

Revised Syllabus
For
C.M.S.E.D.
Community Medical Service and
Essential Drug (AHP017)



**LAL BAHADUR SHASTRI HEALTH SCIENCES
AND TECHNICAL COUNCIL, INDIA**

लाल बहादुर शास्त्री आरोग्य विज्ञान एवं प्राविधिक परिषद, भारत

मुख्य कार्यालय : 4वीं मंजिल, प्राइम प्लाजा, इंदरा नगर, लखनऊ

प्रशासनिक कार्यालय : द्वितीय तल, सुनील कम्पलेक्स, वेस्टर्न कचेरी रोड, मेरठ

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(To be implemented from 2026-27 session)

Syllabus Of “C.M.S.E.D. ” Community Medical Service and Essential Drug (AHP017)

First Year (1st Year)

S.NO	Subject	Distribution Of Mark			
		TH	PR	Viva -Voce	Total
CMS-101	General Anatomy & Physiology	100	-	-	100
CMS-102	Oral First Aid	100	-	-	100
CMS-103	Pathology	100	-	-	100
CMS-104	Elementary Pharmacology	100	-	-	100
CMS-105	Maternal and Child Health (MCH) & Practical-I	-	100	-	100
	Total	-	-	-	500

Second Year (2nd Year)

S.NO	Subject	Distribution Of Mark			
		TH	PR	Viva -Voce	Total
CMS-201	Essential Drug for Primary Health	100	-	-	100
CMS-202	Management of Diseases	100	-	-	100
CMS-203	Primary Health Care	100	-	-	100
CMS-204	Common Medical Ailment & Their Treatment	100	-	-	100
CMS-205	Practical, Clinical Internship & Field Training-II	-	100	-	100
	Total	-	-	-	500

First Year (1ST Year)

➤ CMS-101 – GENERAL ANATOMY & PHYSIOLOGY

Unit 1 – Introduction to Human Body & Cytology: Anatomical terminology, planes, body cavities; structure and functions of human cell, cell division (Mitosis & Meiosis), and primary tissue types (Epithelial, Connective, Muscular, Nervous).

Unit 2 – Osteology & Arthrology (Skeletal System): Structure, classification and functions of bones (Axial and Appendicular skeleton); major joints of the body (Synovial, Cartilaginous, Fibrous), movements and joint stability.

Unit 3 – Muscular System: Types of muscle tissue (Skeletal, Smooth, Cardiac); major superficial and deep muscle groups of trunk, upper limbs, lower limbs, and mechanism of muscular contraction.

Unit 4 – Blood & Circulatory System: Composition and functions of blood (RBCs, WBCs, Platelets, Plasma proteins), haemoglobin, blood groups (ABO, Rh system), blood coagulation mechanism, anatomy of heart, blood vessels (Arteries, Veins, Capillaries), systemic and pulmonary circulation, blood pressure regulation.

Unit 5 – Respiratory System: Structure of respiratory tract (Nose, Pharynx, Larynx, Trachea, Bronchi, Lungs, Alveoli); mechanics of pulmonary ventilation, gaseous exchange, oxygen and carbon dioxide transport, and vital capacity.

Unit 6 – Digestive System: Anatomy of gastrointestinal tract (Mouth, Pharynx, Oesophagus, Stomach, Small and Large intestines); digestive glands (Liver, Gall bladder, Pancreas, Salivary glands); physiology of digestion, absorption, and assimilation of food.

Unit 7 – Excretory (Renal) System: Anatomy of kidneys, structure of nephron, ureters, urinary bladder, urethra; mechanism of glomerular filtration, tubular reabsorption, secretion, urine formation, and fluid/electrolyte balance.

Unit 8 – Nervous System & Special Senses: Overview of Central Nervous System (Brain, Spinal cord, Meninges, Cerebrospinal fluid), Peripheral & Autonomic Nervous System (Sympathetic and Parasympathetic), reflex arc; structure and functions of Sense Organs (Eye, Ear, Nose, Tongue, Skin).

