

For 1st year MBBS class -year 2026

Department of Community Medicine & Public Health, SLMC Sahiwal

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STUDY GUIDE
2026

**Subject: COMMUNITY
MEDICINE**



SAHIWAL MEDICAL COLLEGE
SAHIWAL





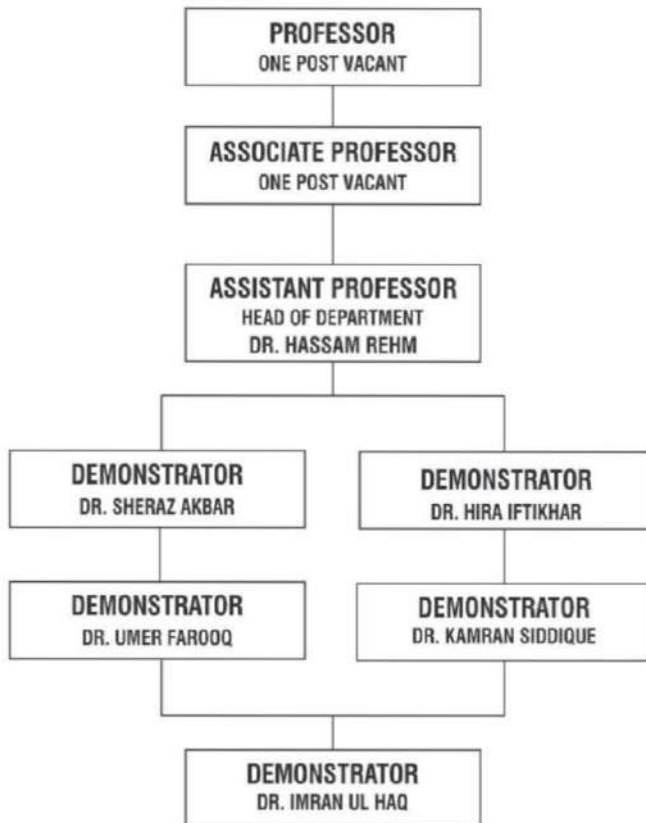
DEPARTMENT OF COMMUNITY MEDICINE & PUBLIC HEALTH



HEAD OF DEPARTMENT DR MUHAMMAD HASSAM REHM	
Dr Umer Farooq	APMO
Dr Hira Iftikhar	Demonstrator
Dr Sheraz Akbar	Demonstrator
Dr Kamran Siddique	Demonstrator
Dr Imran ul Haq	Demonstrator

