

## **COURSE TITLE: ENGLISH BOOK 1 (INTERMEDIATE LEVEL)**

**STUDY HOURS: 120**

**PAPER: 05**

**TERM: 2<sup>nd</sup>**

**MARKS**

**THEORY: 100**

**TIME: 2:30 HRS**

### **Course Contents.**

#### **One-Act Plays**

Stanley Houghton	The Dear Departed
Fan Kissen:	Damon and Pythias
Robert. Carroll	Heat Lightening

#### **Section-III**

##### **Poetry**

##### **Contents**

##### **Introduction**

1. The Schoolboy (William Blake)
2. What is life (John Clare Clare)
3. A Psalm of Life (Henry Wadsworth Longfellow)
4. Growing Old (Matthew Arnold)
5. One Way of love (Robert Browning)
6. Opportunity (Berton Braley)
7. The Road not Taken (Robert Frost)
8. Rubaiyat of Omar Khayyam (Edward Fitz Gerald)
9. What then? (W.B. Yeats)
10. Those Two Boys (Franklin P. Adams)

#### **About the author and Glossary**

Recommended book: Inter mediate English Book I for Class XI by Professor Dr.Mujeeb Rehman. Publish by D.J.Printers & Publishers NWFP TEXTBOOK BORARD, PESHAWAR.

**COURSE TITLE: FIRST AIDS & PATIENT SAFETY**

**STUDY HOURS: 60+20**

**PAPER: 4**

**TERM: 2<sup>nd</sup>**

**MARKS**

**THEORY: 40**

**PRACTICAL: 10**

**TIME: 1:30 Hrs**

The following First Aids & Safety Patient contents will be taught briefly.

**COURSE CONTENTS**

**Study Hours  
(Theory + Practical)  
60+20**

**B First Aid 30+10**

Definition

- Principles

**B1 MANAGEMENT**

- B1.1 Dressing and Bandages
- B1.2 Assisted respiration
- B1.3 Shock
- B1.4 Types of Shock its signs symptoms Treatment
- B1.5 Assessment and Resuscitation of newborn
- B1.6 Fractures and his First Aid Management
- B1.7 Burns and his First Aid Management
- B1.8 Wounds and his first Aid Management
- B1.9 Accidents and his first aid Management
- B1.10 Transport of injured persons especially spinal care
- B1.11 Poisonings-Swallowed/Inhaled persons and first aid management
- B1.12 Bites Stings management human, cat dog insect
- B1.13 Choking and first aid management
- B1.14 Abdominal pain and first aid management
- B1.15 Sport injuries and first aid management
- B1.16 Safety at home

**C PATIENT SAFETY & PRECAUTION 30+10**

- C1.1 Electrical Hazards
- C1.2 Fire and explosion in hospitals
- C1.3 Radiation
- C1.4 Other possible hazards in hospitals
- C1.5 Infection in hospitals
- C1.6 The hospital environment
- C1.7 Pathogenic, non-pathogenic microorganisms

- C1.8 Modes of spread of infection
- C1.9 Kinds of infection
- C1.10 Cross-infection  
(Precautions and prevention)

