



MODULE NO:24	
COMMUNITY MEDICINE	
Code	COMMUNITY VISIT
Skills/Task	
CFRC 4-CM- 001	<p>Factory/hospital visit to observe occupational health hazards:</p> <ul style="list-style-type: none"> • Observe the occupational health hazards associated with industrial processes. • Observe safe practices and educate the workers during the factory visit (e.g., use of PPE, adherence to safety instructions). • Observe and report potential sources of environmental and occupational hazards. (<i>Report writing</i>)
CFRC 4-CM- 002	<p>Training and implementation of data collection for research:</p> <ul style="list-style-type: none"> • Collect data according to the research question (e.g., patient demographics, symptoms, community health practices). • Record the data accurately. • Ensure ethical practices during data collection (e.g., taking consent, maintaining confidentiality).
CFRC 4-CM- 003	<p>Data analysis hands on training:</p> <ul style="list-style-type: none"> • Analyze data using SPSS software. • Compile a structure survey report.
CFRC 4-CM- 004	<p>School visit:</p> <p>Record anthropometric measurements (height, weight, BMI, mid-upper arm circumference) of school-going children.</p> <p>Recognize environmental and social factors at school that may influence nutrition (e.g., hygiene, school meals, junk food availability).</p> <p>Create awareness among children and teachers on healthy eating practices and prevention of malnutrition.</p> <p>Assess knowledge and practices of adolescent school girls regarding menstrual health.</p>

	<p>Identify common menstrual health problems (e.g., dysmenorrhea, poor hygiene practices, anemia).</p> <p>Counsel adolescent girls on menstrual hygiene, nutrition, and breaking myths/taboo.</p> <p>Document and report findings from the school visit.</p>
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FAMILY HEALTH	
Code	Skills/Task
CFRC 4-FH- 001	<p>Presenting complaint: Headache</p> <ul style="list-style-type: none"> • Assess a patient with headache through focused history, general and neurological examination, relevant ENT/sinus examination, and identification of psychosocial or lifestyle triggers. • Provide symptomatic treatment and counsel patients regarding lifestyle modifications, trigger avoidance, and non-pharmacological measures. (under supervision) • Identify and refer urgently when warning signs are present.
CFRC 4-FH- 002	<p>Presenting complaint: Fever</p> <ul style="list-style-type: none"> • Take a focused history of fever (onset, duration, pattern, associated symptoms, and relevant risk factors). • Perform examination, noting vitals, hydration status, pallor, and other systemic findings. • Measure and interpret body temperature using a thermometer. • Provide initial symptomatic management counseling, and guidance on when to seek urgent medical care. (under supervision) • Administer I/M and S/C injection under supervision or practice on manikin.
CFRC 4-FH- 003	<p>Paediatrics History Taking Skills</p> <ul style="list-style-type: none"> • Take history of unwell child including feeding, immunization, and developmental milestones. • Measure and interpret weight, height, and mid upper arm circumference. • Plot growth chart and calculate body mass index. • Counsel parents of an unwell child by explaining the condition, treatment plan, home care, and warning signs. <i>(under supervision)</i>
CFRC 4-FH- 004	<p>Presenting complaint: Generalized weakness and weight loss</p> <ul style="list-style-type: none"> • Take history related to weakness and weight loss. • Perform general physical examination including assessment for pallor, lymph node enlargement, and thyroid gland. • Measure and record body mass index. • Interpret capillary blood glucose levels.

CFRC 4-FH- 005	<p>Presenting complaint: Urogenital symptoms</p> <ul style="list-style-type: none"> • Take a focused history of urogenital symptoms (dysuria, frequency, hematuria, abnormal discharge, pain, fertility concerns, menstrual/obstetric history where relevant). • Perform an abdominal examination relevant to urinary and reproductive complaints. • Perform and interpret a urine dipstick test accurately. • Identify red flag features requiring urgent referral. (<i>under supervision</i>)
CFRC 4-FH- 006	<p>Common skin lesions</p> <ul style="list-style-type: none"> • Inspect common skin lesions presented in OPD. • Perform wound dressing and care. (<i>under supervision</i>)
CFRC 4-FH- 007	<p>Geriatrics History Taking Skills</p> <ul style="list-style-type: none"> • Take history from an elderly patient of presenting complaints, comorbidities, medications, nutrition, and social support. • Perform basic functional assessment of mobility and activities of daily living. • Counsel patients and caregivers regarding lifestyle modification, nutrition, medication adherence, and fall prevention. • Identify red flag issues that need urgent attention or referral. • Apply splint or bandage for simple falls or sprains. (<i>under supervision</i>)

