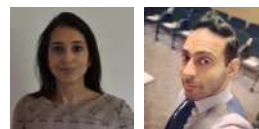


Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



For best results use alongside our **PLAB 1 Gold Pass Package**

| Date | Section | Topics to cover | Possible resources |
|---------------------------|------------------------------------|---|--|
| 90 days to go 13th May | Cardiovascular 1 | Angina MI Hypertension Congenital Heart Disease | NICE CKS Angina, MI, Hypertension Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 22-25 Arora Pharmacology Flash Cards 1,4,10,11,13,17,22,31,40,44,56,58,69,76,93 |
| 89 days to go 14th May | Neurology 1 | Epilepsy Parkinson's Disease Falls Loss of Consciousness | NICE CKS Epilepsy, Parkinson's Disease Arora PLAB 1 Online Course – Neurology chapter Arora PLAB 1 Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66 |
| 88 days to go 15th May | MSK 1 | Osteoarthritis Rheumatoid Arthritis SLE Gout | NICE CKS Osteoarthritis, Rheumatoid Arthritis Arora PLAB 1 Online Course – MSK chapter Arora PLAB 1 Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 12, 50, 59- 60, 62, 63, 87 |
| 87 days to go 16th May | ENT 1 | Sore throat Tonsillitis Laryngitis ENT 2 week referral Ear infection Tinnitus Hearing Loss | NICE CKS Sore throat, Tinnitus, Otitis, NICE ENT Cancer referral Arora PLAB 1 Online Course – ENT chapter Arora PLAB 1 Audiobook – ENT chapter Arora Clinical Flash Cards 122-125 Arora Pharmacology Flash Card 64 |
| 86 days to go 17th May | Respiratory 1 | COPD Smoking cessation OSA URTI LRTI Pneumonia | NICE CKS COPD, Smoking, Chest infection Arora PLAB 1 Online Course – Respiratory chapter Arora PLAB 1 Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 32, 35 Arora Pharmacology Flash Cards 15, 47, 57, 64, 99 |
| 85 days to go 18th 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 |
| 84 days to go 19th May | Substance Misuse 1 Immunology 1 | Alcohol Substance misuse (eg opiates, cannabis) Allergy Anaphylaxis Intolerance | NICE CKS Alcohol, Opioid dependence, Anaphylaxis, Food Allergy Arora PLAB 1 Online Course – Alcohol, Immunology chapters Arora PLAB 1 Audiobook – Alcohol, Immunology chapters Arora Clinical Flash Cards 146, 150 Arora Pharmacology Flash Card 60 |
| 83 days to go 20th May | ENT 2 | Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including subclinical) | NICE CKS Hyperthyroidism, Hypothyroidism Arora PLAB 1 Online Course – ENT, Endocrinology chapters Arora PLAB 1 Audiobook – ENT, Endocrinology chapters Arora Clinical Flash Cards 129-130 Arora Pharmacology Flash Cards 19, 92 |
| 82 days to go 21st May | Psychiatry 1 | Depression Postnatal depression Dementia Delirium | NICE CKS Depression, Postnatal Depression, Dementia, Delirium Arora PLAB 1 Online Course – Psychiatry chapter Arora PLAB 1 Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-62, 65-66 Arora Pharmacology Flash Cards 7, 54, 80, 83, 95 |
| 81 days to go 22nd May | Ophthalmology 1 | Acute Eye problems - Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage | NICE CKS Glaucoma, Uveitis, Conjunctivitis, Blepharitis Arora PLAB 1 Online Course – Ophthalmology chapter Arora PLAB 1 Audiobook – Ophthalmology chapter Arora PLAB 1 Flash Card 104 |
| 80 days to go 23rd May | Cardiovascular 2 | Cardiac investigations eg ECG Cardiac Enzymes Echocardiograms Cardiac Surgery | NICE CKS Cardiac investigations, Surgery, Echocardiograms Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter |

[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022



Pass **PLAB 1** with

#CanPassWillPass



www.aroramedicaleducation.co.uk
aman@aroramedicaleducation.co.uk
07545543257

PLAB 1 **Gold Pass** Package

- Our most comprehensive, bespoke PLAB 1 package designed for success
- Two key focuses: boost knowledge and enhance exam technique
- Save time, money and planning – created for a 3 to 12 month PLAB 1 preparation plan



“I passed PLAB 1 Dr Aman! Thank you for all the resources”

SAVE



PLAB 1 Online Course

- 20+ hour focused PLAB 1 online course taught by Dr Aman
- Mapped to GMC PLAB syllabus and covers all key UK guidelines
- 1, 3, 6 or 12 month subscriptions, watch multiple times

“I passed PLAB 1 Dr Aman! Your material is the most up-to-date and relevant to the exam”

PLAB 1 Audiobook Course

- Time-saving PLAB 1 clinical audio course to use wherever you are
- Focused, detailed, to the point: based on GMC PLAB syllabus
- Improve efficiency of travel, shopping, exercise... No expiry

“The PLAB 1 audiobook was very helpful, the chapters helped me organise”

PLAB 1 Flash Cards

- Simple, beautiful, focused clinical teaching cards posted directly to your home
- Based on UK NICE CKS guidelines – perfect for PLAB 1
- Use as quick reference between questions or for focused study sessions



“Very well organised, lots of exam specific information”



PLAB 1 Mock exams

- Detailed and challenging PLAB 1 mock exams from your own home
- Re-create exam conditions. Immediate feedback. Boost your score
- Pause, return, review, repeat... As many times as you like – target your weak areas

“Very useful questions and mocks Dr Aman. They definitely helped me pass!”

“Excellent teaching and exam preparation – This is one of the best plab 1 preparation, most up-to-date teaching !”



by IE

Rated 4.8 / 5 | 241 reviews



“Excellent review material – The audio lectures are excellent form of tool for reviewing on the go. It is very comprehensive and targeted for the PLAB1 preparation. The flashcards are awesome, covering all of the high yield topics ...”



by Shanthi Yogeswaran

Rated 4.8 / 5 | 241 reviews



“A big thanks to Dr Aman Arora!.. – The audiobook has got all the important informations and topics covered in the shortest possible way!..I would definitely recommend this audiobook to every plab aspirant ...”



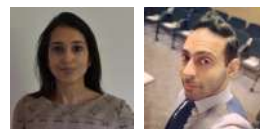
by Sonu Ghosh

Rated 4.8 / 5 | 241 reviews



Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



For best results use alongside our [PLAB 1 Gold Pass Package](#)

