



St. John's  
National Academy of  
Health Sciences

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## St. John's Medical College

(A Unit of CBCI Society for Medical Education)  
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### Visiting Observership in Department of General Medicine

Duration : 3 months, full time

Eligibility : MBBS/MD

When postgraduate (PG) observers are posted in the General Medicine department, they are usually MBBS graduates (or sometimes students in early post-MBBS training) who are there to **observe, learn clinical skills, and understand internal medicine practices**. Since they are not fully involved in decision-making, the focus is on structured **clinical exposure and academic enrichment**.

Here's a structured:

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#### Clinical Skills & Bedside Teaching

##### 1. History Taking

- Structured approach (chief complaint, HOPI, PMH, drug history, etc.)
- Focus on system-specific history (CVS, RS, GIT, CNS)

##### 2. Physical Examination

- General physical examination techniques
- Systemic examination (cardio, respiratory, abdominal, neuro)
- Interpretation of signs (e.g. JVP, edema, murmurs)

##### 3. Case Presentation

- How to present a case clearly
- Making a differential diagnosis
- Clinical reasoning and problem formulation

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#### Clinical & Diagnosis

##### 1. Common Clinical Syndromes

- Fever with rash, breathlessness, altered sensorium, chest pain, etc.
  - Case-based learning for common illnesses (e.g., COPD, diabetes, TB, CHF)
  - 2. Approach to Symptoms**
    - Structured approaches (e.g., how to evaluate anemia, weight loss, headache)
    - Red flag signs
  - 3. Use of Diagnostic Tests**
    - How to order and interpret basic labs (CBC, LFT, RFT, ABG)
    - Understanding ECG, chest X-ray, and basic imaging
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## **Treatment Principles**

- 1. Basics of Rational Prescribing**
    - Choosing the right antibiotic
    - Understanding fluids and electrolytes
    - Common drug interactions
  - 2. Management of Common Conditions**
    - Hypertension, diabetes, pneumonia, UTI, sepsis
    - Emergency management (e.g. DKA, MI, stroke – at an observational level)
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## **Documentation & Professional Conduct**

- 1. How to Maintain a Patient File**
    - SOAP notes (Subjective, Objective, Assessment, Plan)
    - Writing discharge summaries
  - 2. Ethics and Communication**
    - Breaking bad news (observation)
    - Informed consent
    - Doctor-patient communication basics
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## **Exposure to Procedures (as observer)**

- Venipuncture, IV line insertion
- ABG sampling
- Lumbar puncture, pleural tap (observational learning)

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## Academic Activities

### 1. Seminars/Journal Clubs

- Encourage participation or attendance
- Topics like hypertension guidelines, new diabetes drugs

### 2. Bedside Clinics and Ward Rounds

- Discuss ongoing cases with them
  - Encourage them to follow a patient and present daily
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## Optional Workshops or Mini-Sessions

- ECG interpretation basics
  - Radiology in medicine
  - Approach to electrolyte disturbances
  - Interpretation of spirometry
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**Monthly Teaching Plan (Monday to Thursday) for PG posted in the General Medicine department, assuming Friday is reserved for the Hospital Clinical Meeting.**

This schedule balances **clinical exposure, theory, bedside teaching, and case-based learning,**



**Dr. George A. D'Souza, MD, DNB**  
**Dean**

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