

ANATOMY

Bowel components

[ID 189]

"Dow Jones Industrial Average Closing

Dow Jones Industrial Climbing Average Closing Stock Report".

Knowledge Level 1, System: Alimentary
Anonymous Contributor

Diaphragm apertures: spinal levels

Hi Yield [ID 3225]

Aortic hiatus = 12 letters = T12

Oesophagus = 10 letters = T10

Vena cava = 8 letters = T8

Knowledge Level 1, System: Alimentary
Oriade Adeoye Dept. of Medicine, College of Health Sciences, OAU, Ile-Ife

Duodenum: lengths of parts

[ID 58]

"Counting **1 to 4** but staggered":

1st part: **2** inches

2nd part: **3** inches

3rd part: **4** inches

4th part: **1** inch

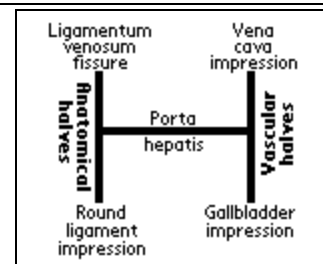
Knowledge Level 5, System: Alimentary
Anonymous Contributor

Liver inferior markings showing right/left lobe vs. vascular divisions

[ID 114]

There's a **Hepatic "H"** on inferior of liver. One vertical stick of the H is the dividing line for anatomical right/left lobe and the other vertical stick is the divider for vascular halves. Stick that divides the liver into vascular halves is the one with vena cava impression (since vena cava carries blood, it's fortunate that it's the divider for blood halves).

Knowledge Level 5, System: Alimentary
Robert O'Connor University College Dublin



Meckel's diverticulum details

Hi Yield [ID 72]

2 inches long.

2 feet from end of ileum.

2 times more common in men.

2% occurrence in population.

2 types of tissues may be present.

Note: "**di-**" means "**two**", so **diverticulum** is the thing with all the **twos**.

Knowledge Level 2, System: Alimentary
Robert O'Connor University College Dublin

Aorta vs. vena cava: right vs. left

Hi Yield [ID 2516]

Aorta and **right** each have **5** letters, so aorta is on the right.

Vena and **cava** and **left** each have **4** letters, so vena cava is on the left.

Knowledge Level 1, System: Cardiovascular
Robert O'Connor University College Dublin

Aortic arch: major branch order

[ID 29]

"Know your **ABC'S**":

Aortic arch gives rise to:

Brachiocephalic trunk

left **C**ommon **C**arotid

left **S**ubclavian

Beware though trick question of 'What is first branch of aorta?' Technically, it's the coronary arteries.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrioventricular valves

Hi Yield [ID 2681]

"**LAB RAT**":

Left Atrium: **B**icuspid

Right Atrium: **T**ricuspid

Knowledge Level 1, System: Cardiovascular

Amir A. Ghaferi Johns Hopkins School of Medicine

Axillary artery branches

[ID 1208]

"Screw **T**he **L**awyer **S**ave **A** Patient":

Superior thoracic

Thoracoacromial

Lateral thoracic

Subscapular

Anterior circumflex humeral

Posterior circumflex humeral

Alternatively: "**S**ome **T**imes **L**ife **S**eems **A** Pain".

Knowledge Level 2, System: Cardiovascular

Anonymous contributor and Joe Azzopardi Not specified and Xarabank

Brachial artery: recurrent and collateral branches

[ID 608]

"**I Am Pretty Sexy**"

Inferior ulnar collateral artery goes with **A**nterior ulnar recurrent artery.

Posterior ulnar recurrent artery goes with **S**uperior ulnar collateral artery.

Alternatively: "**I Am Pretty Smart**".

Knowledge Level 5, System: Cardiovascular

Paul's Boutique Western University College of Osteopathic Medicine of the Pacific

Carotid sheath contents

[ID 669]

"**I See 10 CC's** in the **IV**":

I See (I.C.) = **I**nternal **C**arotid artery

10 = **CN 10** (Vagus nerve)

CC = **C**ommon **C**arotid artery

IV = **I**nternal **J**ugular **V**ein

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Cavernous sinus contents

Hi Yield [ID 1094]

O TOM CAT:

O TOM are lateral wall components, in order from superior to inferior.

CA are the components within the sinus, from medial to lateral. **CA** ends at the level of **T** from **O TOM**.

See diagram.

Occulomotor nerve (III)

Trochlear nerve (IV)

Ophthalmic nerve (V1)

Maxillary nerve (V2)

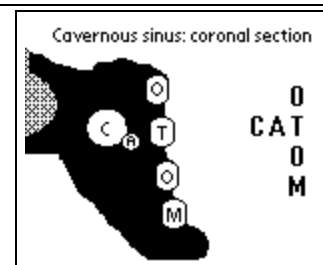
Carotid artery

Abducent nerve (VI)

T: When written, connects to the **T** of **OTOM**.

Knowledge Level 4, System: Cardiovascular

Jonathan Vafai New York University School of Medicine



Coelic trunk: branches

Hi Yield [ID 1833]

Left Hand Side (LHS):

Left gastric artery

Hepatic artery

Splenic artery

Knowledge Level 1, System: Cardiovascular

Dr. Harsh Sharma

Descending abdominal aorta branches from diaphragm to iliacs

[ID 613]

"**Prostitutes Cause Sagging Swollen Red Testicles [in men] Living In Sin**":

Phrenic [inferior]

Celiac

Superior mesenteric

Suprarenal [middle]

Renal

Testicular ["**in men**" only]

Lumbar

Inferior mesenteric

Sacral

Knowledge Level 2, System: Cardiovascular

Josser Mt. Sinai Medical School

External carotid artery branches

[ID 291]

"**Some Anatomists Like F*#king, Others Prefer S & M**":

Superior thyroid

Ascending pharyngeal

Lingual

Facial

Occipital

Posterior auricular

Superficial temporal

Maxillary

Alternatively: **As She Lay Flat, Oscar's Passion Slowly Mounted**".

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Femoral triangle: arrangement of contents

Hi Yield [ID 10]

NAVEL:

From lateral hip towards medial **n**avel:

Nerve (directly behind sheath)

Artery (within sheath)

Vein (within sheath)

Empy space (between vein and lymph)

Lymphatics (with deep inguinal node)

Nerve/Artery/Vein are all called Femoral.

Knowledge Level 1, System: Cardiovascular

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Heart valve sequence

[ID 1938]

"**Try Pulling My Aorta**":

Tricuspid

Pulmonary

Mitral

Aorta

Knowledge Level 1, System: Cardiovascular

Michael Franco Melbourne University, Australia

Inferior vena cava tributaries

[ID 1091]

"**I Like To Rise So High**":

Iliacs

Lumbar

Testicular

Renal

Suprarenal

Hepatic vein.

Think of the IVC wanting to rise high up to the heart.

Knowledge Level 3, System: Cardiovascular

Usman Ahmad KMC

Internal iliac artery: anterior branches

[ID 1169]

What Bill admitted to Hilary: "**I Milked Our Insatiable Intern's Udders Under the Desk**":

Inferior gluteal

Middle rectal

Obturator

Inferior vesical artery

Internal pudendal artery

Umbilical

U/D=**U**terine artery (female)/ **D**eferential artery (male)

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Internal jugular vein: tributaries

[ID 502]

"**Medical Schools Let Confident People In**":

From inferior to superior:

Middle thyroid

Superior thyroid

Lingual

Common facial

Pharyngeal

Inferior petrosal sinus

Knowledge Level 6, System: Cardiovascular

LaShawn A. Weaver Medical University of South Carolina

Liver: side with ligamentum venosum/ caudate lobe vs. side with quadrate lobe/ ligamentum teres

[ID 270]

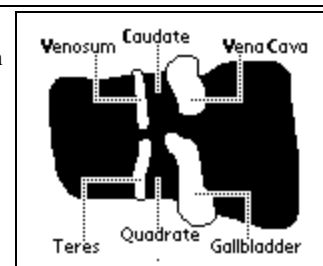
"**VC** goes with **VC**":

The **V**enosum and **C**audate is on same side as **V**ena **C**ava [posterior]. Therefore, quadrate and teres must be on anterior by default.

See inferior-view diagram.

Knowledge Level 4, System: Cardiovascular

Robert O'Connor University College Dublin



Lung lobe numbers: right vs. left

Hi Yield [ID 79]

Tricuspid heart valve and **tri**-lobed lung both on the right side.

Bicuspid and **bi**-lobed lung both on the left side.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin

Maxillary artery branches

[ID 935]

"**DAM I AM** **Piss Drunk But Stupid Drunk I Prefer, Must Phone Alcoholics Anonymous**":

Deep auricular

Anterior tympanic

Middle meningeal

Inferior alveolar

Accessory meningeal

Masseteric

Pterygoid

Deep temporal

Buccal

Sphenopalatine

Descending palatine

Infraorbital

Posterior superior alveolar

Middle superior alveolar

Pharyngeal

Anterior superior alveolar

Artery of the pterygoid canal

Knowledge Level 7, System: Cardiovascular

Imani Walker and Fareeda Hamid New York College of Osteopathic Medicine

Portal-systemic anastomoses: main 2 places that retroperitoneals connect into systemic

[ID 511]

RetroPeritoneals hook up with **Renal** and **Paravertebral** veins.

Knowledge Level 6, System: Cardiovascular

Anonymous Contributor

Saphenous veins: path of great vs. small at malleolus

[ID 278]

"**MAG**delaine has varicose veins" [The saphenous veins are important for varicose veins]:

Medial maleolus, **Anterior** to maleolus, and **Great** saphenous go together.

Then the opposites of these go together: **Small** saphenous is **posterior** to the **lateral** maleolus.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Thoracic cage: relations to the important venous structures

[ID 324]

Behind the **sternoclavicular** joints: the brachiocephalic veins begin.

Behind the **1st costal cartilage** on the right the superior vena cava begins.

Behind the **2nd costal cartilage** on the right the azygos vein ends.

Behind the **3rd costal cartilage** on the right the superior vena cava ends.

Knowledge Level 6, System: Cardiovascular

Fred Reid Undergrad at St-Andrews, UK

Thoracoacromial artery branches

[ID 1207]

ABCD:

Acromial

Breast (pectoral)

Clavicular

Deltoid

Knowledge Level 6, System: Cardiovascular

Anonymous contributor UCLA School of Medicine

Scalp layers

[ID 258]

SCALP:

From superficial to deep:

Skin

Connective tissue

Aponeurosis

Loose areolar tissue

Pericranium

Knowledge Level 1, System: Integumental

Anonymous Contributor

Ureter to ovarian/testicular artery relation

[ID 56]

"**Water under** the bridge":

The **ureters** (which carry water), are **posterior** to the ovarian/testicular artery.

Clinically important, since a common surgical error is to cut ureter instead of ovarian artery when removing uterus.

Knowledge Level 2, System: Kidney/Urine

Anonymous Contributor

Spleen: dimensions, weight, surface anatomy

[ID 54]

"**1,3,5,7,9,11**":

Spleen dimensions are **1** inch x **3** inches x **5** inches.

Weight is **7** ounces.

It underlies ribs **9** through **11**.

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Thoracic duct: relation to azygous vein and esophagus

[ID 26]

"The **duck** between **2** **gooses**":

Thoracic **duct** (duck) is between 2 **gooses**, **azygous** and **esophagus**.

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Abdominal muscles

[ID 162]

"Spare **TIRE** around their abdomen":

Transversus abdominis

Internal abdominal oblique

Rectus abdominis

External abdominal oblique

Knowledge Level 1, System: Muscle

Anonymous Contributor

Anterior forearm muscles: superficial group

[ID 1117]

"**Pimps F*ck Prostitutes For Fun**":

Pronator teres

Flexor carpi radialis

Palmaris longus

Flexor carpi ulnaris

Flexor digitorum superficialis

Knowledge Level 3, System: Muscle

Rob

Bicipital groove: attachments of muscles near it

[ID 27]

"The **lady** between **two** **majors**":

Teres **major** attaches to medial lip of groove.

Pectoralis **major** to lateral lip of groove.

Latissimus (Lady) is on floor of groove, between the 2 majors.

Knowledge Level 3, System: Muscle

Sandeep

Brachioradialis: function, innervation, one relation, one attachment

[ID 92]

BrachioRadialis:

Function: Its the **Beer Raising** muscle, flexes elbow, strongest when wrist is oriented like holding a beer.