**Recommended book** First Aids Emergencies A complete Patient Care by V k join  
Teacher Notes

## کورس نام: اسلامیات (الزامی)

نمبر 50

تقریب : 30 صفحے

پرچہ : 7

وقت : 3:30 گھنٹے

پارٹ : 3

### فہرست

باب نمبر	عنوان	باب نمبر	عنوان	باب نمبر	عنوان
3	عالمگیر کتب	1	انبیاء کی خصوصیات	1	اسلام کا تعارف
4	جامع کتاب	2	بشریت	2	بنیادی عقائد
5	عقل و تہذیب کی تائید	3	ملائین	3	توحید
6	قرآن مجید کا عجاز	4	تہلیغ احکام الہی	4	وجود باری تعالیٰ
7	آخرت	5	مخصوصیت	5	توحید ذات و صفات
8	مفہوم	6	واجب اطاعت	6	شُرک
9	منکرین آخرت کے شہادت اور	7	رسالت محمد اور اس کی خصوصیات	7	1- ذات میں شرک
10	ان کا قرآنی خواب	8	جمعیت	8	2- صفات میں شرک
11	اسلام میں عقیدہ آخرت کی اہمیت	9	کاپی شریعتوں کا نسخ	9	صفات کے تقاضوں میں شرک
12	انکی سے رغبت اور بدی سے نفرت	10	3- کاملیت	10	انسانی زندگی پر عقیدہ توحید کے اثرات
13	بہادری اور سرفروشی	11	4- حفاظت کتاب	11	1- خوداری
14	3- صبر و تحمل	12	5- سنت نبوی کی حفاظت	12	2- تکسار
15	4- مال خرچ کرنے کا جذبہ	13	6- جامعیت	13	3- وسعت نظر
16	5- احساس ذمہ داری	14	7- جمہ گیری	14	4- تقام و بہادری
17	6- سوالات	15	8- ختم نبوت	15	5- رجائیت اور امیدان قلب
18	باب دوم	16	ملائکہ پر ایمان	16	6- برہیزگاری
19	اسلامی تشخص	17	9- سمائی کتاب	17	7- توکل علی اللہ
20	کلمہ شہادت	18	مخبر آسمانی کتاب	18	رسالت
21	انسان عظمت کا ضامن عقیدہ	19	1- محفوظ ہوتا	19	وہی
22	نماز کی تاکید	20	2- قرآن کی زندہ زبان	20	رسول کی ضرورت

باب نمبر	عنوان	باب	عنوان	باب نمبر	عنوان
	نہز کے فوائد	اقسام جہاد	عنوان	باب نمبر	عنوان
	بے روج نمازیں	خواتین نفس کے خلاف جہاد	کسب حلال	باب نمبر	عنوان
	روزہ	جہاد السیف	اہل	باب چہارم	عنوان
	عہد نفس	جہاد ورجس میں فرق	اخلاقی ردائل	تجارت قرآن و حدیث	عنوان
	روزوں کا ثواب	جہاد کے فضائل	جھوٹ	تعارف	عنوان
	رمضان المبارک و قرآن حکیم	اللہ تعالیٰ کے احسانات	منافقت	قرآن مجید کے اسماء	عنوان
	رمضان اور پاکستان	رسول اللہ کے احسانات	تکبر	دی کیا ہے؟	عنوان
	بہار روزے	شرط طہیت، اطاعت رسول	حسد	زبور قرآن	عنوان
	زکوٰۃ	حقوق العباد	سوالات	مکی اور مدنی سورتوں کا	عنوان
	معاشرتی فوائد	والدین کے حقوق	باب سوم	حفاظت و تدوین قرآن	عنوان
	معاشرتی فوائد	اولاد کے حقوق	رحمت للعالمین		عنوان
	زکوٰۃ کے مصارف	میاں بیوی کے باہمی حقوق	امت پر شفقت و رحمت	حدیثی حفاظت (سنیوں کے	عنوان
	مسائل زکوٰۃ	رشتہ داروں کے حقوق	کافروں پر رحمت	کتابی حفاظت	عنوان
	ادنیٰ زکوٰۃ کے چند اصول	اساتذہ کے حقوق	نوروز کے لئے رحمت	جمع قرآن حضرت عثمانؓ	عنوان
	حج	ہمسایوں کے حقوق	بچوں کے لئے رحمت	عہد میں	عنوان
	جامعیت	غیر مسلموں کے حقوق	نیموں اور غلاموں کے لئے رحمت	قرآن مجید کی خوبیاں	عنوان
	زائرین خانہ کعبہ کی کیفیت	معاشرتی ذمہ داریاں	افوت	قرآن مجید کی تاثیر	عنوان
	فوائد	ذیانتداری	مساوات	حدیث اور سنت	عنوان
	حج متبول	انگائے عہد	صبر و استقلال	حدیث یا سنت کی شرعی	عنوان
	جہاد	سپائی	غفور و رؤوف	حدیث یا سنت کی شرعی	عنوان
	جہاد منہوم	عدل و انصاف		تدوین حدیث	عنوان
				منتخب آیات	عنوان
				منتخب احادیث	عنوان
				سوالات	عنوان

تیار کردہ: این۔ ڈبلیو۔ ایف۔ پی بلیکسٹ بک بورڈ پشاور منظور شدہ محکمہ تعلیم  
 صوبہ سرحد قبائلی علاقہ جات بطور واحد کتاب برائے انٹرمیڈیٹ کلاسز۔  
 نظر ثانی و منظور کردہ۔ وفاقی وزارت تعلیمات حکومت پاکستان، اسلام آباد

**COURSE TITLE: PATHOLOGY****STUDY HOURS: 80+40****PAPER: 1**  
**TERM: 2<sup>nd</sup>****MARKS****THEORY: 80**  
**PRACTICAL: 20**  
**TIME: 2:30 HRS**

The following pathology contents will be taught briefly.