Unit 9 – Endocrine System: Major endocrine glands (Pituitary, Thyroid, Parathyroid, Adrenal, Islets of Langerhans in Pancreas, Gonads); major hormones and their physiological functions.

Unit 10 – Reproductive System & Homeostasis: Anatomy and physiology of male and female reproductive systems, spermatogenesis, oogenesis, menstrual cycle, conception; regulation of body temperature and homeostatic mechanisms.

➤ **CMS-102 – FIRST AID**

Unit 1 – Principles & Scope of First Aid: Definition, objectives, responsibilities of a first aider, golden rules of first aid, golden hour concept, triage assessment, and initial rapid casualty survey.

Unit 2 – Cardiopulmonary Resuscitation (CPR) & Basic Life Support (BLS): Step-by-step adult, child, and infant CPR (C-A-B approach), chest compressions, airway management, rescue breathing, recovery position, and choking management (Heimlich manoeuvre).

Unit 3 – Haemorrhage & Shock Management: Types of bleeding (Arterial, Venous, Capillary; External & Internal), direct pressure, pressure points, pressure bandaging, tourniquet safety; types of shock (Hypovolemic, Cardiogenic, Anaphylactic, Neurogenic, Septic), symptoms, and immediate anti-shock positioning.

Unit 4 – Wounds, Aseptic Dressing & Bandaging: Classification of wounds (Abrasions, Lacerations, Incisions, Punctures, Contusions, Avulsions); wound toilet, antiseptic application, dressing materials, roller bandages, triangular bandages, slings, and binders.

Unit 5 – Fractures, Dislocations & Sprains: Types of fractures (Closed, Open, Comminuted, Greenstick), signs and symptoms; immobilization using improvised splints, collar & cuff sling; joint dislocation first response; sprains and strains management (RICE protocol: Rest, Ice, Compression, Elevation).

Unit 6 – Burns & Scalds Management: Degrees of burns (Superficial, Partial-thickness, Full-thickness), Rule of Nines for burn surface area calculation; immediate cooling, sterile coverage, prevention of shock, chemical and electrical burns emergency response.

Unit 7 – Environmental Emergencies & Poisoning: First aid in heat exhaustion, heat stroke, hypothermia, frostbite, drowning, accidental poisoning (Pesticides, Insecticides, Kerosene, Corrosives), and food poisoning.

Unit 8 – Animal, Snake & Insect Bites: First aid in venomous vs non-venomous Snake bites (Do's and Don'ts, immobilization), Dog/Monkey bites (Rabies wound toilet and prophylaxis guidelines), Scorpion stings, and Wasp/Bee stings.

Unit 9 – Medical Emergencies First Aid: Fainting/Syncope, acute asthma attack, sudden chest pain (angina/MI initial response), epileptic fits/convulsions, hypoglycemia in diabetic patients, and stroke recognition (FAST criteria).

Unit 10 – Emergency Transportation & First Aid Kit Maintenance: Methods of lifting and transporting injured persons (Stretcher, Two-hand seat, Four-hand seat, Blanket carry); composition and maintenance of standard First Aid Kit in rural dispensary.

➤ **CMS-103 – PATHOLOGY**

Unit 1 – General Pathology & Cellular Injury: Introduction to pathology, causes and mechanisms of cell injury, cellular adaptations (Hypertrophy, Atrophy, Hyperplasia, Metaplasia), necrosis, and apoptosis.

Unit 2 – Inflammation & Wound Healing: Acute inflammation (Vascular and cellular events, signs of inflammation), chronic inflammation, granuloma formation, tissue repair, factors affecting primary and secondary wound healing.

Unit 3 – Fundamentals of Microbiology & Parasitology: Classification and morphology of Bacteria, Viruses, Fungi, and Protozoa; Gram positive vs Gram negative bacteria; common parasites (Entamoeba, Giardia, Ascaris, Hookworm, Plasmodium).

Unit 4 – Infection, Immunity & Sterilization: Modes of disease transmission, innate and acquired immunity, antigen-antibody reactions; physical and chemical sterilization methods (Autoclave, Hot air oven, Antiseptic solutions).

