



MRCS Part 1 - Ultimate Preparation File

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Subject

MRCS part 1 ▾

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1 Exam Overview

- **Conducted by:** Royal Colleges of Surgeons (UK)
- **Papers:**
 - **Paper A:** Applied Basic Science (Anatomy, Physiology, Pathology)
 - **Paper B:** Principles of Surgery (Microbio, Pharma, Clinical Skills)
- **Format:** 2 x 120 MCQs (5 hours total)
- **Passing Score:** ~70% (varies per sitting)

2 Syllabus Breakdown

Paper A: Applied Basic Science

Topic	Weightage	Key Areas
Anatomy	30-35%	Limbs, Thorax, Abdomen, Neuroanatomy
Physiology	20-25%	Cardio, Respiratory, Renal

Pathology	15-20%	Inflammation, Neoplasia, Immunopathology
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Paper B: Principles of Surgery

Topic	Weightage	Key Areas
Surgical Pathology	15-20%	Tumor markers, TNM staging
Microbiology	10-15%	Surgical infections, Antibiotics
Pharmacology	10-15%	Anesthesia, Anticoagulants
Clinical Skills	15-20%	Pre-op assessment, Post-op care

3 Study Resources

Books

- **Core:** "MRCS Part A: Essential Revision Notes" (Mir et al.)
- **Anatomy:** Gray's Anatomy for Students (Diagrams)
- **QBank:** eMRCS, Pastest MRCS, PassMedicine

Online Tools

- **Anki Flashcards** (For spaced repetition)
- **TeachMeAnatomy** (Quick revisions)
- **YouTube:** Armando Hasudungan (Physiology/Pathology)

4 3-Month Study Plan

Month 1: Foundation Building

- **Week 1-2:** Anatomy (Limbs, Thorax) + 30 MCQs/day
- **Week 3-4:** Physiology (Cardio, Respiratory) + 50 MCQs/day

Month 2: Deep Dive

- **Week 5-6:** Pathology + Microbiology + 80 MCQs/day
- **Week 7-8:** Surgical Principles + Mock Tests (Weekly)

Month 3: Exam Mode

- **Week 9-12:** Full-length mocks + Weak area revision

5 Daily Study Routine

4-6 Hours/Day Example:

- **Morning (2 hrs):** Read theory (e.g., Anatomy)
- **Afternoon (2 hrs):** MCQs (eMRCS) + Review mistakes
- **Night (1 hr):** Anki flashcards / Mnemonics

6 MCQ Strategy

- **Phase 1:** Topic-wise MCQs (e.g., only Cardio)
 - **Phase 2:** Mixed MCQs (All subjects)
 - **Phase 3:** Timed Mock Exams (2.5 hours/session)
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7 High-Yield Topics & Mnemonics

▲ Must-Know Lists

- **Anatomy:** Brachial plexus, Femoral triangle, Calot's triangle
 - **Physiology:** Oxygen dissociation curve, Shock classification
 - **Mnemonics:**
 - **Cranial Nerves:** "Oh Oh Oh To Touch And Feel Very Good Velvet AH!"
 - **Carpal Bones:** "Some Lovers Try Positions That They Can't Handle"
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8 Last-Minute Revision Sheet

(Print & Revise 1 Day Before Exam)

- **Formulas:** Anion Gap = $\text{Na}^+ - (\text{Cl}^- + \text{HCO}_3^-)$
 - **Antibiotics:** **Vancomycin** (MRSA), **Metronidazole** (Anaerobic)
 - **Scores:** **Alvarado Score** (Appendicitis), **Glasgow Coma Scale**
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9 Exam Day Checklist

✅ Before Exam:

- Print admit card + ID
- Sleep 7+ hours
- Light revision (Only mnemonics/high-yield)

✅ During Exam:

- First pass: Answer all easy questions
- Flag tough ones for review

Final Tips

- **80% of study time on MCQs** (Active recall > Passive reading)
- **Mock tests are key** – Aim for 5+ before the exam.
- **Trust your prep!** Avoid last-minute cramming.

