



PAEDIATRICS

Complete Paediatric Exam Preparation

Structured, high-yield preparation for postgraduate paediatric exams.

2 months

live-online · recorded

Fee PKR 8,000

1 November 2026 · PKR 8,000 · 1 December 2026 · PKR 8,000

Module 01 Neonatology

Sessions 1–2 · Week 1 · 34 topics

S01 · The newborn: resuscitation, jaundice, birth problems

- ★ Neonatal resuscitation & Apgar
- ★ Haemolytic disease of newborn
- ★ Neonatal jaundice & phototherapy
- Birth injuries
- Normal newborn & skin findings
- Infant of diabetic mother
- Neonatal thrombocytopenia
- Vitamin K deficiency bleeding
- +13 more

S02 · Neonatal infections, surgical newborn, cholestasis

- ★ Congenital (TORCH) infections
- Neonatal cholestasis & biliary atresia
- Congenital diaphragmatic hernia
- Neonatal sepsis & GBS
- Oesophageal atresia / TEF
- Neonatal conjunctivitis
- Duodenal & intestinal atresia
- +6 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Cholestasis & biliary atresia	Short case · Long case	TORCH vs atresia vs hypothyroid · urgent work-up · Kasai timing
Station-style tasks	TOACS	neonatal resuscitation (NRP) & Apgar · phototherapy vs exchange

Module 02 Growth & Development

Sessions 3–4 · Week 1 · 42 topics

S03 · Growth, development & behaviour

- ★ Developmental milestones
- Child abuse & neglect
- Autism spectrum disorder
- Normal growth & anthropometry
- Sleep problems & parasomnias
- Enuresis
- ADHD
- +19 more

S04 · Genetics & dysmorphology

- Malformation syndromes, sequences & associations
- Down syndrome
- Turner syndrome
- Prader-Willi, Angelman & imprinting
- Marfan & connective tissue disorders
- Achondroplasia & skeletal dysplasias
- Inheritance patterns & genetic counselling
- +9 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Cerebral palsy	Long case	aetiology · motor type & GMFCS · associated problems · family
Down syndrome	Long case	cardinal signs · AVSD · health-supervision screens · counselling
Station-style tasks	TOACS	assign a developmental age · plot growth · counsel on risk

Module 03 Nutrition

Sessions 5–6 · Week 2 · 25 topics

S05 · Nutrition, malnutrition, micronutrients

- ★ Rickets & vitamin D
- ★ Severe acute malnutrition
- ★ Breastfeeding & human milk
- Vitamin A deficiency
- Obesity & metabolic syndrome
- Vitamin C deficiency (scurvy)
- Thiamine, niacin & B-complex
- +5 more

S06 · Inborn errors & neuroregression

- ★ Lysosomal storage disorders
- ★ Phenylketonuria & aminoacidopathies
- ★ Neurodegenerative disorders & developmental regression
- Disorders of purine, copper & porphyrin metabolism
- Approach to IEM, hyperammonaemia & urea cycle
- Glycogen storage diseases
- Galactosemia & fructose intolerance
- Lipid disorders (dyslipidemia)
- +5 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Severe acute malnutrition	Long case	WHO classification · diet history · secondary causes · ten steps
Obesity	Short case	simple vs pathological · screen for comorbidities
Neuroregression	Long case	prove normal milestones · characterise the regression · localise
Station-style tasks	TOACS	WHO ten steps · rickets biochemistry · breastfeeding counselling

Module 04 Infectious Diseases

Sessions 7–9 · Weeks 2–3 · 58 topics

S07 · Fever, sepsis, CNS infections, TB

- ★ Tuberculosis
- Meningococcal disease
- Bacterial meningitis
- Osteomyelitis & septic arthritis
- Staphylococcal infections & toxic shock
- +10 more

S08 · Exanthems, VPDs & immunization

- ★ Immunization schedule & EPI
- ★ Passive immunization & post-exposure prophylaxis
- ★ Vaccine contraindications & special situations
- Varicella & herpes zoster
- Pertussis
- +15 more

S09 · Enteric, tropical, HIV & community paed

- ★ HIV infection in children
- Malaria
- IMNCI & community child health
- Cat-scratch disease & zoonoses
- Child health statistics & public health
- +18 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Tuberculosis	Long case	contacts · diagnosis & ATT · TB meningitis, spinal TB · hepatitis
Immunisation stations	TOACS	schedule · catch-up · special situations · post-exposure · cold chain & AEFI · counselling
IMNCI & community stations	TOACS	danger signs · cough · diarrhoea · young infant · nutrition & anaemia · indicators