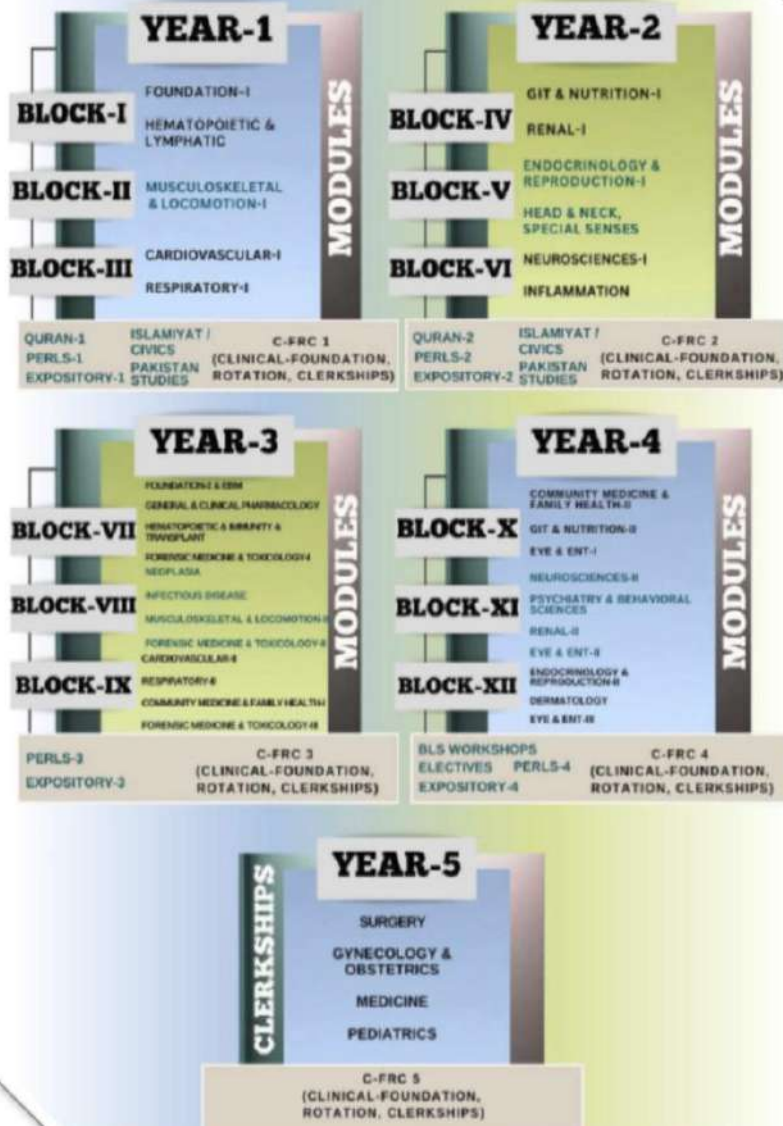


DEPARTMENT OF COMMUNITY MEDICINE



ORGANOGRAM

Modular Integrated Curriculum 2K23 Framework





OFFICE OF THE PRINCIPAL / HEAD OF INSTITUTIONS

Sahiwal Medical College, Sahiwal Teaching Hospital, Sahiwal Institute of Cardiology & College of Nursing Sahiwal
Medical College Road, Sahiwal. Ph: 040-4502470 / 4502427
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OFFICE ORDER.

The white coat ceremony of new 1st year MBBS(S-16) Sahiwal Medical College Sahiwal is being schedule on 02-02-2026 Monday in the fountain area of SLMC/SWL.

In this regard, all the heads of the Clinical/Basic departments of Sahiwal Medical College Sahiwal and attached hospitals are hereby advised to ensure their physical presence.

Sd/-
PRINCIPAL
Sahiwal Medical College
Sahiwal

NO. 194 ESTT/ /SMC/SWL

DATED 29/01/ 2026

A copy of above is forwarded for information and necessary action to:-

1. All the HODs Clinical Departments of STH Teaching Hospital Sahiwal.
2. All the HODs Basic Sciences Departments of Sahiwal Medical College Sahiwal.
3. The Admin Officer of SLMC/SWL is hereby directed to visit the departments and inspect the non gazetted staff regarding their concerned assignments.
4. The Chief Security officer SLMC/SWL to be vigilant about security measures in SLMC/SWL.
5. Office file.


PRINCIPAL
Sahiwal Medical College
Sahiwal

Time table for BLOCK 1

SAMIWAL MEDICAL COLLEGE SAMIWAL
TIMETABLE FOR 1st YEAR MBBS (S-16)
Block 1 (Module 1 &2)
3rd February 2026 Onwards

DAYS	08:00 to 09:00 am	09:00 to 10:00 am	10:00 - 10:30 am	10:30 am to 11:30 am	11:30 am to 12:30 pm	12:30 to 02:00 pm
Monday	Biochemistry Lecture	Behavioral Sciences Lecture	B R E A K	Anatomy Lecture	Anatomy SGD/ Museum / Lecture	Practical Anatomy Batch A Physiology Batch B Biochemistry Batch C
Tuesday	Anatomy Lecture	Biochemistry Lecture		SGD Physiology	SGD Physiology	Practical Anatomy Batch B Physiology Batch C Biochemistry Batch A
Wednesday	Physiology Lecture	Anatomy Lecture		Biochemistry Lecture	Pharmacology Lecture	Practical Anatomy Batch C Physiology Batch A Biochemistry Batch B
Thursday	Community Medicine Lecture	Anatomy Lecture		Physiology Lecture	SDL Physiology	Holy Quran (Oneness of Allah)
Friday	Pathology Lecture	Anatomy Lecture		10:00 am to 11:00 am Physiology Lecture		11:00 am to 12:00 pm. Biochemistry Lecture
Saturday	PERLs Lecture	Pathology Lecture	BREAK	10:30 - 12:30 Clinical Skill Rotation Foundation (Ward Rounds)		SDL Biochemistry