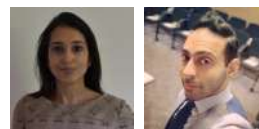
| Date | Section | Topics to cover | Possible resources |
|---------------------------|--------------------|---|---|
| 79 days to go 24th May | Renal 1 | Acute Kidney Injury Chronic Kidney Disease + Osteoporosis | NICE CKS AKI, CKD, Osteoporosis Arora PLAB 1 Online Course – Renal chapter Arora PLAB 1 Audiobook – Renal chapter Arora Clinical Flash Cards 118, 142-144 Arora Pharmacology Flash Card 14 |
| 78 days to go 25th 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 |
| 77 days to go 26th May | Women's Health 1 | Infertility Contraception (including Emergency) Menorrhagia | NICE CKS Infertility, Contraception (various), Menorrhagia Arora PLAB 1 Online Course – Women's Health chapter Arora PLAB 1 Audiobook – Women's Health, Arora Clinical Flash Cards 84-85, 88-91, 95 Arora Pharmacology Flash Cards 24-25, 46, 94, 98 |
| 76 days to go 27th May | Genetics 1 | Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive | Arora PLAB 1 Online Course – Genetics chapter Arora PLAB 1 Audiobook – Genetics chapter Arora Clinical Flash Card 148 |
| 75 days to go 28th May | Respiratory 2 | Respiratory investigations eg ABG Spirometry CXR Respiratory failure | NICE CKS CVD Respiratory failure, Spirometry Arora PLAB 1 Online Course – Respiratory chapter Arora PLAB 1 Audiobook – Respiratory chapter |
| 74 days to go 29th May | Cardiovascular 3 | Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation ECGs | NICE CKS CVD Risk Assessment, Lipid Modification, AF Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6-7, 12-14, 24 Arora Pharmacology Flash Cards 6, 13, 30, 32, 84, 100 |
| 73 days to go 30th May | Gastroenterology 1 | Irritable Bowel Disease Lower GI cancer including referral Inherited Polyps | NICE CKS Crohns Disease, UC, NICE Lower GI cancer Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44 Arora Pharmacology Flash Card 12 |
| 72 days to go 31st May | Endocrinology 1 | Hypo/Hyperkalaemia Hypo/Hypernatraemia Hyperparathyroidism Hyper/Hypocalcaemia | NICE CKS Hyponatraemia, Hypercalcaemia Arora PLAB 1 Online Course – Endocrinology chapter Arora PLAB 1 Audiobook – Endocrinology chapter |
| 71 days to go 1st June | MSK 2 | Neck including Whiplash, Radiculopathy, Neck Injury Back Pain (simple and red flags) Shoulder including Frozen Shoulder, Rotator Cuff, Dislocation Wrist eg Carpal Tunnel Syndrome, De Quervain's | NICE CKS 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 Arora Pharmacology Flash Cards 59-60, 62 |
| 70 days to go 2nd June | Gastroenterology 2 | Gastroenterological investigations eg GI investigations including Endoscopy, Colonoscopy, Stool culture | NICE CKS GI investigation, Endoscopy, Colonoscopy Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter |

[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|-----------------------------------|-----------------------|---|---|
| 69 days to go 3rd June | Infectious Disease 1 | Covid-19 Tuberculosis Malaria Yellow Fever | NICE CKS Covid-19, TB, Malaria, Yellow Fever Arora PLAB 1 Online Course – ID chapter Arora PLAB 1 Audiobook – ID chapter Arora Clinical Flash Card 34 Arora Pharmacology Flash Cards 47, 64, 77 |
| 68 days to go 4th June | Neurology 2 | Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR | NICE CKS 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 56, 59, 147 Arora Pharmacology Flash Cards 2, 85 |
| 67 days to go 5th June | Respiratory 3 | 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 |
| 66 days to go 6th June | Endocrinology 2 | Cushing's Addison's Disease Conn's Syndrome Obesity | NICE CKS 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 |
| 65 days to go 7th June | Catch-up Day 1 | Complete any missed days above Review material from days 90 → 66 | Consider Arora PLAB 1 Mock Exams |
| 64 days to go 8th June | Renal 2 | Renal investigations including MSU Urine dip Osmolality osmolarity pH volume studies Renal biopsy | NICE CKS Urine dip, pH volume studies, Renal biopsy Arora PLAB 1 Online Course – Renal chapter Arora PLAB 1 Audiobook – Renal chapter |
| 63 days to go 9th June | Haematology 1 | Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen | NICE CKS Anaemia (various), Sickle Cell Disease Arora PLAB 1 Online Course – Haematology chapter Arora PLAB 1 Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38 |
| 62 days to go 10th June | ENT 3 | Cholesteatoma Vertigo Nose including Epistaxis, Polyps, Fracture, Hay Fever | NICE CKS Vertigo, BPPV, Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora PLAB 1 Online Course – ENT chapter Arora PLAB 1 Audiobook – ENT chapter Arora Clinical Flash Cards 119-122 Arora Pharmacology Flash Card 71 |
| 61 days to go 11th June | Neurology 3 | Migraine Tension Headache Cluster Headache Medical Overuse Headache | NICE CKS Headache (various) 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 |
| 60 days to go 12th June | Ophthalmology 2 | Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (Diabetic and Hypertensive) | NICE CKS Cataract, Age Related Macular Degeneration Arora PLAB 1 Online Course – Ophthalmology chapter Arora PLAB 1 Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-107 |
| 59 days to go 13th June | Ethics and Legal 1 | Ethical and Legal Principles eg GMC Good Practice, confidentiality, consent | GMC Good Medical Practice Booklet |
| 58 days to go 14th June | Paediatrics 1 | Immunisation Schedule Neonate conditions eg FTT, Jaundice Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems | NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Miscarriage, Ectopic Arora PLAB 1 Online Course – Paediatrics, Women's Health chapters Arora PLAB 1 Audiobook – Paediatrics chapter, Women's Health chapters Arora Clinical Flash Cards 69, 97-99 |
| 57 days to go 15th June | Palliative Care 1 | Palliative care - Analgesia Nausea Dose Calculations | NICE CKS Palliative Care - Analgesia, Nausea Arora PLAB 1 Online Course – Palliative Care chapter Arora PLAB 1 Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 26, 52, 59-60, 62 |