Unit 5 – Clinical Haematology: Techniques of capillary and venous blood collection; Haemoglobin estimation (Sahli's Acid Haematin method), Total Leukocyte Count (TLC), Differential Leukocyte Count (DLC), ESR (Erythrocyte Sedimentation Rate), and clinical significance.

Unit 6 – Blood Grouping & Coagulation Tests: ABO and Rh blood grouping (Slide method), Bleeding Time (BT), Clotting Time (CT), and basic principles of blood transfusion safety.

Unit 7 – Urine Routine & Microscopic Examination: Collection of urine sample; physical parameters (Color, Appearance, Specific gravity, pH); chemical examination (Sugar by Benedict's/Dipstick, Albumin/Protein by Heat & Acetic acid/Dipstick, Ketones, Bile salts & pigments); microscopic examination of deposits (Pus cells, RBCs, Casts, Crystals).

Unit 8 – Stool & Sputum Examination: Stool routine examination for consistency, occult blood, mucus, cysts, ova, and helminths; collection and preservation of sputum specimens, Ziehl-Neelsen (ZN) staining for Acid-Fast Bacilli (AFB) in Tuberculosis.

Unit 9 – Rapid Diagnostic Tests (RDT) & Point-of-Care Diagnostics: Principles and execution of Rapid Diagnostic Kits: Malaria Antigen Card (Pf/Pv), Dengue NS1/IgM/IgG Card, Typhoid Card Test, Urine Pregnancy Test (UPT), and Blood Glucose estimation by Glucometer.

Unit 10 – Bio-Safety, Biomedical Waste & Lab Records: Universal safety precautions, personal protective equipment (PPE), safe disposal of contaminated diagnostic waste, prevention of needle-stick injuries, and maintenance of lab registers.

➤ **CMS-104 – ELEMENTARY PHARMACOLOGY**

Unit 1 – Introduction to Pharmacology: Definition, branches of pharmacology, sources of drugs (Plant, Animal, Mineral, Synthetic, Biotechnology), drug nomenclature (Chemical, Generic, Brand/Proprietary names).

Unit 2 – Pharmacokinetics (ADME): Absorption of drugs, factors affecting absorption, bio-availability, drug distribution, plasma protein binding, biological barriers (Blood-brain barrier, Placental barrier), metabolism/biotransformation in liver, excretion routes (Kidney, Lungs, Gut, Skin).

Unit 3 – Pharmacodynamics & Drug Action: Principles of drug action, mechanisms of action, receptors, agonists, antagonists, dose-response relationship, therapeutic index, factors modifying drug action (Age, Body weight, Gender, Route, Genetic factors, Diseases).

Unit 4 – Routes of Drug Administration: Enteral routes (Oral, Sublingual, Rectal); Parenteral routes (Intramuscular, Intravenous, Subcutaneous, Intradermal); Inhalation and Topical routes — advantages, limitations, and nursing precautions.

Unit 5 – Pharmaceutical Dosage Forms & Calculations: Solid dosage forms (Tablets, Capsules, Powders), Liquid forms (Syrups, Suspensions, Elixirs, Drops, Injections), Semisolid forms (Ointments, Creams, Gels); metric system, conversion of units, paediatric and adult dose calculations (Young's rule, Clark's rule).

Unit 6 – Prescription Writing & Medical Abbreviations: Parts of a standard prescription (Superscription, Inscription, Subscription, Signa); standard Latin/medical abbreviations (OD, BD, TDS, QID, SOS, AC, PC, HS, Stat); rules for safe and legible prescribing.

Unit 7 – Autonomic & Cardiovascular Pharmacology Basics: Elementary overview of Sympathetic and Parasympathetic nervous system drugs; Adrenaline, Atropine, Nitroglycerin sublingual in angina, Digoxin, and elementary Antihypertensives (Amlodipine, Atenolol, Enalapril).