Dr. Ahmad Farzad Qureshi
 Dr. Ahmad Farzad Qureshi
 HOD Anatomy

Prof. Dr. Naima Shakeel
 Prof. Dr. Naima Shakeel
 HOD Physiology

Dr. Fariha Naz
 Dr. Fariha Naz
 HOD Biochemistry

Dr. Raees Abbas Lail
 Dr. Raees Abbas Lail
 HOD Pathology

Dr. Asad
 Dr. Asad
 HOD Pharmacology

Dr. Hassam
 Dr. Hassam
 HOD Com Medicine

Roster for block 1



DEPARTMENT OF COMMUNITY MEDICINE
SAHIWAL MEDICAL COLLEGE SAHIWAL
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1st YEAR MBBS ROSTER – BLOCK 1, COMMUNITY MEDICINE
DEPARTMENT SLMC, SWL

DATE	TOPIC	FACILITATOR
12-02-26	Changing concepts and new philosophy of health. Responsibility for health.	Dr. Hassam/Dr. Kamran Siddique
19-02-26	Explain dimensions and determinants of health and their role in achieving positive health.	Dr. Hassam/Dr. Imran
26-02-26	Discuss concept of health and wellbeing. Discuss Physical Quality of Life Index and Human Development Index.	Dr. Hassam/Dr. Sheraz Akbar
05-03-26	Importance of health indicators. Classify health indicators.	Dr. Hassam/Dr. Umar
12-03-26	Calculate morbidity and mortality. Describe disability indicators. Compare indicators among countries.	Dr. Hira Iftikhar
19-03-26	Conceptualize disease causation and natural history of disease. Explain germ theory and multifactorial causation. Describe epidemiological triad.	Dr. Imran
26-03-26	Discuss web of disease causation. Describe gradient of infection. Explain primary, secondary, and tertiary prevention. Describe 5 levels of intervention.	Dr. Kamran Siddique
02-04-26	Describe principles of prevention and control of prevalent diseases. Difference between elimination and eradication. Describe disease surveillance, types and cycle.	Dr. Sheraz Akbar
09-04-26	Describe nutritional aspects of iron deficiency anemia and psychological aspects of diseases. Enlist most common blood-borne diseases in Pakistan.	Dr. Hira Iftikhar
16-04-26	Describe the routes of spread of blood-borne diseases. Genetic counseling of parents.	Dr. Kamran Siddique

HEAD OF COMMUNITY MEDICINE
Department
Sahiwal Medical College Sahiwal

Head of department :

Dr.Muhammad

Hassam Rehm .(Assistant
prof.)

Blocks coordinator :

Dr.Kamran Siddique
(demonstrator)

