

Combined Medical Service

Paper I: (250 Marks)

1. General Medicine (96 Questions)

- Cardiology:
 - Congenital heart diseases, rheumatic heart disease, ischemic heart disease, arrhythmias, cardiomyopathies.
- Respiratory System:
 - Infections, COPD, asthma, bronchitis, occupational lung diseases.
- Gastrointestinal System:
 - Peptic ulcer, gastroesophageal reflux, pancreatitis, hepatitis, cirrhosis.
- Endocrinology:
 - Diabetes, thyroid disorders, adrenal gland disorders.
- Neurology:
 - Seizures, headaches, strokes, infections (meningitis, encephalitis).
- Hematology:
 - Anemia, leukemias, bleeding disorders.
- Nephrology:
 - Acute and chronic kidney diseases, glomerulonephritis.
- Infectious Diseases:
 - HIV, tuberculosis, malaria, dengue, typhoid, helminth infections.
- Psychiatry:
 - Anxiety, depression, schizophrenia, substance abuse.

2. Pediatrics (24 Questions)

- Growth and development milestones.
 - Neonatal conditions: birth asphyxia, neonatal jaundice.
 - Common childhood illnesses: respiratory infections, diarrhea, febrile seizures.
 - Vaccination schedule and immunization.
 - Nutritional deficiencies and management.
 - Pediatric emergencies.
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Paper II: (250 Marks)

1. Surgery (40 Questions)

- General Surgery:
 - Wounds, hernias, shock, burns, fluid and electrolyte management.
- Orthopedics:
 - Fractures, dislocations, bone tumors, infections.
- Traumatology:
 - Management of injuries, head trauma.
- Anesthesiology:
 - Preoperative evaluation, general and local anesthesia.
- Basic Surgical Techniques and Instruments.

2. Gynecology & Obstetrics (40 Questions)

- Obstetrics:
 - Antenatal care, high-risk pregnancies, complications during labor (preeclampsia, eclampsia, placenta previa).
 - Postnatal care, lactation, and breastfeeding.
- Gynecology:
 - Menstrual disorders, fibroids, pelvic infections, endometriosis.
 - Reproductive health: contraception, sterilization, medical termination of pregnancy.
- Family Planning:
 - Demography, contraceptive methods, IUCD, and sterilization.

3. Preventive and Social Medicine (PSM) (40 Questions)

- Epidemiology:
 - Principles, study designs, outbreak investigation.
- Communicable and Non-Communicable Diseases:
 - Prevention and management of diseases like tuberculosis, HIV/AIDS, diabetes, hypertension.
- Health Programs:
 - National Health Mission, immunization programs, maternal and child health programs.
- Biostatistics:
 - Data collection, sampling, statistical analysis.
- Occupational and Environmental Health:
 - Hazards, safety measures, air and water quality.
- Nutrition:
 - Malnutrition, public nutrition programs.
- International Health and Organizations:

- WHO, UNICEF, and their contributions to healthcare.
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Preparation Strategy

1. **Study Standard MBBS Textbooks:**
 - Medicine: Harrison's Principles of Internal Medicine.
 - Pediatrics: O.P. Ghai.
 - Surgery: Bailey & Love.
 - Gynecology & Obstetrics: D.C. Dutta.
 - PSM: Park's Textbook of Preventive and Social Medicine.
2. **Refer to UPSC CMS-Specific Guides:** Many publishers release guides tailored for this exam.
3. **Mock Tests:** Practice previous years' question papers and attempt mock tests for time management.
4. **Focus on High-Yield Topics:** Prioritize topics with frequent questions in past papers.