



**SAITHPA TRAINING PROGRAMME FOR THEORY BOARD
EXAMINATIONS SCHEDULED FOR THE**

23 JUNE 2026

SAITHPA TRAINING PROGRAMME- PREPARATION FOR THEORY BOARD EXAMINATION – 23 JUNE 2026

Course Content and logistics:

1. All trainers are either specialists in their field or working toward specialization's. Our lead trainer is an experienced examiner.
2. The course covers both content and assessment techniques and consists of 16 three-hour sessions.
3. In most fields of study, the course material is designed to prepare you not just for the theory examinations but for the written and counselling stations tested in the OSCE examinations, as well. Manned and procedural stations will be extensively covered in our OSCE training programme.
4. Should there be study disciplines not covered in this programme -kindly inform us and we will accommodate you, where possible.
5. Note that all our courses are interactive and we do allocate time for such interactions.
6. Lectures take place between 6-9 pm – Monday to Thursday. However, whilst we have programmed the lectures according to the availability of our doctors, there are times when circumstances and medical emergencies dictate that training sessions be changed.
7. All candidates are placed in a group where all content material is shared.

8. The total cost of the course is:

- **R6000 for members and**
- **R6500 for non-members.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
04/05/26	05/05/26	06/05/26	07/05/26
Trainer: Dr Shah	Trainer: Dr Shah	Trainer: Dr Shah	Trainer: Dr Shah
Topic: Emergency and trauma: • Basic CPR • Endo-tracheal Intubation • Resuscitation of the new-born • Assessment and early management of injuries and fractures • Sexual abuse MCQ'S •	Topic: Ophthalmology • Common infections and allergies • Red eye • Eye injuries • Refraction problems • Glaucoma Other acute illnesses: • Appendicitis • Acute abdomen Syndrome • Acute mental illness • Pneumonia	Topic: Common chronic conditions • Diabetic emergencies • hypertensive emergencies, • status asthmaticus, • status epilepticus, • stemi, nste-ac, • cardiac failure MCQ'S	Topic: ENT • Upper Respiratory Tract Infection • Otitis Media • Tonsillitis • Sinusitis • Epistaxis • MCQ'S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11/05/26	12/05/26	13/05/26	14/05/26
Trainer: Dr Nayager	Trainer: Dr Maharaj	Trainer: Dr Govender	Trainer: Dr Soni
Topic: 1. Chronic Diseases • Diabetes • Hypertensiion • Gout prophylaxis • Sexually transmitted diseases • Gastro-esophageal reflux disease (GORD) • Hypopituitarism • Migraine prophylaxis • Urinary incontinence • Ankylosing spondylitis • Alzheimer disease • Blepharospasm • Collagen diseases • Motor neuron disease • Neuropathy • Osteoarthritis / Osteoporosis • Paget disease of the bone • Polyarteritis nodosa • Psoriatic arthritis/ • Scleroderma/ Sjögren's disease • Trigeminal neuralgia MCQ's	Topic: Anaesthetics: • Definition • Common types • How administered • Uses/ How they work • Safety and recovery • Side effects[common /rare] • Prep. before and after receiving • Effect on pregnancy/ breast feeding • Risks/ Benefits	Topic: Dermatology • Dystonia/ Eczema • Scabies • Drug interaction • Herbies Zoster • Boils /Abscesses • Insect bites • Psoriasis • Tinea conditions • Syphilis • Warts /acne • Kaposi sarcoma • Skin ulcers • Dermatitis • Impetigo • Vitiligo • Hair loss • Nail conditions Topic: Palliative Care	Topic: OBS/GYNAE • Normal pregnancy and delivery • Abnormal pregnancy and delivery • Hypertension in pregnancy • Ante-partum hemorrhage • Obstructed labour • Post-partum hemorrhage

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
18/05/26	19/05/26	20/05/26	21/05/26
Trainer: Dr Nayager	Trainer: Dr Maharaj	Trainer: Dr Govender	Trainer: : Dr Soni
Topic: Child Health • Fever • Diarrheal disease • Respiratory illness: • Lower and upper respiratory infections • Meningitis • Convulsions • Malnutrition • Common childhood infections: measles, rubella etc. • Child abuse MCQ'S	Topic: HIV • Definition • Effect on body • Symptoms [Male/female/children] • Stages • PrPEP/ PEP • Transmission • Causes/ Pathology • Treatment	Topic: Mental health – • Major depression • Attention deficit disorder/Attention deficit • hyperactivity disorder (ADD/ADHD) • Autism Self-Harm/ Suicide • Aggressive/Disruptive Patient • Sleeping Difficulty • Mentally ill patient needing treatment or admission • Substance use • Depression /anxiety schizophrenia • Dementia MCQ'S	Topic: OBS/GYNAE [cont] • Contraception • Abnormal menstruation • Ectopic pregnancy • Preventive care: GOBIFFF (Growth monitoring, oral re-hydration, breast-feeding, immunization, female education, family planning, feeding) MCQ'S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
25/05/25	26/05/25	27/05/25	28/05/25
Trainer: Adv Govender	Trainer: Adv Govender	Trainer: Adv Govender	Trainer: Adv Govender
Topic: Law and Ethics • Legislative Framework • HPCSA Guidelines booklets 1-17	Topics: Law and Ethics: 1. Consent -legal principles 2. LEGAL CAPACITY Question Bank 1- (Question/answer/ discussion sessions)	Topic: Law and Ethics Question Bank 2- (Question/answer/ discussion sessions)	Topic: Law and Ethics: Question Bank 3/4- (Question/answer/ discussion sessions)

❖ A zoom link will be sent on the day of the course session.

To confirm your seat please forward your details to our admin at the following address info@saithpa.org.za or WhatsApp us on 0844029545.

Our bank details are as follows:

SAFPHA

Acc. No. 1184992894 Branch Code: 10622600 [Springfield Park]

Type of account: Cheque Bank: Nedbank