<b>COURSE CONTENTS</b>	<b>STUDY HOURS</b> (THEORY+PRACTICAL)
Introduction:	
<b>A Pathology</b>	<b>2</b>
<b>A1</b> Definition	
<b>A2</b> Branches	
<b>B. Core of pathology</b>	<b>4</b>
<b>B1</b> Etiology	
<b>B2</b> Pathogenesis	
<b>B3</b> Morphologic changes	
<b>B4</b> Clinical significance	
<b>C. Disease</b>	<b>4+2</b>
<b>C1</b> Definition	
<b>C2</b> Classification	
<b>C3</b> Cytology	
<b>C4</b> Biopsy	
<b>D.Cell injury:</b>	<b>12+4</b>
<b>D1</b> Normal Cell and Structure of Cell	
<b>D2</b> Cellular adaptation (introduction)	
D2.1Hyperplasia	
D2.2Hypertrophy	
D2.3Atrophy	
D2.4Metaplasia	
D2.5Distribution of body Epithelium	
<b>D3</b> Cell Injury	
D3.1Types	
D3.2Causes	
<b>D4</b> Necrosis	
D4.1Definition	
D4.2Types	

- D4.2 Mechanism of Necrosis
- D5 Pigmentation
  - D5.1 Definition
  - D5.2 Types
- D6 Pathologic calcification
  - D6.1 Definition
  - D6.2 Types
  - D6.3 Causes Of Hyper calcification
- D7 Gangrene
  - D7.1 Definition
  - D7.2 Causes
  - D7.3 Types
  - D7.4 Complication

**E Inflammation 12+4**

- E1 Definition
- E2 Advantage and Disadvantage of inflammation
- E3 Types
- E4 Acute Inflammation
  - E4.1 Definition
  - E4.2 Changes in acute inflammation
  - E4.3 Clinical signs of actual inflammation
  - E4.4 Outcome of Ac inflammation
  - E4.5 Type of inflammatory cell
  - E4.6 Sequence of Cellular Events
- E5 Chronic Inflammation
  - E5.1 Causes
  - E5.2 Types
  - E5.3 Outcome of Ch. Inflammation.
  - E5.4 Difference between Ac. & Ch. Inflammation

**F Repair: 8+2**

- F1 Definition Process of repair
- F2 Capacity of Different cell Type
- F3 Healing by First. Intention (introduction)
- F4 Healing by 2<sup>nd</sup> Intention (introduction)
- F5 Difference between 1<sup>st</sup> & 2<sup>nd</sup> intention
- F6 Factors affecting wound healing
  - F6.1 Systemic
  - F6.2 Local
- F7 Complication of wound healing

**G Homodynamic Disorder 12+4**

- G1 Edema
  - G1.1 Definition and pathogenesis

- G1.2 Mechanism of edema
- G1.3 Causes
- G1.4 Types
- G1.5 Clinical effects
- G2 Hyperemia& Congestion
  - G2.1 Definition
  - G2.2 Causes
- G3 Hemorrhage
  - G3.1 Definition
  - G3.2 Causes
  - G3.3 Clinical Features
- G4 Thrombosis
  - G4 . 1 Definition
  - G4 . 2 Types (morphological, clinical)
  - G4 . 3 Fate of thrombus
- G5 Embolism
  - G5 . 1 Definition
  - G5 . 2 Clinical Effects
  - G5 . 3 Classification
- G6 Infarction
  - G6 . 1 Definition
  - G6 . 2 Causes
  - G6 . 3 Types
  - G6 . 4 Predisposing factors

## H.Shock

4+2

- H1 Definition
- H2 Types
- H3 Stages

## K Disorders of immunity

4+2

- K1 Immunity Definition
- K2 Types
- K3 Antigen
- K4 Antibody & types
- K5 Cells of Immune system (introduction)
- K6 Hypersensitivity Reactions (introduction)

