



NIHS RESIDENCY TRAINING PROGRAM

Family Medicine

Part One Examination

Examination Format:

National Institute for Health Specialties NIHS (Emirate Board) Part I Examination certificate shall consist of one paper with 150 Single Best Answer MCQs. Up to 10% unscored items can be added for pretesting purposes.

Passing Score:

The pass mark in the Part One 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 Saudi 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.iamanetwork.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	Proportion
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%

Notes:

- 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 various domains.





Example Questions:

EXAMPLES OF K2-QUESTIONS

Question 1

A 53-year-old man presents for routine physical examination. He has not seen a physician in 8 years. He has a family history of premature cardiovascular disease, and smokes 10 to 12 cigarettes daily. He has a sedentary lifestyle. Examination showed no obvious signs of renovascular disease.

BMI	41
Heart rate	92 /min
Temperature	36.9o C
Blood pressure	185/112mmHg
Respiratory rate	12 /min

Which of the following is the most likely diagnosis?

- A. Prehypertension
- B. Stage 1 hypertension
- C. Stage 2 hypertension
- D. Secondary hypertension

EXAMPLES OF K1-QUESTIONS

Question 2

A 56-year-old asthmatic man presents to the clinic for evaluation. The physician has difficulty in obtaining accurate information regarding reason of attendance.

Which of the following is the most appropriate next step in consultation?

- A. Silent listening
- B. Using open-ended questions
- C. Controlling the interview with direct questions
- D. Using medical terms that the patient understands