Innervation: **Breaks Rule**: it's a flexor muscle, **But Radial**. (Radial nerve usually is for extensors: Recall **BEST** rule: B was for brachioradialis).

Important relation: **Behind** it is the **Radial** nerve in the cubital fossa.

Attachment: Attaches to **Bottom** of **Radius**.

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin

Elbow: muscles that flex it

[ID 94]

Three **B**'s Bend the el**B**ow:

Brachialis

Biceps

Brachioradialis

Knowledge Level 2, System: Muscle

Anonymous Contributor

Elbow: which side has common flexor origin

[ID 6]

FM (as in FM Radio):

Flexor **M**edial, so Common Flexor Origin is on the medial side.

Knowledge Level 2, System: Muscle

Anonymous Contributor

Erector spinae muscles

[ID 661]

"**I** Love Sex":

From lateral to medial:

Iliocostalis

Longissimus

Spinalis

Alternatively: "**I** Long for **S**pinach"

"Sex" helps you think of "Erector", but "Long" and "Spinach" help you remember the muscles' names.

Knowledge Level 7, System: Muscle

Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Eye rotation by oblique muscles

[ID 1416]

"**I** Love **S** & **M**":

Inferior oblique: **L**ateral eye rotation.

Superior oblique: **M**edial eye rotation.

Knowledge Level 1, System: Muscle

CS Eddleman Medical Student, Texas Tech SOM

Interossei muscles: actions of dorsal vs. palmar in hand

[ID 293]

"**PAd** and **DAb**":

The **P**almar **A**dduct and the **D**orsal **A**bduct.

Use your **hand** to **dab** with a **pad**.

Knowledge Level 5, System: Muscle

Dr. Atif Farooq and Anonymous Contributor Rawalpindi Medical College, Pakistan and Not Specified

Intrinsic muscles of hand (palmar surface)

[ID 646]

"**A OF A OF A**":

Thenar, lateral to medial:

Abductor pollicis longus

Opponens pollicis

Flexor pollicis brevis

Adductor pollicis.

Hypothenar, lateral to medial:

Opponens digiti minimi

Flexor digiti minimi

Abductor digiti minimi

Knowledge Level 4, System: Muscle

Anonymous Contributor

Inversion vs. eversion muscles in leg

[ID 102]

Second letter rule for inversion/eversion:

version muscles:

p rineus longus

p rineus brevis

p rineus terius

nversion muscles:

t bialis anterior

t bialis posterior

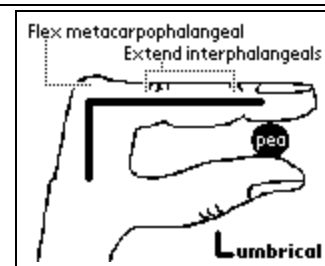
Knowledge Level 6, System: Muscle

Lumbricals action

[ID 5]

joints. When look at hand in this position, can see this makes an "L" shape, since **L** Lumbrical.

Robert O'Connor University College Dublin



Muscles: potentially absent ones

[ID 1291]

Muscles which may be absent but may be important:

5 P's:

almaris longus [upper limb]

P

Peroneus tertius [lower limb]

pyramidalis [anterior abdominal wall]

P

Knowledge Level 3, System: Muscle

Shebrain Cairo University

Oblique muscles: direction of externals vs. internals

[ID 57]

"Hands in your pockets":

When put hands in your pockets, fingers now lie on top of external obliques and fingers point their direction of fibers: down and towards midline.

Note: "oblique" tells that must be going at an angle.

Internal obliques are at right angles to external.

Knowledge Level 1, System: Muscle

Anonymous Contributor

Plantarflexion vs. dorsiflexion

[ID 202]

Plantar flexion occurs when you squish a **Plant** with your foot.

Knowledge Level 1, System: Muscle

Anonymous Contributor

Popliteal fossa: muscles arrangement

[ID 9]

The two Semi's go together, Semimembranosus and Semitendinosus.

The **M**embranosus is **M**edial and since the two semis go together, Semitendinosus is also medial.

Therefore, Biceps Femoris has to be lateral.

Of the semi's, to remember which one is superficial: the **T**endonosus is on **T**op.

Knowledge Level 3, System: Muscle

Anonymous Contributor

Pterygoid muscles: function of lateral vs. medial

[ID 70]

"Look at how your jaw ends up when saying first syllable of '**La** **Medial**' ":

La": your jaw is now , so **La** **opens** mouth.

Me": your jaw is still , so **medial closes** the mandible.

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin

Rotator cuff muscles

Hi Yield [ID 35]

"The **SITS** muscles":

Clockwise from top:

Supraspinatus

Infraspinatus

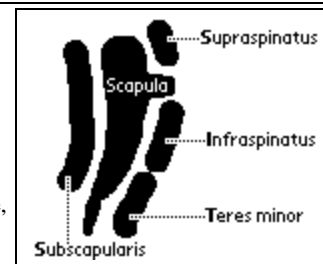
Teres **minor**

Subscapularis

A pro baseball pitcher has injured his rotator cuff muscles. As a result, he **SITS** out for the rest of the game, and then gets sent to the **minor** leagues.

Knowledge Level 2, System: Muscle

Anne Conlin and Robert O'Connor University of Western Ontario Medical School, London, Canada and University College Dublin



Serratus anterior: innervation

SALT:

erratus **A** **L**ong horacic.

Knowledge Level 2, System: Muscle

Serratus anterior: innervation and action

"**C5- -7** **heaven**":

Long thoracic nerve roots (567) innervate Serratus anterior.

Knowledge Level 2, System: Muscle

Anonymous Contributor

Soleus vs. gastrocnemius muscle function

[ID 101]

Stand on your s. **Explosive gas**

You **stand** **Soleus** is for posture.

Gastrocnemius is for movement.

Knowledge Level 3, System: Muscle

Supination vs. pronation

"**SOUP**

POUR-

soup.

pouring out whatever is your bowl.

Alternatively, **Pronation donation** **Pronation** is palm facing downward, as if making a .

Knowledge Level 1, System: Muscle

Bell's palsy: symptoms

BELL'S Palsy:

link reflex abnormal

E

Lacrimation [deficient, excess]

loss of taste

S

Palsy of VII nerve muscles

All symptoms are unilateral.

Knowledge Level 4, System: Nervous

Brachial plexus branches

"**My Aunt Raped My Uncle**":

From lateral to medial:

Musculocutaneous

Axillary

Radial

Median

Ulnar

Knowledge Level 1, System: Nervous

Anonymous Contributor

Brachial plexus subunits

[ID 18]

"**Randy Travis Drinks Cold Beer**":

Roots

Trunks

Divisions

Cords

Branches

Alternatively: "**Read The Damn Cadaver Book!**"

Alternatively: "**Real Texans Drink Coors Beer**".

Knowledge Level 1, System: Nervous

Karl and Anonymous Contributor Boston U. School of Medicine and Not Specified

Brachial plexus: branches of posterior cord

[ID 465]

STAR:

Subscapular [upper and lower]

Thoracodorsal

Axillary

Radial

Knowledge Level 2, System: Nervous

Zaineb Vakili Gulf Medical College Ajman

Buttock quadrant safest for needle insertion

Hi Yield [ID 14]

"**Shut up and butt out**":

The **Upper Outer** quadrant of the **Buttock** safely avoids hitting sciatic nerve.

Knowledge Level 2, System: Nervous

Anonymous Contributor

Carpal tunnel syndrome causes

Hi Yield [ID 126]

MEDIAN TRAP:

Myoedema

Edema premenstrually

Diabetes

Idiopathic

Agromegaly

Neoplasm

Trauma

Rheumatoid arthritis

Amyloidosis

Pregnancy

Mnemonic fits nicely since median nerve is trapped.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Cervical plexus: arrangement of the important nerves

[ID 268]

GLAST":

4 compass points: clockwise from north on the right side of neck:

G

Lesser occipital

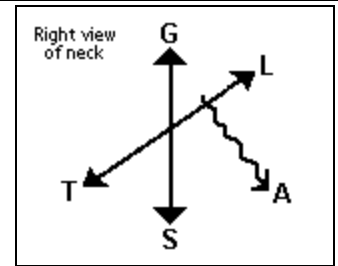
ccessory nerve pops out between L and S

S

Transverse cervical

See diagram.

Knowledge Level 3, System: Nervous



Deep tendon reflexes: root supply

Hi Yield [ID 550]

God designed body reflexes according to a nursery rhyme:

One, two-- buckle my shoe. **Three, four--** kick the door. **Five, six--** pick up sticks. **Seven, eight--** shut the gate.

S1,2 = ankle jerk

L3,4 = knee jerk

C5,6 = biceps and brachioradialis

C7,8 = triceps

Knowledge Level 2, System: Nervous

Bryan Traynor Massachusetts General Hospital and Brigham and Women's Hospital, Boston, USA

Diaphragm innervation

Hi Yield [ID 23]

"**3, 4, 5** keeps the diaphragm alive":

Diaphragm innervation is cervical roots **3, 4,** and **5.**

Knowledge Level 1, System: Nervous

Michael Nawfal

Extraocular muscles cranial nerve innervation

Hi Yield [ID 572]

"**LR6SO4 rest 3**":

Lateral Rectus is **6th**

Superior Oblique is **4th**

rest are all **3rd** cranial nerve

Knowledge Level 2, System: Nervous

Atul Singh Detroit Medical Center

Facial nerve: branches after Stylomastoid foramen

[ID 863]

"**Ten Zulus Buggered My Cat (Painfully)**":

From superior to inferior:

Temporal branch

Zygomatic branch

Buccal branch

Mandibular branch

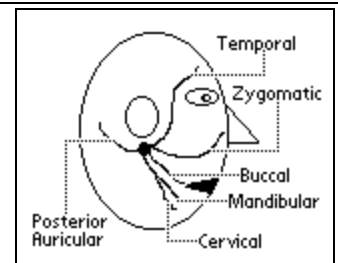
Cervical branch

(Posterior auricular nerve)

Alternatively: "**P**assing **T**hrough **Z**anzibar **B**y **M**otor **C**ar" (**PA** for **P**osterior **A**uricular).

Knowledge Level 1, System: Nervous

Stephan Sanders and Kris Downing Nottingham Medical School, UK and UCR/UCLA Biomedical Sciences Program, USA



Lingual nerve course

[ID 329]

The Lingual nerve

Took a curve

Around the Hyoglossus.

"Well I'll be f*#ked!"

Said Wharton's Duct,

"The bastard's gone and crossed us!"

Knowledge Level 6, System: Nervous

Sam Hinton University of California, San Diego

Lumbar plexus

[ID 643]

"**I I et L On ridays**":

I

Ilioinguinal [L1]

Genitofemoral [L1, L2]

L

Obturator [L2, L3, L4]

Femoral [L2, L3, L4]

Alternatively: "**I** twice **G**et **L**aid **O**n **F**ridays".

Alternatively: "**I**nterested **I**n **G**etting **L**aid **O**n **F**ridays?"

Knowledge Level 3, System: Nervous

Alfred Munoz MCP-Hahnemann School Of Medicine

Lumbar plexus roots

[ID 263]

"**2 from 1, 2 from 2, 2 from 3**":

2 nerves from **1** root: Ilioinguinal (L1), Iliohypogastric (L1).

2 nerves from **2** roots: Genitofemoral (L1,L2), Lateral Femoral (L2,L3).

2 nerves from **3** roots: Obturator (L2,L3,L4), Femoral (L2,L3,L4).

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Median nerve: hand muscles innervated

[ID 36]

"The **LOAF** muscles":

Lumbricals 1 and 2

Opponens pollicis

Abductor pollicis brevis

Flexor pollicis brevis

Alternatively: **LLOAF**, with 2 L's, to recall there's 2 lumbricals.

To remember that these are the Median nerve muscles, think "**Meat LOAF**".

Knowledge Level 2, System: Nervous

Samuel Atom Baek Kim

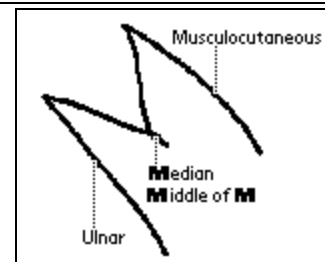
Median nerve: recognizing it in an opened axilla

[ID 86]

The Median nerve is the Middle of a giant capital "**M**" formed by the musculocutaneous and ulnar nerves.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin



Pectoral nerves: path of lateral vs. medial

[ID 127]

"**Lateral Less, Medial More**":

Lateral pectoral nerve only goes through Pectoralis major, but

Medial pectoral nerve goes through both Pectoralis major and minor.