## L Neoplasia

12+4

- L1 Definition
- L2 Neoplasia
- L3 Neoplasm



- L4 Oncology
- L5 Dysplasia
  - L5.1 Definition
  - L5.2 Causes
  - L5.3 Sites
  - L5.4 Clinical significance
- L6 Types of neoplasm
  - L6.1 Benign
  - L6.2 Malignant
  - L6.3 Different Between Benign and malignant Tumors
- L7 Nomenclature of Neoplasm
- L8 Spread of Neoplasm
- L9 Staging & Grading of Neoplasm
- L10 Clinical features of Neoplasm
- L11 Difference between benign & Malignant Neoplasm
- L12 Carcinogens and its types

## **M Microbiology**

**16+6**

- M1 Parasite
- M2 Parasitology
  - M2.1 Definition
  - M2.2 Classification of Parasites
- M3 Virology
  - M3.1 Definition
  - M3.2 Classification of viruses
- M4 Bacteriology
  - M4.1 Definition
  - M4.2 Classification of Bacteria

**Recommended book:** Textbook of Pathology by Inam Danish  
Textbook of Pathology by Ferdous

**Reference book:** General Pathology by Walter and Israel

**COURSE TITLE: PHARMACOLOGY**

**STUDY HOURS: 60+20**

**PAPER: 02**

**TERM: 2<sup>nd</sup>**

**MARK:**

**THEORY: 80**

**PRACTICAL: 20**

**TIME: 2:30HRS**

The following Pharmacology contents will be taught briefly.

## **COURSE CONTENTS**

## **Study Hours**

(Theory + Practical)

6+2

### **A INTRODUCTION**

- A.1 Pharmacology
- A.2 Definition
- A.3 Branches / Classification
- A.4 Drug
- A.5 Definition
- A.6 Nomenclature
- A.7 Pro drug
- A.8 Placebo
- A.9 Toxicology

### **B PHARMACOKINETICS**

9+3

- B.1 Definition
- B.2 Drug Dosage
- B.3 Types
- B.4 Forms
- B.5 Factor modifying the dosage of drugs
- B5 Routes of administration
  - B5.1 Definition
  - B5.2 Types
- B6 Enteral routes (oral, rectal)
  - B6.1 Advantages
  - B6.2 Disadvantages
- B7 Parental routes (IV, IM, ID, SC) & OTHER ROUTES
  - B7.1 Advantages
  - B7.2 Disadvantages
- B8 Drug absorption
  - B8.1 Drug permeation
  - B8.2 Factors that modify drugs absorption
  - B8.3 Bioavailability
  - B8.4 Drug distribution & Volume of distribution
  - B8.5 Biotransformation
  - B8.6 Factor Effecting Biotransformation
  - B8.7 Elimination of drugs
  - B8.8 Bioavailability

	B8.9 Factors Effecting Bioavailability	
C	PHARMACODYNAMICS	6+3
	C.1. Definition	
	C.2. Drug receptor	
	C.3. Nature and sources of drugs	
	C.4. Mechanism of drugs action	
	C.5. Sites of drug action	
	C.6. Factors modifying drug effects	
	C.7. Drug antagonism	
D.	ADVERSE REACTIONS OF DRUGS	6+2
	D.1 Over dosage.	
	D.2 Secondary effects	
	D.3 Idiosyncrasy	
	D.4 Hyper sensitivity	
	D.5 Drug induced diseases.	
	D.6 Drug tolerance	
	D.7 Drug dependence.	
	D.8 Habituation and addiction	
	D.9 Biological variations	
	D.10 Allergy	
	D.11 Tolerance	
	D.12 Efficacy of Drugs	
	D.13 Potency of drugs	
E	<b>CLASSIFICATION OF DRUGS:</b>	<b>18+5</b>
	(Introduction, mode of action, Indications, Adverse effects briefly)	
	E.1 Analgesics and anti-inflammatory drugs.	
	E.2 Opioid analgesics & opioid antagonists	
	E.3 Non-opioid analgesics.	
	E.4 NSAIDs.	
	E.5 Steroidal anti-inflammatory drugs.	
	E.6 Antipyretic.	
	E.7 Antiemetics.	
	E.8 Antihistamines	
	E.9 Antitussive	
	E.10 Bronchodilators	
	E.11 Antidepressants (introduction)	
	E.12 Antipsychotics (Introduction)	
	E.13 Multivitamins	
F	ANTI MICROBIAL DRUGS	15+5
	(Introduction, mode of action, effects, Adverse effects Briefly)	
	F.1 Anti bacterial agents.	
	F.2 Anti fungal agents	
	F.3 Anti amoebic agents	

- F.4 Anti malarial agents
- F.5 Anti viral agents.
- F.6 Anti tuberculosis agents
- F.7 Antiseptics & Disinfectants.
- F.8 Treatment of Scabies.

