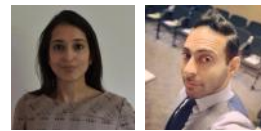


Arora 30 Day PLAB 1 Programme

Exam Date: 26th May 2022 **#CanPassWillPass**



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Date	Section	Topics to cover	Possible resources
30 days to go 26th April	Cardiovascular 1	Angina MI Hypertension Congenital Heart Disease Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia	NICE CKS Angina, MI, Hypertension Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 17, 22-25 Arora Pharmacology Flash Cards 1,4,10,11,13,17,22,31,40,44,56,58,69,76,93
29 days to go 27th April	Neurology 1	Epilepsy Parkinson’s Disease Falls LOC Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR	NICE CKS Epilepsy, Parkinson’s Disease, Meningitis, Bell’s Palsy, Giant Cell Arteritis, PMR Arora PLAB 1 Online Course – Neurology chapter Arora PLAB 1 Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52, 56, 59, 147 Arora Pharmacology Flash Cards 2, 18, 41, 66, 85
28th April: Free <u>‘4 Week Booster’ Webinar</u> – 1.00-2.30pm UK time (Click here)			
28 days to go 28th April	MSK 1	Osteoarthritis, Rheumatoid Arthritis, SLE, Gout, Neck including Whiplash/Radiculopathy/Neck injury, Back Pain (simple and red flags), Shoulder including Frozen Shoulder/Rotator cuff/Dislocation, Wrist including Carpal Tunnel Syndrome/ De Quervain's	NICE CKS Osteoarthritis, Rheumatoid Arthritis, Neck (various), Low Back Pain, Shoulder pain, CTS Arora PLAB 1 Online Course – MSK chapter Arora PLAB 1 Audiobook – MSK chapter Arora Clinical Flash Cards 108-111, 115-117 Arora Pharmacology Flash Cards 12, 50, 59-60, 62-63, 87
27 days to go 29th April	ENT 1	Sore throat Tonsillitis Laryngitis ENT 2 week referral Ear infection Tinnitus Hearing Loss Cholesteatoma Vertigo Nose including Epistaxis/Polyps/Fracture/Hay fever	NICE CKS Sore throat, Tinnitus, Otitis, NICE ENT Cancer referral, Vertigo, BPPV, Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora PLAB 1 Online Course – ENT chapter Arora PLAB 1 Audiobook – ENT chapter Arora Clinical Flash Cards 119-125 Arora Pharmacology Flash Cards 64, 71
26 days to go 30th April	Respiratory 1	COPD Smoking cessation OSA URTI LRTI Pneumonia Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung cancer including referral	NICE CKS COPD, Smoking, Chest infection, Bronchiectasis, NICE Lung Cancer Arora PLAB 1 Online Course – Respiratory chapter Arora PLAB 1 Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 32-33, 35, 149 Arora Pharmacology Flash Cards 15, 47, 57, 64, 99
25 days to go 1st May	Acute illness 1	Acutely unwell patient ABCDE approach Scoring tools eg GCS & AVPU Resuscitation CPR Oxygen Therapy Fluid Management	NICE CKS ABCDE approach, Scoring tools, Oxigen therapy Arora PLAB 1 Online Course – Acute illness chapter Arora PLAB 1 Audiobook – Acute illness chapter
24 days to go 2nd May	Substance Misuse 1 Immunology 1 ENT 2	Alcohol Substance misuse (opiates cannabis) Allergy Anaphylaxis Intolerance Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including Subclinical)	NICE CKS Alcohol, Opioid dependence, Anaphylaxis, Food Allergy, Hyperthyroidism, Hypothyroidism Arora PLAB 1 Online Course – Substance Misuse , Immunology, ENT chapters Arora PLAB 1 Audiobook – Substance Misuse , Immunology, ENT chapters Arora Clinical Flash Cards 129-130, 146, 150 Arora Pharmacology Flash Cards 19, 60, 92