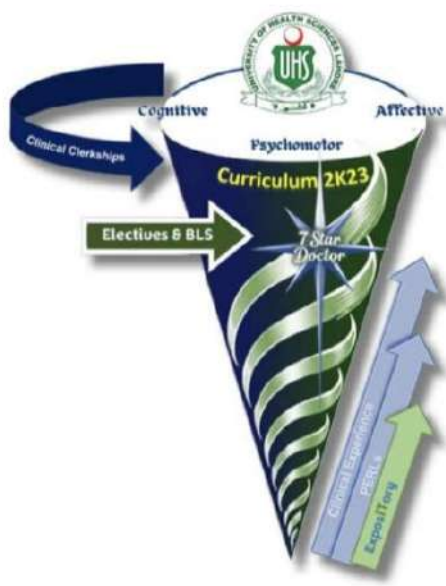
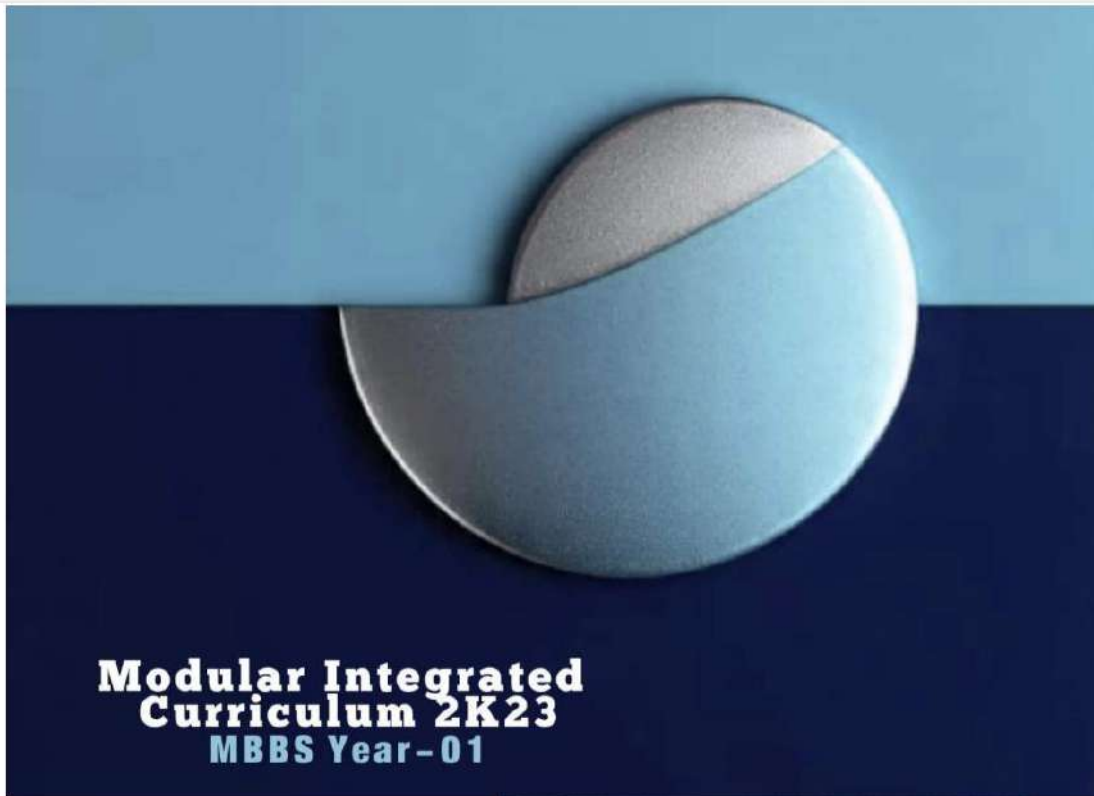
Team members :

Dr.Hira Iftikhar
(demonstrator)

Dr.Imran ul Haq(
demonstrator)

Dr.Sheraz Akbar (
demonstrator)

Dr.umar (demonstrator)





MODULE RATIONALE

Tomorrow's doctor is required to acquire competencies, which could align his knowledge base and skill set for his professional practices. The foundation of knowledge needs to commence from 'The Cell'. The cell is a structural and functional unit of life and has a role in normal homeostasis ensuring appropriate cellular functions. Hence, this module has been designed to introduce a blend of molecular, genetic, anatomical, physiological, and psychosocial information essential for developing a perspective on the function of the human body in health and disease. Besides, an initial orientation to pharmacology and pathology subject has been provided so that students are able to use this information in the coming modules.

MODULE OUTCOMES

- Describe the microscopic features of nerve cells, muscle cells, general features of epithelia of the body.
- Appraise the functional characteristics of various components of cell membrane and organelles of cell.
- Differentiate between the dynamics of various transport mechanisms along the cell membrane.
- Compare the functional differences between RBCs, WBCs and blood groups.
- Explain the significance of homeostatic mechanisms in keeping body's internal environment nearly constant.
- Appraise the formation and functions of autonomic nervous system.
- Correlate the structural design of each organ to its function.
- Acquire information about the different fascial planes in the different regions of the body & their surgical importance.
- Use descriptive anatomical terms of position to describe the different body structures in relation to each other.
- Describe the movements of body using proper anatomical terms of movement.
- Describe and demonstrate the various bony landmarks.
- Describe the types of joints and correlate them to the mechanisms of movement.
- Classify the bone, joints and muscles based on the structure, function, phylogenetic origin.
- Describe the structures associated with muscles and explain their functional correlations.
- Classify and describe the cardiovascular system and correlate it functionally.
- Amplify the anatomical basis for radiological, cross-sectional, anatomy.
- Correlate clinicopathologically the apoptosis in health & diseases.