**Recommended book:** Text books of Pharmacology by Shamim  
Textbooks of Pharmacology by Ferdous  
Textbooks of Pharmacology By Inam Danish

**Reference: book** Lippincott's pharmacology  
Basic and Clinical Pharmacology by G. katzung

**COURSE TITLE: PUBLIC HEALTH**

**STUDY HOURS: 120**

**PAPER: 3**

**TERM: 2<sup>nd</sup>**

**MARKS**

**THEORY: 80**

**PRACTICAL/VIVA: 20**

**TIME: 2:30 Hrs**

The following Public Health contents will be taught briefly.

**Course contents:**

<b>A. Basic Definition</b>	<b>6</b>
A1 public health	
A2 health	
A3 Disease	
A4 Illness	
A5 Iceberg of Disease	
A6 Social Medicine	
A7 Social Hygiene	
A8 Medical Care	
A9 Preventive Medicine	
A10 Level of Prevention	
<b>B. Primary health care</b>	<b>6</b>
B1 Primary health Care (PHC)	
B2 Concepts of Primary Health Care	
B3 Components of Primary Health Care	
B4 Equity	
B5 Effectiveness	
B6 Efficiency	
B7 ALMA ATA Declaration	
B8 Health for All by the Year 2000	
<b>C. Human Nutrition</b>	<b>18</b>
C1 Nutrition	
C2 Nutrients and its classification	
C3 Diet	
C4 Balanced Diet and its principal of preparing	
C5 Calorie	
C6 Malnutrition	
C7 Starvation	
C8 Nutritional Status	
C9 Nutrition Assessment	

C10 Recommended Daily Allowances

C11 Functions of Nutrients

C12 Food Groups

C13 Preservation of food

C13.1 Cooling

C13.1 Drying

C13.3 Salting

C13.4 Smoking

C13.5 Canning

C13.6 Chemical Preservation

### **D Nutritional Needs in Physiological states**

D1 Infancy and childhood

D2 Adolescent Nutrition

D3 Adult's nutrition

D4 Nutrition during pregnancy & lactation

D5 Geriatric Nutrition

### **E Nutrition Disorders**

E1 Vitamin A deficiency disorders

E2 Vitamin B1 and B12 deficiency disorders

E3 Iron deficiency disorder

E4 Vitamin C deficiency disorder

E5 Vitamin D

### **G Malnutrition**

G1 Factor Affecting malnutrition

G2 Protein energy malnutrition

G3 Obesity

## **D. Community Water supply**

**6**

D1 Introduction

D2 Importance of water

D3 Uses of water

D4 Classification of water

D5 Sources of water

D6 Purification of water

D7 Examination of water

D8 Water Related disease

D8.1 Non-infection water related disease like Methemoglobinemia in Infants and Gastric & Bladder Cancers

D8.2 Infection water related disease like Dysenteries, Hepatitis A and Typhoid etc

## **E. Sanitation**

**6**

- E1 Definitions
- E2 Importance of sanitation
- E3 Refuses
- E4 Collection, Removal and disposal of refuse
- E5 Method for final elimination of refuse
- E6 Collection removal and disposal of human excreta
  - E6.1 Dry or conservancy system
  - E6.2 wet system or sewerage system
- E7 Hospital waste management
- E8 Environment pollution
- E9 Causes of environment pollution

## **F. Mother and child health (MCH)**

**12**

- F1 Definition
- F2 Objective of MCH
- F3 Concept of safe mother hood
- F4 Maternal health
- F5 Antenatal care
  - F1 Antenatal Visit
  - F2 Antenatal Service for Mothers
  - F3 Antenatal advice
- F6 High-Risk Pregnancies
- F7 Breast Feeding and its advantage and disadvantage
- F8 Breast care during lactation
- F9 Preparation of Brest during pregnancy
- F10 Brest Care
- F11 Disadvantage of artificial feeding
- F12 Weaning
- F13 High risk children
- F14 Care of the new born