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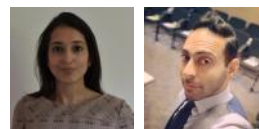
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Date	Section	Topics to cover	Possible resources
23 days to go 3rd May	Psychiatry 1	Depression Postnatal depression Dementia Delirium Anxiety OCD PTSD Schizophrenia Acute psychosis Bipolar Somatisation	NICE CKS Depression, Postnatal Depression, Dementia, Delirium, Anxiety, OCD, PTSD, Psychosis, Schizophrenia, Bipolar Disorder Arora PLAB 1 Online Course – Psychiatry chapter Arora PLAB 1 Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-66 Arora Pharmacology Flash Cards 7, 29, 54, 70, 80, 83, 95
22 days to go 4th May	Ophthalmology 1	Acute Eye problems including Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage Chronic Vision Loss including Cataract Age Related Macular Degeneration Retinopathy (Diabetic Hypertensive)	NICE CKS Glaucoma, Uveitis, Conjunctivitis, Blepharitis, Cataract, Age Related Macular Degeneration Arora PLAB 1 Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 104-107
21 days to go 5th May	Renal 1	Acute Kidney Injury Chronic Kidney Disease UTI (adult kids) Glomerulonephritis Renal Stones Osteoporosis Renal investigation (including MSU, Urine dip, Osmolality, Osmolarity, pH volume studies, Renal biopsy)	NICE CKS AKI, CKD, Osteoporosis, UTI (men, women, children), Renal Stones, Urine dip, pH volume studies, Renal biopsy Arora PLAB 1 Online Course – Renal chapter Arora PLAB 1 Audiobook – Renal chapter Arora Clinical Flash Cards 118, 142-144 Arora Pharmacology Flash Cards 14, 20, 96
20 days to go 6th May	Dermatology 1	Moles Skin Cancer Ulcers Skin infection Psoriasis Acne Eczema	NICE CKS Ulcers, Cellulitis, Impetigo, Acne, Psoriasis, Eczema, NICE Skin Cancer Arora PLAB 1 Online Course – Dermatology chapter Arora PLAB 1 Audiobook – Dermatology chapter Arora Clinical Flash Cards 132-138 Arora Pharmacology Flash Cards 39, 50, 90
19 days to go 7th May	Women's Health 1	Infertility Contraception (including Emergency) Menorrhagia Breast Cancer including referral Familial Breast Cancer Benign Breast Disease Urinary Incontinence Endometriosis	NICE CKS Infertility, Contraception (various), Menorrhagia, Breast Cancer Referral, NICE CKS Incontinence, Endometriosis Arora PLAB 1 Online Course – Women's Health chapter Arora PLAB 1 Audiobook – Women's Health, Arora Clinical Flash Cards 83-85, 88-91, 93-95 Arora Pharmacology Flash Cards 9, 24-25, 46, 94, 98
18 days to go 8th May	Genetics 1 Palliative Care 1	Generic Conditions and Inheritance (Autosomal Dominant AR XLD XLR) Palliative Care including Analgesia Nausea Dose calculations	NICE CKS Palliative Care - Analgesia, Nausea Arora PLAB 1 Online Course – Palliative Care, Genetics chapters Arora PLAB 1 Audiobook – Palliative Care, Genetics chapters Arora Clinical Flash Cards 145, 148 Arora Pharmacology Flash Cards 26, 52, 59-60, 62
17 days to go 9th May	Cardiovascular 2	Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation ECGs Heart Failure Peripheral Vascular Disease DVT Varicose Veins Shock	NICE CKS CVD Risk Assessment, Lipid Modification, AF, Heart Failure, PVD, DVT, Varicose Veins Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6-7, 12-16, 18-20, 24 Arora Pharmacology Flash Cards 1, 6, 10, 13, 30, 32, 44, 55, 84, 100

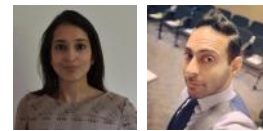
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Date	Section	Topics to cover	Possible resources
16 days to go 10th May	Gastroenterology 1	Irritable Bowel Disease Lower GI Cancer including referral Inherited Polyps Irritable Bowel Syndrome Coeliac Disease Hernia Appendix Abdominal surgery Enteral feeding GI investigations (including endoscopy, colonoscopy, stool culture)	NICE CKS Irritable Bowel Syndrome, Coeliac Disease, Appendicitis, Crohns Disease, UC, NICE Lower GI cancer, GI investigations, Endoscopy, Colonoscopy Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37, 42-44 Arora Pharmacology Flash Cards 12, 16, 42, 45
15 days to go 11th May	Endocrinology 1	Hypo/Hyperkalaemia Hypo/Hypernatraemia Hyperparathyroidism Hyper/Hypocalcaemia Cushing's Addison's Conn's Syndrome Obesity	NICE CKS Hyponatraemia, Hypercalcaemia, Addison's Disease, Obesity Arora PLAB 1 Online Course – Endocrinology chapter Arora PLAB 1 Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Card 85
14 days to go 12th May	Infectious Disease 1 Paediatrics 1	Covid-19 Tuberculosis Malaria Yellow Fever Paediatric infection eg Chickenpox/Scarlet Fever Immunisation Autism ADHD	NICE CKS Covid-19, TB, Malaria, Yellow Fever, Paediatrics infection (various), Autism, ADHD Arora PLAB 1 Online Course – ID, Paediatrics chapters Arora PLAB 1 Audiobook – ID, Paediatrics chapters Arora Clinical Flash Cards 34, 78-79 Arora Pharmacology Flash Cards 47, 64, 77
13 days to go 13th May	Respiratory 2	Asthma including childhood Pneumothorax ABGs Respiratory Failure	NICE CKS Asthma Arora PLAB 1 Online Course – Respiratory chapter Arora PLAB 1 Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
12 days to go 14th May	Cardiovascular 3 Respiratory 3	Cardiac investigations eg ECG, cardiac enzymes, echocardiograms, cardiac surgery Respiratory investigations eg ABG, Spirometry, CXR, Respiratory failure	NICE CKS CVD Respiratory failure, Spirometry, Cardiac investigations, Surgery, Echocardiogram Arora PLAB 1 Online Course – Respiratory, Cardiovascular chapters Arora PLAB 1 Audiobook – Respiratory, Cardiovascular chapters
11 days to go 15th May	Haematology 1	Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen Leukaemia Lymphoma Myeloma Blood transfusion	NICE CKS Anaemia (various), Sickle Cell Disease, Myeloma, NICE Haematological Cancer Arora PLAB 1 Online Course – Haematology chapter Arora PLAB 1 Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38
10 days to go 16th May	Neurology 2	Migraine Tension Headache Cluster Headache Medical Overuse Headache Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	NICE CKS Headache (various), Multiple Sclerosis Arora PLAB 1 Online Course – Neurology chapter Arora PLAB 1 Audiobook – Neurology chapter Arora Clinical Flash Cards 53-55, 57 Arora Pharmacology Flash Cards 11, 52, 59, 62, 97
9 days to go 17th May	Paediatrics 2	Immunisation schedule Neonate Conditions eg FTT Jaundice Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems Paediatric development (all 4 areas) Enuresis Child safeguarding	NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Miscarriage, Ectopic, Child Maltreatment, Enuresis Arora PLAB 1 Online Course – Paediatrics chapter Arora PLAB 1 Audiobook – Paediatrics chapter Arora Clinical Flash Cards 69-73, 82, 97-99 Arora Pharmacology Flash Card 27
8 days to go 18th May	Endocrinology 2 GU Medicine 1	Diabetes (diagnosis and management complications - acute and chronic) STIs including Chlamydia Gonorrhoeae HIV + PEP	NICE CKS Diabetes, NICE CKS STI (various) Arora PLAB 1 Online Course – Endocrinology, GU Medicine chapters Arora PLAB 1 Audiobook – Endocrinology, GU Medicine chapters Arora Clinical Flash Cards 126-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86

