



# Rashid Latif Medical College



## Electives Program

## RASHID LATIF MEDICAL COLLEGE ELECTIVE PROGRAM

Medical electives are an essential part of medical education, providing students with an opportunity to explore areas of interest beyond the core curriculum. These elective rotations allow medical students to gain experience in specialized fields, enhance their clinical skills, and broaden their understanding of various aspects of healthcare. Electives offer flexibility, giving students the chance to tailor their education to their career goals, whether they are considering a particular specialty, exploring interdisciplinary fields, or seeking international exposure.

**Electives Committee** is hereby reconstituted with following member.

<i><b>Position</b></i>	<i><b>Name</b></i>	<i><b>Department</b></i>
<b>Chairperson</b>	Prof. Dr. Tahir Masood	Department of Surgery
<b>Co-chairperson</b>	Prof. Dr. Mudassar Ali	Vice Principal
<b>Convener</b>	Dr. Kainat Javed	Medical Education
<b>Incharge Electives</b>	Prof. Abul Fazal	Department of Surgery
<b>Member</b>	Prof. Fatima Qaiser	Anatomy
<b>Member</b>	Prof Khawaja Khurshid	Radiology
<b>Member</b>	Dr. Sadaf Yousaf	Medicine
<b>Member</b>	Dr. Sehr Zahid	Pediatrics
<b>Coordinator</b>	Dr. M Ashir Naveed	Medical Education
<b>Coordinator</b>	Dr. Haisam	Medical Education

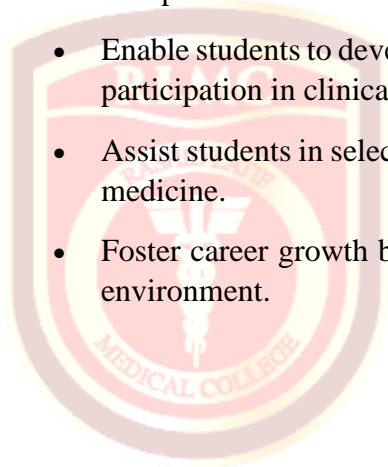
**RASHID LATIF MEDICAL COLLEGE**  
**CLINICAL ELECTIVES PROGRAM**

**Introduction:**

The Clinical Electives Program at Arif Memorial Teaching Hospital provides medical students an opportunity to gain hands-on experience in a clinical setting within their parent institution. These electives aim to enhance medical training and allow students to explore fields of interest early in their careers. The program broadens students' clinical exposure and supports their candidature for residency programs, offering a focused learning experience within the hospital's diverse specialties.

**Objectives:**

- Provide medical students a structured and diverse training experience in clinical disciplines.
- Enable students to develop a deeper understanding of healthcare delivery through active participation in clinical activities.
- Assist students in selecting their future specialties through exposure to various fields of medicine.
- Foster career growth by offering specialized training in a supportive and professional environment.



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## **SPECIALTIES**

Elective placements will be available in the following medical specialties, but are not limited to.

- Internal Medicine
- Paediatrics
- General Surgery
- Orthopedics
- Urology
- Psychiatry
- Ophthalmology
- Anesthesia
- ICU
- Radiology
- ENT
- Dermatology
- Anatomy
- Pathology
- Family Medicine



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Placement in a department will depend on the availability of faculty and will be allotted on first come first serve basis.

