



NIHS RESIDENCY TRAINING PROGRAM

Internal 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:

1. Davidson's self-assessment questions
2. Harrison's Textbook of Medicine
3. Harrison's self-assessment questions
4. Medical Knowledge Self-Assessment and Practice (MKSAP)
5. Current Textbook of Medicine
6. Med Studies Reviews
7. Massachusetts Internal Medicine Practice
8. Professionalism and Ethics, Handbook for Residents, Practical guide, Prof. James Ware, Dr. Abdulaziz Fahad Alkaabba, Dr. Ghaiath MA Hussein, Prof. Omar Hasan Kasule, SCFHS, Latest Edition.
9. Essentials of Patient Safety, SCHS, Latest Edition.

**Books for clinical research, professionalism, and medical ethics can be downloaded from the Saudi Commission's website:

<http://www.scfhs.org.sa/en/MESPS/TrainingProgs/EduMatActiv/>

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	Ambulatory Care	10%
2	Cardiology	10%
3	Critical care	5%
4	Endocrinology	9%
5	Gastroenterology	10%
6	Hematology	8%
7	Infectious Diseases	10%
8	Nephrology	8%
9	Neurology	6%
10	Oncology	5%
11	Pulmonary Diseases	10%
12	Rheumatology	9%
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 EXAMPLE
OF K2 QUESTIONS
Question 1**



A 78-year-old woman presents with recent onset of bilateral calf discomfort and severe pain in her left great toe at rest, which is not affected by leg position. There is no recent trauma. She takes atenolol and hydrochlorothiazide for hypertension. An examination confirms a fourth heart sound and grade 2/6 systolic murmur along the left sternal border. The left first, third, and fourth toes are exquisitely tender, cool, and cyanotic. All pulses are palpable (see image and lab results).

Blood pressure	156/90 mmHg
Heart rate	62 /min
Respiratory rate	18/min
Temperature	36.6° C

Test	Result	Normal Values
WBC	9.8	4-10.5 x 10 ⁹ /L
HCT	0.38	0.36-0.47
Platelet count	356	140-400x10 ⁹ /L
ESR	75	<30 mm/hr
Blood urea nitrogen	48	2.8-8.9 mmol/L

Which of the following is the most appropriate diagnostic test?

- A. Uric acid
- B. Cryoglobulin
- C. Calf muscle biopsy
- D. Antinuclear antibody



EXAMPLE OF K1 Question 2

Which of the following conditions related mortality will be reduced by long-term oxygen therapy?

- A. Cystic fibrosis
- B. Chronic asthma
- C. Cryptogenic fibrosing alveolitis
- D. Cor pulmonale due to chronic airflow obstruction