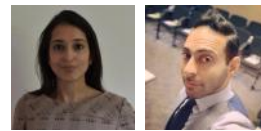
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7 days to go 19th May	MSK 2	Knees including Osgood-Schlatter's Disease/Chondromalacia Patella/Osteochondritis Dissecans/OA/Knee replacement/Knee injury Foot including Plantar Fasciitis/Injury/Achilles/Morton's/Diabetic Foot Elbow including Tennis/Golfers/Bursa	NICE CKS Knee pain, OSD, Plantar fasciitis, Ankle Arora PLAB 1 Online Course – MSK chapter Arora PLAB 1 Audiobook – MSK chapter Arora Clinical Flash Cards 112-114 Arora Pharmacology Flash Cards 59-60, 62
6 days to go 20th May	Neurology 3	Stroke TIA Neurological assessment - CN UML vs LMN Dermatomes Myotomes Gait	NICE CKS Stroke and TIA Arora PLAB 1 Online Course – Neurology chapter Arora PLAB 1 Audiobook – Neurology chapter Arora Clinical Flash Cards 47-50 Arora Pharmacology Flash Cards 11, 22, 31
5 days to go 21st May	Women's Health 2	Cervical cancer and screening Ovarian Endometrial Cancer Gynaecology 2 week referral Menopause including HRT Fibroids PCOS	NICE CKS Cervical Screening, NICE Gynaecology Suspected Cancer, Menopause, PCOS, Fibroids Arora PLAB 1 Online Course – Women's Health chapter Arora PLAB 1 Audiobook – Women's Health chapter Arora Clinical Flash Cards 85-87, 92 Arora Pharmacology Flash Card 37
4 days to go 22nd May	Gastroenterology 2	Dyspepsia H Pylori Peptic Ulcers GORD Upper GI cancer including referral Gallstones Pancreas Jaundice Liver Cirrhosis LFTs Hepatitis A B C	NICE CKS Dyspepsia (various), NICE Upper GI Cancer referral, Gallstones, Jaundice, Cirrhosis, NAFLD, Hepatitis Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-41, 45-46 Arora Pharmacology Flash Card 75
3 days to go 23rd May	Men's Health 1	BPH Testicles including Epididymo-orchitis/Torsion/Testicular Cancer and referral Erectile dysfunction PSA Prostate Cancer	NICE CKS LUTS, PSA, Erectile dysfunction, Prostate Cancer, Undescended testicles, NICE Testicular Cancer Arora PLAB 1 Online Course – Men's Health chapter Arora PLAB 1 Audiobook – Men's Health chapter Arora Clinical Flash Cards 100-102 Arora Pharmacology Flash Cards 4, 34, 79
2 days to go 24th May	Ethics and Legal 1	Ethical and Legal Principles eg GMC Good Practice, Confidentiality, Consent	GMC Good Medical Practice Booklet
1 day to go 25th May	Mocks Day	Review clinical days 1-29 and Mocks	Arora PLAB 1 Mocks

26th May - Exam Day

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