[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022



Pass **PLAB 1** with

#CanPassWillPass



www.aroramedicaleducation.co.uk
aman@aroramedicaleducation.co.uk
07545543257

PLAB 1 **Gold Pass** Package

- Our most comprehensive, bespoke PLAB 1 package designed for success
- Two key focuses: boost knowledge and enhance exam technique
- Save time, money and planning – created for a 3 to 12 month PLAB 1 preparation plan



"I passed PLAB 1 Dr Aman! Thank you for all the resources"

SAVE



PLAB 1 Online Course

- 20+ hour focused PLAB 1 online course taught by Dr Aman
- Mapped to GMC PLAB syllabus and covers all key UK guidelines
- 1, 3, 6 or 12 month subscriptions, watch multiple times

"I passed PLAB 1 Dr Aman! Your material is the most up-to-date and relevant to the exam"

PLAB 1 Audiobook Course

- Time-saving PLAB 1 clinical audio course to use wherever you are
- Focused, detailed, to the point: based on GMC PLAB syllabus
- Improve efficiency of travel, shopping, exercise... No expiry

"The PLAB 1 audiobook was very helpful, the chapters helped me organise"

PLAB 1 Flash Cards

- Simple, beautiful, focused clinical teaching cards posted directly to your home
- Based on UK NICE CKS guidelines – perfect for PLAB 1
- Use as quick reference between questions or for focused study sessions



"Very well organised, lots of exam specific information"



PLAB 1 Mock exams

- Detailed and challenging PLAB 1 mock exams from your own home
- Re-create exam conditions. Immediate feedback. Boost your score
- Pause, return, review, repeat... As many times as you like – target your weak areas

"Very useful questions and mocks Dr Aman. They definitely helped me pass!"

"Excellent teaching and exam preparation – This is one of the best plab 1 preparation, most up-to-date teaching!"



by IE

Rated 4.8 / 5 | 241 reviews



"Excellent review material – The audio lectures are excellent form of tool for reviewing on the go. It is very comprehensive and targeted for the PLAB1 preparation. The flashcards are awesome, covering all of the high yield topics ..."



by Shanthi Yogeswaran

Rated 4.8 / 5 | 241 reviews



"A big thanks to Dr Aman Arora!.. – The audiobook has got all the important informations and topics covered in the shortest possible way!..I would definitely recommend this audiobook to every plab aspirant ..."