## **DEPARTMENT OF OPHTHALMOLOGY**

**Supervisor:** Prof. Nasira Inayat

### **Contact Information:**

**Telephone:** 03414966108, 03004305303

**E-mail:** nasira-dr@hotmail.com

**Elective Duration:** 3 weeks

**Student Number:** 3.

### **Objectives:**

- Understand the anatomy of the eye and orbit.
- Learn the basics of a complete eye examination including visual acuity, pupil reactions, intra-ocular pressure, ocular motility, anterior segment, and fundus examination.
- Learn to arrive at diagnoses in an orderly way using patient histories, examinations and appropriate laboratory tests
- Develop skills in complete ocular examinations using pen torch, ophthalmoscope & slit lamp
- Learn the basics of common eye diseases (red eye D/D, cataract, glaucoma, macular degeneration, etc.) and learn the basics of ophthalmic manifestations of systemic diseases (diabetes, hypertension, connective tissue disorders, thyroid disease, etc.)
- Emergency evaluation of ocular trauma

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## **DEPARTMENT OF UROLOGY**

**Supervisor:** Dr Sajid Iqbal

### **Contact Information:**

**Telephone:** 03334180668

**E-mail:** dr.sajidiqbal.uro@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 8-10.

### **Objectives:**

- Learn the concepts of team work.
  - Learn the manners of interaction with the patients including patients' privacy, etc.
  - Have a concept of importance of taking a detailed urological history Know the basic steps to manage a patient with urological problems
  - Have an interest to consider urology as a subject of interest as a career
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## **DEPARTMENT OF SURGERY**

### **UNIT 1 + UNIT 2**

**Supervisor:** Prof Dr Aul Fazal

**Co Supervisors:**

- Prof Aqil Razzaq
- Prof Faheem Rao
- Prof Ghulam Shabbir
- Assistant Prof. Shahid Aslam
- Dr Rabia
- Dr Khalil Ur Rehman

**Contact Information:**

**Telephone:** 03314102910, 03336470895, 03004233647

**Elective Duration:** 3 weeks

**Student Number:** 15

**Objectives:**

- Understand the basic principles of surgical diagnosis, investigations and treatment
- Apply the basic concepts formed in earlier academic years to real patients
- Develop effective history taking skills Perform clinical examination independently
- Treat common surgical diseases in the community
- Understand the principles of pre-operative and post operative surgical care
- Identify the common surgical complications and formulate their management
- Provide initial management in surgical emergencies
- Decide about the referral of a patient with surgical problem/emergencies for expert opinion/management.
- Understand the importance of surgical site infections and their prevention

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## **DEPARTMENT OF ANAESTHESIA**

**Supervisor:** Prof Dr Umer Iqbal

**Contact Information**

**Telephone:** 03214243093

**E-mail:** Umer8808@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 4

**Objective:**

- Pre-operative assessment: History, Examination, Lab investigation, ASA status, Airway assessment, consent an inform consent.

- Intra-operative learning includes vitals monitoring, IV-line insertion, Blood sampling, injection and fluids management.
  - Post-operative care monitoring and pain management and recovery assessment. Basic life support training and airway management
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## **DEPARTMENT OF OBSTETRICS & GYNAECOLOGY**

**Supervisor:** Prof Asma Yasin

**Contact Information:**

**Telephone:** 03334251533

**E-mail:** asma.yasin@rlmc.edu.pk

**Elective Duration:** 3 weeks

**Student Number:** 6-8

**Objectives:**

- Understand the basic principles of obstetric and gynecological care, including reproductive anatomy, physiology, and common pathologies.
  - Apply knowledge of female reproductive health to diagnose and manage common gynecological and obstetric conditions in women of all ages.
  - Develop effective history-taking skills, particularly in obstetric and gynecological contexts, including menstrual history, obstetric history, and sexual history.
  - Perform a thorough clinical examination independently, including gynecological exams (e.g., pelvic exam, speculum exam) and obstetric examination (e.g., abdominal palpation, fetal heart auscultation).
  - Manage common obstetric conditions such as pregnancy, labor, and delivery, including prenatal and postnatal care.
  - Understand the principles of antenatal care, including screening for maternal and fetal complications, and apply them in clinical settings.
  - Identify and manage common gynecological disorders, including menstrual irregularities, pelvic pain, infections, and benign gynecological conditions
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## **DEPARTMENT OF ORTHOPEDIC SURGERY**