Unit 8 – Respiratory & Gastrointestinal Drugs: Bronchodilators (Salbutamol, Deriphylline/Theophylline); Cough remedies (Expectorants, Mucolytics, Antitussives); Antacids, H₂ blockers (Ranitidine), Proton Pump Inhibitors (Pantoprazole, Omeprazole), Antiemetics (Ondansetron, Domperidone), Laxatives and Antidiarrhoeals.

Unit 9 – Analgesics, Antipyretics & Anti-inflammatory Drugs (NSAIDs): Paracetamol, Ibuprofen, Diclofenac, Aceclofenac, Aspirin — therapeutic uses, mechanisms, standard adult and paediatric doses, side effects (Gastric irritation, Hepatotoxicity), contraindications.

Unit 10 – Adverse Drug Reactions & Drug Safety: Side effects, toxic effects, allergic reactions/anaphylaxis, idiosyncrasy, drug tolerance, physical and psychological dependence; maintenance of emergency tray for drug reactions.

➤ **CMS-105 – MATERNAL AND CHILD HEALTH**

Unit 1 – Concept & Scope of Maternal and Child Health (MCH): Definition, objectives, indicators of MCH (Maternal Mortality Rate, Infant Mortality Rate, Under-5 Mortality Rate), causes of maternal and infant mortality in India, and the RCH programme.

Unit 2 – Antenatal Care (ANC): Registration of pregnancy, scheduling and components of ANC visits, history taking, general and obstetrical examination, calculation of Expected Date of Delivery (EDD - Naegele's rule), nutritional counselling during pregnancy.

Unit 3 – Routine Antenatal Investigations & Prophylaxis: Haemoglobin, urine for albumin & sugar, blood grouping, VDRL/HIV screening, ultrasound awareness; Iron & Folic Acid (IFA) supplementation, Calcium tablets, and Tetanus Toxoid / Td vaccination schedule.

Unit 4 – High-Risk Pregnancy Identification & Timely Referral: Early recognition of warning signs: Severe anaemia, Hypertensive disorders of pregnancy (Gestational Hypertension, Pre-eclampsia, Eclampsia), Gestational Diabetes, Antepartum Haemorrhage (APH), Malpresentation, Twin pregnancy; referral protocols.

Unit 5 – Intranatal Care & Safe Delivery Practices: Stages of normal labour, signs of onset of labour, clean delivery practices (Five Cleans: Clean hands, clean surface, clean cord tie, clean cord cut blade, clean cord stump), preparedness for institutional delivery (Janani Suraksha Yojana / JSY).

Unit 6 – Postnatal Care (PNC) & Puerperium: Care of the mother during puerperium (Uterine involution, Lochia monitoring, Perineal hygiene), detection and referral of postnatal complications (Puerperal sepsis, Postpartum Haemorrhage / PPH, Mastitis, Postpartum depression).

Unit 7 – Care of the Newborn & Infant Nutrition: Immediate newborn care (Clearing airway, establishing breathing, cord clamping, APGAR scoring, thermal protection, Kangaroo Mother Care / KMC); importance of colostrum, exclusive breastfeeding for first 6 months, complementary feeding (weaning) from 6 months onwards.

Unit 8 – Universal Immunization Programme (UIP): National Immunization Schedule from birth to 16 years (BCG, Hepatitis B, OPV, Pentavalent, Rotavirus, fIPV, PCV, MR, DPT Booster, Td); vaccine storage, handling, Cold Chain maintenance, and management of Adverse Events Following Immunization (AEFI).

Unit 9 – Growth Monitoring & Management of Childhood Illnesses (IMNCI): Use of WHO growth charts, identification of Protein Energy Malnutrition (PEM - Kwashiorkor & Marasmus); Integrated Management of Neonatal and Childhood Illnesses (IMNCI) protocol for Acute Diarrhoea (ORS + Zinc therapy), Pneumonia / Acute Respiratory Infections, and Childhood Fevers.