IMPLEMENTATION TORs

- The time calculation for completion of modules and blocks is based on 35 hours per week. Total hours of teaching, learning and formative/summative internal assessment to be completed in a year are 1200.
- The hours mentioned within each module are the mandatory minimum required. The rest of the hours are left to the discretion of the institution that can be used in teaching, learning and assessment as per decision of the institutional academic council.
- The content and the intended learning outcomes written are mandatory, to be taught, at the level required, as the end year assessment will be based on these.
- However, the level of cognition can be kept at a higher level by the institution.
- The Table of Specifications provided will be used for the three papers of the first professional examination. The same table of specifications should be used for the respective three block exams for internal assessment.



	receptor mechanism		
COMMUNITY MEDICINE & PUBLIC HEALTH			
CODE	SPECIFIC LEARNING OBJECTIVES	TOTAL HOURS = 08	
		DISCIPLINE	TOPIC
F-CM-001	Describe the changing concepts and new philosophy of health Explain responsibility for health	Community Medicine and Public Health	Concept of Health
F-CM-002	Explain dimensions and determinants of health and their role in achieving positive health Discuss concept of health and wellbeing Describe the Physical quality of Life Index & Human Development Index		Positive Health Dimensions, Health Determinants
F-CM-003	Describe the importance of health indicators Classify health indicators Define Morbidity and Mortality Describe Disability indicators Compare indicators among countries		Health indicators
F-CM-004	Conceptualize disease causation and natural history of disease	Community Medicine and Public	Disease causation

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C2K23 Year-01

	Explain Germ theory & multifactorial causation Describe Epidemiological Triad Discuss Web of disease causation Describe Gradient of infection	Health	
F-CM-005	Describe principles of prevention and control on prevalent diseases Explain difference between elimination and eradication Describe disease surveillance, types and cycle Explain Primary, secondary, & tertiary prevention Describe five levels of interventions	Community Medicine and Public Health	Disease Prevention

Module 2

C2K23 Year-01

MODULE RATIONALE

"Blood is Life". Unlike any other organ, components of blood and immunity reflect/reveal disease processes in other organs as well. Therefore, studying blood is like opening a book to all aspects of medicine. Hence, this module has been designed to enable students to have a basic understanding about the normal structure, function and biochemistry of blood, immune and Lymphatic systems. Not only that, but students would also learn, when normal physiology and composition of blood and immune system is disturbed, what disorders result in our community. Emphasis has been given to incorporate deranged laboratory findings into the clinical problem solving.

MODULE OUTCOMES

- Explain the function of all the organs / structures involved in this system and the mechanisms controlling them. (Spleen, lymph nodes, thymus, bone marrow, RBC's, WBCs and platelets)
- Explain the etiology and pathogenesis of common blood & lymphatic diseases, particularly those of importance in Pakistan.
- Explain the rationale for the use of common therapeutic agents for the diseases related to Blood and immunity.
- Describe the role of immunity in the body
- Discuss the working & uses of laboratory instruments in diagnostic lab visit
- Relate red cell indices with health and disease
- Recognize ABO/RH blood grouping system
- Describe the role of Reticuloendothelial system in the body
- Describe the events of hemostasis
- Extrapolate the biochemical aspects of plasma proteins
- Discuss the pharmacological treatment of iron deficiency anemia
- Discuss Blood composition and function
- Discuss the role of liver in hemolytic anemia
- Practice history taking of a patient presented with blood disorders