**Elective Title:** Orthopedic Surgery

**Supervisor:** Dr Khalid Hussain

**Contact Information:**

**Telephone:** 03009461793

**E-mail:** khalidkhandr@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 4

**Objectives:**

- Understand the basic principles of musculoskeletal anatomy, physiology, and common orthopedic conditions.
- Apply knowledge of musculoskeletal disorders to diagnose and manage common orthopedic conditions in patients of all ages.
- Develop effective history-taking skills, focusing on trauma, joint pain, and musculoskeletal symptoms.
- Perform a thorough clinical examination independently, including joint and bone examination, gait assessment, and special orthopedic tests.
- Diagnose and manage common orthopedic conditions such as fractures, dislocations, arthritis, and ligament injuries.
- Understand the principles of radiological imaging, including X-rays, CT, and MRI, for evaluating musculoskeletal conditions.
- Develop competence in managing orthopedic emergencies such as fractures, dislocations, and soft tissue injuries, including initial splinting and pain management

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**DEPARTMENT OF BEHAVIORAL SCIENCES & PSYCHIATRY DEPARTMENT**

**Supervisor:** Dr Mariam Nisar

**Contact Information:**

**Telephone:** 03344052260

**E-mail:** dr.mariamnisar1997@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 10-15

**Objectives:**

- Appreciate the complex and multiple presentations and psychiatric disease which need urgent psychiatric interventions
  - How to develop interpersonal and communication skills in the above mention setting
  - How to function in a multi-disciplinary team setting
  - How to evaluate patients in psychiatry emergency
  - Basic of pharmacological and non-pharmacological interventions to manage emergency psychiatric patients
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## **DEPARTMENT OF PAEDIATRICS**

**Supervisor:** Prof Dr Muhammad Anwar

**Contact Information:**

**Telephone:** 03334097239

**E-mail:** Muhammad.anwar@rlmc.edu.pk

**Elective Duration:** 3 weeks

**Student Number:** 10

**Objectives:** Observe common pediatric illness in OPD

- Observe management of sick child in Pediatric ward and HDU
- Observe neonatal resuscitation in Delivery suite
- Observe new born care in well baby nursery and
- Observe counseling of the Parents and attendant in ward, OPD and Nursery

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## **DEPARTMENT OF DERMATOLOGY**

**Supervisor:** Dr Zafar Ullah Khan

**Contact Information:**

**Telephone:** 03334386839

**E-mail:** dermakemcolion@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 5

**Objectives:**

- Approach to patient with skin disorders. Management of patients Counselling of patients regarding disorders of skin. Observe/assist dermatological procedures/ treatments.
- Knowledge regarding routinely prescribed dermatological drugs and their common side effects.
- Learn about dermatological emergencies and their management.

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## **DEPARTMENT OF RADIOLOGY**

**Supervisor:** Dr Sassui Memon, Dr Khawaja Khurshid

**Contact Information:**

○ **Telephone:** 03008492460, 03353242112

○ **E-mail:** [radiologist786@gmail.com](mailto:radiologist786@gmail.com), sassuimemon290@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 6 students

**Objectives:**

- Understand the basic principles of radiological imaging techniques, including X-ray, CT, MRI, and ultrasound.
  - Apply foundational knowledge of anatomy and pathology to interpret radiological images accurately.
  - Develop effective history-taking skills to understand clinical context and correlate with radiological findings.
  - Perform basic radiological examinations under supervision, including X-rays and ultrasound.
  - Identify common radiological findings associated with common diseases and conditions in different body systems.
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**DEPARTMENT OF MEDICINE UNIT-I**

