

Thanks for the clarification! With just **one week**, we'll use a **focused crash course strategy** that emphasizes high-yield content, integrated revision, and daily past paper practice.

7-Day High-Yield Study Plan for OT Topics

Daily Framework

Each day has 3 blocks:

- **Morning (3 hrs)** – Learn New Topics
 - **Afternoon (2 hrs)** – Active Recall + Diagrams
 - **Evening (2 hrs)** – Past Paper Practice + Quick Revision
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Day 1: OT Basics + Surgical Instruments

Topics

- Introduction to OT
- Duties of OT Technician + Circulator
- Surgical Instruments
- Operating room infection control
- Surgical terms
- Surgical positions
- Plaster of Paris technique
- Defibrillator



Practice: Label surgical instruments & recall duties aloud



Past Paper: Paper 1

Day 2: Anaesthesia + Sterilization

Topics

- General, Regional, Spinal, Epidural, Local Anaesthesia
- Anaesthesia machine
- Sterilization & disinfection:
 - Physical + Chemical methods
 - Dry & Moist heat



Tips: Make a sterilization chart for quick recall



Past Paper: Paper 2



Day 3: General Surgery Essentials



Topics

- Hernia + Hernioplasty
- Appendectomy
- Cholecystectomy (Steps)
- Laparotomy + Exploratory Laparotomy
- Abdominal incisions
- Thyroidectomy (Steps)



Past Paper: Paper 3



Draw labelled abdominal incisions



Day 4: Emergency + Specialized Surgeries



Topics

- Emergency surgery
- Urological, Neurological, ENT, Orthopaedic
- Thoracic, Gynaecological, Breast surgery



Group key procedures into one-sheet summaries



Past Paper: Paper 4

✅ Day 5: Anatomy Crash

💠 Topics

- Cardiovascular system
- Respiratory system
- Digestive system
- Endocrine system
- Excretory system
- Nervous system

🧠 Use diagrams + YouTube quick 3–5 min visuals

📄 **Past Paper:** Paper 5

✅ Day 6: Skeletal System + Surgical Aids

💠 Topics

- General survey of human skeleton
- Skeletal tissue, Cartilage, Tendon, Ligaments, Bone, Joints
- Surgical suture + Surgical needles
- Laparoscopic surgery complications + instruments

🧠 Quick sketches of joints + suture types

📄 **Past Paper:** Paper 6

✅ Day 7: Final Revision + Mock Paper

🔄 Full-Day Activity:

- Review your notes and diagrams
- Re-attempt tricky past paper questions
- Flashcard drill: Anaesthesia, Instruments, Anatomy

- 1 Full mock test (Paper 7) under timed conditions
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Tools to Boost Efficiency

- **Pomodoro** (25 min study, 5 min break) for each session
 - **Mind maps** for Anatomy and Surgery steps
 - **Flashcards/Quizlet** for definitions, instruments, anaesthesia types
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Would you like this plan in **printable PDF/table format** or a **checklist version** for each day?