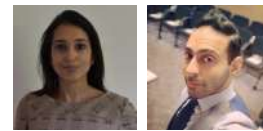
by Sonu Ghosh

Rated 4.8 / 5 | 241 reviews



Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|---|------------------|---|---|
| 35 days to go 7th July | Haematology 2 | Leukaemia Lymphoma Myeloma Blood transfusion | NICE CKS Myeloma, NICE Haematological Cancer Arora PLAB 1 Online Course – Haematology chapter Arora PLAB 1 Audiobook – Haematology chapter |
| 34 days to go 8th July | Paediatrics 3 | Paediatric infections eg Chickenpox, Scarlet Fever School Exclusion Autism ADHD | NICE CKS Paeds infection (various), Autism, ADHD Arora PLAB 1 Online Course – Paediatrics chapter Arora PLAB 1 Audiobook – Paediatrics chapter Arora Clinical Flash Cards 78-79 |
| 33 days to go 9th July | Cardiovascular 6 | REVIEW: 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 |
| 32 days to go 10th July | Neurology 6 | REVIEW: 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 |
| 31 day to go 11th July | MSK 5 | REVIEW: 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 |
| 12th July: Free '4 Week Booster' Webinar – 1.00-2.30pm (Click here) | | | |
| 30 days to go 12th July | ENT 4 | REVIEW: 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 |
| 29 days to go 13th July | Respiratory 5 | REVIEW: 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 |
| 28 days to go 14th July | Acute illness 2 | REVIEW: Acutely unwell patient ABCDE approach Scoring tools eg GCS & AVPU Resuscitation CPR Oxygen Therapy Fluid Management | NICE CKS ABCDE approach, Scoring tools, Oxygen therapy Arora PLAB 1 Online Course – Acute illness chapter Arora PLAB 1 Audiobook – Acute illness chapter |

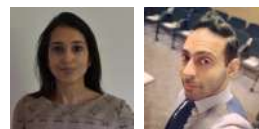
[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|----------------------------|--------------------|---|---|
| 56 days to go 16th June | Cardiovascular 4 | Heart Failure Peripheral Vascular Disease DVT Varicose Veins Shock | NICE CKS Heart Failure, PVD, DVT, Varicose Veins Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16, 18-20 Arora Pharmacology Flash Cards 1, 10, 32, 44, 55, 100 |
| 55 days to go 17th June | Neurology 4 | Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis | NICE CKS Multiple Sclerosis Arora PLAB 1 Online Course – Neurology chapter Arora PLAB 1 Audiobook – Neurology chapter |
| 54 days to go 18th June | MSK 3 | Autoantibodies for important Rheumatological conditions | NICE CKS Antibodies for important Rheumatological conditions Arora PLAB 1 Online Course – MSK chapter Arora PLAB 1 Audiobook – MSK chapter |
| 53 days to go 19th June | Psychiatry 2 | Anxiety OCD PTSD Schizophrenia Acute psychosis Bipolar Disorder Somatisation | NICE CKS Anxiety, OCD, PTSD, Psychosis, Schizophrenia, Bipolar Disorder Arora PLAB 1 Online Course – Psychiatry chapter Arora PLAB 1 Audiobook – Psychiatry chapter Arora Clinical Flash Cards 63-64 Arora Pharmacology Flash Cards 29, 70, 80, 83 |
| 52 days to go 20th June | Women's Health 2 | Breast Cancer including referral Familial Benign Breast Disease Urinary Incontinence Endometriosis | NICE Breast Cancer Referral, NICE CKS Incontinence, Endometriosis Arora PLAB 1 Online Course – Women's Health chapter Arora PLAB 1 Audiobook – Women's Health chapter Arora Clinical Flash Cards 83, 93-94 Arora Pharmacology Flash Cards 9, 24 |
| 51 days to go 21st June | GU Medicine 1 | STIs including Chlamydia, Gonorrhoeae HIV + PEP | NICE CKS STI (various) Arora PLAB 1 Online Course – GU Medicine chapter Arora PLAB 1 Audiobook – GU Medicine chapter |
| 50 days to go 22nd June | Endocrinology 3 | Diabetes diagnosis, management and complications (acute and chronic) | NICE CKS Diabetes Arora PLAB 1 Online Course – Endocrinology chapter Arora PLAB 1 Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86 |
| 49 days to go 23rd June | Psychiatry 3 | Psychiatric assessments eg for cognition, memory, mood | NICE CKS Psychiatric assessments Arora PLAB 1 Online Course – Psychiatry chapter Arora PLAB 1 Audiobook – Psychiatry chapter |
| 48 days to go 24th June | MSK 4 | Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury Foot eg Plantar fasciitis, Injury, Achilles, Mortons, Diabetic Foot | 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 |
| 47 days to go 25th June | Renal 3 | UTI (adult and kids) Glomerulonephritis Renal Stones | NICE CKS UTI (men, women, children), Renal Stones Arora PLAB 1 Online Course – Renal chapter Arora PLAB 1 Audiobook – Renal chapter Arora Pharmacology Flash Cards 20, 96 |
| 46 days to go 26th June | Gastroenterology 3 | Irritable Bowel Syndrome Coeliac Disease Hernia Appendix Abdominal Surgery Enteral feeding | NICE CKS Irritable Bowel Syndrome, Coeliac Disease, Appendicitis Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45 |

