital Lesions of Larynx and Stridor 190
60. Laryngeal Paralysis 191
61. Benign Tumors of Larynx 191
62. Cancer Larynx 192
63. Voice and Speech Disorders 193
64. Tracheostomy and Other Procedures for Airway Management 194
65. Foreign Bodies in Air Passage 195

Section VI: Thyroid Gland and its Disorders

66. Thyroid Gland and its Disorders 195

Section VII: Diseases of Esophagus

67. Anatomy and Physiology of Esophagus 196
68. Disorders of Esophagus 196

69. Dysphagia 197
70. Foreign Bodies in Food Passage 197

Section VIII: Recent Advances

71. Laser Surgery, Radiofrequency Surgery, Hyperbaric Oxygen Therapy and Coblation 198
72. Cryosurgery 198
73. Radiotherapy in Head and Neck Cancer 198
74. Chemotherapy in Head and Neck Cancer 198
75. HIV Infections/AIDS and ENT Manifestations 198

Section IX: Clinical Methods in ENT and Neck Masses

76. Clinical Methods in ENT 199
77. Neck Masses 199

Section X: Operative Surgery

78. Myringotomy 200
79. Ear Surgery and Approaches 200
80. Cortical Mastoidectomy 201
81. Radical Mastoidectomy 201
82. Modified Radical Mastoidectomy 201
83. Myringoplasty 201
84. Proof Puncture (Antral Irrigation) 202
85. Intranasal Inferior Meatal Antrostomy 202
86. Caldwell-Luc Operation 202
87. Submucous Resection of Nasal Septum (SMR Operation) 202
88. Septoplasty 203
89. Diagnostic Nasal Endoscopy 203
90. Endoscopic Sinus Surgery 203
91. Direct Laryngoscopy 203
92. Bronchoscopy 204
93. Esophagoscopy 204
94. Tonsillectomy 204
95. Adenoidectomy 205
96. Radiology in ENT 205

Miscellaneous 205

FORENSIC MEDICINE AND TOXICOLOGY

Section I: Forensic Medicine

1. Introduction 211
2. Legal Procedure 211
3. Medical Law and Ethics 214
4. Identification 218
5. Medicolegal Autopsy 222
6. Death and its Cause 224
7. Postmortem Changes 225
8. Mechanical Injuries 228
9. Regional Injuries 232
10. Medicolegal Aspects of Wounds 234
11. Thermal Deaths 235
12. Starvation 237
13. Mechanical Asphyxia 237
14. Anesthetic and Operative Deaths 240
15. Impotence and Sterility 240
16. Virginity, Pregnancy and Delivery 242
17. Abortion 243
18. Sexual Offences 244
19. Infant Deaths 247
20. Blood Stains 249
21. Artefacts 250
22. Forensic Science Laboratory 251
23. Forensic Psychiatry 251

Section II: Toxicology

24. General Consideration 254
25. Agricultural Poisons 257
26. Corrosive Poisons 257
27. Metallic Poisons 258
28. Inorganic Irritant Poisons 259
29. Organic Irritant Poisons 260
30. CNS Depressants 261
31. Psychotropic Drugs 262
32. Deliriant Poisons 262
33. Substance (Drug) Dependence and Abuse 263
34. Spinal Poisons 264
35. Cardiac Poisons 264
36. Asphyxiants 265
37. Miscellaneous Poisons 266
38. Food Poisoning 266

Appendices **266**

Miscellaneous **267**

2

Ophthalmology

JAYPEE BROTHERS

REFERENCES

1. AK Khurana, Aruj K Khurana, Bhawna Khurana **(KHRN)**: Comprehensive Ophthalmology, 9th Edition, Jaypee Brothers Medical Publishers (P) Ltd., New Delhi, ₹ 1495/-
2. Samar K Basak **(BSAK)**: Essentials of Ophthalmology, 7th Edition, Jaypee Brothers Medical Publishers (P) Ltd., New Delhi, ₹ 1095/-.

JAYPEE BROTHERS

For CBME Curriculum of Final MBBS Part 1
SCAN THE QR CODE

Question Bank

	KHRN	BSAK	
Section I: Anatomy and Physiology of the Eye			
CHAPTER 1 **ANATOMY AND DEVELOPMENT OF THE EYE**			
Short Answer			
1. Mention the ocular coats of eye.	3	3	J08
CHAPTER 2 **PHYSIOLOGY OF EYE AND VISION**			
Short Answer			
1. Color vision.	18	38	J17(RS3)
Section II: Optics and Refraction			
CHAPTER 3 **ELEMENTARY AND PHYSIOLOGICAL OPTICS**			
Short Answers			
1. Mention three uses of prisms in ophthalmology.	27	552	J06
2. Convex lenses—three uses.	28	551	J07
CHAPTER 4 **ERRORS OF REFRACTION AND ACCOMODATION**			
Long Essays			
1. Describe the types and optical treatment of various refractive errors.	33	70	D13(RS2)
2. Define hypermetropia, discuss the etiology, types, clinical features and management of hypermetropia.	34	71	J12(RS2), D13
3. Define myopia. Discuss the etiology, types, symptoms/signs and management of myopia.	37	73	J14(RS2), J15(RS3), D16(RS3), D00, J03, J12
4. Discuss types/classification, etiology and management of astigmatism.	40	78	J19(RS3), D16

Contd...

