

Blood-1 Module 05th May 2025 TO 30thMay 2025



STUDY GUIDE FOR BLOOD-1 MODULE

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Module name: Blood-1 Year: One Duration: 4 weeks (May 2025)

Timetable hours: Lectures, Case-Based Learning (CBL), Self-Directed Learning, Team-Based Learning, Practical, Skills sessions, Demonstrations

MODULE INTEGRATED COMMITTEE

MODULE COORDINATOR:	• Dr. Naila Parveen (Physiology)
CO-COORDINATOR:	• Dr. Fatima Rehman (Anatomy)

DEPARTMENTS & RESOURCE PERSONS' FACILITATING LEARNING

BASIC HEALTH SCIENCES	CLINICAL AND ANCILLARY DEPARTMENTS		
ANATOMY	FAMILY MEDICINE		
Professor Zia-ul-Islam	Dr. Rabeeya Saeed		
BIOCHEMISTRY	HAEMATOLOGY		
Prof. Faiza Waseem	Dr. Naila Raza		
<i>COMMUNITY MEDICINE</i> Dr. Saima Zainab			
PATHOLOGY Professor Naveen Faridi			
PHYSIOLOGY			
Professor Syed Hafeezul Hassan			
FACULTY RESPONSIBLE FOR THE FACILITATION OF LEARNING.			
• Prof. Sobia Ali • Prof	f. Nighat Huda • Dr. Afifa Tabassum		
 Dr. Yusra Nasir 	• Dr. Haya Noor		
<i>LNH&MC MANAGEMENT</i> Professor KU Makki, Principal LNH&MC Dr. Shaheena Akbani, Director A.A & R.T LNH&MC			
STUDY GUIDE COMPILED BY: Department of Health Professions Education			

INTRODUCTION

WHAT IS A STUDY GUIDE?

It is an aid to:

- Inform students how the student learning program of the module has been organized
- Help students organize and manage their studies throughout the module
- Guide students on assessment methods, rules, and regulations

THE STUDY GUIDE:

- Communicates information on the organization and management of the module. This will help the student to contact the right person in case of any difficulty.
- Defines the objectives which are expected to be achieved at the end of the module.
- Identifies the learning strategies such as Interactive Lectures, small group teachings, clinical skills, demonstrations, tutorials, and case-based learning that will be implemented to achieve the module objectives.
- Provides a list of learning resources such as books, computer-assisted learning programs, web- links, and journals, for students to consult to maximize their learning.
- Highlights information on the contribution of continuous and module examinations on the student's overall performance.
 - Includes information on the assessment methods that will be held to determine every student's achievement of objectives.
 - Focuses on information about examination policy, rules, and regulations.

CURRICULUM FRAMEWORK

Students will experience an integrated curriculum similar to previous modules.

INTEGRATED CURRICULUM comprises system-based modules such as Foundation II, Blood II, Locomotor II, Respiratory system-II, CVS-II, and GIT Liver II which links basic science knowledge to clinical problems. Integrated teaching means that subjects are presented as a meaningful whole. Students will be able to have a better understanding of basic sciences when they repeatedly learn about clinical examples.

LEARNING EXPERIENCES: Case-based integrated discussions, and skills acquisition in the skills lab. Computer-based assignments, learning experiences in clinics, wards, and outreach centers

INTEGRATING DISCIPLINES OF FOUNDATION MODULE-

LEARNING METHODOLOGIES

The following teaching/learning methods are used to promote better understanding:

- Interactive Lectures
- Tutorial
- Case- Based Learning (CBL)
- Clinical Experiences
 - o Clinical Rotations
- Skills session
- Self-Directed Learning

INTERACTIVE LECTURES: In a large group, the Interactive Lectures introduce a topic or common clinical conditions and explains the underlying phenomena through questions, pictures, videos of patients' interviews, exercises, etc. Students are actively involved in the learning process.

TUTORIAL: This format helps students to clarify concepts, and acquire skills or desired attitudes. Sessions are structured with the help of specific exercises such as patient cases, interviews, or discussion topics. Students exchange opinions and apply knowledge gained from Interactive Lectures, tutorials, and self-study. The facilitator's role is to ask probing questions, summarize, or rephrase to help clarify concepts.