IMPLEMENTATION TORs

- The time calculation for completion of modules and blocks is based on 35 hours per week. Total hours of teaching, learning and formative/summative internal assessment to be completed in a year are 1200.
- The hours mentioned within each module are the mandatory minimum required. The rest of the hours are left to the discretion of the institution that can be used in teaching, learning and assessment as per decision of the institutional academic council.
- The content and the intended learning outcomes written are mandatory, to be taught, at the level required, as the end year assessment will be based on these.
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DISEASE PREVENTION AND IMPACT			
CODE	COMMUNITY MEDICINE & BEHAVIORAL SCIENCE	TOTAL HOURS = 05	
	SPECIFIC LEARNING OBJECTIVES	DISCIPLINE	TOPIC
HL-CM-01	Describe the nutritional aspects of iron deficiency anemia and psychological aspects of diseases	Community Medicine and Public Health	Anemia
HL-CM-02	Enlist most common blood borne diseases in Pakistan Describe the routes of spread of blood borne diseases		communicable diseases
HL-CM-03	Genetic counseling of parents		Genetic diseases
HL-BhS-01	Psychological Counselling of patients and their families	Behavioral Sciences	Counselling, informational care
HL-BhS-02	Identify and deal with the various psychosocial aspects of Hematopoietic System disorders (such as Sickle Cell Disease, Hemophilia, and Conditions of the Blood) on Individual, Family and Society.		Personal, Psychosocial and vocational issues



**Modular Integrated
Curriculum 2K23
MBBS Year-01**

BLOCK-2



MODULE RATIONALE

The musculoskeletal system comprises the bones, muscles, cartilage, tendons, ligaments, and other connective tissues that provide the framework, support, and movement of the body. The initial learning activities will help in understanding the normal structure, development, and normal physiological mechanisms of the organs of the system. This will help in better understanding the possible pathological conditions of the system, including common injuries, diseases, and disorders that affect it, followed by discussion on some important group of drugs used for treatment and/or prevention of these conditions (administration route, mechanism of action and side effects). The impact of musculoskeletal diseases on society and the effect of ageing on occurrence of musculoskeletal diseases will be discussed. Emphasis has been given to incorporate deranged laboratory and imaging findings into the clinical problem solving.

MODULE OUTCOMES

- Develop an understanding of the fundamental components of the musculoskeletal system.
- Explain the development of the structure & function of the musculoskeletal components of limbs, back & correlate it with organization and gross congenital anomalies of the limbs.
- Identify the anatomical features of bones, muscles & neurovascular components of the limbs with clinical correlation.
- Describe how injury and disease alter the Musculoskeletal structure & function.
- Integrate concepts relating to various metabolic processes, their disorders and relevant lab investigations in the study of human Musculoskeletal system.
- Describe the role of the limbs (upper/lower) in musculoskeletal support, stability, and movements.
- Describe the types, formation, stability, function & clinical significance of joints of the upper and lower limb.
- Describe the basic histology of muscle fibers including their molecular structure (Sarcomere).
- Explain the mechanism of excitation and contraction of skeletal and smooth muscles.
- Discuss the psychosocial impact of musculoskeletal diseases in society.

IMPLEMENTATION TORs

- The time calculation for completion of modules and blocks is based on 35 hours per week. Total hours of teaching, learning and formative/summative internal assessment to be completed in a year are 1200.
- The hours mentioned within each module are the mandatory minimum required. The rest of the hours are left to the discretion of the institution that can be used in teaching, learning and assessment as per decision of the institutional academic council.
- The content and the intended learning outcomes written are mandatory, to be taught, at the level required, as the end year assessment will be based on these.
- However, the level of cognition can be kept at a higher level by the institution.
- The Table of Specifications provided will be used for the three papers of the first professional examination. The same table of specifications should be used for the respective three block exams for internal assessment.

DISEASE PREVENTION AND IMPACT			
CODE	COMMUNITY MEDICINE & BEHAVIORAL SCIENCE	TOTAL HOURS = 14+3=17	
	SPECIFIC LEARNING OUTCOMES	DISCIPLINE	TOPIC
MS-CM-001	Explain causes of low back pain		Back Pain
	Describe prevention of low back pain		
MS-CM-002	Describe work related musculoskeletal disorders addition with its burden/epidemiology	Community Medicine and Public Health	Work related Musculoskeletal disorders
	Identify risk factors of Musculoskeletal disorders MSD at workplace		
	Describe prevention of exposure to risk factors related to workplace		
MS-CM-003	Describe MSD related to mobile addition with its burden/epidemiology	Community Medicine and Public Health	MSD related to mobile usage
	Describe MSD related to mobile usage (Text neck, Trigger thumb, DeQuervain Syndrome, Carpel Tunnel Syndrome)		
	Identify risk factors related to MSD due to excessive mobile usage.		
	Describe the preventive strategies for mobile addiction-related MSD.		