JAYPEE BROTHERS

Contd...

	KHRN	BSAK	
Short Essays			
1. Classify refractive errors. Add a note on hypermetropia.	33	70	D18(RS3)
2. Hypermetropia—optics, types, clinical presentation, complications and management (optical correction).	34	71	F23(RS4), J08(RS2), J11(RS2), D17(RS3), M22(RS3), J04, J16
3. Aphakia—define, causes, clinical features (signs), management/optical correction (unilateral aphakia), visual rehabilitation.	36	81	F24(RS4) J10(RS2), D11(RS2), J16(RS3), J18(RS3), D02, D05, J10, D10, J17
4. Aphakic glasses—disadvantages.	36	83	J09
5. Pseudophakia.	37	—	D08(RS2), D06
6. Myopia—define, causes, clinical features, various modalities of correcting it.	37	73	D12(RS3), J13(RS3), J07, D07, J14, D14
7. Pathological (high/ malignant) myopia—clinical features, fundus picture and management.	38	74	D08(RS2), D14(RS3), M21(RS3), D01, J08, J15, D15
8. Enumerate various types of refractive errors. Add a note on management of myopia.	33, 40	70, 76	M23(RS3)
9. Draw a diagram of Sturm's conoid.	41	79	D08
10. Astigmatism—define, classify (diagram), modalities of correcting it.	40	78	J09(RS2), D10(RS2), D19(RS3), N20(RS3), M21(RS3), S21(RS3), J22(RS3), F23(RS3), J02, J10, D12

Contd...

JAYPEE BROTHERS

Contd...

	KHRN	BSAK	
11. Anisometropia.	43	85	J14
12. Presbyopia—define, causes, correction.	46	87	D09(RS2), D15(RS3), D02, D03, J08, J12, D12
13. What are the advantages and disadvantages of different types of lenses?	50	213	D09
14. Describe the various uses of contact lens.	51	213	J14
15. Describe the various type of surgeries performed to correct myopia.	51	76	J17
Short Answers			
1. Accommodation	44	86	D19(RS3)
2. Draw the optical diagram of emmetropic, myopic and hypermetropic eye?	33, 37, 34,	70	D02
3. Hypermetropia—etiological classification.	34	71	M23(RS4)
4. Aphakia—causes, signs, spectacle correction.	36	81	J13(RS3), J14(RS2), D14(RS3)
5. Describe the Strum's conoid.	41	79	J13
6. Anisometropia—define, three causes, two problems, significance	43	85	D07(RS2), D10, J13
7. Presbyopia.	46	87	J15(RS3)
8. Bifocals.	49	88	D11(RS2), J16(RS3)
9. Contact lenses—three advantages and disadvantages, indications, three complications.	50	212	D15(RS3), M21(RS3), M23(RS3), J01, J02, D04, D06, J08
10. Name the fundus findings in myopia.	39	75	F23(RS3)
11. Treatment modalities for myopia.	40	76	M23(RS4)
12. What is surgical treatment of myopia?	51	76	D03, D10

Contd...

JAYPEE BROTHERS

Contd...

	KHRN	BSAK	
13. Enumerate types of/three keratorefractive surgery.	51	76	F23(RS3), J09
14. Radial keratotomy.	51	76	J17(RS3)
15. LASIK.	52	77	J08(RS2), D13(RS2), D15(RS3), M22(RS3)

Multiple Choice Questions

1. At birth, the eye is usually: **A. Hypermetropic** B. Emmetropic C. Myopic D. Anisokenic	33	2	F24(RS4)

Section III: Diseases of EYE and Ocular Adnexa

CHAPTER 5
DISEASES OF CONJUNCTIVA

Long Essays

1. Classify conjunctivitis. Discuss clinical features and management of trachoma.	59, 64	144, 155	N20(RS3), J06, J15
2. Discuss the differential diagnosis of acute conjunctivitis and how you manage a case of acute conjunctivitis.	61	145, 149	D08(RS2)
3. Discuss etiology, clinical features, complication and management of ophthalmia neonatorum.	73	151	J14
4. Vernal keratoconjunctivitis—clinical features, types and management.	75	162	F23(RS4)
5. Discuss etiology, clinical features, complications and management of pterygium.	82	165	J10

Short Essays

1. Membranous conjunctivitis.	—	152	J10(RS2)
2. Write briefly on phlycten.	—	—	D10(RS2), D08
3. Describe the clinical features and management of purulent conjunctivitis.	60	150	J10

Contd...

