Contents

Section A: Subject Overview

Chapter 1: KU Syllabus **3**
- Semester I *3*
- Semester II *4*
- Semester III *4*
- Semester IV *4*

Chapter 2: KU Paper IX **5**

Chapter 3: Tackling a PBQ **18**
Anup Chalise
- Tackling a PBQ *18*

Chapter 4: Overview of Clinical Subjects **20**
Anup Chalise, Sunil Kumar Sharma
- How do you start? *21*

Section B: Basic Knowledge for Practice

Chapter 5: History **27**
Sunil Kumar Sharma, Anup Chalise, Bijaya Shrestha
- The beginning *27*
- Around the world *28*
- Nepal Medical Council *31*

Chapter 6: Medical Ethics: Doctor **40**
Ramesh Dhakal, Smriti Singh
- Personal traits *40*
- Second to God *41*
- Dressing styles *41*
- Cleanliness *42*
- Informed consent *42*
- Confidentiality *43*
- Death *44*

Chapter 7: Medical Ethics: Patient **45**
Rajan Pandit, Rupesh Isar
- Types of patient *45*
- Providing information *46*
- Getting information *46*
- Difficult situations *47*
- Empathizing *48*
- Interview *49*

Chapter 8: Medical History **50**
Sunil Kumar Sharma, Anup Chalise
- Types of history *50*
- The components *51*
- General examination *52*
- Detailed approach *53*
- Elements of a history *53*
- Special scenarios *56*
- Pediatric history *57*
- Obstetric history *58*
- Geriatric history *60*

Chapter 9: The Vitals and Pain **63**
Rajan Pandit, Lokendra Chhantyal
- Blood pressure *63*
- Pulse *65*
- Respiratory rate *67*
- Temperature *68*
- Pain *69*

Chapter 10: The Seven Cardinal Signs **71**
Anup Chalise, Lokendra Chhantyal
- Pallor *71*
- Icterus *72*
- Lymphadenopathy *74*
- Cyanosis *75*
- Clubbing *76*
- Edema *77*
- Dehydration *78*

Chapter 11: Practical Procedures **80**
Anup Chalise, Deepak Kharel
- Venipuncture *80*
- Lumbar puncture *81*
- Ascitic tap *82*

- Heimlich maneuver *83*
- Pleural fluid sampling *84*
- Cardiopulmonary resuscitation *85*
- Dressing a wound *87*
- Injection procedures *89*
- Blood transfusion *91*

Section C: Examination Techniques

Chapter 12: General Physical Examination **97**

Anup Chalise

- General examination *97*
- Systems review *97*
- Equipment *99*
- Techniques *99*
- Case files *101*

Chapter 13: Locomotor System Examination **103**

Pralhad Kumar Chalise, Anup Chalise

- Common symptoms *103*
- Examination *103*
- GALS screen *104*
- Investigations *105*
- Summary of joint movements *105*
- Case files *107*

Chapter 14: Cardiovascular System Examination **111**

Rajan Pandit, Anup Chalise, Bijaya Shrestha

- Common symptoms *111*
- The jugular venous pulse *111*
- Precordial examination *113*
- Heart sounds *114*
- Murmurs *115*
- Added sounds *117*
- Investigations *117*
- Case files *118*

Chapter 15: Respiratory System Examination **126**

Ramesh Dhakal

- Common symptoms *126*
- Examination *127*
- Findings *129*
- Investigations *130*
- Case files *130*

Chapter 16: Abdomen Examination **137**

Sunil Kumar Sharma, Anup Chalise

- Common symptoms *137*
- Abdomen pain *138*
- Inspection *139*
- Palpation *139*
- Liver *140*
- Gallbladder *140*
- Spleen *141*
- Kidneys *141*
- Percussion *142*
- Auscultation *143*
- Per-rectum and hernial orifices *143*
- Investigations *143*
- Case files *144*

Chapter 17: Reproductive System Examination **157**

Anup Chalise

- Common symptoms *157*
- Male reproductive system examination *157*
- Female reproductive system examination *158*
- Case files *160*

Chapter 18: Endocrine System Examination **163**

Anup Chalise

- Common symptoms *163*
- Thyroid examination *163*
- Investigations *164*
- Case files *164*

Chapter 19: Nervous System Examination **172**

Rajan Pandit, Anup Chalise

- Short review *172*
- Examination outline *179*
- Common symptoms *180*
- Investigations *180*
- Consciousness *180*
- Cranial nerve examination *181*
- Sensory system examination *190*
- Coordination assessment *192*
- Gait assessment *193*
- Motor system examination *193*
- Reflex examination *196*
- Case files *197*

Chapter 20: Other Systemic Examination Findings **205**

Anup Chalise, Lokendra Chhantyal, Rupesh Isar

- Skin and hair *205*
- Nail *206*
- Tongue *207*

Section D: Further Workup

Chapter 21: Commonly Used Tests **211**

Anup Chalise, Deepak Kharel

- Grouping blood/urine tests *211*
- Important tests—explained *213*

Chapter 22: The Electrocardiogram **218**

Anup Chalise

- Before you begin *218*
- The standard ECG calibration *219*
- The normal electrocardiogram *220*
- The leads and their meanings *221*
- Recording the 12-lead ECG *222*
- Basic interpretation of an ECG *224*
- Abnormal ECG interpretation *224*

Chapter 23: Differential Diagnosis **227**

Anup Chalise, Bijaya Shrestha, Lokendra Chhantyal

- Differential diagnosis *228*
- Electrolyte imbalance *240*
- Acid-base disorders *243*

Appendices *247*

- *Appendix 1 247*
- *Appendix 2 250*

Index *273*