Knowledge Level 5, System: Nervous

Anonymous Contributor

Pelvis: sacral innervation

[ID 33]

"**S2,3,4** keeps the 3 **P**'s off the floor (**P**enis, **P**oo, and **P**ee).

S2,3,4 innervates the anal sphincter, urethral sphincter, and causes erection.

Knowledge Level 2, System: Nervous

Anonymous Contributor National University of Ireland, Galway and University of Sydney, Australia

Penis autonomic innervation actions

[ID 28]

Parasympathetic puts it up. **S** Spurts it out".
Point and shoot": **P** Points it, sympathetic **S**

Erection and Ejaculation (Emission).

Knowledge Level 2, System: Nervous

Andrew J. Vasil and John Nguyen University of Minnesota School of Medicine and University of Texas Medical Branch at Galveston

Radial nerve: muscles innervated

[ID 1184]

"Try **A** Big Chocolate Chip **S**undae, **D**ouble **D**ip Cherries **A**nd Peanuts **P**referably **I**ncluded":

In order of their innervation, proximal to distal:

Triceps

Anconeus

Brachioradialis

ext. Carpi radialis longus

ext. Carpi radialis brevis

Supinator

ext. Digitorum

ext. Digiiti minimi

ext. Carpi ulnaris

Abductor poll. longus

ext. Poll. brevis

ext. **P** poll. longus

ext. Indicis

For the neighboring words that start with the same letter (eg: chocolate and chip), notice that the **longer** word in the mnemonic, corresponds to the longer of the two muscle names (ex: ext. carpi radialis **longus** and ext. carpi radialis brevis)

Knowledge Level 6, System: Nervous

Anonymous Contributor Medical College of Ohio

Radial nerve: muscles supplied (simplified)

[ID 16]

"**BEST** muscles":

Brachioradialis

Extensors

Supinator

Triceps

Knowledge Level 1, System: Nervous

Anonymous Contributor

Scalp: nerve supply

[ID 2046]

GLASS:

Greater occipital/ Greater auricular

Lesser occipital

Auriculotemporal

Supratrochlear

Supraorbital

Knowledge Level 5, System: Nervous

Anonymous Contributor

Spinal cord: length in vertebral column

Hi Yield [ID 1040]

SCULL:

Spinal Cord Until **L2** (LL).

Knowledge Level 3, System: Nervous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Thigh: innervation by compartment

Hi Yield [ID 2382]

"MAP OF Sciatic

Medial compartment: bturator

A Femoral

osterior compartment: **Sciatic**

So all the thigh muscles in that compartment get innervated by that nerve.

Knowledge Level 1, System: Nervous

Trigeminal nerve: where branches exit skull

"Standing R Only":

foramen Rotundum is V2

foramen

Knowledge Level 1, System: Nervous

Anonymous Contributor

"M.D. My TV

Mastication [masseter, temporalis, pterygoids]

igastric [anterior belly]

My

tensor T

tensor V

Knowledge Level 2, System: Nervous

Christian Erickson Duke University

V3: sensory branches

[ID 1024]

Buccaneers istis":

Bucca

Auriculotemporal

alveolar

Lingu

Knowledge Level 5, System: Nervous

Jennifer Chuang University of Vermont School of Medicine

Vagus nerve: path into thorax

[ID 449]

Left my in Vegas

Left Vagus nerve goes erior descending into the thorax.

Knowledge Level 4, System: Nervous

Anatomical planes: coronal, horizontal, sagittal

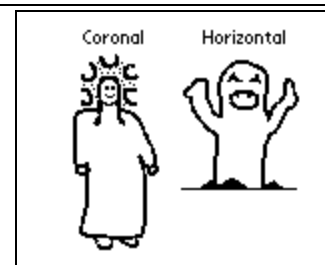
Coronal: A classic painting/stained glass window of a saint/angel has a head. The plane of the glass/page is cutting their head in the coronal plane.

: Someone coming over the **horizon**

Sagittal: the remaining one by default.

Knowledge Level 1, System: Other/Miscellaneous

radiating around the person's



Cubital fossa contents

[ID 1271]

"Really Need Booze To Be At My Nicest":

From lateral to medial:

Radial **N**

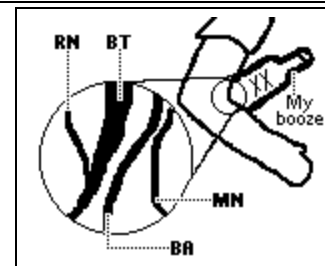
Biceps

Brachial

Median

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor



Hi Yield [ID 3262]

Hand: nerve lesions

D Radial nerve

law=U

Median nerve= pe hand (or **A**

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Inguinal canal: walls

Hi Yield [ID 2010]

"**MALT**: 2**M**, 2**A**, 2**L**, 2**T**":

Starting from superior, moving around in order to posterior:

Superior wall (roof): 2 **M**uscles:

internal oblique **M**uscle

transverse abdominus **M**uscle

Anterior wall: 2 **A**poneuroses:

Aponeurosis of external oblique

Aponeurosis of internal oblique

Lower wall (floor): 2 **L**igaments:

inguinal **L**igament

lacunar **L**igament

Posterior wall: 2**T**s:

Transversalis fascia

conjunct **T**endon

Knowledge Level 1, System: Other/Miscellaneous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

Mediastinums: posterior mediastinum structures

[ID 2355]

There are 4 birds:

The esopha**GOOSE** (esophagus)

The va**GOOSE** nerve

The azy**GOOSE** vein

The thoracic **DUCK** (duct)

Knowledge Level 2, System: Other/Miscellaneous

Aron Flagg Finch University of Health Sciences / The Chicago Medical School

Perineal vs. peroneal

[ID 166]

Perineal is **in** between the legs.

Peroneal is **on** the leg.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Retroperitoneal structures list

Hi Yield [ID 510]

SAD PUCKER:

Suprarenal glands

Aorta & IVC

Duodenum (half)

Pancreas

Ureters

Colon (ascending & descending)

Kidneys

Esophagus (anterior & left covered)

Rectum

Ron Norman AECC

[ID 1123]

" & TENT

Brachiocephalic veins

rch of aorta

T

Superior vena cava

rachea

Esophagus

Nerves (vagus & phrenic)

Thoracic duct

Knowledge Level 2, System: Other/Miscellaneous

Sumeet Verma East Carolina University SOM

Superior mediastinum: contents

Hi Yield [ID 1986]

PVT Left BATTLE:

Phrenic nerve

Vagus nerve

Thoracic duct

Left recurrent laryngeal nerve (not the right)

Brachiocephalic veins

Aortic arch (and its 3 branches)

Thymus

Trachea

Lymph nodes

Esophagus

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor University of Pittsburgh School of Medicine

Supine vs. prone body position

[ID 392]

"**Supine** is on your **spine**."

Therefore, prone's the "other" one.

Also, **prone** to suffocate in **prone** position.

Knowledge Level 1, System: Other/Miscellaneous

Carol Kasper and Sandy Honeycutt MacMurray College, Jacksonville, IL, USA and Nursing student

Bronchi: which is more vertical

Hi Yield [ID 832]

"**Right** on **Red**":

Many places allow making a **right** hand turn at a **red** light, if you first come to a complete **stop**.

A child swallowing a **red** penny is more likely to get it **stopped** down the **right** bronchus, since it is more vertical.

Knowledge Level 4, System: Pulmonary

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Bronchopulmonary segments of right lung

[ID 1049]

"**A PALM** Seed **Makes** Another **Little Palm**":

In order from superior to inferior:

Apical

Posterior

Anterior

Lateral

Medial

Superior

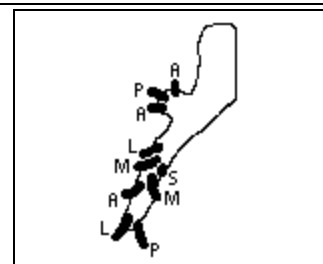
Medial basal

Anterior basal

Lateral basal

Posterior basal

Knowledge Level 7, System: Pulmonary



Lung lobes: one having lingula, lobe numbers

Hi Yield [ID 3100]

Lingula is on Left.

The lingula is like an atrophied lobe, so the left lung must have 2 "other" lobes, and therefore right lung has 3 lobes.

Knowledge Level 1, System: Pulmonary

Teresa Myers Student, UNC

Nasal cavity components

[ID 201]

"Never Call Me Needle Nose!":

Nares [external]

Conchae

Meatuses

Nares [internal]

Nasopharynx

Note mnemonic sentence is nasally-related.

Knowledge Level 5, System: Pulmonary

Anonymous Contributor

Pleura surface markings

Hi Yield [ID 123]

"All the even ribs, in order: 2,4,6,8,10,12 show its route":

Rib2: sharp angle inferiorly

Rib4: the left pleura does a lateral shift to accommodate heart

Rib6: both diverge laterally

Rib8: midclavicular line

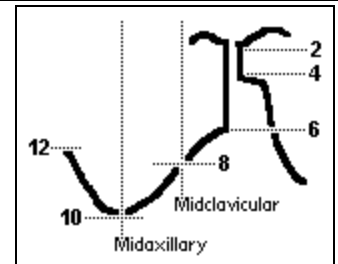
Rib10: midaxillary line

Rib12: the back

See diagram.

Knowledge Level 2, System: Pulmonary

Anonymous Contributor



Tonsils: The three types

[ID 39]

PPL (people) have tonsils":

haryngeal

P

Lingual

Anonymous Contributor

-section

[ID 117]

"There's 3 V's in your Voicebox":

Vestibular fold

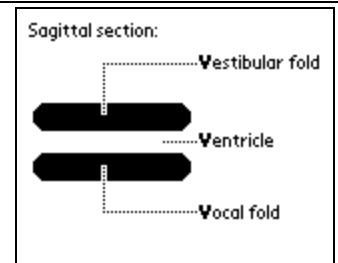
Ventricle

Vocal fold

Note: Vestibular and Vocal cord also known as false and true cords respectively.

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin



Anteflexed vs. anteverted: what bodypart each describes

"Ante Anteverted both bend toward rior".

Verted is for the cer ix (therefore flexed must be uterus).

Knowledge Level 4, System: Reproductive

Broad ligament: contents

[ID 2995]

BROAD:

undle (ovarian neurovascular bundle)

R

Ovarian ligament

rtefacts (vestigial structures)

D

Knowledge Level 1, System: Reproductive

David Colbert UWA Medicine

Scrotum layers

[ID 666]

"Some Damn Englishman Called It The Testis":

From superficial to deep:

Skin

Dartos

External spermatic fascia

Cremaster

Internal spermatic fascia

Tunica vaginalis

Testis

Knowledge Level 2, System: Reproductive

Anonymous Contributor

Sperm pathway through male reproductive tract

[ID 319]

SEVEN UP:

Seminiferous tubules

Epididymis

Vas deferens

Ejaculatory duct

Nothing

Urethra

Penis

Knowledge Level 2, System: Reproductive

Ken Evans Saskatchewan Health, Acute and Emergency Services

Sperm: path through male reproductive system

[ID 2424]

"My boyfriend's name is **STEVE**":

Seminiferous Tubules

Epididymis

Vas deferens

Ejaculatory duct

Knowledge Level 1, System: Reproductive

Amy Harrington MCP Hahneemann

Spermatic cord contents

[ID 926]

"Piles Don't Contribute To A Good Sex Life":

Pampiniform plexus

Ductus deferens

Cremasteric artery

Testicular artery

Artery of the ductus deferens

Genital branch of the genitofemoral nerve

Sympathetic nerve fibers

Lymphatic vessels

Knowledge Level 2, System: Reproductive

TR Columbia PandS

Arm fractures: nerves affected by humerus fracture location

Hi Yield [ID 2797]

ARM fracture:

From superior to inferior:

A

Radial: mid shaft

Median: supracondylar

Knowledge Level 1, System: Skeletal

Carpal bones

[ID 552]

"**S**top **L**etting **T**hose **P**eople **T**ouch **T**he **C**adaver's **H**and":

Proximal row, lateral-to-medial:

Scaphoid

Lunate

Triquetrum

Pisiform

Distal row, lateral-to-medial:

Trapezium

Trapezoid

Capitate

Hamate

Knowledge Level 1, System: Skeletal

Edward Tanner University of Alabama SOM

Carpal bones: trapezium vs. trapezoid location

[ID 4]

Since there's two T's in carpal bone mnemonic sentences, need to know which T is where:

Trapezi**U**M is by the th**U**MB, Trapezi**O**ID is in**S**IDE.