Unit 10 – Family Planning & Reproductive Health: Spacing and permanent contraceptive methods (Condoms, OCPs / Mala-D / Chhaya, Injectable MPA / Antara, IUCD / Copper-T, Tubectomy, Vasectomy, Emergency Contraceptive Pills); adolescent reproductive health, safe menstrual hygiene management.

Second Year (2nd Year)

➤ CMS-201 – ESSENTIAL DRUG FOR PRIMARY HEALTH

Unit 1 – Concept & Philosophy of Essential Medicines: WHO Concept of Essential Medicines, criteria for selecting essential drugs for primary health workers, National List of Essential Medicines (NLEM), benefits of essential drugs policy in rural health delivery.

Unit 2 – Essential Antimicrobial & Antibacterial Agents: Indications, dosages, courses, and precautions of primary care antimicrobials: Amoxicillin, Ampicillin, Co-trimoxazole, Ciprofloxacin, Norfloxacin, Ofloxacin, Doxycycline, Erythromycin, Azithromycin, Metronidazole.

Unit 3 – Essential Antifungal, Antiviral & Anthelmintic Drugs: Fluconazole, Clotrimazole, Miconazole cream/lotion; Acyclovir ointment; Albendazole, Mebendazole, Diethylcarbamazine (DEC) — dosage schedules for children and adults.

Unit 4 – Essential Gastrointestinal & Rehydration Formulations: Oral Rehydration Salts (WHO-ORS formula and reconstitution), Zinc sulphate tablets/syrups, Antacids (Magnesium hydroxide, Aluminium hydroxide), Ranitidine, Omeprazole, Pantoprazole, Dicyclomine, Drotaverine, Domperidone, Ondansetron, Bisacodyl.

Unit 5 – Essential Respiratory & Anti-allergic Drugs: Salbutamol (oral & inhaler/nebulizer), Theophylline, Terbutaline, Ambroxol, Bromhexine, Dextromethorphan; Cetirizine, Levocetirizine, Chlorpheniramine Maleate (CPM), Pheniramine (Avil), Adrenaline in anaphylaxis.

Unit 6 – Essential Cardiovascular & Emergency Drugs: Sublingual Glyceryl Trinitrate (Nitroglycerin), Amlodipine, Atenolol, Enalapril, Furosemide (Lasix), Atropine sulphate, Dextrose 25% / 50% for hypoglycemia, Normal Saline (0.9%), Ringer Lactate (RL), Dextrose Normal Saline (DNS).

Unit 7 – Essential Vitamins, Minerals & Haematinics: Ferrous Sulphate + Folic Acid (IFA tablets & syrups), Vitamin A capsules, Vitamin B-Complex (B1, B2, B6, B12, Niacinamide), Vitamin C (Ascorbic acid), Vitamin D3 (Cholecalciferol), Calcium Carbonate supplements.

Unit 8 – Essential Topical Agents, Antiseptics & Disinfectants: Povidone-iodine (5% solution and 5% ointment), Silver Sulfadiazine (1% burn cream), Neomycin/Bacitracin ointment, Calamine lotion, Permethrin (5% cream/lotion), Gamma BHC, Hydrogen peroxide, Chlorhexidine, Surgical spirit.

Unit 9 – Rational Use of Essential Drugs & Antibiotic Stewardship: Prevention of polypharmacy, dangers of indiscriminate antibiotic and steroid use, prevention of antimicrobial resistance (AMR), patient counselling on complete course compliance, storage and cold chain.

Unit 10 – Drug Storage, Inventory & Expiry Management: Store keeping principles (First-In-First-Out / FIFO, First-Expiry-First-Out / FEFO), room temperature control, protection from moisture and direct light, maintenance of Stock Register and Expired Drug Disposal Register.

➤ **CMS-202 – MANAGEMENT OF DISEASES**

Unit 1 – Clinical Assessment & Diagnostic Approach: Systematic history taking, physical examination, assessment of general condition, vital signs evaluation, recognizing danger signs ('Red Flags') necessitating immediate hospital referral.