CASE-BASED LEARNING (CBL): A small group discussion format where learning is focused on a series of questions based on a clinical scenario. Students discuss and answer the questions by applying relevant knowledge gained previously in clinical and basic health sciences during the module and constructing new knowledge. The CBIL will be provided by the concerned department.

 CLINICAL LEARNING EXPERIENCES: In small groups, students observe patients with signs and symptoms in hospital wards, clinics, and outreach centers. This helps students relate knowledge of the module's basic and clinical sciences and prepare CLINICAL ROTATIONS: In small groups, students rotate in different wards like Medicine, Pediatrics, Surgery, Obs & Gyne, ENT, Eye, Family Medicine clinics, outreach centers & Community

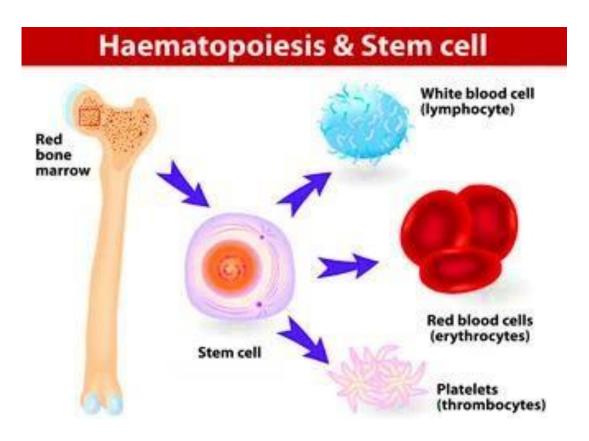
Medicine experiences. Here students observe patients, take histories and perform supervised clinical examinations in outpatient and inpatient settings. They also get an opportunity to observe medical personnel working as a team. These rotations help students relate basic medical and clinical knowledge in diverse clinical areas. **SKILLS SESSION:** Skills relevant to the respective module are observed and practiced where applicable in the skills laboratory.

SELF-DIRECTED LEARNING Students assume responsibilities for their learning through individual study, sharing and discussing with peers, and seeking information from Learning Resource Center, teachers, and resource persons within and outside the college. Students can utilize the time within the college's scheduled hours of self-study.

MODULE 2: BLOOD-1

INTRODUCTION

This module aims to provide an overview of the hematological system and a basic understanding of hematopoiesis and hemostasis at the molecular level. The module will give the 1st year medical students, an opportunity to know the presentations of common hematological, immunological, and inflammatory disorders. Overall, it will provide the students with the necessary factual knowledge and stimulate them to apply this in the interpretation of the disease.



COURSE OBJECTIVES AND STRATEGIES

At the end of the module, the students will be able to:

ANATOMY

OBJECTIVES	LEARNING STRATEGY
HISTOLOGY	
1. Lymphoid tissue, Immune system, and Thymus	
List the components of the immune system and lymphoid tissue	Interactive
Differentiate between central lymphoid organs and peripheral lymphoid organs	Lecture/SGD/
Describe the structure of lymph nodes	Practical
Describe the structure and histological appearance of the thymus	
Discuss the clinical anatomy of lymphoid organs	
2. Histology of Lymph Nodes and Thymus	
Enumerate lymphoid organs	Interactive
Discuss briefly the microscopic structure of lymphoid tissue	Lecture/SGD/
Describe the structure and histological features of lymph nodes	Practical
Describe the structure and histological features of the thymus	
3. Histology of Spleen and Tonsils	Interactive
Define the structure and location of tonsils and spleen	Lecture/SGD/
Describe histological features of tonsils and spleen	Practical
EMBRYOLOGY	Interactive
4. Development of blood	Lecture/ Small
Define hematopoiesis	Group
List the sites and sources of hematopoiesis before and after birth	Discussion

BIOCHEMISTRY

OBJECTIVES	LEARNING STRATEGY
HEMOGLOBIN	
1. Structure and types of Hemoglobin	Interactive
Explain the structure of hemoglobin	Lecture
Describe the types of hemoglobin	
Discuss the biochemical function of hemoglobin	
Discuss the clinical significance of hemoglobin	
2. Oxygen dissociation curves of Hemoglobin	
Explain the biochemical basis of the oxygen dissociation curve	Interactive
Describe the oxygen dissociation curve for Hemoglobin	Lecture