**Supervisor:** Prof Dr Asma Kazi

**Contact Information:**

**Telephone:** 03219411999

**E-mail:** docasmakazi@gmail.com

**Elective Duration:** 3 weeks

**Student Number:** 10

**Objectives:**

- Approach towards presentation of different medical diseases.
  - Management plan in OPDs and in the ward.
  - Counselling of patients, family members about the disease, treatment, possible complications of treatment and prognosis.
  - Observation of the procedures in ward. (NG, Foleys, Lumbar puncture, diagnostic and therapeutic ascetic and pleural tap)
  - Knowledge regarding routinely prescribed drugs (in OPD and in medical wards) and their common side effects.  
To formulate prescription for different medical diseases.
  - Learn about different diseases, their management and follow up.
  - Observation of upper & Lower GI endoscopy procedures.
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## **DEPARTMENT OF MEDICINE UNIT-II**

**Supervisor:** Prof Dr Anjum Rashid, Prof Sadaf

### **Contact Information:**

**Telephone:** 03004235139

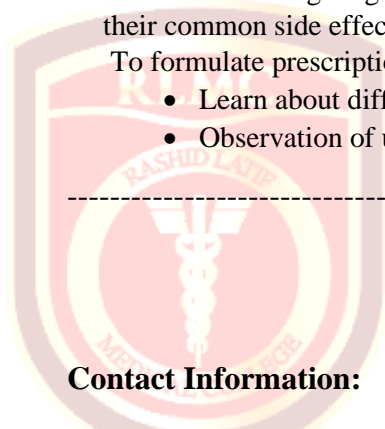
**E-mail:** anjum.rashid.butt@rlmc.edu.pk

**Elective Duration:** 3 weeks

**Student Number:** 10

### **Objectives:**

- Approach towards presentation of different medical diseases.
- Management plan in OPDs and in the ward.
- Counselling of patients, family members about the disease, treatment, possible complications of treatment and prognosis.
  - Observation of the procedures in ward. (NG, Foleys, Lumbar puncture, diagnostic and therapeutic ascetic and pleural tap)
  - Knowledge regarding routinely prescribed drugs (in OPD and in medical wards) and their common side effects.
- To formulate prescription for different medical diseases.
  - Learn about different diseases, their management and follow up.
  - Observation of upper & Lower GI endoscopy procedures



## **DEPARTMENT OF ENT**

**Supervisor:** Prof Dr Shahid Imran

### **Contact Information:**

**Telephone:** 03008452342

**E-mail:** shahid.imran@rlmc.edu.pk

**Elective Duration:** 3 weeks

**Student Number:** 6

### **Objectives:**

- Understanding the basic anatomy of ear, nose & throat.
- Learn the basic of history taking of common presenting complaints related to ENT.
- Learn the complete basic examination of ear, nose, & ENT.
  - Learn to arrive at diagnosis in an orderly way using patient histories examination & appropriate laboratory tests.
  - Learn the basics of common ENT disease (Tonsillitis, Pharyngitis, adenoids sinusitis, allergic Rhinitis, DNS, otomycosis, ear wax, (som)

## **POLICY FOR ELECTIVES AT ARIF MEMORIAL TEACHING HOSPITAL**

Elective rotations are mandatory for students and will be conducted at Arif Memorial Teaching Hospital during June and July (Summer Break).

Electives will be limited to students (1<sup>st</sup> Year to 4<sup>th</sup> Year) of the MBBS or BDS program.

### **1st to 3rd Year MBBS Students (Basic Sciences)**

- **Option 1:** Complete one week per year, covering a different department each year.
- **Option 2:** Complete three consecutive weeks in one chosen year within the first three years.

### **4<sup>th</sup> Year MBBS Students (Clinical Sciences)**

- Complete three consecutive weeks in **chosen specialty**.

## **POLICY FOR ELECTIVES AT OTHER HOSPITALS**

Students who wish to complete their elective rotations at hospitals other than Arif Memorial Teaching Hospital may do so, provided the following conditions are met:

- Electives must be conducted at one of the approved hospitals with which the institution has a Memorandum of Understanding (MoU) in place.
- Students must submit official proof of completion of the electives, including a certificate or letter of attendance from the hospital, detailing the specialty, duration, and performance during the rotation.
- Prior approval must be obtained from the administration before proceeding with electives at an external hospital.