Unit 2 – Management of Infectious & Vector-Borne Diseases: Clinical features, diagnostic confirmation, and protocol-based primary management of Malaria (*Vivax* & *Falciparum*), Dengue fever, Chikungunya, Enteric/Typhoid fever, Viral Hepatitis (Jaundice), and Leptospirosis.

Unit 3 – Management of Respiratory Tract Diseases: Acute Upper Respiratory Infections (Common cold, Pharyngitis, Tonsillitis, Sinusitis), Acute Bronchitis, Pneumonia, Bronchial Asthma (acute attack relief and maintenance), and Tuberculosis (detection, sputum collection, DOTS regimen).

Unit 4 – Management of Gastrointestinal Disorders: Acute Gastroenteritis, Bacillary Dysentery, Amoebic Dysentery, Acid Peptic Disease (Gastritis, GERD, Peptic Ulcers), Constipation, Acute Abdomen evaluation (Appendicitis, Cholecystitis, Intestinal obstruction — signs and urgent referral).

Unit 5 – Management of Cardiovascular & Metabolic Diseases: Essential Hypertension (Screening, staging, lifestyle modification, and medication), Angina Pectoris (Emergency primary response), Diabetes Mellitus (Types 1 & 2, clinical signs, blood glucose control, hypoglycemia vs ketoacidosis, diet plan), and Hyperlipidemia.

Unit 6 – Management of Dermatological Conditions: Scabies, Superficial Fungal Infections (*Tinea corporis/cruris/pedis*, *Tinea versicolor*, Candidiasis), Bacterial skin infections (Impetigo, Folliculitis, Boils, Carbuncles, Cellulitis), Contact Dermatitis, Eczema, Psoriasis, Urticaria.

Unit 7 – Management of Neurological & Musculoskeletal Disorders: Headache (Tension headache, Migraine), Epilepsy/Seizures (First-line emergency stabilization), Vertigo, Syncope; Osteoarthritis, Rheumatoid arthritis, Low Back Pain, Cervical Spondylosis, Gouty arthritis, Muscle sprains.

Unit 8 – Management of Common Renal & Urinary Tract Disorders: Urinary Tract Infections (UTIs - Cystitis, Urethritis), Renal Colic (initial pain relief and imaging referral), Benign Prostatic Hyperplasia (BPH symptoms), and Hematuria evaluation.

Unit 9 – Management of Communicable & Endemic Diseases: Leprosy (Early signs, skin patch examination, MDT awareness), Filariasis (Elephantiasis, lymphangitis), Rabies (Post-exposure prophylaxis protocol), Tetanus, and HIV/AIDS (Screening, ART counselling, opportunistic infections).

Unit 10 – Chronic Disease Monitoring, Rehabilitation & Palliative Care: Home-based management of chronic bedridden patients, prevention of bedsores, palliative relief of pain in terminal illness, elderly care, and community rehabilitation of disabled persons.

➤ **CMS-203 – PRIMARY HEALTH CARE**

Unit 1 – Concept & Principles of Primary Health Care (PHC): Alma-Ata Declaration (1978) and Astana Declaration, definition, 8 essential components of PHC, 4 guiding principles (Equitable distribution, Community participation, Intersectoral coordination, Appropriate technology).

Unit 2 – Health System Organization in India: Structure and functioning of rural healthcare infrastructure: Sub-Centres (Ayushman Arogya Mandir / Health & Wellness Centres), Primary Health Centres (PHCs), Community Health Centres (CHCs), Sub-Divisional and District Hospitals.

Unit 3 – Health Team Concept & Role of Grassroots Workers: Roles, functions, and coordination with ASHA (Accredited Social Health Activist), ANM (Auxiliary Nurse Midwife), Anganwadi Worker (AWW), Village Health Sanitation and Nutrition Committee (VHSNC).

Unit 4 – National Health Mission (NHM) & Health Programmes: National Rural Health Mission (NRHM), National Urban Health Mission (NUHM), Ayushman Bharat Scheme (PM-JAY & Health & Wellness Centres), National Vector Borne Disease Control Programme (NVBDCP), NTEP (Tuberculosis Elimination), NLEP (Leprosy), NPCB (Blindness Control).