JAYPEE BROTHERS

Contd...

	KHRN	BSAK	
4. Angular conjunctivitis (clinical features and management).	63	153	J13(RS3), D14(RS3), J06
5. Trachoma—define, WHO classification, clinical (ocular) features, complications, treatment, SAFE, and control project.	64	155	J09(RS2), D06, J07, J12, D13
6. What is a pannus? Discuss causes of pannus. How do you treat pannus?	66	156	D09, D10
7. Ophthalmia neonatorum (management).	73	151	D09(RS2), D13(RS2), J22(RS3), F23(RS3), J08
8. Allergic conjunctivitis (classify).	74	159	J19(RS3), M21(RS3)
9. Vernal keratoconjunctivitis (spring catarrh)—clinical features and management.	75	162	J08(RS2), J11(RS2), D11(RS2), J14(RS2), D14(RS3), D15(RS3), J16(RS3), D16(RS3), D17(RS3), F23(RS3), M23(RS3), D00, D01, D03, J11, D12, J13, D14
10. A 7-year-old boy suffers from severe itching, redness and white ropy discharge from both his eyes during summer season every year. He also has history of allergic rhinitis. Diagnose the ocular condition. Write the typical clinical signs seen in this disease and the treatment for this case.	75	162	M23(RS4)
11. Phlyctenular conjunctivitis/disease—clinical features and management.	78	160	J12(RS2), D19(RS3), J02, D06, D09
12. Discuss pinguecula.	81	164	J14(RS2)

Contd...

JAYPEE BROTHERS

Contd...

	KHRN	BSAK	
13. Pterygium—define, clinical features, treatment of recurrent pterygium (two agents used), surgical management (indications).	82	165	D09(RS2), J15(RS3), N20(RS3), M22(RS3), J04, D05, J12, D12, D15
14. Differences between true and pseudopterygium.	83	166	D16
Short Answers			
1. Tabulate differences between pseudomembranous and membranous conjunctivitis.	—	147	D07
2. Causes for pseudomembranous conjunctivitis.	—	148	J04
3. Membranous conjunctivitis.	—	152	J17(RS3)
4. Pannus.	66	156	J19(RS3)
5. Phlycten.	—	160	D08(RS2)
6. Herbert's pits.	66	156	D11(RS2), J16(RS3)
7. Trachoma—WHO classification, three complication/six squeal/treatment.	68	155	F24(RS4), J18(RS3), D01, D02, J05, J12, J14, J16
8. Viral conjunctivitis—causes.	70	154	J09
9. Ophthalmia neonatorum.	73	151	J12(RS2)
10. Spring catarrh (vernal keratoconjunctivitis)—types/signs/treatment.	75	162	D13(RS2), J16(RS3), J18(RS3), J04
11. Pinguecula.	81	164	J08(RS2)
12. Pterygium (surgical management, three complications).	82	165	D15(RS3), J08, D15
13. Pseudopterygium—define/causes.	83	166	D16(RS3), D06
14. Define chemosis and ecchymosis. Mention two causes for each.	84	145	D02, J11

Contd...

JAYPEE BROTHERS

for detailed information on pgmee books, visit our website www.jaypeebrothers.com, for detailed information on pgmee books, visit our w

Companion for 3rd MBBS

Salient Features

- ⇨ The only compilation of original questions from all question papers of CBME examination pattern, i.e., Revised Scheme 4.
- ⇨ Also includes the original questions of RS3 and RS4 and Revised Scheme to enhance diversity of questions.
- ⇨ Questions included only from Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka.
- ⇨ Questions arranged chapterwise with cross reference to the commonly used student-popular books.
- ⇨ Most original, authentic, and updated book.
- ⇨ In short, a must possession for any MBBS student.

Printed in India

Available at all medical bookstores or buy online at www.jaypeebrothers.com

JAYPEE BROTHERS
Medical Publishers (P) Ltd.
EMCA House, 23/23-B, Ansari Road,
Daryaganj, New Delhi - 110 002, INDIA
www.jaypeebrothers.com

Join us on facebook.com/JaypeeMedicalPublishers
https://www.facebook.com/singiyatiraj

ISBN 978-93-5465-498-5