



RASHIDA IQBAL FINANCIAL AID **ORGANIZATION**

COMPLETE GUIDELINES FOR ENT

RIFAQ
RAWALPINDI MEDICAL UNIVERSITY

All guidelines have been made from Dhingra (7th edition). There is an MCQ book of Dhingra as well, try to do it for MCQs. Important topics mentioned are with respect to past SEQs and YouTube videos have been linked for clearer concepts.

Section 1: (Diseases of EAR)

- Anatomy needs to be done, at least once, as mcqs can be asked

Anatomy of External Ear: <https://youtu.be/DuXjK5Rdzuc>

- Physiology chapter can be skipped or just try to memorize the headings
- Hearing tests are imp from viva/MCQs/practical point of view, especially pure tone audiometry and tympanometry is important
- **Chap-5:** Types of hearing loss and their differences
- Presbycusis
- Vestibular function tests are not so imp, but mcqs can be asked
- Just read disorders of vestibular system
- **Chap-8** external ear diseases is imp specifically cauliflower ear, furuncle, malignant otitis externa, impacted wax & keratosis obturans
- Just read eustachian tube disorders, however, patulous eustachian tube is imp
- **Chap-10:** complete chapter, it is very important:

<https://youtu.be/iuZR4n1Z6JoChap-11>

- **Chap-11:** complete chap *investigations of CSOM is commonly asked question
<https://youtu.be/cPZdkOI6MQ8>
- **Chap 12:** just know the name of complications+ sequelae of otitis media+ Bezold abscess
- **Chap-13:** otosclerosis is v.imp (complete chap).
<https://youtu.be/3H47PsUsXB0-14>
- **Chap-14:** Bell's palsy + fractures of temporal bone
- **Chap-15:** Meniere's disease is v.imp (complete chap)
<https://youtu.be/Izlat9PuWdM-16>
- **Chap-16:** Malignant Tumors are imp
- **Chap-17:** Complete chapter
- **Chap-18:** Complete chapter
- **Chap-19:** can be done from this video link.
<https://youtu.be/Nzc-50h4b-8>
- **Chap-20:** just memorize the various means available in market
- **Chap-21:** check the video link for this chap.
<https://youtu.be/c44HqADr7V8>

- Chap-22: table is enough

Section 2 (Diseases of Nose)

- Chap-23: just read it
- Chap-24: just headings
- Chap-25: complete chap, boil on nose is commonly asked
- Chap-26: complete chap *v.imp chapter
<https://youtu.be/gc-qbFmyIgU>
- Chap-27: complete chapter, **chronic simple rhinitis & atrophic rhinitis** is important
- Chap-28: rhinoscleroma+ aspergillosis+ mucormycosis
- Chap-29: complete chapter
- Chap-30: complete chapter
<https://youtu.be/IokODX8n0Pw>
- Chap-31: complete chapter
- Chap-32: v.v.important chapter
<https://youtu.be/KWzGXu5mzNg>
- Chap-33: very important chapter
<https://youtu.be/kNI3xOj59RO>
- Chap-34: types of nasal fracture+ zygomatic fracture+ fractures of mandible
- Chap-35: just read
- Chap-36: complete chapter
<https://youtu.be/JhHUEg0hJkI>

- **Chap-37:** just read it+ fungal infections of sinuses are imp
- **Chap-38:** just memorize the table
- **Chap-39:** just **inverted papilloma** is important
- **Chap-40:** CA maxillary sinus is specifically imp
(TNM classification of tumours is not imp in ENT)
- **Chap-41:** just do the table

Section III (Diseases of oral cavity and salivary glands)

- **Chap-42:** know the anatomy for MCQs point of view
- **Chap-43:** selective (aphthous ulcers, behcet syndrome, BMMP, submucous fibrosis)
- **Chap-44:** selective (mucocele, leukoplakia, Erythroplakia, CA oral cavity)
- **Chap-45:** sialadenitis, Sialectasis, sicca syndrome
- **Chap-46:** memorize the table + Frey's syndrome

Note: SEQs are not asked from anatomy chaps, however, they are imp from MCQs point of view

Section IV (Diseases of pharynx)

- **Chap-47:** just read it otherwise its difficult to understand the diseases
- **Chap-48:** complete chap *adenoids are v. imp_
<https://youtu.be/IKqdIUbsen0>
- **Chap-49:** complete chapter
<https://youtu.be/BGAieOEAg7Y>