Unit 5 – Epidemiology & Disease Surveillance in Community: Basic epidemiological methods, disease surveillance (IDSP - Integrated Disease Surveillance Programme), epidemic outbreak investigation (Cholera, Dengue, Malaria, Food poisoning), and quarantine/isolation measures.

Unit 6 – Environmental Health & Rural Sanitation: Safe drinking water supply, testing water quality, chlorination of wells, solid and liquid waste disposal, sanitary latrines (Swachh Bharat Mission), housing standards, and vector control measures in rural communities.

Unit 7 – Community Nutrition & Food Security Programmes: Assessment of nutritional status in community, mid-day meal scheme, Poshan Abhiyaan (National Nutrition Mission), distribution of supplementary nutrition through Anganwadi, and prevention of endemic goitre and nutritional anaemia.

Unit 8 – Health Communication & Behaviour Change (BCC / IEC): Principles of health education, Information-Education-Communication (IEC) materials, organizing community health meetings, street plays (Nukkad Natak), flipcharts, school health education sessions, and counselling skills.

Unit 9 – Demography, Vital Statistics & Village Health Records: Collection and compilation of vital statistics (Birth rate, Death rate, IMR, MMR, Sex ratio), maintenance of

Village Health Register, reporting of communicable disease cases, and issue of birth/death certificates.

Unit 10 – Medical Ethics, Legal Scope of CMS-ED & Supreme Court Directives: World Health Organization (WHO) primary health guidelines, Hon'ble Supreme Court of India directives on primary medical practice by certified community healthcare workers, code of medical ethics, patient rights, informed consent, maintenance of OPD records, and boundaries of practice.

➤ **CMS-204 – COMMON MEDICAL AILMENT & THEIR TREATMENT**

Unit 1 – Symptom-Based Approach in Primary Medical Care: Clinical methodology for evaluating common presenting complaints in outpatient department (OPD): Fever, Headache, Bodyache, Cough, Chest pain, Breathlessness, Abdominal pain, Vomiting, Diarrhoea, Weakness, and Rashes.

Unit 2 – Treatment of Fevers & Acute Febrile Illnesses: Symptomatic and definitive treatment regimens for common viral fevers (Paracetamol, hydration, rest), Malaria (Chloroquine / ACT regimens as per national guidelines), Typhoid fever (Cefixime, Ofloxacin, Azithromycin), and follow-up monitoring.

Unit 3 – Treatment of Respiratory Ailments: Treatment protocols for Common Cold, Allergic Rhinitis, Acute Sinusitis, Acute Pharyngotonsillitis, Acute Bronchitis, management of cough (Expectorants vs Suppressants), Acute Asthma relief (Inhaled/nebulized Salbutamol, oral bronchodilators, steam inhalation).

Unit 4 – Treatment of Gastrointestinal Ailments: Protocol-based management of Acute Watery Diarrhoea (ORS + Zinc + Ciprofloxacin / Norfloxacin / Co-trimoxazole), Amoebic Dysentery (Metronidazole), Hyperacidity & Dyspepsia (Antacids, PPIs like Pantoprazole), Spasmodic abdominal colic (Dicyclomine / Drotaverine), Constipation (Dietary fiber, Bisacodyl, Isabgol).

Unit 5 – Treatment of Helminthic Infections (Worm Infestations): Clinical diagnosis and treatment of Ascariasis (Roundworm), Enterobiasis (Pinworm), Ancylostomiasis (Hookworm), Taeniasis (Tapeworm) using Albendazole (single dose 400 mg) and Mebendazole; mass deworming protocols in children.

Unit 6 – Treatment of Skin Ailments & Allergic Disorders: Management of Scabies (Permethrin 5% lotion application protocol for whole family, washing clothes in hot water), Ringworm / Tinea (Topical Clotrimazole / Terbinafine, oral Fluconazole), Impetigo / Boils (Povidone-iodine wash, Neomycin / Mupirocin ointment, oral Amoxicillin), Allergic Urticaria (Cetirizine / Levocetirizine).