•	Describe the oxygen dissociation curve for Myoglobin	
•	Describe the factors affecting the binding of oxygen with hemoglobin	
•	Describe the allosteric effectors of the Oxygen dissociation curve	
•	Explain the transportation of oxygen and carbon dioxide through hemoglobin	
3.	Abnormalities of Hemoglobin synthesis and degradation	
•	Explain the pathway of hemoglobin synthesis and degradation	
•	List the abnormalities of Hemoglobin synthesis	Interactive
٠	Classify Porphyria	Lecture
•	Discuss Porphyria	
4.	Hemoglobinopathies	
٠	Enumerate the Hemoglobinopathies	TBL
٠	Explain the biochemical, genetic, and clinical significance of Thalassemia	IDL
٠	Explain the biochemical, genetic, and clinical significance of Sickle cell anemia	
VI	FAMINS & MINERALS	
5.	Iron metabolism	
٠	Discuss Iron metabolism in the body with its abnormalities	Interactive
•	Describe the biochemical functions, dietary sources, recommended daily intake, and distribution of iron in the body	Lecture
•	Explain the mechanism of absorption, transport, storage, and elimination of iron	
•	Discuss the clinical significance of Iron deficiency and Iron overload	
6.	Vitamin B12 & Folic acid	
٠	Discuss the factors regulating Erythropoiesis	
٠	Discuss Vitamin B12 and Folic acid metabolism in the body	Interactive
•	Describe the biochemical functions, dietary sources, and recommended daily intake of Vitamin B12 and Folic acid	Lecture
٠	Discuss the clinical significance of Vitamin B12 and Folic acid deficiency	
7.	Vitamins E & K	
٠	Discuss metabolism of Vitamin E & Vitamin K in the body	Interactive
•	Describe the biochemical functions, dietary sources, and recommended daily intake of Vitamin E & Vitamin K	Lecture
٠	Discuss the clinical significance of Vitamin E & Vitamin K deficiency	
PL	ASMA PROTEINS	
8.	Plasma Proteins	
•	Explain the composition of plasma and plasma proteins	
٠	Explain the difference between plasma and serum	Interactive
٠	Discuss the separation techniques of plasma proteins	Lecture
٠	Describe the individual plasma proteins and their biological functions	
٠	Discuss the clinical abnormalities related to plasma proteins	
9.	Immunoglobulins	
٠	Classify immunoglobulins	
٠	Differentiate between immunoglobulins and antibodies	Interactive
٠	Describe the chemical structure & biochemical functions of immunoglobulins	Lecture

•	Discuss the clinical significance of immune deficiency diseases		
10.	Porphyria & Hemoglobinopathies	Interactive	
٠	Discuss the clinical importance of Porphyria & Hemoglobinopathies	Lecture	
٠	Interpret clinical conditions correlated with their laboratory investigations		
11.	Plasma Proteins		
٠	Discuss the clinical importance of plasma proteins	Interactive	
٠	Interpret clinical conditions correlated with their laboratory investigations	Lecture	
12.	Anemia	Case-based	
٠	Discuss the clinical importance of vitamins & minerals in relation to Anemia	Learning/	
٠	Interpret clinical conditions correlated with their laboratory investigations	Tutorial	
13.	Specimen collection		
٠	Discuss the samples used for biochemical analysis		
٠	Demonstrate the uses of the blood collection tubes	Practical/Small	
٠	Observe the collection of blood specimens for biochemical analysis	Group Discussion	
٠	Separate plasma from a blood sample	DISCUSSION	
٠	Separate serum from a blood sample		
٠	Correlate the laboratory investigations with relevant clinical conditions		
14.	Spectrophotometry		
•	Explain the principle of Spectrophotometry		
٠	Demonstrate the technique of Spectrophotometry		
•	Illustrate the parts of a Spectrophotometer	Practical/Small	
٠	Explain the significance of making a blank solution	Group Discussion	
•	Explain the significance of transmittance and optical density		
•	Calculate the concentration of the analyte in the sample		
•	Perform analysis of an analyte in the sample by Spectrophotometry		
•	Correlate the laboratory investigations with relevant clinical conditions		
15.	Flame Photometry		
٠	Explain the principle and technique of Flame Photometry	Practical/Small	
•	Explain the significance of using de-ionized water in Flame Photometry	Group	
•	Calculate the concentration of the analyte in the sample	Discussion	
٠	Demonstrate the use of a Flame photometer		
٠	Correlate the laboratory investigations with relevant clinical conditions		
16.	Estimation of Plasma Proteins	Practical/Small	
٠	Interpret the plasma protein levels in different diseases	Group	
٠	Estimate the plasma protein levels by Spectrophotometry using the Kit Method	Discussion	
•	Correlate the laboratory investigations with relevant clinical conditions		
17.	17. Electrophoresis		
•	Explain the principle of electrophoresis	Group Discussion	
٠	Demonstrate the technique of electrophoresis		
•	Discuss the applications of electrophoresis		