Module 05 Respiratory

Sessions 10–11 · Week 3 · 28 topics

S10 · Upper airway, ENT, bronchiolitis, pneumonia

- ★ Pneumonia (community-acquired)
- ★ Foreign body aspiration
- ★ Croup, epiglottitis & bacterial tracheitis
- Stridor & congenital airway anomalies
- Empyema, effusion & pneumothorax
- Bronchiolitis & RSV
- Otitis media & complications
- +11 more

S11 · Asthma, CF & chronic lung disease

- ★ Asthma
- ★ Cystic fibrosis
- Respiratory failure, ABG & oxygen therapy
- Interstitial lung disease & pulmonary haemosiderosis
- Congenital lung malformations
- Bronchiectasis & chronic suppurative lung disease
- Primary ciliary dyskinesia
- +3 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Consolidation & effusion	Short case	examination sequence · Light's criteria · when to drain
Bronchiectasis & CF	Long case	aetiology sweep · sweat test & CF criteria · lungs, gut, growth
Station-style tasks	TOACS	interpret blood gases & spirometry · the choking child · asthma

Module 06 Cardiovascular (CVS)

Sessions 12–13 · Weeks 3–4 · 27 topics

S12 · Congenital heart disease

- ★ Tetralogy of Fallot & cyanotic spells
- Tricuspid atresia, Ebstein & right heart lesions
- Atrial septal defect
- Ventricular septal defect
- Innocent murmurs & heart sounds
- Approach to congenital heart disease & cyanosis
- Aortic stenosis & LVOT obstruction
- Patent ductus arteriosus
- Hypoplastic left heart & duct-dependent lesions
- Transposition of great arteries
- +6 more

S13 · Rheumatic & acquired heart disease, ECG

- ★ Arrhythmias & ECG
- ★ Acute rheumatic fever & RHD
- ★ Kawasaki disease
- Systemic hypertension
- Infective endocarditis
- Myocarditis & cardiomyopathies
- Pericarditis & tamponade
- +4 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
VSD & acyanotic heart disease	Long case · Short case	precordial routine · VSD, ASD, PDA, AS, PS · timing of surgery
Fallot & cyanotic CHD	Long case	tet spells · stroke vs abscess · shunt vs repair · TGA
Rheumatic fever & RHD	Long case	Jones criteria · carditis · MR/AR signs · prophylaxis · endocarditis
Sydenham chorea	Short case	describe · prove chorea · find the cause · vs Wilson & SLE
Station-style tasks	TOACS	name the lesion from murmur, ECG & X-ray · manage a tet spell

Module 07 Hematology & Oncology

Sessions 14–16 · Week 4 · 38 topics

S14 · Anaemias & marrow failure

- ★ Aplastic anaemia & bone marrow failure
- ★ Thalassaemia
- ★ Iron deficiency anaemia
- Sickle cell disease
- Megaloblastic anaemia
- +8 more

S15 · Bleeding, thrombosis, white cells

- Haemophilia
- Thrombosis & thrombophilia
- von Willebrand disease & platelet function disorders
- Immune thrombocytopenia (ITP)
- Coagulation tests & approach to bleeding child
- +4 more

S16 · Paediatric oncology

- Acute leukaemias (ALL/AML)
- Childhood cancer: principles, chemotherapy & late effects
- CNS tumours
- Neuroblastoma
- Haemangiomas & vascular malformations
- +11 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
β-Thalassaemia major	Long case	transfusion & chelation · complications · splenectomy · counselling
Aplastic anaemia	Long case	prove marrow failure · exclude leukaemia · Fanconi · IST vs HSCT
Haemophilia & bleeding	Long case	bleed types · factor dosing · inhibitors · prophylaxis · genetics
ITP	Long case · Short case	work-up · exclude before “chronic” · manage by bleeding severity
Acute leukaemia & lymphoma	Long case	new vs known case · febrile neutropenia · relapse · prognosis
Station-style tasks	TOACS	classify anaemia · PT/aPTT screen · safe transfusion · tumour lysis

Module 08 GI & Hepatology

Sessions 17–18 · Week 5 · 30 topics

S17 · Diarrhoea, malabsorption, surgical gut

- ★ Acute gastroenteritis & dehydration
- ★ Coeliac disease
- Infantile hypertrophic pyloric stenosis
- Chronic & persistent diarrhoea, malabsorption
- Inflammatory bowel disease
- Hirschsprung disease
- GERD & infant regurgitation
- Peptic ulcer & *Helicobacter pylori*
- Oesophageal disorders, caustic & foreign body ingestion
- +10 more