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C2K23 Year-01

MS-CM-004	Describe the application of ergonomics in MSD related to the above disorders.	Community Medicine and Public Health	Ergonomics
MS-CM-005	Describe the concept of non-communicable Musculoskeletal diseases		Noncommunicable disease
MS-CM-006	Identify the risk factors in the community for Osteoporosis		Risk factor assessment of Musculoskeletal diseases
	Learn and apply interventions to prevent the risk factors for various musculoskeletal diseases in the community.		

	Identify risk factors related to MSD due to excessive mobile usage.	Public Health	MSD related to mobile usage
	Describe the preventive strategies for mobile addiction-related MSD.		

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C2K23 Year-01

MS-CM-004	Describe the application of ergonomics in MSD related to the above disorders.	Community Medicine and Public Health	Ergonomics
MS-CM-005	Describe the concept of non-communicable Musculoskeletal diseases		Noncommunicable disease
MS-CM-006	Identify the risk factors in the community for Osteoporosis Learn and apply interventions to prevent the risk factors for various musculoskeletal diseases in the community.		Risk factor assessment of Musculoskeletal diseases



**Modular Integrated
Curriculum 2K23
MBBS Year-01**

BLOCK-3



**Modular Integrated
Curriculum 2K23**
Volume-01

MODULE

04

CARDIOVASCULAR-I



MODULE RATIONALE

The Cardiovascular system comprises the study of the heart & circulatory system. The initial learning activities will help in understanding the normal structure & development of the organs of the system. Understanding of anatomical details of each component of Cardiovascular System (CVS) will be accompanied by study of normal physiological mechanisms. This will help in better understanding the possible pathological conditions of the system, including some of the most prevalent conditions in society like ischemic heart disease, hypertension, shock, heart block, heart failure. This will be followed by discussion on some important group of drugs used for treatment and/or prevention of these conditions (administration route, mechanism of action and side effects). The impact of cardiovascular diseases on society and the effect of ageing on cardiovascular system will be discussed.

MODULE OUTCOMES

- Describe the normal structure of heart including development, topographical anatomy, neurovascular supply, and histology.
- Review the arrangement of circulatory system (arteries, veins, lymphatics).
- Define the congenital anomalies of cardiovascular system with reference to normal development and early circulation.
- Define functions of cardiac muscle along with its properties
- Interpret pressure changes during cardiac cycle along with regulation of cardiac pumping.
- Interpret normal & abnormal Electrocardiogram (ECG), ST-T changes, and its abnormalities.
- Identify the risk factors and role of lipids in coronary blockage and atherosclerosis (hyperlipidemia/ dyslipidemia).
- Define cardiac output and its modulating/controlling factors.
- Differentiate left and right sided heart failure and correlate it with the importance of pressure differences.
- Enumerate different types of arrhythmias and describe the electrical events that produce them.
- Discuss the psychosocial impact of cardiovascular diseases in society.



DISEASE PREVENTION & IMPACT			
CODE	COMMUNITY MEDICINE & BEHAVIORAL SCIENCES	TOTAL HOURS = 10	
	SPECIFIC LEARNING OBJECTIVES	DISCIPLINE	TOPIC
Re-CM-001	Identify the common risk factors of acute respiratory infections with emphasis on smoking	Community Medicine and Public Health	Prevention of acute Respiratory Infections (ARI)
	Discuss preventive strategies of different problems related to respiratory system		
	Enlist the common vaccines used for the prevention of ARI		
	Explain the role of vitamins in the respiratory tract infections	Integrate with Biochemistry	

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C2K23 Year-01

Re-CM-002	Explain the effect of air pollutants on the respiratory system		Interaction of environment & Respiratory System
Re-CM-003	Describe the burden of respiratory diseases	Community Medicine and Public Health	Epidemiology of respiratory Diseases
Re-CM-004	Enlist the common respiratory diseases related to occupation		Occupational Lung Diseases

THANKS