## **G Management of premature and IUGR baby**

- G1 Physical examination of new born

G2 Growth monitoring in child health

**H. Family planning** **10**

H1 Definition

H2 Concept of family planning

H3 Effects of population growth

H4 Factor affecting population growth

H5 Counseling for contraception

H5.1 Contraception

H5.2 Contraceptive methods

H5.3 Side Effects of contraceptive

**I. Immunization** **9**

I 1 Introduction

I 2 Immunity

I 3 Vaccines

I 4 Expanded programme of immunization (EPI)

I 5 Cold chain & its maintenance

I 6 Vaccination schedule

I 7 Methods of delivering vaccines

I 8 Adverse effects of vaccines

I 9 Community involvement in immunization

**J. Infectious diseases:**

Introduction, Clinical features and Prevention (Briefly) of the following diseases **10**

**J1** Measles

**J2** Rubella

**J3** Whooping cough

**J4** Diphtheria

**J5** Rabies

**J6** Tetanus

**J7** Chicken pox

**J8** Mumps

**J9** Typhoid fever

**J10** Bacillary dysentery

**J11** Food poisoning

**J12** Tuberculosis

**J13** Poliomyelitis

**J14** Pertussis

**J15** Bird flue

**J16** Dengue

**K. Tropical disease:**



Introduction, Clinical features & Prevention (Briefly) of the following diseases	2
K1 Malaria	
K2 Amoebiasis	
K3 Cholera	

**L. Sexually Transmitted Diseases:**

Introduction, Clinical features & Prevention (Briefly) of the following diseases	2
L1 Aids	
L2 Gonorrhoea	
L3 Syphilis	

**M. Diseases of liver**

Introduction, Clinical features & Prevention (Briefly) of the following diseases	2
M1 Viral hepatitis	
M2 Cirrhosis	
M3 Liver failure	
M4 Hepatitis A, B, C and E	

**N. Mental health** **6**

N1 Mental health definition	
N2 Mental illness	
N3 Popular beliefs	
N4 Classifications of health mental	
N5 Mental health problem	
N6 Concepts of community mental health	
N7 Prevention of mental illnesses	
N8 Community of mental health center	

**O. Drug abuse** **4**

O1 Introduction	
O2 Phases of addiction	
O3 Types of drugs abuse	
O4 Causes of drugs abuse	
O5 Effects of drugs abuse	
O7 Preventive measures	

**P. Health education** **4**

P1 Definition	
P2 Health promotion	
P3 Important of health education	
P4 Responsibility for health education	
P5 Stages of health education	
P6 Principal of health education	
P7 Planning for health education program	

P8 Methods and techniques of health education	
<b>Q. Health management information system</b>	<b>3</b>
Q1 Definition	
Q2 Essentials of management information system	
Q3 A well-designed MIS should have the following factors	
Q4 Important of MIS	
<b>R. EPIDEMIOLOGY</b>	<b>3</b>
R1 Definition	
R2 Determinants	
R3 Clinical epidemiology	
R4 Occupational epidemiology	
R5 Important of Epidemiology	
R6 Health indicators	
R6.1 Crude birth rate	
R6.2 Crude death rate	
R7.3 Infant mortality rate	
R8.4 Life expectancy at birth	
R9.5 Growth rate	
R10.6 Fertility rate	
<b>S. HEALTH SYSTEM RESEARCH</b>	<b>6</b>
S1 Definition	
S2 Importance	
3 Epidemiological methods	
S4 Disease screening	
S5 Sensitivity	
S6 Specificity	
S7 Control of disease epidemic	
<b>T. BIOMEDICAL ETHICS</b>	<b>6</b>
T1 Introduction	
T2 Equity	
T3 Utility	
T4 Equality	
T5 Human Rights	
T6 Autonomy	
T7 Beneficence	
T8 Non-maleficence	
T9 Justice	

**Recommended Books:**

Public health for PARA Medic and nurses by Dr. Khalid Mahood.

**Reference Book** K Park's community medicine (Reference Book) by K Park 2003 published by Banarside Bhanot Jaipur India