MODULE NO: 25	
GIT & NUTRITION-II	
Code	Clinical Skills/Task
CFRC 4- GIT2- 001	Prepare and present gastrointestinal cases (gastroesophageal reflux disease, acid peptic disease, peptic ulcer, gastritis, irritable bowel syndrome, inflammatory bowel disease (Crohn's disease and ulcerative colitis), hepatitis, cirrhosis of liver, gallstones, acute pancreatitis, colorectal carcinoma) for case-based discussion, including history, examination, differentials, and initial management.
CFRC 4- GIT2- 002	Abdominal examination Perform abdominal examination including inspection, palpation, percussion, and auscultation, and interpret findings.
CFRC 4- GIT2- 003	Nasogastric tube insertion Observe and assist in nasogastric (NG) tube insertion and feeding. Demonstrate and narrate the method to check NG tube patency and placement confirmation.
CFRC 4- GIT2- 004	Digital rectal examination Demonstrate digital rectal examination (DRE) and interpret findings.
CFRC 4- GIT2- 005	Ascites Perform clinical examination to detect ascites (shifting dullness, fluid thrill). Interpret clinical findings to differentiate ascites from other causes of abdominal distension.
CFRC 4- GIT2- 006	Investigations Interpret common laboratory and ultrasound investigations in gastrointestinal diseases, including LFTs, viral hepatitis profile, serum amylase/lipase, stool tests, and abdominal ultrasound findings.
CFRC 4- GIT2- 007	Liver palpation Perform palpation of the liver to determine its size, consistency, tenderness, and surface characteristics. Identify clinical signs of hepatomegaly. Differentiate between normal and abnormal liver findings on palpation.

CFRC 4- GIT2- 008	Spleen palpation Examine and palpate the spleen to assess size, tenderness, and clinical abnormalities.
CFRC 4- GIT2- 009	GI endoscopy & colonoscopy Observe the procedure of upper GI endoscopy and colonoscopy. Observe the indications, steps of patient preparation, and abnormal findings.
CFRC 4- GIT2- 010	Prescription writing Write prescriptions for following: <ul style="list-style-type: none"> i. Acid Peptic Disease ii. GERD iii. Acute Infectious Diarrhea iv. Acute Gastroenteritis with Vomiting v. Irritable Bowel Syndrome (IBS) vi. Constipation vii. Hemorrhoids
CFRC 4- GIT2- 011	Peritoneal tap Observe the procedure of a peritoneal tap, including patient preparation, aseptic technique, and procedural steps.
CFRC 4- GIT2- 012	Counsel patients on diet, nutrition, and lifestyle modifications relevant to common gastrointestinal disorders.

Disclaimer:

The clinical rotation schedule may be adjusted by each institution according to their available resources; however, the annual practical and clinical examinations will be conducted in the sequence of topics outlined below.

MODULE NO: 26	
EYE & ENT-I	
Code	EAR
	Skills/Task
CFRC 4- Ear1- 001	<ul style="list-style-type: none"> • History taking <ul style="list-style-type: none"> • Take focused ENT history in a structured and concise manner. • Clinical Examination Skills <ul style="list-style-type: none"> • Inspect and palpate external ear. • Examine for mastoid tenderness and fistula test. • Perform otoscopic examination. • Perform a basic hearing assessment (whisper test, free-field voice test). • Perform tuning fork tests (Rinne's test, Weber's test, Absolute Bone Conduction test). • Assess cranial nerves related to ear pathology (VII, VIII). • Interpret audiogram and tympanogram (basic level). • Identify red flags in ear symptoms (sudden hearing loss, vertigo with neurological signs, facial nerve palsy). • Perform aural toilet / ear syringing for wax and foreign body removal under supervision. • Demonstrate first aid measures for acute ear trauma / bleeding. • Narrate the steps of initial management in acute mastoiditis and suspicion of complications. • Identify Nystagmus using clinical methods.

	<ul style="list-style-type: none"> • Assess Vestibulo cerebellar function using clinical methods. • Counselling <ul style="list-style-type: none"> • Explain common ear procedures to patients in simple language. • Take informed consent. • Counsel patients on preventive measures.
Code	EYE-I
	Skills/Task
CFRC 4- Eye1- 001	<ul style="list-style-type: none"> • Ophthalmic History Taking <ul style="list-style-type: none"> • Take focused ophthalmic history in a structured and concise manner • Eye examination skills and procedures <ul style="list-style-type: none"> • Perform visual acuity assessment (near, far, pinhole, color vision, Amsler grid). • Inspect and palpate the adnexa. • Inspect the anterior segment and anterior segment diseases of the eye with torch light. • Demonstrate eversion of the upper eyelid. • Observe regurgitation test for lacrimal passage patency. • Perform distant direct ophthalmoscopy • OPD clinical examination instruments/ machines • Observe the functioning of the autorefractometer and slit lamp.