



**Pakistan Medical
&
Dental Council**

Competencies

for

**Undergraduate Medical Education
(MBBS)-2024**

Competencies required in a doctor to be achieved at an undergraduate level - 2024

1. General Competencies

A. Patient Care

- Perform an accurate and problem-focused medical history and physical examination.
- Develop and prioritize differential diagnoses.
- Perform basic clinical procedures safely and accurately.

B. Medical Knowledge

- Knowledge of the human body, its structure, function, and diseases
- Awareness of diverse medical conditions and their management
- Apply foundational science knowledge to understand and manage human health and disease.
- Demonstrate knowledge of the major categories of clinical conditions (acute, chronic, preventive).
- Integrate clinical findings with knowledge of epidemiology, pathophysiology, pharmacology, and therapeutics.

C. Communication Skills

- Effectively communicate with patients, families, and communities, adapting to cultural, social, and individual differences.
- Demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, their families, and professional associates.

D. Clinical Reasoning and Decision-Making

- Apply critical thinking and clinical reasoning to diagnose and manage patient health issues.
- Use evidence-based medicine principles to guide patient care decisions.
- Recognize and respond to signs that indicate immediate action is needed to prevent harm to the patient.



E. Professionalism

- Demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.
- Show respect, compassion, and integrity; responsiveness to patient needs that supersedes self-interest; accountability to patients, society, and the profession.

F. Procedural Skills

- Perform general clinical procedures, such as venipuncture, IV cannula insertion, basic life support, suturing, etc.
- Understand the indications, risks, and benefits of common procedures.

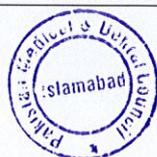
2. Specific Competencies

A. Patient Counselling

- Be able to communicate effectively with the patients
- educate and counsel the patient on common ailments and their prevention
- Be able to take informed consent of the patient for various procedures

B. Patient Assessment

| No | Procedure | Description |
|-----------|--|--|
| 1. | Take baseline physiological observation and record appropriately (all wards) | Measure temperature, respiratory rate, pulse rate, blood pressure, oxygen saturations |
| 2. | Carry out systemic examination abdominal, chest, nervous system, CVS, vascular (all wards) | Systemic approach in clinical examination Completes all steps of examination and document appropriately |
| 3. | Ophthalmoscopy- Eye ward rotation | Perform basic ophthalmoscopy and identify common abnormalities such as diabetic retinopathy and disc edema Be able to record color vision |
| 4. | Oto-scopy- ENT Ward | Perform basic oto-scopy and identify common abnormalities such as CSOM |



B. Procedural skills

| No | Procedure | Description |
|----|------------------------------------|--|
| 5. | Carry out venipuncture | Insert a needle into a patient's vein to take a sample of blood for testing. Make sure that blood samples are taken in the correct order, placed in the correct containers, that these are labelled correctly and sent to the laboratory |
| 6. | Measure capillary blood glucose | Measure the concentration of glucose in the patient's blood at the bedside using appropriate equipment. Record and interpret the results. |
| 7. | Carry out an ECG electrocardiogram | Set up a continuous recording of the electrical activity of the heart, ensuring that all leads are correctly placed. |

C. Patient care

| No | Procedure | Description |
|-----|--|---|
| 8. | Perform surgical scrubbing up / donning and doffing (OT) | Follow approved processes for cleaning hands and wearing appropriate personal protective equipment before procedures or surgical operations |
| 9. | Set up an infusion | Set up an intravenous infusion.. |
| 10. | Use correct techniques for moving and handling of the patients | Use, approved methods for moving, lifting and handling people, in the context of clinical care, using methods that avoid injury to patients, colleagues, or oneself. Be able to carry out log roll, use of spinal board and be able to secure cervical spine using a cervical collar. |

D. Prescribing

| No | Procedure | Description |
|-----|--|---|
| 11. | Instruct patients in the use of devices for inhaled medication | Explain to a patient how to use an inhaler correctly and check that their technique is correct. Should know about various types of inhalers |
| 12. | Prescribe and administer oxygen | Prescribe and administer oxygen safely using mask and monitor and adjust oxygen as needed. |
| 13. | Prepare and administer injectable (intramuscular, subcutaneous, intravenous) drugs | Prepare and administer injectable drugs and prefilled syringes |

E. Therapeutic procedures

| No | Procedure | Description |
|-----|---|---|
| 14. | Carry out intravenous cannulation | Insert a cannula into a patient's vein and be able to secure the cannula. |
| 15. | Carry out Lumbar Puncture | Following the correct procedure, be able to carry out Lumbar puncture |
| 16. | Carry out male and female urinary catheterisation | Insert a urethral catheter in both male and female patients. Should know its complications and management |
| 17. | Carry out wound care and basic wound closure and dressing | Provide basic care of surgical or traumatic wounds and apply dressing appropriately. |
| 18. | Carry out nasogastric tube placement (adult) | Pass a tube into the stomach through the nose and throat for feeding and administering drugs or draining the stomach's contents. Should know how to ensure correct placement. |
| 19. | Use local anesthetics | Inject or topically apply a local anesthetic. Understand maximum doses of local anesthetic agents. |



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| 20. | Apply splint for fractures (adult) | Can apply routine splints for fractures like Thomas splint, Use of triangular bandage and crammer wire split |
| 21. | Interpretation of X-rays of upper and lower limbs | should be able to identify simple and comminuted fractures of upper, lower limbs and pelvis |
| 22. | Interpretation of X-rays of chest, abdomen and pelvis | should be able to identify rib fractures, hemothorax, pneumothorax, free air under diaphragm |
| 23. | Should be able to perform essential lifesaving procedure (Basic Life support) | (Should be competent at Basic Life Support and simple airway management. Be able to use bag and mask device, pocket mask, Laryngeal mask airway endotracheal intubation and use of Automated Electrical defibrillator . Be able to perform CPR using correct BLS algorithms |
| 24. | Digital rectal examination and Proctoscopy | Should know common causes of bleeding per rectum and common perianal diseases and be able to identify them by means of digital rectal examination and proctoscopy. |

**Registrar
PM&DC**



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