Alternatively, Trapezi**U**M is by the th**U**MB, Trapez**O**ID is by its **S**IDE.

Knowledge Level 1, System: Skeletal

Tom Ball Imperial College, UK

Carpel bones

Hi Yield [ID 2291]

"**S**o **L**ong **T**o **P**inky, **H**ere **C**omes **T**he **T**humb":

Proximal row, lateral-to-medial, then distal row, medial-to-medial:

Scaphoid

Lunate

Triquetrum

Pisiform

Hamate

Capate

Trapezoid

Trapezium

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Cartilage derivatives of 1st pharyngeal arch (mandibular)

[ID 834]

"**I**M **A** Super **S**exy **G**uy" (or Girl):

Incus

Malleus

Anterior ligament of malleus

Spine of sphenoid

Sphenomandibular ligament

Genial tubercle of mandible

Knowledge Level 7, System: Skeletal

Ron Norman AECC

Cranial bones

[ID 171]

"**PEST OF 6**":

Parietal
Ethmoid
Sphenoid
Temporal
Occipital
Frontal

The 6 just reminds that there's 6 of them to remember.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Foramen ovale contents

[ID 1743]

OVALE:

Otic ganglion (just inferior)

V3 cranial nerve

Accessory meningeal artery

Lesser petrosal nerve

Emissary veins

Knowledge Level 6, System: Skeletal

Syukree UKM

Genu valgum vs. genu vargum

Hi Yield [ID 2187]

Genu val**GUM** (knock-knee): knees are **GUM**med together.

Varum (bowleg) is the other by default, or **Far** rhymes with **Var**, so knees are **far** apart.

Knowledge Level 1, System: Skeletal

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Hand fractures: Colle's vs. Smith's

Hi Yield [ID 2771]

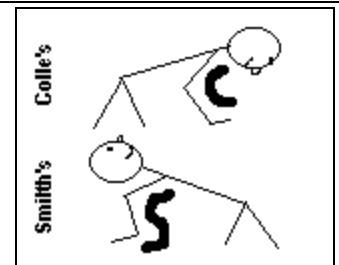
Colle's fracture: arm in fall position makes a 'C' shape.

Smith's fracture: arm in fall position makes a 'S' shape.

See diagram.

Knowledge Level 1, System: Skeletal

Soichiro Fushimi Okayama University Medical School, Japan



Joints in the midline

[ID 271]

"**SC**":

In medial line, below **Second Cervical**, joints are **Secondary Cartilaginous** and usually have a di**SC**.

Notes: secondary cartilaginous is also known as symphysis. The one that doesn't have a disc is xiphi-sternal.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Lordosis vs. kyphosis

[ID 395]

Lordosis: **Lumbar**.

KYphosis is **HY** up on the spine.

Knowledge Level 3, System: Skeletal

Anonymous Contributor

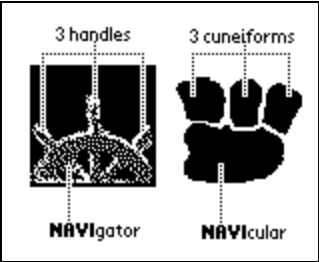
Medial malleolus: order of tendons, artery, nerve behind it

[ID 7]

"**T** Dick, nd **N** Harry":
From anterior to posterior:
T
Digitorum
rtery
N
Hallicus
Full names for these are: Tibialis Posterior, Flexor Digitorum Longus, Posterior Tibial Artery, Posterior Tibial Nerve, Flexor Hallicus Longus.
And **N** Harry".
Tom, ick **A** Not arry".
Knowledge Level 3, System: Skeletal

Navicular contacts 3 of 5 cuneiform bones

"Navicular is like the gator logo":
There are 3 things coming off each.
See diagram.
Therefore, cuboid has to contact 2 of the 5.
Robert O'Connor University College Dublin



[ID 1689]

Ossification ages

Every otential **A** Should now **W**
When they ossify, in order of increasing year:
lbow: **16**
Pelvis, nkle: **17** years
houlder, **K** **18** years
W years
Knowledge Level 4, System: Skeletal

Rib costal groove: order of intercostal blood vessels and nerve

[ID 17]

:

Vein
rtery
N
Knowledge Level 2, System: Skeletal
Anonymous Contributor

Superior orbital fissure: structures passing through

[ID 42]

Lazy rench **T** Lie aked **I** Anticipation f **S**
Lacrimal nerve
rontal nerve
T
Lateral nerve
asociliary nerve
I
Abducens nerve
phthalmic veins
S
Knowledge Level 4, System: Skeletal
Anonymous Contributor

Tibia: muscles of pes anserinus (the muscles attached to tibia's medial side)

[ID 2095]

"A Girl **between** Two Sargeants":

Gracilis is **between**

Sartorius and

Semitendosus

Knowledge Level 4, System: Skeletal

Beenish Dow Medical College

Vertebrae: recognizing a thoracic from lumbar

[ID 80]

Examine vertebral body shape:

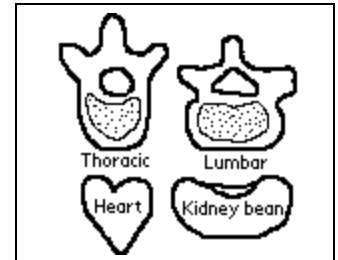
Thoracic is **heart-shaped** body since your **heart** is in your **thorax**.

Lumbar is **kidney-bean** shaped since **kidneys** are in **lumbar** area.

See diagram.

Knowledge Level 3, System: Skeletal

Robert O'Connor University College Dublin



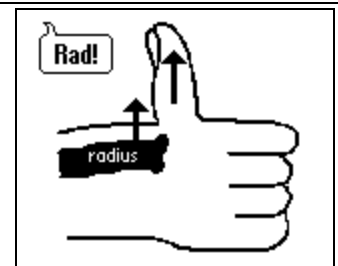
Wrist: radial side vs. ulnar side

Make a fist with your thumb up in the air and say "**Rad!**"

Your thumb is now pointing to your **Rad**

Note: 'Rad!' was a late 80's catchphrase, short for 'Radical'. Things that were good were called 'Rad'.

Patrick Esperanzate University College Dublin



ANESTHESIOLOGY

Xylocaine: where not to use with epinephrine

Hi Yield [ID 1404]

Vasoconstrictive effects of xylocaine with epinephrine are helpful in providing hemostasis while suturing. However, may cause local ischemic

Knowledge Level 5, System: Integumental

Robert Lueken Eastern Virginia Medical School

Spinal anesthesia agents

[ID 131]

"**Little Boys Prefer Toys**":

Lidocaine

Bupivacaine

Procaine

Tetracaine

Knowledge Level 3, System: Nervous

Anonymous Contributor

Anesthesia machine/room check

[ID 2253]

MS MAID:

Monitors (EKG, SpO2, EtCO2, etc)

Suction

Machine check (according to ASA guidelines)

Airway equipment (ETT, laryngoscope, oral/nasal airway)

IV equipment

Drugs (emergency, inductions, NMBs, etc)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

General anaesthesia: equipment check prior to inducing

[ID 1875]

MALES:

asks

A

Laryngoscopes

ndotracheal tubes

S

Stylette, bougie

Steve Gust HMO, Gove District Hospital, NT Australia

Endotracheal intubation: diagnosis of poor bilateral breath sounds after intubation

Hi Yield [ID 1899]

DOPE:

Displaced (usually right mainstem, pyreform fossa, etc.)

Obstruction (kinked or bitten tube, mucuous plug, etc.)

Pneumothorax (collapsed lung)

Esophagus

Knowledge Level 5, System: Pulmonary

Marc Colbeck

BEHAVIOURAL SCIENCE / PSYCHOLOGY

Cluster personality disorders

Hi Yield [ID 697]

Cluster **A** Disorder = Atypical. Unusual and eccentric.

Cluster **B** Disorder = **B**east. Uncontrolled wildness.

Cluster **C** Disorder = Coward [avoidant type], Compulsive [obsessive-compulsive type], or Clingy [dependent type].

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Depression: major episode characteristics

Hi Yield [ID 767]

SPACE DIGS:

Sleep disruption

Psychomotor retardation

Appetite change

Concentration loss

Energy loss

Depressed mood

Interest wanes

Guilt

Suicidal tendencies

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Gain: primary vs. secondary vs. tertiary

Hi Yield [ID 766]

Primary: Patient's Psyche improved.

Secondary: Symptom Sympathy for patient.

Tertiary: Therapist's gain.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Middle adolescence (14-17 years): characteristics

[ID 1990]

HERO:

Heterosexual crushes/ Homosexual Experience

Education regarding short term benefits

Risk taking

Omnipotence

And there is interest in being a Hero (popular).

Knowledge Level 5, System: Nervous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Narcolepsy: symptoms, epidemiology

Hi Yield [ID 2044]

CHAP:

Cataplexy

Hallucinations

Attacks of sleep

Paralysis on waking

Usual presentation is a young male, hence "chap".

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Sleep stages: features

Hi Yield [ID 1204]

DElta waves during **DE**epest sleep (stages 3 & 4, slow-wave).

dREaM during **REM** sleep.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Keober-Ross dying process: stages

[ID 1692]

"Death Always **B**ring**S** Great **A**cc**E**ptance":

Denial

Anger

Bargaining

Grieving

Acceptance

Knowledge Level 3, System: Other/Miscellaneous

Sung H. Kim and Samuel Atom Baek-Kim Tuckahoe, NY

Impotence causes

[ID 1088]

PLANE:

Psychogenic: performance anxiety

Libido: decreased with androgen deficiency, drugs

Autonomic neuropathy: impede blood flow redirection

Nitric oxide deficiency: impaired synthesis, decreased blood pressure

Erectile reserve: can't maintain an erection

Knowledge Level 3, System: Reproductive

Ben Beckwith University of Queensland, Australia

Male erectile dysfunction (MED): biological causes

[ID 1969]

MED:

Medicines(propranolol, methyl dopa, SSRI, etc.)

Ethanol

Diabetes mellitus

Knowledge Level 4, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Premature ejaculation: treatment

[ID 2037]

2 S's:

SSRIs [eg: fluoxetine]

Squeezing technique [glans pressure before climax]

More detail with 2 more S's:

Sensate-focus excercises [relieves anxiety]

Stop and start method [5-6 rehearsals of stopping stimulation before climax]

Knowledge Level 7, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

BIOCHEMISTRY

B vitamin names

Hi Yield [ID 399]

"**T** Rhythm early **P** Contagious":

In increasing order:

T

Riboflavin (B2)

niacin (B3)

P

Cobalamin (B12)

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Essential amino acids

Hi Yield [ID 442]

"**PVT. TIM HALL** always **arg**ues, never **tire**s":

Phe

Val

Thr

Trp

Ile

Met

His

Arg

Lue

Lys

Always argues: the A is for Arg, not Asp.

'Never tires': T is not Tyr, but is both Thr and Trp.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Fasting state: branched-chain amino acids used by skeletal muscles

[ID 784]

"Muscles **LIV**e fast":

Leucine

Isoleucine

Valine

Knowledge Level 2, System: Alimentary

Daniel Marcano Medical school graduate

Folate deficiency: causes

[ID 1410]

A FOLIC DROP:

Alcoholism

Folic acid antagonists

Oral contraceptives

Low dietary intake

Infection with Giardia

Celiac sprue

Dilantin

Relative folate deficiency

Old

Pregnant

Knowledge Level 5, System: Alimentary

Robert O'Connor University College Dublin

Glycogen storage: Anderson's (IV) vs. Cori's (III) enzyme defect

Hi Yield [ID 2248]

ABCD:

Anderson's=**B**ranching enzyme.

Cori's=**D**ebranching enzyme.