### **Additional Guidelines**

Electives will be counted in final assessment.

Any changes to the department or dates will not be entertained once confirmed.

### **Application Procedure:**

- Applications must be submitted through the official portal of Rashid Latif Medical College at least 6 weeks before the intended start date.
- Students must indicate their top 3 choices for departments in which they wish to undertake electives.
- The following documents must be attached to the application:
  - DMC of the last academic year.
  - Proof of academic standing.
- To apply, please go to this link: <https://forms.gle/J6Raadgdz7n2PfgK7> and complete the application.

For any queries or further information, please contact us at:

Email: [dme@rlmc.edu.pk](mailto:dme@rlmc.edu.pk)

Phone: 03187041407

### **INTERNATIONAL ELECTIVES**

Students intending to undertake international electives must provide proof of the necessary documentation, such as visa, travel arrangements, and other required documents, at least 6 weeks before the intended start date.

#### **Approval Process:**

Medical Education Department will notify selected students via email at least 2 weeks before the elective begins.

#### **Conduct & Discipline:**

- Students are required to attend from Monday to Saturday.
- No leaves are permitted during the 3-week rotation.
- Students must wear a white coat and display their identity card at all times.
- All rules and regulations of the teaching hospital must be followed.

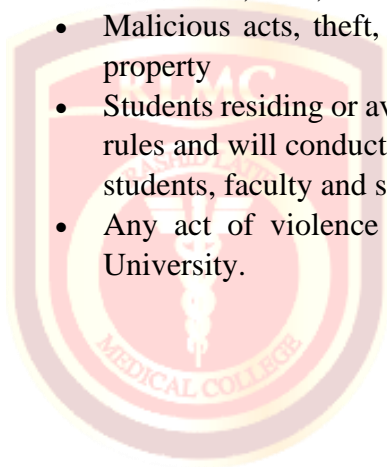
#### **Evaluation:**

- Students must maintain an elective portfolio documenting their academic and clinical activities.
- Activities must be counter-signed by the supervisor or HOD of the respective department.
- A standard evaluation form will be completed by the supervisor, and successful candidates will be issued an elective completion certificate.



## Code of Conduct

- All students will present themselves with dignity befitting their status as mature, law abiding and responsible persons and show tolerance toward religious, ethnic, social and other differences.
- Students will refrain from any activity which is subversive of discipline and / or brings the University into disrepute.
- Students in all settings on campus are expected to dress in a simple, decent and appropriate manner.
- Students individually or as a group will refrain from engaging in any activity which hinders or prevents the participation of another person or group of persons in any of the activities of the University.
- Students will ensure that their actions do not in any way threaten or endanger the health, safety or security of other persons or imperil the latter's properties.
- Students will refrain from any Behaviour which will cause damage to university property.
- Any form of intimidation, insult, abusive language, assault, molestation or harassment of students, staff, faculty, patients or other clients, within or outside the University.
- Malicious acts, theft, willful damage or misuse of University's or any third party's property
- Students residing or availing the hostel and its facilities shall comply with all the hostel rules and will conduct themselves in a manner that respects the rights of other resident students, faculty and staff of the University.
- Any act of violence causing injury or damage to any person or property at the University.



Rashid Latif  
Medical College

**Coordinator for Electives Program:** Dr Muhammad Ashir Naveed

Email: [dme@rlmc.edu.pk](mailto:dme@rlmc.edu.pk)

Phone: 03187041407

(Please contact during duty hours, Monday to Friday, 8:00 AM to 3:00 PM)



**Department of Medical Education  
Rashid Latif Medical College, Lahore**

**Rashid Latif Medical College Electives Program**

Upon getting of a spot in RLMC Elective's Program, you will receive a confirmation email.

❖ Name

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❖ Father Name

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❖ Registration #

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❖ Prefer Department 1

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❖ Prefer Department 2

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