



**AMPM
Training**



MINT PILS as of 27-08-2024

- Gynaecology**
- Obstetrics
- Orthopaedics
- Physiotherapy
- Dental
- Cardiology
- Ophthalmology
- Radiology
- Mental Health
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Gynaecology

- | | | | |
|----|---|----|--------------------------------------|
| 01 | Polycystic Ovarian Syndrome | 13 | Stress Urinary incontinence |
| 02 | Endometriosis | 14 | Contraception |
| 03 | Gynaecology Screening Services | 15 | Urine Infection |
| 04 | Postmenopausal Bleeding | 16 | Pelvic Organ Prolapse |
| 05 | Life After Menopause | 17 | Fertility Problems |
| 06 | Recovering from Gynaecological Laparoscopy | 18 | Chronic Pelvic pain |
| 07 | Hormone Replacement Therapy After Menopause | 19 | Hysterectomy |
| 08 | Laparoscopy | 20 | Vaginal Infections |
| 09 | Inability to Control Urine | 21 | Hysteroscopy: Dilation and Curettage |
| 10 | Ovarian Cysts | 22 | Fibroids |
| 11 | Urge Urinary Incontinence | 23 | Mammogram |
| 12 | Heavy Menstrual Bleeding | | |





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▶ Obstetrics

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|----|---------------------------------------|----|---|
| 01 | Vomiting in Early Pregnancy | 15 | Signs of the Onset of Labour |
| 02 | Bleeding in Early Pregnancy | 16 | Recovery from a Caesarean Section |
| 03 | Hyperemesis Gravidarum | 17 | Preeclampsia |
| 04 | Early Miscarriage | 18 | Labour and Delivery |
| 05 | A Healthy Diet in Pregnancy | 19 | Diabetes in Pregnancy |
| 06 | Management of Miscarriage | 20 | Pain Relief in Labour and Delivery |
| 07 | Recurrent Miscarriage | 21 | Common Questions in Pregnancy |
| 08 | Obesity and Pregnancy | 22 | Dental Care in Pregnancy |
| 09 | Ectopic Pregnancy | 23 | Routine Antenatal Care |
| 10 | Exercise in Pregnancy | 24 | Ultrasound in Pregnancy |
| 11 | Antenatal Care for Multiple Pregnancy | 25 | Breastfeeding in Hot Weather |
| 12 | Blood Group and Rhesus Disease | 26 | Postnatal Depression In Production |
| 13 | Back and Pelvic Pain in Pregnancy | 27 | Pregnancy and Sickle Cell Disease In Production |
| 14 | Caesarean Section | 28 | Will My Child have Sickle Cell Disease? In Production |



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Orthopaedics

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|---|--|
| <ul style="list-style-type: none"> 01 Carpal Tunnel Syndrome 02 Carpal Tunnel Surgery 03 Knee Meniscus Injury 04 Total Hip Replacement 05 Total Knee Replacement 06 Trigger Finger 07 Bunion: Hallux Valgus 08 Trigger Finger Release | <ul style="list-style-type: none"> 09 Tennis Elbow 10 Frozen Shoulder 11 ACL Reconstruction 12 Shoulder Dislocation 13 Osteoarthritis 14 Back Pain Overview In Production 15 Slipped Disc In Production |
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▶ Physiotherapy

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|------------------------------------|---|
| 01 Hip Exercises | 08 Knee Control Exercises |
| 02 Frozen Shoulder Exercises | 09 Knee Strength, Agility and Plyometrics |
| 03 Hand Exercises | 10 Hip conditioning Program |
| 04 Spine Conditioning Program | 11 Foot and Ankle Exercises |
| 05 Knee Stretch and Strength | 12 Exercise in Pregnancy |
| 06 Knee Core Stability Exercises | 13 Back and Pelvic Pain in Pregnancy |
| 07 Shoulder Surgery Exercises | |





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Dental

- 01 | Caries
- 02 | Extractions
- 03 | Scaling
- 04 | Dental Filling
- 05 | Veneers
- 06 | Root Canal
- 07 | Implants
- 08 | Whitening
- 09 | Dentures
- 10 | Oral Hygiene
- 11 | Dental Care in Pregnancy





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▶ Cardiology

- | | |
|--|--|
| <ul style="list-style-type: none"> 01 Atrial Fibrillation 02 Your Guide to Blood Pressure 03 Angioplasty 04 Angina and Heart Attack 05 Understanding Cholesterol 06 ECG, Exercise ECG and Holter ECG | <ul style="list-style-type: none"> 07 Echocardiogram, Stress Echo and Transoesophageal Ech 08 Heart Failure 09 Electrophysiological Studies 10 CT Coronary Angiogram and Calcium Scoring 11 Radionuclide Heart Scan |
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Ophthalmology

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|---|---|
| 01 Cataracts and Cataract Surgery | 08 Blepharitis |
| 02 Retinal Detachment | 09 Squint |
| 03 Diabetic Macular Oedema | 10 Anterior Uveitis |
| 04 Dry Eyes | 11 Refractive Errors |
| 05 Corneal Ulcer | 12 Surgery for Refractive Errors |
| 06 Nasolacrimal Duct Obstruction in Babies | 13 Errors of Refraction |
| 07 Retinal Vein Occlusion | |





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Radiology

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|----------------------------------|---|
| 01 CT Scans | 09 Doppler Ultrasound |
| 02 MRI | 10 PET Scan |
| 03 X-Rays | 11 Ultrasound in Pregnancy |
| 04 Bone Scan | 12 Radionuclide Heart Scan |
| 05 VQ Lung Scan | 13 CT Coronary Angiogram and Calcium Scoring |
| 06 Thyroid Nuclear Scan | 14 Echocardiogram, Stress Echo and Transoesophageal Echo |
| 07 Mammogram | 15 ECG, Exercise ECG & Holter ECG |
| 08 Ultrasound | |