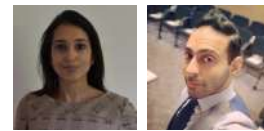
[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|-----------------------------------|-----------------------|---|---|
| 45 days to go 27th June | Neurology 5 | Stroke TIA Neuro 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 |
| 44 days to go 28th June | Paediatrics 2 | Paediatrics development (all 4 areas) Enuresis Child safeguarding | NICE CKS Child Maltreatment, Enuresis Arora PLAB 1 Online Course – Paediatrics chapter Arora PLAB 1 Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73, 82 Arora Pharmacology Flash Card 27 |
| 43 days to go 29th June | Cardiovascular 5 | Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia | Arora PLAB 1 Online Course – Cardiovascular chapter Arora PLAB 1 Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17 |
| 42 days to go 30th June | Respiratory 4 | Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral | NICE CKS Bronchiectasis, NICE Lung Cancer Arora PLAB 1 Online Course – Respiratory chapter Arora PLAB 1 Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149 |
| 41 days to go 1st July | Women's Health 3 | Cervical Cancer and screening Ovarian Cancer Endometrial Cancer Gynaecology 2 week referral | NICE CKS Cervical Screening, NICE Gynaecology Suspected Cancer Arora PLAB 1 Online Course – Women's Health chapter Arora PLAB 1 Audiobook – Women's Health chapter Arora Clinical Flash Card 92 |
| 40 days to go 2nd July | Catch-up Day 2 | Complete any missed days above Review material from days 64 → 41 | Consider Arora PLAB 1 Mock Exams |
| 39 days to go 3rd July | Gastroenterology 4 | Dyspepsia H Pylori Peptic Ulcers GORD Upper GI Cancer including referral | NICE CKS Dyspepsia (various), NICE Upper GI Cancer referral Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-41 Arora Pharmacology Flash Card 75 |
| 38 days to go 4th July | Gastroenterology 5 | Gallstones Pancreas Jaundice Liver Cirrhosis LFTs Hepatitis A, B, C | NICE CKS Gallstones, Jaundice, Cirrhosis, NAFLD, Hepatitis Arora PLAB 1 Online Course – Gastroenterology chapter Arora PLAB 1 Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46 |
| 37 days to go 5th July | Women's Health 4 | Menopause including HRT Fibroids PCOS | NICE CKS 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 Arora Pharmacology Flash Card 37 |
| 36 days to go 6th July | Men's Health 1 | BPH PSA Prostate Cancer Testicles: Epididymo-orchitis, Torsion, Testicular Cancer and referral Erectile dysfunction | 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 Card 100-102 Arora Pharmacology Flash Cards 4, 34, 79 |

[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022



Pass **PLAB 1** with

#CanPassWillPass



www.aroramedicaleducation.co.uk
aman@aroramedicaleducation.co.uk
07545543257

PLAB 1 **Gold Pass** Package

- Our most comprehensive, bespoke PLAB 1 package designed for success
- Two key focuses: boost knowledge and enhance exam technique
- Save time, money and planning – created for a 3 to 12 month PLAB 1 preparation plan



“I passed PLAB 1 Dr Aman! Thank you for all the resources”

SAVE



PLAB 1 Online Course

- 20+ hour focused PLAB 1 online course taught by Dr Aman
- Mapped to GMC PLAB syllabus and covers all key UK guidelines
- 1, 3, 6 or 12 month subscriptions, watch multiple times

“I passed PLAB 1 Dr Aman! Your material is the most up-to-date and relevant to the exam”