S18 · Liver, biliary tree & pancreas

- ★ Viral hepatitis (A–E)
- ★ Wilson disease
- Pancreatitis & pancreatic disorders
- Chronic liver disease, cirrhosis & portal hypertension
- Acute liver failure & Reye syndrome
- Unconjugated hyperbilirubinaemia syndromes
- Gallbladder & biliary disease
- +4 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Coeliac & chronic diarrhoea	Long case	stool pattern · ESPGHAN & Marsh · extra-intestinal associations
Inflammatory bowel disease	Long case	Crohn vs UC · extra-intestinal features · growth failure · drugs
Chronic liver disease	Long case	aetiology sweep (Wilson, AIH, viral) · portal hypertension
Hepatosplenomegaly	Short case	liver vs spleen vs kidney · massive splenomegaly · hypersplenism
Station-style tasks	TOACS	dehydration Plans A–C · hepatitis serology · the surgical gut

Module 09 Renal & Electrolyte

Sessions 19–20 · Week 5 · 23 topics

S19 · Nephrotic, nephritic, renal failure

- ★ Nephrotic syndrome
- ★ Haematuria, IgA nephropathy & Alport syndrome
- Acute post-streptococcal glomerulonephritis
- Haemolytic uraemic syndrome
- Acute kidney injury
- Chronic kidney disease
- Renal involvement in systemic disease
- +1 more

S20 · Tubulopathies, urinary tract, fluids, acid–base

- ★ Renal tubular disorders
- ★ Urinary tract infection & VUR
- Genital & paediatric urology
- Calcium, magnesium & phosphate disorders
- Obstructive uropathy, hydronephrosis & PUV
- Hyponatraemia & SIADH
- Acid-base disorders & ABG interpretation
- Nephrolithiasis & hypercalciuria
- +7 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Nephrotic syndrome	Long case	SSNS / SDNS / SRNS · relapse plan · steroid toxicity · biopsy
CKD & renal transplant	Long case	aetiology · anaemia & bone disease · dialysis · transplant · diet
Rickets & RTA	Long case	calcipenic vs phosphopenic · nutritional vs XLH vs RTA/Fanconi
Station-style tasks	TOACS	prescribe fluids · correct Na, K, Ca & acid–base · UTI imaging

Module 10 Endocrinology

Sessions 21–22 · Week 6 · 20 topics

S21 · Growth, puberty, adrenal, pituitary

- ★ Short stature & growth hormone disorders
- ★ Congenital adrenal hyperplasia
- ★ Precocious puberty
- Diabetes insipidus & water balance
- Pituitary & hypothalamic disorders
- Disorders of sex development & ambiguous genitalia
- Normal puberty & Tanner staging
- +6 more

S22 · Diabetes, thyroid, calcium

- ★ Acquired thyroid disorders & goitre
- Type 1 diabetes mellitus
- Parathyroid & calcium-regulating disorders
- Hypoglycaemia in children
- Diabetic ketoacidosis
- Congenital hypothyroidism
- Type 2 diabetes, MODY & insulin resistance

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Short stature	Short case	proportionate vs disproportionate · familial vs constitutional
CAH & ambiguous genitalia	Long case · Short case	salt-wasting crisis · 21-hydroxylase work-up · newborn screening
Adrenal insufficiency	Long case	hyperpigmentation · X-ALD & autoimmune causes · sick-day rules
Type 1 diabetes	Long case	DKA & cerebral oedema · insulin · hypoglycaemia · sick-day rules
Goitre	Short case	inspect · palpate from behind · thyroid status · grades & causes
Station-style tasks	TOACS	DKA fluids, insulin & potassium · adrenal crisis · bone age

Module 11 Neurology

Sessions 23–24 · Week 6 · 24 topics

S23 · Seizures, raised ICP, malformations, stroke

- ★ Epilepsy syndromes & antiepileptic drugs
- Neurocutaneous syndromes
- Hydrocephalus & raised intracranial pressure
- Neural tube defects & spinal dysraphism
- Head injury & concussion
- Stroke & cerebrovascular disease
- Headache & migraine
- +5 more

S24 · Neuromuscular, movement, inflammatory CNS

- ★ Guillain-Barré syndrome & AFP
- ★ Muscular dystrophies & myopathies
- Ataxia (acute & chronic)
- Peripheral neuropathies & Bell palsy
- Spinal muscular atrophy & anterior horn cell disease
- Floppy infant & hypotonia
- Infant botulism
- +5 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Hydrocephalus & NTDs	Long case · Short case	large head · shunt problems · NTD types · folic-acid prevention
Stroke / hemiplegia	Long case · Short case	aetiology sweep · crossed vs uncrossed · localisation · moyamoya
Acute flaccid paralysis	Long case	prove AFP · localise (GBS, polio...) · diphtheritic neuropathy
Duchenne muscular dystrophy	Short case · Long case	Gowers sign · investigations · steroids · cardiac & respiratory care
Ataxia & chronic neuropathies	Short case · Long case	cerebellar vs sensory · acute vs chronic · Friedreich vs A-T
Station-style tasks	TOACS	status epilepticus by the clock · localise the lesion · hypotonia