•	Correlate the laboratory investigations with relevant clinical conditions	
18. ELISA		
•	Explain the principle of ELISA	Practical/Small
•	Demonstrate the technique of ELISA	Group Discussion
•	Discuss the applications of ELISA	Discussion
•	Correlate the laboratory investigations with relevant clinical conditions	
19	19. Biochemical Parameters in Covid 19	
•	Identify the type of coronavirus and its transmission	Case-Based
•	Identify the various diagnostic markers of Covid infection and their biochemical basis	Learning
•	Describe the basic mechanism in various biochemical parameters during covid infection	

COMMUNITY MEDICINE

OBJECTIVES	LEARNING STRATEGY
Epidemiology of Nutritional Anemia	Interactive Lecture
Discuss the prevalence of nutritional anemia	
Identify the risk factors of nutritional anemia	
Discuss the prevention of nutritional anemia	

FAMILY MEDICINE

OBJECTIVES	LEARNING STRATEGY
Clinical Assessment of Anemia	
Evaluate a patient with anemia based on detailed history.	Small Group
Describe the common clinical presentation of various types of anemia.	Discussion/ Practical
• Interpret the common lab findings of anemia (CBC, peripheral film).	

HEMATOLOGY

OBJECTIVES	LEARNING STRATEGY	
1. Clinical Presentation of Thrombocytopenia	Interactive Lecture	
Define purpura, patachae and ecchymosis		
Describe the pattern of bleeding in thrombocytopenia		
Describe the common presentation of patients with bleeding disorders		
2. Interpretation of CBC Report		
• Discuss the common parameters calculated by CBC.	Small Group Discussion	
• Describe the common conditions associated with changes in cell counts.		

 Differentiate between different types of anemias based on morphology. 	
3. Introduction to Transfusion Medicine	
Describe the significance of voluntary blood donation.	Interactive Lecture
 Define ABO and Rh blood groups based on antigens and antibodies 	
Discuss common complications of transfusion	
4. Genetic Markers in Blood Disorders	latera eti ve
• Describe the role of genetic testing in the diagnosis of common hematological disorders	Interactive Lecture
 Differentiate between different genetic tests; cytogenetics, FISH and PCR 	

PATHOLOGY

OBJECTIVES	LEARNING STRATEGY
Introduction to Inflammation	
Define Inflammation	
Discuss types of inflammation	Interactive Lecture
Difference between acute & chronic inflammation	
Discuss the cardinal signs of inflammation	

PHYSIOLOGY

OBJECTIVES	LEARNING STRATEGY
1. Components of blood & its cellular components	
Enumerate the functions of the cellular components of blood	
State the normal values of RBCs, WBCs & platelets	Interactive
Define hematocrit, normal values & factors affecting hematocrit	Lecture/Tutorial
2. Formation and development of RBCs (erythropoiesis)	
Discuss the different stages of RBCs formation	
List the factors that are necessary for erythropoiesis	
Discuss the significance of reticulocyte count	Interactive
Discuss the role of Erythropoietin	Lecture
3. Classification of anemia and significance of red cell indices	
Describe the morphological & etiological classification of anemia	
Discuss the significance of red cell indices and their normal values	
4. Hemolytic anemias (Intracorpuscular and extracorpuscular causes)	Case-Based
Discuss the types of hemolytic anemia viz	Learning

