



NIHS RESIDENCY TRAINING PROGRAM

Family Medicine

Final Written Examination

Examination Format:

National Institute for Health Specialties NIHS (Emirate Board) final specialty written examination shall consist of two papers each with 100-125 Single Best Answer MCQs. Up to 10 % unscored items can be added for pretesting purposes.

Passing Score:

The pass mark in the Final Written Examination will be determined according to the scientific standards and based on reliable practices in assessment.





Suggested References:

The listed books and online references should cover at least 70% of the knowledge required to pass written assessments in the FM Emirate Board exams. This approach may help and reduce the overwhelming large number of references. Newly released national or international guideline within six months or less from the date of the exam will not be included.

Recommended Textbooks:

- ✦ Text Book of Family Medicine by Robert E. Rakel, MD
- ✦ CURRENT Diagnosis and Treatment in Family Medicine
- ✦ Family Medicine: Principles and Practice, by Robert B. Taylor
- ✦ McWhinney's Textbook of Family Medicine
- ✦ The Color Atlas and Synopsis of Family Medicine

Recommended scientific websites and guidelines:

- ✦ ADA: <http://www.diabetes.org/>
- ✦ American Family Physician: <https://www.aafp.org/journals/afp.html>
- ✦ Medical ethics: <https://www.scfhs.org.sa/en/elibrary/DocsLibrary/versions/Documents/Medical%20ethics.pdf>
- ✦ ICD 11: <https://icd.who.int/>
- ✦ Joint National Committee (JNC): <https://sites.jamanetwork.com/jnc8/>
- ✦ The United States Preventive Services Task Force: <https://www.uspreventiveservicestaskforce.org/Page/Name/recommendations> ✦ CDC: <https://search.cdc.gov/search/>
- ✦ EBM: <https://www.cebm.net/2014/06/critical-appraisal/>

Other References:

- ✦ NICE guidelines: www.nice.org.uk
- ✦ www.cochrane.org
- ✦ www.uptodate.com

Note:

This list is intended for use as a study aid only. NIHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.





Blueprint outlines:

No.	Sections	Percentage
1	Family Medicine	19%
2	Internal Medicine	11%
3	Pediatric	10%
4	Obstetrics and Gynecology	10%
5	General Surgery	6%
6	Psychiatry	9%
7	Emergency Medicine (Adult and Pediatric)	10%
8	Dermatology	5%
9	Orthopedic and Musculoskeletal	5%
10	Ophthalmology	5%
11	Otolaryngology	5%
12	Radiology	5%
Total		100%

Note:

- Blueprint distributions of the examination may differ up to +/-5% in each category.
- Percentages and content are subject to change at any time. See the website for the most up-to-date information.
- Research, Ethics, Professionalism and Patient Safety are incorporated within the various domains





Example Questions

EXAMPLE OF K2 QUESTIONS

Question 1

A 46-year-old woman complains of upper abdominal pain for 6 hours. The pain radiates to her right shoulder and is associated with nausea and vomiting. She had similar complains 2 weeks ago that started after she had a fatty meal. The abdominal examination shows right upper quadrant tenderness (see lab results).

Blood pressure	135/88 mmHg
Heart rate	92 /min
Respiratory rate	19 /min
Temperature	37.8 °C

Test	Result	Normal Values
WBC	14.2	4–10.5 x 10 ⁹ /L
Total bilirubin	16.4	3.5–16.5 µmol/L
Alkaline phosphatase	117	39–117 U/L
Alanine aminotransferase	44	5–40 U/L
Amylase	2.48	0.54–2.02 nkat/L

Which of the following is the most appropriate management?

- A. Conservative management
- B. Laparoscopic cholecystectomy
- C. Upper gastrointestinal endoscopy
- D. Endoscopic retrograde cholangiopancreatography





EXAMPLES OF K1 Question

2

A 52-year-old man presents to the clinic asking regarding screening for colorectal cancer. He is a bit worried as one of his close friends was recently diagnosed with colon cancer.

Which of the following screening tools is the most specific?

- A. CT Abdomen
- B. Colonoscopy
- C. Faecal occult blood test
- D. Immunochemical blood test