Otherwise, can't really distinguish clinically.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Glycogen storage: names of types I through VI

Hi Yield [ID 2638]

"**V** Pills ause **A** Major ardon":

V

Pompe's

ori's

A

McArdle's

er's

Knowledge Level 1, System: Alimentary

Chris Reed Medical College of Wisconsin

Glycolysis steps

Hi Yield [ID 317]

"Goodness **G**racious, **F**ather **F**ranklin **D**id **G**o **B**y Picking Pumpkins (to) **P**repare **P**ies":

Glucose

Glucose-6-P

Fructose-6-P

Fructose-1,6-diP

Dihydroxyacetone-P

Glyceraldehyde-P

1,3-Biphosphoglycerate

3-Phosphoglycerate

2-Phosphoglycerate (to)

Phosphoenolpyruvate [**PEP**]

Pyruvate

'Did', 'By' and 'Pies' tell you the first part of those three: di-, bi-, and py-.

'PrEPare' tells location of PEP in the process.

Knowledge Level 4, System: Alimentary

Ken Evans Saskatchewan Health, Acute and Emergency Services

Hypervitaminosis A: signs and symptoms

Hi Yield [ID 755]

"Increased Vitamin A makes you **HARD**":

Headache/ **H**epatomegaly

Anorexia/ **A**lopecia

Really painful bones

Dry skin/ **D**rowsiness

Knowledge Level 1, System: Alimentary

Usman Ahmad KMC

Infantile Beriberi symptoms

Hi Yield [ID 754]

Restlessness

Sleeplessness

Breathlessness

Soundlessness (aphonia)

Eatlessness (anorexia)

Great heartedness (dilated heart)

Alternatively: Get 5 of 'em with **BERI**: **B**reathless/ **B**ig hearted, **E**atless, **R**estless, **I**nsomnia.

Knowledge Level 3, System: Alimentary

Usman Ahmad KMC

Phosphorylation cascade: action during low glucose

[ID 138]

"In the Phasted State, Phosphorylate":

The phosphorylation cascade becomes active when blood glucose is low.

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Type 1 glycogen storage disease

Hi Yield [ID 562]

Type **1** = one (**Von**), ie Von Gierke's disease

Knowledge Level 3, System: Alimentary

Dr. Waqas H. Sheikh BVI Co.

Van den Bergh reaction (Jaundice test)

Hi Yield [ID 559]

Knowledge Level 2, System: Alimentary

Hi Yield [ID 2234]

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Hi Yield [ID 149]

Anonymous Contributor

Hi Yield [ID 3014]

John Chung University of Hawaii John A. Burns School of Medicine

Hi Yield [ID 574]

Rinku Uberoi UNIBE

Hi Yield [ID 2561]

Anonymous Contributor

Hi Yield [ID 2062]

5 P's:

P

Polyneuropathy

psychological abnormalities

P

Precipitated by drugs (eg barbiturates, oral contraceptives, sulpha drugs)

Anuradha

[ID 745]

SICKle cell disease is due to a **S**

SICKsth amino acid of the B chain.

Knowledge Level 4, System: Cardiovascular

Vitamin K dependent cofactors

Hi Yield [ID 3143]

Several d **To Nicely** top **C**

Factor **Seve** **Ten**, , **Ni**

Protein **S**, Protein **C**

Knowledge Level 1, System: Cardiovascular

Medical Student Class 2004 University of Western Ontario

Adrenaline mechanism

[ID 654]

ABC of Adrenaline":

drenaline--> activates **B**

Cyclic AMP

Usman Ahmad

Hi Yield [ID 172]

IN **IN** stimulates things to go

IN 2 cells: Potassium and Glucose.

Anonymous Contributor

Hi Yield [ID 2159]

ABCD

Azotremia (pre-renal)

leading (GI)

C

Diet (high protein parenteral nutrition)

Anthony Chan

Hi Yield [ID 2208]

AAA

Antibiotic (eg: sulfamethoxazole)

ntimalarial (eg: primaquine)

A

Knowledge Level 3, System: Lymphoid

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Carbon monoxide: electron transport chain target

[ID 639]

Carbon monoxide (CO) blocks Cytochrome Oxidase (CO)

Knowledge Level 3, System: Other/Miscellaneous

Citric acid cycle compounds

"Can I Keep Selling Sex For Money, Officer?":

Citrate

Isocitrate

alpha Ketoglutarate

Succinyl CoA

Succinate

Fumarate

Malate

Oxaloacetate

Knowledge Level 1, System: Other/Miscellaneous

Ramon Ter-Oganesyan and Rebecca University of California Irvine

DNA bond strength (nucleotides)

[ID 1008]

"Crazy Glue":

Strongest bonds are between Cytosine and Guanine, strong like Crazy Glue (3 H-bonds), whereas the A=T only have 2 H-bonds.

This is relevant to DNA replication, as the weaker A=T will be the site where RNA primer makes the initial break.

Knowledge Level 4, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Electron transport chain: Rotenone's site of action

Hi Yield [ID 649]

Rotenone is a site specific inhibitor of complex one.

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Enzyme kinetics: competitive vs. non-competitive inhibition

Hi Yield [ID 2696]

With **K**ompetitive inhibition: **K**m increases; no change in Vmax.

With **N**on-**k**ompetitive inhibition: **N**o change in **K**m; Vmax decreases.

Knowledge Level 1, System: Other/Miscellaneous

Patricia Sanchez INTEC University, Santo Domingo, Dominican Republic

Enzymes: classification

Hi Yield [ID 2054]

"Over The **HILL**":

Oxidoreductases

Transferases

Hydrolases

Isomerases

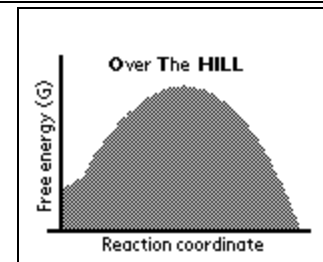
Ligases

Lyases

Enzymes get reaction over the hill. See diagram.

Knowledge Level 2, System: Other/Miscellaneous

Kenny Livingstone St. Andrews medical student



Enzymes: competitive inhibitors

Hi Yield [ID 563]

Competition is hard because we have to travel

with the **same velocity**

With **competitive** **velocity remains same** but

Knowledge Level 1, System: Other/Miscellaneous

Dr. Waqas H. Sheikh BVI Co.

G protein type for respective receptors

[ID 1395]

"**KISS** and **KICK** till you're **SICK** of **SEX**" (QISS and QIQ till you're SIQ of SQS):

This gives the G-protein type (Gq, Gi, or Gs) for all the receptors. Receptors are in alphabetical order:

alpha1=**Q**

alpha2=**I**

beta1=**S**

beta3=**S**

M1=**Q**

M2=**I**

M3=**Q**

D1=**S**

D2=I
Q
H2=
V1=Q
S

Knowledge Level 4, System: Other/Miscellaneous

Metabolism sites

"Use both HUG":
eme synthesis
U
Gluconeogenesis
both cytoplasm and mitochondria.

Rinku Uberoi

HIKIN':
High K concentration side the cell.
From this can deduce that the Na/K pump pumps K into cell and Na out of cell.
in" was ris K out" was "Sha
Na":
K K (2 K) and Na Na Na
Sadly, as infectious as their debut album was, Kris Kross can really no longer be classed as "in".

Anonymous Contributor

Hi Yield [ID 2529]

K+ in each consist of characters, so so 2 K+ are pumped in.
Na+ out each consist of characters, so 3 Na+ are pumped out.
Knowledge Level 1, System: Other/Miscellaneous

Phenylketonuria: which enzyme is deficient

PHenylketonuria is caused by a deficiency of:
henylalanine
H
Knowledge Level 3, System: Other/Miscellaneous
Anonymous Contributor

Pompe's disease: type

Hi Yield [ID 824]

Police = + lys
Pompe's disease is a osomal storage disease (alpha 1,4 glucosidase).
Knowledge Level 1, System: Other/Miscellaneous

Pyruvate: products of complete oxidation

"4 N Fun oeds + 1 G
Complete oxidation of pyruvate yields:
ADH
F
3 CO2
TP
Knowledge Level 1, System: Other/Miscellaneous

Tangier's disease: hallmark

"**Tangier**ene tonsils":

Hallmark is large orange tonsils.

Important clinical note: there is **no** increased risk of atherosclerosis, just like eating tangerenes.

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

CARDIOLOGY

[ID 3074]

CREAM

Congenital

heumatic damage

E

Aortic dissection/ortic root dilatation

M's

Jamal Khan Birmingham University Medical Student

Hi Yield [ID 197]

SAD

Syncope

ngina

D

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Apex beat: abnormalities found on palpation, causes of impalpable

[ID 1582]

:

H

Impalpable

aterally displaced

T Tapping

If it is impalpable, causes are **COPD**

COPD

besity

P Pericardial effusion

extrocardia

Knowledge Level 2, System: Cardiovascular

Apex beat: differential for impalpable apex beat

DOPES:

extrocardia

O

Pericarditis/ericardial tamponade/ **P**

Emphysema

inus inversus/ **S** Scoliosis/keletal abnormalities (eg pectus excavatum)

Knowledge Level 2, System: Cardiovascular

Atrial fibrillation: causes

A S#!T:

Alcohol

Stenosis (mitral valve)

Hypertension

Infarction/ Ischaemia

Thyrotoxicosis

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrial fibrillation: causes

[ID 2468]

PIRATES:

Pulmonary: PE, COPD

Iatrogenic

Rheumatic heart: mitral regurgitation

Atherosclerotic: MI, CAD

Thyroid: hyperthyroid

Endocarditis

Sick sinus syndrome

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrial fibrillation: management

Hi Yield [ID 2469]

ABCD:

Anti-coagulate

Beta-block to control rate

Cardiovert

Digoxin

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Beck's triad (cardiac tamponade)

Hi Yield [ID 660]

3 D's:

Distant heart sounds

Distended jugular veins

Decreased arterial pressure

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Betablockers: cardioselective betablockers

Hi Yield [ID 1537]

"Betablockers Acting Exclusively At Myocardium"

Cardioselective betablockers are:

Betaxolol

Acebutelol

Esmolol

Atenolol

Metoprolol

Knowledge Level 5, System: Cardiovascular

Diljit Singh Bedi GMCH Chandigarh, India

CHF: causes of exacerbation

Hi Yield [ID 919]

FAILURE:

Forgot medication

Arrhythmia/ Anaemia

Ischemia/ Infarction/ Infection

Lifestyle: taken too much salt

Upregulation of CO: pregnancy, hyperthyroidism

Renal failure

Embolism: pulmonary

Knowledge Level 6, System: Cardiovascular

Lau Yue Young Geoffrey

DUST

Depressed ventricular function
 Unstable angina

S

Triple vessel disease

Sushant Varma Medical student, University of Sheffield, UK

Coronary artery bypass graft: indications

Hi Yield [ID 2067]

DUST:

Depressed ventricular function

Unstable angina

Stenosis of the left main stem

Triple vessel disease

Knowledge Level 1, System: Cardiovascular

Sushant Varma University of Sheffield, UK

Depressed ST-segment: causes

Hi Yield [ID 1167]

DEPRESSED ST:

Drooping valve (MVP)

Enlargement of LV with strain

Potassium loss (hypokalemia)

Reciprocal ST- depression (in I/W AMI)

Embolism in lungs (pulmonary embolism)

Subendocardial ischemia

Subendocardial infarct

Encephalon haemorrhage (intracranial haemorrhage)

Dilated cardiomyopathy

Shock

Toxicity of digitalis, quinidine

Knowledge Level 8, System: Cardiovascular

Dr. Sonali V.

ECG: left vs. right bundle block

[ID 218]

"**WiLLiaM MaRRoW**":

W pattern in V1-V2 and **M** pattern in V3-V6 is **Left** bundle block.

M pattern in V1-V2 and **W** in V3-V6 is **Right** bundle block.

Note: consider bundle branch blocks when QRS complex is wide.

