

For my Geetu

Team Aditika for the win

INI-CET Clinical Guideline & Exam Pearls

Focused on changes or exam-relevant signals visible in Jan 2025 to Apr 2026 official material.

Use pattern

- Read this after the drug PDF and the PSM PDF.
- This sheet is for viva-style recall and recent-MCQ protection.
- Where there is no true new definition but a newer guidance emphasis exists, the sheet states that explicitly.

Sepsis screening: 2026 SSC update

Theme	High-yield points
Sepsis screening: 2026 SSC update	<ul style="list-style-type: none"> - For acutely ill patients in hospital, the 2026 Surviving Sepsis Campaign recommends NEWS/NEWS2/MEWS/SIRS over qSOFA as a single screening tool. - Sepsis remains a clinical diagnosis and should not be ruled in or ruled out by a single biomarker or diagnostic test. - Blood cultures should be collected as soon as possible and ideally before antibiotics. - Measure lactate in possible/probable/definite sepsis or septic shock. - Antibiotics: immediate, ideally within 1 hour, for possible/probable/definite septic shock and for probable/definite sepsis without shock. - Initial fluid: suggest at least 30 mL/kg IV crystalloid in first 3 hours for sepsis-induced hypoperfusion or septic shock. - Initial MAP target in septic shock: 65 mm Hg.

qSOFA memory anchor

Theme	High-yield points
qSOFA memory anchor	<ul style="list-style-type: none"> - SCCM sepsis-definitions material states that if a patient has at least two positive qSOFA components, the patient should be examined for organ failure. - Exam pearl: qSOFA still matters as a bedside prompt/prognostic alert, but current SSC guidance does not prefer it as the sole in-hospital screening tool.

Lipid / dyslipidemia exam pearls from the 2025-26 update window

Theme	High-yield points
Lipid / dyslipidemia exam pearls from the 2025-26 update window	<ul style="list-style-type: none"> - FDA approved Lerochol (lerodalci-bep-liga) in Dec 2025 to reduce LDL cholesterol in adults with hypercholesterolemia, including heterozygous familial hypercholesterolemia. - FDA approved Redemplo (plozasiran) in Nov 2025 to reduce triglycerides in familial chylomicronemia syndrome. - In Indian NP-NCD public-health workflow, population-based screening targets HTN, DM and common cancers; lipid profile appears in diagnostic service packages rather than as a stand-alone PBS target in the cited module.

High-yield infectious disease / medicine approvals

Theme	High-yield points
High-yield infectious disease / medicine approvals	<ul style="list-style-type: none"> - Blujepa (gepotidacin) - uncomplicated UTI (FDA Mar 2025). - Nuzolvence (zoliflodacin) - uncomplicated urogenital gonorrhea (FDA Dec 2025). - Enflonsia (clesrovimab-cfor) - RSV prevention in neonates/infants entering first RSV season (FDA Jun 2025). - Awiqli (insulin icodec-abae) - once-weekly basal insulin approval for adults with type 2 diabetes (FDA Mar 2026). - Foundayo (orforglipron) - obesity/overweight with comorbidity approval (FDA Apr 2026).

Very-short final revision

- qSOFA: do not use as sole in-hospital screening tool; SSC 2026 prefers NEWS/NEWS2/MEWS/SIRS over qSOFA alone.
- Sepsis antibiotics: within 1 hour for septic shock and probable/definite sepsis.
- Lactate: measure it.
- Shock MAP target: 65 mm Hg.
- Fluid: 30 mL/kg crystalloid in first 3 hours.
- Lipid pearl: Lerochol = LDL; Redemplo = triglycerides / FCS.
- In Indian NP-NCD public-health screening, lipids are diagnostic support, not a named population-based screening target.

Official sources used

Source	URL
FDA novel drug approvals 2025	https://www.fda.gov/drugs/novel-drug-approvals-fda/novel-drug-approvals-2025
FDA novel drug approvals 2026	https://www.fda.gov/drugs/novel-drug-approvals-fda/novel-drug-approvals-2026

Source	URL
CDSCO approved new drugs index	https://cdsco.gov.in/opencms/opencms/en/Approval_new/Approved-New-Drugs/
CDSCO 2026 new drugs PDF	https://cdsco.gov.in/opencms/resources/UploadCDSCOWeb/2018/UploadApprovalNewDrugs/List%20of%20New%20Drugs%20approved%20in%20the%20year%202026%20till%20date.pdf
CDSCO 2025 accessible new drugs PDF snapshot	https://cdsco.gov.in/opencms/resources/UploadCDSCOWeb/2018/UploadApprovalNewDrugs/List%20of%20New%20Drugs%20approved%20in%20the%20year%2020251sep25.pdf
NHM Medical Officer training module for NP-NCD	https://nhm.gov.in/New-Update-2025-26/Whats-new/NCD-Medical-Officers.pdf
ICMR National Essential Diagnostics List 2025, 2nd edition	https://www.icmr.gov.in/icmrobject/uploads/Report/1752588650_nedl2ndedition.pdf
NHM guideline: IV iron in pregnant and lactating women	https://nhm.gov.in/images/pdf/Nutrition/AMB-guidelines/Operational%20Guidelines%20for%20use%20use%20of%20Intravenous%20Iron%20in%20Pregnant%20and%20Lactating%20Women.pdf
NHM STOP Diarrhoea Campaign 2025 guidance	https://nhm.gov.in/New_Updates_2018/NHM_Components/RMNCHA/CH/Schemes/IDCF/IDCF-2025/Guidance_Document_on-STOP_Diarrhoea_Campaign_2025.pdf
NHM FBNC guideline listing page	https://nhm.gov.in/index1.php?lang=1&level;=1&lid;=766&sublinkid;=1409
NHM FBNC 2025 PDF search hit	https://nhm.gov.in/images/pdf/programmes/CH-Programmes/FBNC/FBNC%20Operational%20Guidelines%202025.pdf
MoHFW / PIB One Health budget mention	https://www.pib.gov.in/PressReleasePage.aspx?PRID=2037636
DGHS e-publications: NAP-AMR 2025-2029	https://dghs.mohfw.gov.in/e-publications.php
PIB launch note for NAP-AMR 2.0	https://www.pib.gov.in/PressReleasePage.aspx?PRID=2191165
MoHFW / PIB AVVY rollout April 2025	https://www.mohfw.gov.in/?q=en%2Fpress-info%2F8676
NHA PM-JAY implementation count note Jan 2026	https://nha.gov.in/strapi/uploads/Request_for_Empanelment_of_Beneficiary_Facilitation_Agencies_BFA_For_PM_JAY_72916f7614.pdf
SCCM sepsis definitions	https://www.sccm.org/clinical-resources/sepsis-definitions
SCCM Surviving Sepsis Campaign 2026	https://www.sccm.org/clinical-resources/guidelines/guidelines/surviving-sepsis-campaign-international-guidelines-for-management-of-sepsis-and-septic-shock-2026