PLAB 1 Audiobook Course

- Time-saving PLAB 1 clinical audio course to use wherever you are
- Focused, detailed, to the point: based on GMC PLAB syllabus
- Improve efficiency of travel, shopping, exercise... No expiry

“The PLAB 1 audiobook was very helpful, the chapters helped me organise”

PLAB 1 Flash Cards

- Simple, beautiful, focused clinical teaching cards posted directly to your home
- Based on UK NICE CKS guidelines – perfect for PLAB 1
- Use as quick reference between questions or for focused study sessions



“Very well organised, lots of exam specific information”



PLAB 1 Mock exams

- Detailed and challenging PLAB 1 mock exams from your own home
- Re-create exam conditions. Immediate feedback. Boost your score
- Pause, return, review, repeat... As many times as you like – target your weak areas

“Very useful questions and mocks Dr Aman. They definitely helped me pass!”

“Excellent teaching and exam preparation – This is one of the best plab 1 preparation, most up-to-date teaching !”



by IE

Rated 4.8 / 5 | 241 reviews



“Excellent review material – The audio lectures are excellent form of tool for reviewing on the go. It is very comprehensive and targeted for the PLAB1 preparation. The flashcards are awesome, covering all of the high yield topics ...”



by Shanthi Yogeswaran

Rated 4.8 / 5 | 241 reviews



“A big thanks to Dr Aman Arora!.. – The audiobook has got all the important informations and topics covered in the shortest possible way!..I would definitely recommend this audiobook to every plab aspirant ...”



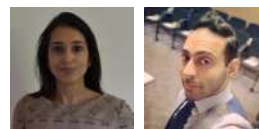
by Sonu Ghosh

Rated 4.8 / 5 | 241 reviews



Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|----------------------------|---|---|--|
| 27 days to go 15th July | Substance Misuse 2 Immunology 2 ENT 5 | REVIEW: 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 |
| 26 days to go 16th July | Psychiatry 4 | REVIEW: 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 |
| 25 days to go 17th July | Ophthalmology 3 | REVIEW: 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 |
| 24 days to go 18th July | Renal 4 | REVIEW: 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 |
| 23 days to go 19th July | Dermatology 2 | REVIEW: 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 |
| 22 days to go 20th July | Women's Health 5 | REVIEW: 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 |
| 21 days to go 21st July | Genetics 2 Palliative Care 2 | REVIEW: 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 |

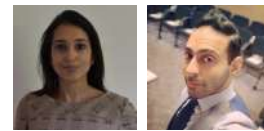
[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|----------------------------|---------------------------------------|--|---|
| 20 days to go 22nd July | Cardiovascular 7 | REVIEW: 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 |
| 19 days to go 23rd July | Gastroenterology 6 | REVIEW: 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 |
| 18 days to go 24th July | Endocrinology 4 | REVIEW: 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 |
| 17 days to go 25th July | Infectious Disease 2 Paediatrics 4 | REVIEW: 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 |
| 16 days to go 26th July | Respiratory 6 | REVIEW: 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 |
| 15 days to go 27th July | Catch-up Day 3 | Complete any missed days above Review material from days 39 → 16 | Consider Arora PLAB 1 Mock Exams |
| 14 days to go 28th July | Cardiovascular 8 Respiratory 7 | REVIEW: 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 |
| 13 days to go 29th July | Haematology 3 | REVIEW: Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassemia 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 |

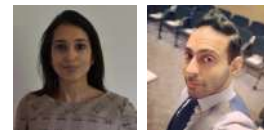
[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|-----------------------------|----------------------------------|--|---|
| 12 days to go 30th July | Neurology 7 | REVIEW: 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 |
| 11 days to go 31st July | Paediatrics 5 | REVIEW: 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 |
| 10 days to go 1st August | Endocrinology 5 GU Medicine 2 | REVIEW: 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 |
| 9 days to go 2nd August | MSK 6 | REVIEW: 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 |
| 8 days to go 3rd August | Neurology 8 | REVIEW: 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 |
| 7 days to go 4th August | Women's Health 6 | REVIEW: 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 |
| 6 days to go 5th August | Gastroenterology 7 | REVIEW: 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 |