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Exercise ramp ECG: contraindications

[ID 2068]

RAMP:

Recent MI

Aortic stenosis

MI in the last 7 days

Pulmonary hypertension

Knowledge Level 3, System: Cardiovascular

Sushant Varma University of Sheffield, UK

Heart compensatory mechanisms that 'save' organ blood flow during shock

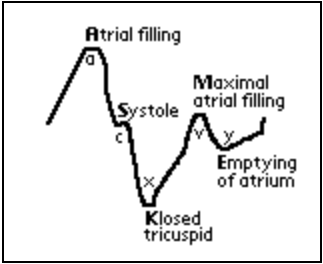
[ID 433]

"Heart **SAVER**":
Symphatoadrenal system
Atrial natriuretic factor
Vasopressin
Endogenous digitalis-like factor
Renin-angiotensin-aldosterone system
In all 5, system is activated/factor is released
Knowledge Level 3, System: Cardiovascular
Anonymous Contributor

JVP: wave form

Hi Yield [ID 2022]

ASK ME:
Atrial contraction
Systole (ventricular contraction)
Klosure (closure) of tricusps, so atrial filling
Maximal atrial filling
Emptying of atrium
See diagram.
Knowledge Level 3, System: Cardiovascular
Hafizur Rahman Manchester Royal Infirmary, Manc Medical School



MI: basic management

BOOMAR:
ed rest
O
Opiate
onitor
A
Reduce clot size
Anonymous Contributor

Hi Yield [ID 413]

PULSE:
ersistent chest pains
U
Lightheadedness
hortness of breath
E
Knowledge Level 1, System: Cardiovascular
Sara Nemetz

MI: therapeutic treatment

Hi Yield [ID 981]

" !":
O
Beta blocker
SA
T
Morphine
ce prn
N
Knowledge Level 1, System: Cardiovascular
Kristy Thomas, PA-C Mesquite Medical Associates, Mesquite, NV

Hi Yield [ID 1137]

MONAH
Morphine
xygen
N
Aspirin
eparin
Knowledge Level 1, System: Cardiovascular
Anonymous Contributor

Hi Yield [ID 1588]

COAG
Cyclomorph
xygen
A
Glycerol trinitrate

Alan Desmond Cork University Hospital

MS is a female title (Ms
MR is a male title () and it is male predominant.
Knowledge Level 4, System: Cardiovascular
Anonymous Contributor

[ID 1437]

" " (person has ill PQRST heart waves):
I
Location
itch
Q
Radiation
hape
T
Knowledge Level 6, System: Cardiovascular
Ghassan Abu Said 4th year Medical Student

Murmurs: innocent murmur featuresHi Yield [ID 1243]

Soft
ystolic
S
Sounds (S1 & S2) normal
S
Special tests normal (X-ray, EKG)
Standing (vary with position)
S
Knowledge Level 4, System: Cardiovascular
Ziad Jaradat Jordan University School of Medicine

Hi Yield [ID 3061]

L ft sided murmurs louder with E
RIInspiration.

Anonymous Contributor

Murmurs: questions to ask[ID 3073]

S
Character (eg harsh, soft, blowing)
Radiation
Intensity
P
Timing

Jamal Khan Birmingham University Medical Student

Murmurs: right vs. left loudness [ID 475]

RULE:
Right sided heart murmurs are louder on **I**
Left sided heart murmurs are loudest on Expiration.

Anonymous Contributor

Murmurs: systolic vs. diastolic Hi Yield [ID 967]

: **P** Aortic stenosis=**S**
PAID: Pulmonic & A Insufficiency= Diastolic.
Knowledge Level 1, System: Cardiovascular
W. Ciulla, RN, PA-

Myocardial infarctions: treatment Hi Yield [ID 2181]

INFARCTIONS
IV access
Opioid analgesics (eg morphine, pethidine)
F
Aspirin/ Anticoagulant (heparin)
Rest
Nitroglycerin
T
IV beta blocker
Oxygen 60%
N
Stool Softeners

Anonymous Contributor

Pericarditis: causes

CARDIAC RIND:
Collagen vascular disease
A
Radiation
Drugs (such as hydralazine)
I
Acute renal failure
Myocardial infarction
R
Injury
Neoplasms
D
Knowledge Level 5, System: Cardiovascular
Anonymous Contributor

" ericarditi**S**

PR depression in recordial leads.

S

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Hi Yield [ID 1615]

SICVD:

ymmetry of leg musculature

I

Color of toenails

V

Distribution of hair

Jeffrey Turner Memorial University, Canada

Pulseless electrical activity: causes

Hi Yield [ID 1869]

PATCH MED:

Pulmonary embolus

Acidosis

Tension pneumothorax

Cardiac tamponade

Hypokalemia/ Hyperkalemia/ Hypoxia/ Hypothermia/ Hypovolemia

Myocardial infarction

Electrolyte derangements

Drugs

Knowledge Level 2, System: Cardiovascular

Rheumatic fever: Revised Jones' criteria

Hi Yield [ID 1648]

cr**ITERIA:**

Major criteria:

J

Obvious (Cardiac)

odule (Rheumatic)

E

Sydenham chorea

Minor criteria:

I

Temperature (fever)

SR/CRP elevated

R

Itself (previous Hx of Rheumatic fever)

rthralgia

Knowledge Level 3, System: Cardiovascular

ST elevation causes in ECG

ELEVATION:

lectrolytes

L

Early repolarization

entricular hypertrophy

A

Treatment (eg pericardiocentesis)

njury (AMI, contusion)

O

Non occlusive vasospasm

Knowledge Level 4, System: Cardiovascular

Supraventricular tachycardia: treatment

Hi Yield [ID 1737]

ABCDE:

Adenosine

Beta-blocker

Calcium channel antagonist

Digoxin

Excitation (vagal stimulation)

Knowledge Level 5, System: Cardiovascular

Richard Thompson Queens University, Belfast, NI

Ventricular tachycardia: treatment

Hi Yield [ID 1739]

LAMB:

Lidocaine

Amiodarone

Mexiltene/ Magnesium

Beta-blocker

Knowledge Level 5, System: Cardiovascular

Richard Thompson Queens University, Belfast, NI

CHEMISTRY

Benzene ring: order of substituents

[ID 522]

"Benzene likes to **ROMP**":

From R group moving around the ring:

R group

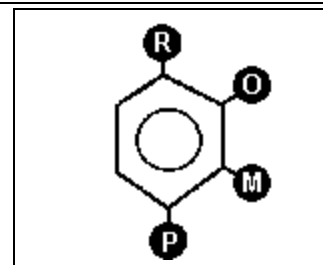
Ortho

Meta

Para

Knowledge Level 1, System: Other/Miscellaneous

Sabra and Josh Kunken Undergrad, Univ. of Calif, Berkeley



Cation vs. anion: positive vs. negative

[ID 322]

The **t** in cation looks like a plus sign: "ca+ion".

Cation is positive, anion is negative.

Knowledge Level 1, System: Other/Miscellaneous

Ken Evans Saskatchewan Health, Acute and Emergency Services

Cis/trans (geometric) isomer nomenclature

[ID 297]

"**Z**ame **Z**ide. **E**pposite.":

Z is the 2 functional groups on the same side of double bond.

E is for opposite sides.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Cis/trans (geometric) isomers: arrangement of functional groups

Hi Yield [ID 2440]

Cis starts with a **C** and the functional groups form a **C**.

Trans, therefore is the other one by default.

Knowledge Level 1, System: Other/Miscellaneous

Spencer Oates



Gibb's free energy formula

[ID 383]

"Good Honey Tastes Sweet":

$(\Delta)G = H - T(\Delta)S$

Knowledge Level 1, System: Other/Miscellaneous

Ken Evans Saskatchewan Health, Acute and Emergency Services

Oxidation vs. reduction: electrochemical cell and electron gain/loss

[ID 340]

AN OIL RIG CAT:

At the **A**Node, **O**xidation **I**nvolves **L**oss of electrons.

Reduction **I**nvolves **G**aining electrons at the **C**AThode.

Knowledge Level 1, System: Other/Miscellaneous

Susan Monash (Peninsula) Undergrad

DERMATOLOGY

Clubbing: causes

Hi Yield [ID 1047]

CLUBBING:

Cyanotic heart disease

Lung disease (hypoxia, lung cancer, bronchiectasis, cystic fibrosis)

UC/Crohn's disease

Biliary cirrhosis

Birth defect (harmless)

Infective endocarditis

Neoplasm (esp. Hodgkins)

GI malabsorption

Knowledge Level 2, System: Integumental

Anonymous Contributor

White patch of skin: differential

Hi Yield [ID 1390]

"**V**itiligo **P**ATCH":

Vitiligo

Pityriasis alba/ Post-inflammatory hypopigmentation

Age related hypopigmentation

Tinea versicolor/ Tuberous sclerosis (ashleaf macule)

Congenital birthmark

Hansen's (leprosy)

Knowledge Level 5, System: Integumental

Dr. Chetan Wasekar Set G.S. Medical College, KEM Hospital, Bombay

Wound healing: factors delaying

[ID 1387]

DID NOT HEAL:

Drugs

Infection/ Icterus/ Ischemia

Diabetes

Nutrition

Oxygen (hypoxia)

Toxins

Hypothermia/ Hyperthermia

EtOH

Acidosis

Local anesthetics

Knowledge Level 4, System: Integumental

Mohamed Azim Assistant lecturer of Pediatric Surgery, Alexandria University, Egypt

EMBRYOLOGY

Branchial arch giving rise to aorta

Hi Yield [ID 187]

"**Aor-** from **Four**":

Aorta is from fourth arch.

Knowledge Level 4, System: Cardiovascular

Robert O'Connor University College Dublin

Tetrology of Fallot

Hi Yield [ID 527]

"Don't **DROP** the baby":

Defect (VSD)

Right ventricular hypertrophy

Overriding aorta

Pulmonary stenosis

Knowledge Level 1, System: Cardiovascular

K. Ennix University of Tennessee at Memphis

Potter syndrome: features

Hi Yield [ID 1658]

POTTER:

Pulmonary hypoplasia

Oligohydromnios

Twisted skin (wrinkly skin)

Twisted face (Potter facies)

Extrémities defects

Renal agenesis (bilateral)

Knowledge Level 6, System: Kidney/Urine

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Islamabad, Gujranwala, Pakistan

Cranial and spinal neural crest: major derivatives

Hi Yield [ID 508]

GAMES:

Glial cells (of peripheral ganglia)

Arachnoid (and pia)

Melanocytes

Enteric ganglia

Schwann cells

Knowledge Level 3, System: Nervous

Ron Norman AECC

Neuroectoderm derivatives

[ID 1800]

Neuroectoderm gives rise to:

Neurons

Neuroglia

Neurohypophysis

pi**N**euro (pineal) gland

Knowledge Level 6, System: Nervous

Payam Mehranpour

Fetal alcohol syndrome (FAS): features

Hi Yield [ID 1686]

FAS:

Facial hypoplasia/ **F**orebrain malformation

Attention defecit disorder/ **A**ltered joints

Short stature/ **S**eptal defects/ **S**mall I.Q

Knowledge Level 5, System: Other/Miscellaneous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan/Gujranwala

Mesoderm components

Hi Yield [ID 606]

MESODERM:

Mesothelium (peritoneal, pleural, pericardial)/ Muscle (striated, smooth, cardiac)

Embryologic

Spleen/ Soft tissue/ Serous linings/ Sarcoma/ Somite

Osseous tissue/ Outer layer of suprarenal gland (cortex)/ Ovaries

Dura/ Ducts of genitalia

Endothelium

Renal

Microglia/ Mesenchyme/ Male gonad

Knowledge Level 5, System: Other/Miscellaneous

Rinku Uberoi UNIBE

Teratogenesis: when it occurs

Hi Yield [ID 861]

Teratogenesis is most likely during organogenesis--between the:

Third and

Eighth weeks of gestation.

Knowledge Level 3, System: Other/Miscellaneous

Rinku Uberoi

Weeks 2, 3, 4 of development: an event for each

Hi Yield [ID 173]

Week **Two**: Bilaminar germ disc.

Week **Three**: Trilaminar germ disc.

Week **Four**: **Four** limbs appear.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Placenta-crossing substances

[ID 498]

"WANT My Hot Dog":

Wastes

Antibodies

Nutrients

Teratogens

Microorganisms

Hormones/ HIV

Drugs

Knowledge Level 4, System: Reproductive

Anonymous Contributor

EMERGENCY MEDICINE

Ipecac: contraindications

[ID 1753]

4 C's:

Comatose

Convulsing

Corrosive

hydroCarbon

Knowledge Level 6, System: Alimentary

Vince Yamashiroya

Acute LVF management

Hi Yield [ID 525]

LMNOP:

Lasex (frusemide)

Morphine (diamorphine)

Nitrates

Oxygen (sit patient up)

Pulmonary ventilation (if doing badly)

Knowledge Level 2, System: Cardiovascular

Graeme Little University College London

THE ATRIAL FIBS:

Thyroid

Hypothermia

Embolism (P.E.)