- **Chap-50:** complete chapter
- **Chap-51:** complete chapter
<https://youtu.be/0Yi4Y2kV6b4-52>
- **Chap-52:** Important topics include Ludwig's angina, quinsy, retropharyngeal abscess
<https://youtu.be/gRizWKaloZo>
- **Chap-53:** not so important
- **Chap-54:** complete chap *pharyngeal pouch is imp
- **Chap-55:** u can leave it, I never heard of any seq from this chap

Section V (Diseases of larynx and trachea)

- **Chap-56:** just give it a read
- **Chap-57:** just read it
- **Chap-58:** complete chap *acute epiglottitis & acute laryngo-tracheo-bronchitis are imp
<https://youtu.be/Wo3AcGVR2y4-59> <https://youtu.be/SGhbsD4Akpw>
- **Chap-59:** complete chap, seq can be asked from this
- **Chap-60:** complete chap, can be done from this video link
- **Chap-61:** vocal nodules and vocal polyp are specifically imp
- **Chap-62:** complete chap ***imp chapter**
- **Chap-63:** just read

- **Chap-64:** complete chap_
<https://youtu.be/ULb5q6aBui>
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- **Chap-65:** give it a read

Section VI (Thyroid gland and its disorders)

Skip this section as SEQs had never been asked from this portion + it is not mentioned in UHS syllabus

Section VII (Diseases of oesophagus)

- Chap-67 to 70: complete chapters, just read them

*normal constrictions;

Pathological constrictions;

Plummer Vinson syndrome

Section VIII (Recent advances)

- Skip it, no need to do

Section IX (Clinical methods)

- This portion is for OSPE, try to cover it via videos

<https://www.youtube.com/playlist?list=PLDSLDBQfYkIPa9jqvSWJPiyIGArMe20sD>

Section X (operative surgery)

=> Just do the indications, contraindications, position, type of anaesthesia & complications

*steps of procedure are never asked

*imp surgeries include

- Tonsillectomy
- Adenoidectomy
- Bronchoscopy
- Esophagoscopy
- Septoplasty
- Caldwell luc operation
- Tracheostomy

Important ENT Questions Collected from Previous UHS Examinations

EAR

- Anatomy of middle ear cavity
- Otitis externa
- Ear wash
- Acute otitis media
- Secretory otitis media

- CSOM
- Complications of CSOM
- Facial nerve paralysis
- Acute mastoiditis
- Vertigo.
- Otagia.
- Myringotomy.

NOSE

- Anatomy of the lateral wall of the nose.
- Anatomy of the maxillary sinus.
- Blood supply of nasal cavity.
- CSF Rhinorrhoea.
- Chronic atrophic rhinitis (imp).
- Granuloma of the nose (specially rhinoscleroma).
- Deviated nasal septum.
- Septal haematoma.
- Sinusitis (especially acute maxillary sinusitis, sinusitis in children and complications).
- Allergic rhinitis.
- Nasal Polyp
- Antro-choanal polyp.
- Inverted papilloma(imp).
- Mucocele.
- DD of nasal obstruction.

- DD of nasal discharge.
- Epistaxis(fatal).
- Mouth breathing.
- Indications of nasal endoscopy. 20- Functional endoscopic sinus surgery(FESS).

PHARYNX

- adenoid.
- DD of diseases causing membrane over tonsils.
- Infectious mononucleosis.
- Plummer Vinson's syndrome.
- Ulcers of mouth and pharynx.
- Peri-tonsillar abscess(quinsy) (imp)
- Retro-pharyngeal abscess.
- Ludwig's angina.
- Pharyngeal abscess.
- Angiofibroma (imp).
- Nasopharyngeal carcinoma.
- Silent areas in the head and neck.
- The occult primary.
- Snoring and sleep apnea.
- Indications, contraindications and complications of tonsillectomy and
- adenoidectomy.

OESOPHAGUS

- Foreign body in the oesophagus.
- Corrosive oesophagitis.
- Cancer oesophagus.
- Achlasia of the cardia (important).
- Dysphagia

LARYNX

- Laryngomalacia.
- Laryngeal trauma.
- FB inhalation.
- Laryngitis in children (imp).
- Granuloma of the larynx (specially laryngoscleroma and TB laryngitis).
- Papilloma.
- Cancer larynx.
- Vocal cord paralysis.
- Stridor(imp).
- Hoarseness of voice.
- Tracheostomy (indications, types, post-operative care and complications).

Good Luck! ☺
Remember us in your prayers

Regards
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