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Mental Health

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|----|---|---------------|
| 01 | Generalized Anxiety Disorders | |
| 02 | Eating Disorders: Anorexia Nervosa | |
| 03 | Insomnia | |
| 04 | Eating Disorders Bulimia | |
| 05 | Self Harm | |
| 06 | Supporting a Family Member Who Self-harms | |
| 07 | Depression | In Production |
| 08 | Postnatal Depression | In Production |
| 09 | Autism Spectrum Disorder | In Production |
| 10 | Depression in Children and Teens | In Production |
| 11 | Depression in the Elderly | In Production |





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▶ Paediatrics

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|----|--|---------------|
| 01 | Middle Ear Infections | |
| 02 | Colds in children | |
| 03 | Nappy Rash | |
| 04 | Diarrhoea and Vomiting in Children | |
| 05 | Fever in Children | In Production |
| 06 | Asthma | |
| 07 | Tonsillitis | |
| 08 | ADHD in Children | In Production |
| 09 | Vaccination | |
| 10 | Breastfeeding in Hot Weather | |
| 11 | Hot Weather and Children | |
| 12 | Type 1 Diabetes in Children Overview | |
| 13 | Living with Diabetes | |
| 14 | Depression in Children and Teens | In Production |
| 15 | Autism Spectrum Disorder | In Production |
| 16 | Rash | In Production |
| 17 | Sickle Cell Disease Overview | In Production |
| 18 | Management of Sickle Crisis in Children | In Production |
| 19 | Schooling and Sickle Cell Disease | In Production |
| 20 | Empowering Young Ones with Sickle Cell Disease | In Production |





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Oncology

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|--|--|
| <ul style="list-style-type: none"> 01 Warning Signs of Cancer In Production 02 Breast Cancer 03 Diagnosing Breast Cancer 04 Breast Cancer Treatment 05 Colorectal Cancer Screening and Diagnosis 06 Colorectal Cancer Treatment 07 Lung Cancer 08 Prostate Cancer | <ul style="list-style-type: none"> 09 Non-Hodgkin Lymphoma 10 Thyroid Cancer In Production 11 Cancer and Family and Social Life In Production 12 Pet Scan 13 Mammogram 14 Thyroid Nuclear Scan 15 Bone Scan |
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Diabetes

- 01 | Diabetes Type 1 in Children: Overview
- 02 | Living with Diabetes
- 03 | Taking Care of Your Feet
- 04 | Type 2 Diabetes
- 05 | Diabetes Screening and Diagnosis
- 06 | Diabetic Macular Oedema
- 07 | Diabetes in Pregnancy





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Endocrinology

- 01 | Diabetes Type 1 in Children Overview
- 02 | Living with Diabetes
- 03 | Thyroid Nuclear Scan
- 04 | Thyroidectomy In Production
- 05 | Hypothyroidism In Production
- 06 | Hyperthyroidism In Production
- 07 | Adrenal Insufficiency In Production
- 08 | Cushing Syndrome In Production





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General Surgery

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|---|--|
| <ul style="list-style-type: none"> 01 Cholecystectomy In Production 02 Inguinal Hernia Repair In Production 03 Appendectomy In Production 04 Releasing Peritoneal Adhesions In Production 05 Thyroidectomy In Production | <ul style="list-style-type: none"> 06 Laparoscopic Nissen's Fundoplication In Production 07 Haemorrhoidectomy In Production 08 Partial Colectomy In Production 09 Gastric Sleeve Surgery In Production |
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Gastroenterology

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|----|--------------------------|---------------|
| 01 | Bowel Polyps | |
| 02 | GORD | |
| 03 | Crohn's Disease | |
| 04 | Understanding Cholestrol | |
| 05 | IBS | In Production |
| 06 | Ulcerative Colitis | In Production |
| 07 | Stomach Ulcers | In Production |
| 08 | Constipation | In Production |



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Geriatrics

- 01 | Dementia Overview **In Production**
- 02 | Life with Dementia **In Production**
- 03 | Dementia for carers **In Production**
- 04 | Communicating with Dementia Patients **In Production**
- 05 | Managing Heat as You Age
- 06 | Osteoarthritis
- 07 | Depression in Elderly **In Production**





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Internal Medicine

01 | Your Guide to Blood Pressure

02 | Understanding Cholesterol





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ENT

- 01 | Tonsillitis
- 02 | Middle Ear Infection
- 03 | Allergic Rhinitis In Production





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▶ Haematology

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|-----------|--|---------------|
| 01 | Management of Sickle Crisis in Children | In Production |
| 02 | Will My Child Have Sickle Cell Disease | In Production |
| 03 | G6PD Deficiency | In Production |
| 04 | Thalassaemia | In Production |
| 05 | Iron Deficiency Anaemia | In Production |
| 06 | Sickle Cell Disease Overview | In Production |
| 07 | Schooling and Sickle Cell Disease | In Production |
| 08 | Pregnancy and Sickle Cell Disease | In Production |
| 09 | Empowering Young Ones with Sickle Cell Disease | In Production |



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▶ Respiratory

- 01 | COPD In Production
- 02 | Sleep Apnoea in Adults In Production
- 03 | CPAP In Production





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Dermatology

- 01 | Rash In Production
- 02 | Shingles In Production