Alcohol

Trauma (cardiac contusion)

Recent surgery (post CABG)

Ischemia

Atrial enlargement

Lone or idiopathic

Fever, anemia, high-output states

Infarct

Bad valves (mitral stenosis)

Stimulants (cocaine, theo, amphet, caffeine)

Knowledge Level 9, System: Cardiovascular

Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

JVP: raised JVP differential

Hi Yield [ID 2795]

PQRST (EKG waves):

Pericardial effusion

Quantity of fluid raised (fluid over load)

Right heart failure

Superior vena caval obstruction

Tricuspid stenosis/ Tricuspid regurgitation/ Tamponade (cardiac)

Knowledge Level 5, System: Cardiovascular

Dr. Mohsin Maqbool Bahawal-Victoria Hospital, Bahawalpur

MI: immediate treatment

Hi Yield [ID 1944]

DOGASH:

Diamorphine

Oxygen

GTN spray

Asprin 300mg

Streptokinase

Heparin

Knowledge Level 2, System: Cardiovascular

Ken Hodson Medical Student, University of Bristol

PEA/Asystole (ACLS): etiology

Hi Yield [ID 2505]

ITCHPAD:

Infarction

Tension pneumothorax

Cardiac tamponade

Hypovolemia/ Hypothermia/ Hypo-, Hyperkalemia/ Hypomagnesemia/ Hypoxemia

Pulmonary embolism

Acidosis

Drug overdose

Knowledge Level 4, System: Cardiovascular

Carl Roberts A.S.EMS, CCCEMT-P, CFP US Army Special Forces

Shock: signs and symptoms

[ID 391]

TV SPARC CUBE:

Thirst
Vomiting
Sweating
Pulse weak
Anxious
Respirations shallow/rapid
Cool
Cyanotic
Unconscious
BP low
Eyes blank
Knowledge Level 3, System: Cardiovascular
Anonymous Contributor

Subarachnoid hemorrhage (SAH) causes

[ID 542]

BATS:

Berry aneurysm
Arteriovenous malformation/ Adult polycystic kidney disease
Trauma (eg being struck with baseball **bat**)
Stroke
Knowledge Level 3, System: Cardiovascular
Cusano and Mamta SGUSOM

Syncope causes, by system

Hi Yield [ID 1719]

HEAD HEART VESSELS:

CNS causes include HEAD:
Hypoxia/ Hypoglycemia
Epilepsy
Anxiety
Dysfunctional brain stem (basivertebral TIA)
Cardiac causes are HEART:
Heart attack
Embolism (PE)
Aortic obstruction (IHSS, AS or myxoma)
Rhythm disturbance, ventricular
Tachycardia
Vascular causes are VESSELS:
Vasovagal
Ectopic (reminds one of hypovolemia)
Situational
Subclavian steal
ENT (glossopharyngeal neuralgia)
Low systemic vascular resistance (Addison's, diabetic vascular neuropathy)
Sensitive carotid sinus
Knowledge Level 6, System: Cardiovascular
Bill Young MD University of Kentucky Dept of Emergency Medicine

Ventricular fibrillation: treatment

Hi Yield [ID 598]

"Shock, Shock, Shock, Everybody Shock, Little Shock, Big Shock, Momma Shock, Poppa Shock":
Shock= Defibrillate
Everybody= Epinephine
Little= Lidocaine
Big= Bretylium
Momma= MgSO₄
Poppa= Pocainamide
Knowledge Level 1, System: Cardiovascular
Anonymous Contributor

Vfib/Vtach drugs used according to ACLS

[ID 306]

"Every Little Boy Must Pray":

Epinephrine

Lidocaine

Bretylium

Magsulfate

Procainamide

Knowledge Level 2, System: Cardiovascular

Midnight Medic Paramedic in Texas

Diabetic ketoacidosis management

Hi Yield [ID 470]

F*CK KING:

Fluids (crystalloids)

Urea (check it)

Creatinine (check it)/ Catheterize

K+ (potassium)

Insulin (5u/hour. Note: sliding scale no longer recommended in the UK)

Nasogastric tube (if patient comatose)

Glucose (once serum levels drop to 12)

Knowledge Level 4, System: Endocrine

Graeme Little University College London

Coma causes checklist

[ID 349]

AEIOU TIPS:

Acidosis/ Alcohol

Epilepsy

Infection

Overdosed

Uremia

Trauma to head

Insulin: too little or or too much

Psychosis episode

Stroke occurred

Knowledge Level 2, System: Nervous

Midnight Medic Paramedic in Texas

Meningococcal meningitis: complications

Hi Yield [ID 1735]

SAD REP:

Sepsis/ Shock/ Subdural effusion

Ataxia/ Abscess (brain)

DIC/ Deafness

Retardation

Epilepsy

Paralysis

Knowledge Level 5, System: Nervous

Richard Thompson Queens University, Belfast, NI

Miosis: causes of pin-point pupils

Hi Yield [ID 1734]

CPR ON SLIME:

Clonidine

Phenothiazines

Resting (deep sleep)

Opiates

Narcotics

Stroke (pontine hemorrhage)

Lomotil (diphenoxylate)

Insecticides

Mushrooms/ Muscarinic (inocybe, clitocybe)

Eye drops

Knowledge Level 7, System: Nervous

Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

Neurological focal deficits

[ID 1733]

10 S's:
Sugar (hypo, hyper)
Stroke
Seizure (Todd's paralysis)
Subdural hematoma
Subarachnoid hemorrhage
Space occupying lesion (tumor, avm, aneurysm, abscess)
Spinal cord syndromes
Somatoform (conversion reaction)
Sclerosis (MS)
Some migraines
Knowledge Level 9, System: Nervous
Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

Unconsciousness: differential

Hi Yield [ID 2607]

FISH SHAPED:

Fainted
Illness/ Infantile febrile convulsions
Shock
Head injuries
Stroke (CVE)
Heart problems
Asphxia
Poisons
Epilepsy
Diabetes
Knowledge Level 1, System: Nervous
B Sylvester Surrey Ambulance Service (UK)

Coma and significantly reduced conscious state causes: causes

Hi Yield [ID 1874]

COMA:

CO₂ and CO excess
Overdose: TCAs, Benzos, EtOH, insulin, paracetamol, etc.
Metabolic: BSL, Na⁺, K⁺, Mg²⁺, urea, ammonia, etc.
Apoplexy: stroke, SAH, extradural, subdural, Ca, meningitis, encephalitis, cerebral abscess, etc.
Knowledge Level 4, System: Other/Miscellaneous
Steve Gust HMO, Gove District Hospital, NT Australia

Malignant hyperthermia treatment

[ID 221]

"Some Hot Dude Better Give Iced Fluids Fast!" (Hot dude = hypothermia):
Stop triggering agents
Hyperventilate/ Hundred percent oxygen
Dantrolene (2.5mg/kg)
Bicarbonate
Glucose and insulin
IV Fluids and cooling blanket
Fluid output monitoring/ Furosemide/ Fast heart [tachycardia]
Knowledge Level 3, System: Other/Miscellaneous
Anonymous Contributor

RLQ pain: differential

Hi Yield [ID 933]

APPENDICITIS:

Appendicitis/ Abscess

PID/ Period

Pancreatitis

Ectopic/ Endometriosis

Neoplasia

Diverticulitis

Intussusception

Crohns Disease/ Cyst (ovarian)

IBD

Torsion (ovary)

Irritable Bowel Syndrome

Stones

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Shock: types

[ID 390]

RN CHAMPS:

Respiratory

Neurogenic

Cardiogenic

Hemorrhagic

Anaphylactic

Metabolic

Psychogenic

Septic

Alternatively: "MR. C.H. SNAP", or "NH CRAMPS".

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

ARDS: diagnostic criteria

[ID 2906]

ARDS:

Acute onset

Ratio (PaO₂/FiO₂) less than 200

Diffuse infiltration

Swan-Ganz Wedge pressure less than 19 mmHg

Knowledge Level 6, System: Pulmonary

Fahed Al-Daour

Asthma: management of acute severe

Hi Yield [ID 472]

"O S#!T":

Oxygen (high dose: >60%)

Salbutamol (5mg via oxygen-driven nebuliser)

Hydrocortisone (or prednisolone)

Ipratropium bromide (if life threatening)

Theophylline (or preferably aminophylline-if life threatening)

Knowledge Level 3, System: Pulmonary

Graeme Little and Gajan Rajeswaran University College London and Imperial College School Of Medicine, London

Fall: potential causes

[ID 619]

I'VE FALLEN:

Illness

Vestibular

Environmental

Feet/ Footwear

Alcohol and drugs

Low blood pressure

Low O₂ states

Ears/ Eyes

Neuropathy

ENT

Oralpharangeal cancers: aetiology

Hi Yield [ID 210]

6 S's:

Smoking

Spicy food

Syphilis

Spirits [booze]

Sore tooth

Sepsis

Also bezel nuts.

Knowledge Level 3, System: Alimentary

Daniel CW Henning The Queen's University of Belfast, UK

Nasopharyngeal carcinoma: classic symptoms

Hi Yield [ID 2818]

NOSE:

Neck mass

Obstructed nasal passage

Serous otitis media externa

Epistaxis or discharge

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

EPIDEMIOLOGY / BIOSTATISTICS

Alcohol withdrawal effects

Hi Yield [ID 402]

"**S#IT**":

Shakes/ **S**eizures/ **S**weats/ **S**tomach pains (n/v)

Hallucinosi*s* (auditory)

Increased vitals/ **I**nsomnia

Tremens (delirium tremens-the lethal part)

Knowledge Level 3, System: Alimentary

HBV Morehouse School of Medicine

Suicide risk factors

Hi Yield [ID 151]

SAD PERSONS:

Sex: male

Age: young, elderly

Depression

Previous suicide attempts

Ethanol and other drugs

Reality testing/ **R**ational thought (loss of)

Social support lacking

Organized suicide plan

No spouse

Sickness/ **S**tated future intent

Knowledge Level 4, System: Nervous

Anonymous Contributor

Accuracy of test: sensitivity vs. specificity

Hi Yield [ID 344]

sensitivity of a test: related to the rate of false Negatives.

Specificity of a test: related to the rate of false Positives.

Alternatively written:

sensitive: No Non-Negatives.

specific: Only Pseudo-Positives.

Knowledge Level 2, System: Other/Miscellaneous

Fred Reid Undergrad at St-Andrews, UK

Hill criteria for causality

[ID 925]

" 'Clowns Pursuing Epidemiology' Commonly Behind The Silly Samples":

Consistency

Plausibility

Experimentation

Biological gradient

Coherence

Temporality

Strength of association

Specificity

Knowledge Level 6, System: Other/Miscellaneous

TR Columbia PandS

Incidence vs. prevalence

Hi Yield [ID 1411]

Incidence: Initiate Infection In Interval.

Prevalence: Population's Percentage Positive.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Informed consent: requirements, exceptions

Hi Yield [ID 858]

"Sign this DOC before we can start":

Discussion

Obtain agreement

Coercion-free

Exceptions to informed consent are WIPE:

Waiver

Incompetent

Privilege (therapeutic privilege)

Emergency

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Prevention: primary vs. secondary vs. tertiary

Hi Yield [ID 1409]

Primary: Predisposing factors decreased.

Secondary: Severity decreased.

Tertiary: Therapy, Training.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Recall bias

Hi Yield [ID 1354]

Recall bias is a problem with

Retrospective studies and is based on ability to

Remember.

Knowledge Level 4, System: Other/Miscellaneous

Rinku Uberoi

GASTROENTEROLOGY

Bilirubin: common causes for increased levels

[ID 602]

"**HOT Liver**":

Hemolysis

Obstruction

Tumor

Liver disease

Knowledge Level 4, System: Alimentary

Sung H. Kim

Celiac sprue gluten sensitive enteropathy: gluten-containing grains

Hi Yield [ID 2295]

BROW:

Barley

Rye

Oats

Wheat

Flattened intestinal villi of celiac sprue are smooth, like an **eyebrow**.