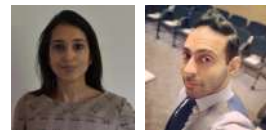
[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022

Arora 90 Day PLAB 1 Programme

Exam Date: 11th August 2022 **#CanPassWillPass**



| Date | Section | Topics to cover | Possible resources |
|----------------------------|--------------------|--|--|
| 5 days to go 6th August | Men's Health 2 | REVIEW: 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 |
| 4 days to go 7th August | Ethics and Legal 2 | REVIEW: Ethical and Legal Principles eg GMC Good Practice, Confidentiality, Consent | GMC Good Medical Practice Booklet |
| 3 days to go 8th August | Mocks Day | Review days 90-62 and Continue Mocks | Arora PLAB 1 Mocks |
| 2 days to go 9th August | Mocks Day | Review days 61-34 and Continue Mocks | Arora PLAB 1 Mocks |
| 1 day to go 10th August | Mocks Day | Final Mock Day | Arora PLAB 1 Mocks |

11th August - Exam Day

MY TIME TO SHINE

#CanPassWillPass

[PLAB 1 Gold Pass Package](#) | [PLAB 1 Online Courses](#) | [PLAB 1 Mock Exams](#) | [PLAB 1 Audiobooks](#) | [PLAB 1 Flash Cards](#)

Facebook: Dr Aman Arora | Instagram: @dr_aman_arora | YouTube: Dr Aman Arora | Twitter: @aman999arora | LinkedIn: Dr Aman Arora | Tiktok: @dramanarora

Copyright Arora Medical Education 2022



Pass **PLAB 1** with

#CanPassWillPass



www.aroramedicaleducation.co.uk
aman@aroramedicaleducation.co.uk
07545543257

PLAB 1 **Gold Pass** Package

- Our most comprehensive, bespoke PLAB 1 package designed for success
- Two key focuses: boost knowledge and enhance exam technique
- Save time, money and planning – created for a 3 to 12 month PLAB 1 preparation plan



“I passed PLAB 1 Dr Aman! Thank you for all the resources”

SAVE



PLAB 1 Online Course

- 20+ hour focused PLAB 1 online course taught by Dr Aman
- Mapped to GMC PLAB syllabus and covers all key UK guidelines
- 1, 3, 6 or 12 month subscriptions, watch multiple times

“I passed PLAB 1 Dr Aman! Your material is the most up-to-date and relevant to the exam”

PLAB 1 Audiobook Course

- Time-saving PLAB 1 clinical audio course to use wherever you are
- Focused, detailed, to the point: based on GMC PLAB syllabus
- Improve efficiency of travel, shopping, exercise... No expiry

“The PLAB 1 audiobook was very helpful, the chapters helped me organise”

PLAB 1 Flash Cards

- Simple, beautiful, focused clinical teaching cards posted directly to your home
- Based on UK NICE CKS guidelines – perfect for PLAB 1
- Use as quick reference between questions or for focused study sessions



“Very well organised, lots of exam specific information”



PLAB 1 Mock exams

- Detailed and challenging PLAB 1 mock exams from your own home
- Re-create exam conditions. Immediate feedback. Boost your score
- Pause, return, review, repeat... As many times as you like – target your weak areas

“Very useful questions and mocks Dr Aman. They definitely helped me pass!”

“Excellent teaching and exam preparation – This is one of the best plab 1 preparation, most up-to-date teaching !”



by IE

Rated 4.8 / 5 | 241 reviews



“Excellent review material – The audio lectures are excellent form of tool for reviewing on the go. It is very comprehensive and targeted for the PLAB1 preparation. The flashcards are awesome, covering all of the high yield topics ...”



by Shanthi Yogeswaran

Rated 4.8 / 5 | 241 reviews



“A big thanks to Dr Aman Arora!.. – The audiobook has got all the important informations and topics covered in the shortest possible way!..I would definitely recommend this audiobook to every plab aspirant ...”



by Souu Ghosh

Rated 4.8 / 5 | 241 reviews