Unit 7 – Treatment of Common Eye, Ear, Nose & Throat (ENT) Ailments: Treatment of Acute Bacterial Conjunctivitis (Chloramphenicol / Ciprofloxacin eye drops), Styte, Wax impaction (Wax dissolving drops, syringing caution), Acute Otitis Media (Amoxicillin, analgesics, decongestants), Epistaxis (Pinching nose, cold pack), Mouth ulcers (Choline salicylate gel, B-Complex).

Unit 8 – Treatment of Musculoskeletal Pain & Minor Injuries: Conservative treatment of Osteoarthritis pain, acute backache, muscle sprains, soft tissue contusions (Analgesic NSAIDs, topical Diclofenac gel, warm compress, immobilization, calcium/vitamin D supplementation).

Unit 9 – Treatment of Common Nutritional & Anaemic Conditions: Management of Iron Deficiency Anaemia in women and children (Oral Iron-Folic Acid therapy, dietary counselling), Vitamin B-Complex deficiencies (Angular stomatitis, Glossitis, Peripheral neuropathy), Vitamin A & D supplementation.

Unit 10 – Emergency Symptomatic Relief & Referral Criteria: Stabilization and emergency first-line treatment of Acute Chest Pain (Suspected MI - Aspirin, Nitroglycerin sublingual), Severe Asthma / Status Asthmaticus, Severe Dehydration with Shock, Acute Abdomen, Head Injury, Poisoning, and preparing standard Referral Slips.

➤ **CMS-205 – PRACTICAL, CLINICAL INTERNSHIP & FIELD TRAINING - II**

Unit 1 – Clinical OPD Patient Examination & Record: Supervised clinical examination of patients presenting with fever, respiratory, gastrointestinal, and skin ailments; preparing detailed Case History Sheets and OPD prescription registers.

Unit 2 – Practical Diagnostic Testing & Interpretation: Performing routine urine testing (Sugar, Albumin), blood tests (Haemoglobin, Blood grouping, Blood glucose by Glucometer), Rapid Diagnostic Kits (Malaria, Dengue, Typhoid, Pregnancy card test).

Unit 3 – Essential Drug Dispensing & Dosage Calculations: Hands-on practice in calculation of adult and paediatric dosages, dispensing oral formulations, preparation of ORS solution, labeling dispensed medicines with clear instructions.

Unit 4 – First Aid, CPR & Minor Dressings Hands-on: Demonstration of Adult and Child CPR on mannequin, wound cleaning, applying aseptic dressings, roller bandaging, triangular sling, and splinting fractures.

Unit 5 – Parenteral Injections & Inhalation Procedures: Aseptic technique for Intramuscular (IM) injection on mannequin (deltoid/gluteal), Subcutaneous injection, setting up jet nebulizer for asthma, and oxygen cylinder operation.

Unit 6 – Antenatal & Postnatal Clinical Examination Practice: Measuring fundal height, maternal weight, blood pressure, assessing pallor and pedal edema, recording fetal heart rate, and conducting infant growth monitoring with WHO growth chart.

Unit 7 – Vaccine Handling & Immunization Demonstration: Demonstration of Vaccine Vial Monitor (VVM), Cold Chain maintenance in Ice-Lined Refrigerator (ILR) / Vaccine carrier, and simulated administration of childhood vaccines.

Unit 8 – Community Health Field Survey Project: Conducting a comprehensive health and demographic survey in an assigned village/community covering 25-50 families, analyzing

health status, sanitation, drinking water, immunization coverage, and compiling a structured Project Report.

Unit 9 – Health Education Outreach & Awareness Camp: Planning, organizing, and conducting a community health education camp on safe drinking water, personal hygiene, balanced nutrition, maternal health, or vector control.

Unit 10 – Final Clinical Skill Assessment, Logbook Verification & Grand Viva-Voce: Evaluation of clinical examination skills, emergency response demonstration, inspection of completed Internship Logbook / Field Project Report, and Grand Viva-Voce examination.