	LIAQUAT NATIONAL MEDICAL COLLEGE 151 TEAR MBDS, BLOOL	INODULL	
a)	Hereditary spherocytosis		
b)	G6PD deficiency		
c)	Sickle cell anemia		
d)	Erythroblastosis fetalis		
5.	Megaloblastic /Iron, B12, Folic acid deficiency anemia	lint and atting	
•	Discuss the etiology & microscopic features of megaloblastic and iron deficiency anemia	 Interactive Lecture 	
•	Differentiate between megaloblastic & pernicious anemia based on microscopic features and red cell indices		
6.	Blood groups ABO/RH system	_	
•	Explain the ABO (classical) and Rh blood grouping systems & their inheritance pattern		
•	Define agglutinogen, agglutinin & agglutination		
•	List various Rh antigens & Rh immune response	Interactive	
•	Name the transfusion reactions associated with mismatched blood transfusion	Lecture/Tutoria	
7.	Polycythemia	Case Deced	
•	Define the types of polycythemia	Case-Based Learning	
•	Explain the effects of polycythemia on the human body	Learning	
8	Hemostasis & role of Thrombocytes		
•	Describe the events in Hemostasis	Interactive	
•	Explain the mechanism of the formation of platelet plug	Lecture	
•	Describe the role of Prothrombin in blood coagulation and clot formation		
9.	Clotting cascade & bleeding disorders		
•	Explain intrinsic and extrinsic pathways for coagulation		
•	Enumerate the clotting factors	Interactive Lecture/Tutoria	
•	Describe the role of clotting factors in the coagulation		
10	Fibrinolytic mechanisms		
•	Explain the fibrinolytic mechanism and the role of plasmin in the lysis of blood clots	Interactive	
•	Discuss the role of fibrin & anti-thrombin III in anticoagulation	– Lecture	
11	Hemorrhagic & thromboembolic conditions		
•	Explain the following hemorrhagic and Thrombo-embolic conditions		
	a) Hemophilia	Interactive	
	b) Thrombocytopenia	Lecture	
	c) Disseminated Intravascular Coagulation		
•	Discuss the role of commonly used anticoagulants		
12	Genesis and general characteristics of white blood cells		
•	Describe the process of leukocyte genesis	Interactive	
•	List the types of granulocytes and agranulocytes, their functions & normal values	Lecture	
13	Functions of WBCs, Monocytes macrophage cell system		
•	Explain the significance of the Reticuloendothelial system in the body's defense mechanism	Interactive	
•	List the various types of macrophages present in different tissues of the body	Lecture	
•	Discuss the role of passive immunity against infection		
	Types and functions of lymphocytes		
•	List the types of lymphocytes and their sites of origin	Interactive Lecture/Tutorial	
	Discuss the functions of T and B lymphocytes		
•			
•	Enumerate the types of T lymphocytes & their functions		

15.	Immunity & its types (Innate)	_
•	Define immunity	Interactive
•	Classify immunity	Lecture
•	Describe the process of innate immunity	
16.	Cell-mediated Immunity	
•	Define cell-mediated immunity	Interactive
•	List the cells involved in this immunity type	Lecture
•	Describe the process of cell-mediated immunity	
17.	Humoral immunity	_
•	Define Humoral immunity	Interactive
•	List the cells involved in this immunity type	Lecture
٠	Describe the process of humoral-mediated immunity	
٠	List the advantages of this type of immunity	
18.	Passive immunity and immunization	_
•	Define passive immunity & immunization	Interactive
•	Differentiate between passive and active immunity	Lecture
•	Describe the process of immunization and its advantages	Lecture
•	Explain the Expanded Program on Immunization (EPI)	
19.	Allergy and hypersensitivity	
•	Discuss the types of hypersensitivity and allergic reactions including Urticaria, Anaphylaxis, and Hay fever	Interactive Lecture
•	Discuss the role of IgE antibodies in immunity	Lecture
20.	Peripheral Blood Film	
•	Explain the phlebotomy (venipuncture) procedure	-
		Practical/Small
		Group
٠	Discuss the procedure of blood sampling and its main constituents	Discussion
•	Enumerate Aseptic measures	
٠	Mention the steps of formation of thin blood smear/film	
21.	Blood grouping & Cross-matching	
•	Identify blood group by the use of antisera	
•	Mention different types of blood groups	
٠	Describe ABO (classical) & Rhesus blood grouping system	Practical/ SGD
٠	Explain the causative mechanism of Erythroblastosis Fetalis	
٠	Discuss the significance of Blood Grouping & Cross Matching	
22.	Bleeding time and Clotting time	
٠	Define bleeding time and its normal value	_
•	Describe Duke's and Ivy's methods of measuring bleeding time	Practical/ SGD
•	List the conditions in which bleeding time is prolonged	
•	Define clotting time and its normal value	
٠	Describe the Capillary tube and Modified Lee methods of measuring clotting time	
٠	List the conditions in which clotting time is prolonged	
23.	Differential Leukocyte Count (DLC)	
٠	List different types of WBCs and their normal values	Practical / SGD
٠	Discuss the composition of Leishman's stain & its significance	