Module 12 Rheumatology

Session 25 · Week 7 · 21 topics

S25 · Rheumatology & musculoskeletal

- ★ Systemic lupus erythematosus
- ★ Juvenile idiopathic arthritis
- IgA vasculitis
- Paediatric fractures & elbow injuries
- Developmental dysplasia of hip
- Juvenile dermatomyositis & inflammatory myopathies
- Perthes disease & SCFE
- Reactive arthritis, transient synovitis & post-infectious arthritis
- Sports injuries & osteochondroses
- Foot deformities
- Other vasculitides
- +10 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Juvenile idiopathic arthritis	Long case · Short case	pGALS · systemic JIA · MAS · uveitis screen · prognosis
Systemic lupus erythematosus	Long case	diagnostic criteria · lupus nephritis · treatment by severity
Juvenile dermatomyositis	Long case · Short case	weakness + rash · calcinosis · JDM vs DMD vs SLE · treatment
Scleroderma	Long case	localised vs systemic · Raynaud · criteria · prognosis
Station-style tasks	TOACS	examine the joints · limp by age · NSAIDs, methotrexate, biologics

Module 13 Immunology & Allergy

Session 26 · Week 7 · 25 topics

S26 · Immunodeficiency, allergy, skin

- ★ Combined immunodeficiencies
- Phagocyte defects
- Anaphylaxis
- Complement deficiencies & hereditary angioedema
- Antibody (B-cell) deficiencies
- Hair & nail disorders
- Atopic dermatitis (eczema)
- Blistering & genetic skin disorders
- Urticarial & reactive skin conditions
- Approach to recurrent infections & primary immunodeficiency
- Seborrhoeic, contact & diaper dermatitis
- +14 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Suspected immunodeficiency	Long case	ten warning signs · infection patterns · tests · live vaccines
Station-style tasks	TOACS	adrenaline dose for anaphylaxis · immune tests · food allergy

Module 14 Emergency Pediatrics

Session 27 · Week 7 · 19 topics

S27 · Resuscitation, shock, poisoning, injuries

- ★ Paediatric resuscitation
- ★ Tricyclic, cardiotoxic & CNS drug poisoning
- ★ Iron & heavy metal poisoning
- Poisoning — general approach & decontamination
- Drowning & submersion
- Hydrocarbon, kerosene & caustic ingestion
- PICU care, ventilation & multi-organ support
- Paracetamol & salicylate poisoning
- Shock
- Organophosphate & pesticide poisoning
- Opioid & sedative-hypnotic poisoning
- +8 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Emergency stations	TOACS	arrest algorithms · equipment & doses · shock · toxidromes · poisoning · anaphylaxis & status epilepticus

Module 15 Adolescent Medicine

Session 28 · Week 7 · 19 topics

S28 · Adolescent medicine, psychiatry, therapeutics

- Paediatric & adolescent gynaecology
- Sexually transmitted infections
- Pharmacokinetics & dosing in children
- Nasolacrimal duct obstruction & eyelid disorders
- Substance use & tobacco
- Anxiety, OCD & school refusal
- Eating disorders
- Adverse drug reactions & drugs to avoid in children
- Depression, suicide & self-harm
- Disruptive behaviour
- Psychosis & severe mental illness
- +8 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
Adolescent & psychiatry stations	TOACS	HEADSS interview · Tanner staging · eating disorder · delayed puberty · suicide-risk assessment · prescribing

Module 16 Neonatal Intensive Care

Session 29 · Week 8 · 14 topics

S29 · Neonatal intensive care

- ★ Respiratory distress syndrome & surfactant
- Neonatal ventilation, CPAP & NICU care
- Meconium aspiration syndrome
- Necrotizing enterocolitis
- Neonatal fluids, feeding & TPN
- Bronchopulmonary dysplasia
- SIDS & BRUE
- Prematurity & LBW care
- IVH & periventricular leukomalacia
- PPHN
- Transient tachypnea of newborn
- +3 more

Long case · short case · TOACS focus

Condition	Exam	Examiner's focus
NICU stations	TOACS	neonatal resuscitation · X-ray films · ventilator & blood gases · fluids & TPN · counselling parents

Week 8 Exam readiness

Sessions 30–32 · Week 8 · 3 sessions

- S30 Crash revision: rapid-fire review of the most frequently tested topics from all 16 modules, plus the answer-key traps to avoid.
- S31 Grand mock exam: a full-length timed paper across all 16 modules, followed by a live review of the most-missed questions.
- S32 Clinical exam masterclass: the whole clinical track brought together — long-case time management, the four short-case routines and TOACS station practice.

All 447 topics are covered. This outline shows the headline topics of each module. The complete topic-by-topic list, with the most-tested topics flagged, is in the Curriculum & Study Guide shared with every registered student.