1ST YEAR MBBS, BLOOD-1 MODULE

Explain the methods of counting WBCs	
24. Erythrocyte Sedimentation Rate (ESR)	
	Practical/Small
	Group
Describe the mechanism of rouleaux formation	Discussion
Explain the methods of determination of ESR (Westergren's & Wint robe's method)	
Mention the normal value of ESR in males & females and its significance	

LEARNING RESOURCES

SUBJECT	RESOURCES
ΑΝΑΤΟΜΥ	 A. <u>GROSS ANATOMY</u> K.L. Moore, Clinically Oriented Anatomy Neuro Anatomy by Richard Snell <u>https://www.kenhub.com/en/dashboard</u> B. <u>HISTOLOGY</u> B. Young J. W. Health Wheather's Functional Histology C. <u>EMBRYOLOGY</u> KeithL. Moore.The Developing Human Langman's Medical Embryology
BIOCHEMISTRY	 A. <u>TEXTBOOKS</u> 1. Harper's Illustrated Biochemistry 2. Lehninger Principle of Biochemistry 3. Biochemistry by Devlin
PHYSIOLOGY	 A. <u>TEXTBOOKS</u> Textbook Of Medical Physiology by Guyton And Hall Ganong'S Review of Medical Physiology Human Physiology by Lauralee Sherwood Berne & Levy Physiology Best & Taylor Physiological Basis of Medical Practice B. <u>REFERENCE BOOKS</u> Guyton & Hall Physiological Review Essentials Of Medical Physiology by Jaypee Textbook Of Medical Physiology by Indu Khurana Short Textbook Of Physiology by Arthur NMS Physiology



ASSESSMENT METHODS:

- MCQs (Multiple Choice Questions)
- Objective Structured Practical/Clinical Examination (OSPE or OSCE)
- MCQs and unobserved OSPE will be conducted on the LNH&MC Moodle platform
- Observed OSPE will constitute multiple examiner-based stations

Internal Evaluation

- Students will be assessed comprehensively through multiple methods.
- 20% marks of internal evaluation will be added to JSMU final exam. That 20% includes mid-module & end of module examinations, mid-term & pre-professional examinations.

Formative Assessment

Individual departments may hold quizzes or short answer questions to help students

assess their learning. The marks obtained are not included in the internal evaluation

For JSMU Examination Policy, please consult the JSMU website!

More than 75% attendance is needed to sit for the internal and final examinations

LNH&MC EXAMINATION RULES & REGULATIONS

- Students must report to the examination hall/venue, 30 minutes before the exam.
- The exam will begin sharply at the given time.
- No student will be allowed to enter the examination hall after 15 minutes of the scheduled examination time.
- Students must sit according to their roll numbers mentioned on the seats.
- <u>Cell phones are strictly not allowed in the examination hall.</u>
- If any student is found with a cell phone in any mode (silent, switched off, or on) he/she will not be allowed to continue their exam.
- No students will be allowed to sit in the exam without University Admit Card, LNMC College ID Card, and Lab Coat
- Students must bring the following stationary items for the exam: Pen, Pencil, Eraser, and Sharpener.
- Indiscipline in the exam hall/venue is not acceptable. Students must not possess any written material or communicate with their fellow students.

SCHEDULE:

WEEKS	1 ST YEAR	MONTH
WEEK 1	BLOOD MODULE	5 th May 2025
WEEK 2		
WEEK 3		
WEEK 4		30 th May 2025
EXAM DATE: 30 th May 2025		