Knowledge Level 4, System: Alimentary

Jack A. Pasquale, MD St. George's University, School of Medicine

Charcot's triad (gallstones)

Hi Yield [ID 835]

"**Charge a FEE**":

Charcot's triad is:

Fever

Epigastric & RUQ pain

Emesis & nausea

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Cholangitis features

Hi Yield [ID 696]

CHOLANGITIS:

Charcot's triad/ Conjugated bilirubin increase

Hepatic abscesses/ Hepatic (intra/extra) bile ducts/ **HLA B8, DR3**

Obstruction

Leukocytosis

Alkaline phosphatase increase

Neoplasms

Gallstones

Inflammatory bowel disease (ulcerative colitis)

Transaminase increase

Infection

Sclerosing

Knowledge Level 3, System: Alimentary

Rinku S. Uberoi UNIBE

Cirrhosis: causes of hepatic cirrhosis

[ID 1643]

HEPATIC:

Hemochromatosis (primary)

Enzyme deficiency (alpha-1-anti-trypsin)

Post hepatic (infection + drug induced)

Alcoholic

Tyrosinosis

Indian childhood (galactosemia)

Cardiac/ **C**holestatic (biliary)/ **C**ancer/ **C**opper (Wilson's)

Knowledge Level 2, System: Alimentary

Dr. Chetan Wasekar

Crohn's disease: morphology, symptoms

Hi Yield [ID 1270]

CHRISTMAS:

Cobblestones

High temperature

Reduced lumen

Intestinal fistulae

Skip lesions

Transmural (all layers, may ulcerate)

Malabsorption

Abdominal pain

Submucosal fibrosis

Knowledge Level 2, System: Alimentary

Samuel Atom Baek-Kim

Digestive disorders: pH level

[ID 316]

With **vomiting** both the pH and food come **up**.

With **diarrhea** both the pH and food go **down**.

Knowledge Level 3, System: Alimentary

Joel Topf Indiana University

GIT symptoms

[ID 1111]

BAD ANAL S#!T:

Bleeding

Abdominal pain

Dysphagia

Abdominal bloating

Nausea & vomiting

Anorexia/ Appetite changes

Lethargy

S#!ts (diarrhea)

Heartburn

Increased bilirubin (jaundice)

Temperature (fever)

Knowledge Level 1, System: Alimentary

The Cashman University of Queensland, Australia

H. Pylori treatment regimen (rough guidelines)

Hi Yield [ID 425]

"Please Make Tummy Better":

Proton pump inhibitor

Metronidazole

Tetracycline

Bismuth

Alternatively: **TOMB**:

Tetracycline

Omeprazole

Metronidazole

Bismuth

Knowledge Level 2, System: Alimentary

Steven Holsenback and Leena Alexander COMP and Texas, USA

Hepatic encephalopathy: precipitating factors

[ID 1645]

HEPATICS:

Hemorrhage in GIT/ Hyperkalemia

Excess protein in diet

Paracentesis

Acidosis/ Anemia

Trauma

Infection

Colon surgery

Sedatives

Knowledge Level 4, System: Alimentary

IBD: extraintestinal manifestations

[ID 284]

A PIE SAC:

Aphthous ulcers

Pyoderma gangrenosum

Iritis

Erythema nodosum

Sclerosing cholangitis

Arthritis

Clubbing of fingertips

Knowledge Level 5, System: Alimentary

Anonymous Contributor

IBD: surgery indications

[ID 209]

"I CHOP":

Infection

Carcinoma

Haemorrhage

Obstruction

Perforation

"Chop" convenient since surgery chops them open.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Liver failure (chronic): signs found on the arms

Hi Yield [ID 2304]

CLAPS:

Clubbing

Leukonychia

Asterixis

Palmar erythema

Scratch marks

Knowledge Level 1, System: Alimentary

Jason

Pancreatitis (acute): causes

Hi Yield [ID 143]

GET SMASHED:

Gallstones

Ethanol

Trauma

Steroids

Mumps

Autoimmune (PAN)

Scorpion stings

Hyperlipidemia/ Hypercalcemia

ERCP

Drugs (including azathioprine and diuretics)

Note: 'Get Smashed' is slang in some countries for drinking, and ethanol is an important pancreatitis cause.

Knowledge Level 3, System: Alimentary

Chris Perry Edinburgh Medical School

Pancreatitis: criteria

Hi Yield [ID 917]

PANCREAS:

PaO2 below 8

Age >55

Neutrophils: WCC >15

Calcium below 2

Renal: Urea >16

Enzymes: LDH >600; AST >200

Albumin below 32

Sugar: Glucose >10 (unless diabetic patient)

Knowledge Level 4, System: Alimentary

Daniel Henning 4th yr Medical Student, Belfast, UK

Pancreatitis: Ranson criteria for pancreatitis at admission

Hi Yield [ID 1055]

LEGAL:

Leukocytes > 16,000

Enzyme AST > 250

Glucose > 200

Age > 55

LDH > 350

Knowledge Level 2, System: Alimentary

Pedro Tulio

Ulcerative colitis: complications

[ID 620]

"PAST Colitis":

Pyoderma gangrenosum

Ankylosing spondylitis

Sclerosing pericholangitis

Toxic megacolon

Colon carcinoma

Knowledge Level 4, System: Alimentary

Ritu Garg

Vomiting: extra GI differential

Hi Yield [ID 2720]

VOMITING:

Vestibular disturbance/ Vagal (reflex pain)

Opiates

Migraine/ Metabolic (DKA, gastroparesis, hypercalcemia)

Infections

Toxicity (cytotoxic, digitalis toxicity)

Increased ICP, Ingested alcohol

Neurogenic, psychogenic

Gestation

Knowledge Level 3, System: Alimentary

Anil Pandit, Manipal College of Medical Sciences, Pokhara, Nepal

Haemochromatosis complications

Hi Yield [ID 888]

"HaemoChromatosis Can Cause Deposits Anywhere":

Hypogonadism

Cancer (hepatocellular)

Cirrhosis

Cardiomyopathy

Diabetes mellitus

Arthropathy

Knowledge Level 6, System: Cardiovascular

Logan Mitchell Dunedin Medical School, New Zealand

Diabetic ketoacidosis: precipitating factors

Hi Yield [ID 2023]

5 I's:

Infection

Ischaemia (cardiac, mesenteric)

Infarction

Ignorance (poor control)

Intoxication (alcohol)

Knowledge Level 4, System: Endocrine

James Thomas

GENETICS

Achondroplasia dwarfism: inheritance pattern

[ID 426]

Achondroplasia **D**warfism is Autosomal **D**ominant.

Knowledge Level 6, System: Endocrine

Robert O'Connor University College Dublin

DiGeorge/ Velocardiofacial syndrome: features

Hi Yield [ID 1041]

CATCH 22:

Cardiac abnormalities

Abnormal facies

Thymic aplasia

Cleft palate

Hypocalcemia

22q11 deletion

Knowledge Level 7, System: Lymphoid

Anonymous Contributor

Tay Sach's features

Hi Yield [ID 829]

SACHS:

Spot in macula

Ashkenazic Jews

CNS degeneration

Hex A deficiency

Storage disease

Extra details with **TAY**:

Testing recommended

Autosomal recessive/ **A**maurosis

Young death (<4 yrs)

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Blots: function of Southern vs. Northern vs. Western

Hi Yield [ID 269]

"**SNOW DROP**":

Match up the 1st word letter with 2nd word letter:

Southern=**D**NA

Northern=**R**NA

Western=**P**rotein

The O's in snow drop are zeros, since there is no Eastern blot.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Cell cycle stages

Hi Yield [ID 129]

"Go Sally Go! Make Children!":

G1 phase (Growth phase 1)

S phase (DNA Synthesis)

G2 phase (Growth phase 2)

M phase (Mitosis)

C phase (Cytokinesis)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Chromosome 15 diseases

Hi Yield [ID 1287]

Chromosome 15 has its own **MAP**:

Marfan syndrome

Angelman syndrome

Praeder-Willi syndrome

Knowledge Level 3, System: Other/Miscellaneous

Christopher Jordan UAG

Codons: nonsense mutation

Hi Yield [ID 2061]

"**Stop** talking **nonsense**!":

Nonsense mutation causes premature **stop**.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Cri-du-chat syndrome: chromosomal deletion causing it is 5p(-)

Hi Yield [ID 408]

What's another name for a **cat** that's **five** letters long and starts with a **P**? (Answer: pussy).

Why is the cat **crying**? **Missing** its **P**.

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

DNA: Z vs. B form: which is inactive

Hi Yield [ID 2250]

ZZZZ is sleeping (inactive).

B form is therefore active DNA.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Down syndrome pathology

Hi Yield [ID 803]

DOWN:

Decreased alpha-fetoprotein and unconjugated estriol (maternal)

One extra chromosome twenty-one

Women of advanced age

Nondisjunction during maternal meiosis

Knowledge Level 4, System: Other/Miscellaneous

Rinku S. Uberoi UNIBE

Exon vs. intron function

[ID 31]

Exons **E**xpressed.

InTrons **In** Trash.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Hurler syndrome features

Hi Yield [ID 820]

HURLER'S:

Heptosplenomegaly

Ugly facies

Recessive (AR inheritance)

L-iduronidase deficiency (alpha)

Eyes clouded

Retarded

Short/ Stubby fingers

Knowledge Level 3, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Imprinting diseases: Prader-Willi and Angelman

Hi Yield [ID 699]

"Pray to an Angel":

Prader-Willi and Angelman are the 2 classic imprinting diseases.

Which disease results, depends on whether 15q deletion is maternal or paternal. Keep them straight by:

Paternal is Prader-Willi.

See diagram for cardinal symptom of each disease.

Knowledge Level 3, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Marfan syndrome features

Hi Yield [ID 642]

MARFAN'S:

Mitral valve prolapse

Aortic Aneurysm

Retinal detachment

Fibrillin

Arachnodactyly

Negative Nitroprusside test (differentiates from homocystinuria)

Subluxated lens

Knowledge Level 2, System: Other/Miscellaneous

Rinku Uberoi and Wabbas Mahmud UNIBE and Punjab Medical College Faisalabad, Pakistan

Nucleotides: class having the single ring

Hi Yield [ID 32]

"Pyrimadines are CUT from purines"

Pyrimidines are:

Cytosine

Uracil

Thiamine

They are cut from purines so the pyrimadines must be smaller (one ring).

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Nucleotides: double vs. triple bonded basepairs

Hi Yield [ID 2060]

"TU bonds" (two bonds):

T-A and U-A have **Two** bonds.

G-C therefore has the three bonds.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Nucleotides: which are purines

Hi Yield [ID 415]

"Pure Silver":

Chemical formula of Pure silver is Ag.

Therefore, **Purines** are Adenine and Guanine.

Knowledge Level 1, System: Other/Miscellaneous

Jason Mounts Medical College of Georgia

Pedigree symbols: gender and affected

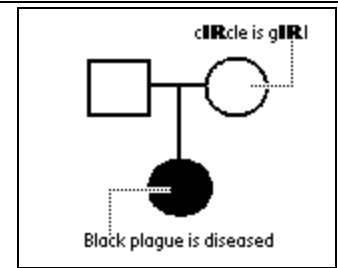
[ID 113]

Gender: The **cIRcle** is a **gIRl** [so boys are squares].

Affected: **Black plague** was a **disease**, so **black-filled** symbol means an **affected/diseased** person [so non-filled-in is unaffected].

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



HISTOLOGY

Taste buds: vallate vs. fungiform distribution

[ID 281]

Cross sectional shape of the top of the bud tells their distribution.

Vallate: has a shallow 'V' at the top, so has a 'V' distribution at the back of the tongue.

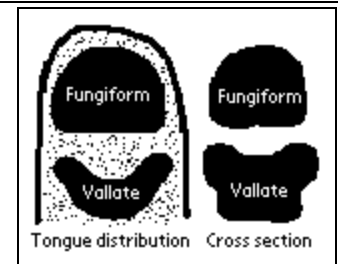
Fungiform: top is **round** so it is towards the **round** end of the tongue.

See diagram.

Note vallate is also sometimes called circumvallate.

Knowledge Level 6, System: Alimentary

Robert O'Connor University College Dublin



Vascular endothelium: simplified cross-section

Hi Yield [ID 2165]

LIMA:

Lumen

Intima

Media

Adventitia

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Leukocytes: granulated and agranulated

[ID 762]

"**BEN** Loves **Money**":

Granulocytes:

Basophil

Eosinophil

Neutrophil

Agranulocytes:

Lymphocytes

Monocytes

Alternatively: **Granpa BEN**..." to keep the granulated group straight.

Knowledge Level 2, System: Lymphoid

Priya and Abe UNIBE

Mast cell primary granule contents

[ID 910]

"**Master, His Hepes Causes Choking & Gagging!**":

Mast = **Mast** cell

His = **Histamine**

He= **Heparin**

C = **Chymase**

Ch = **Chemotactic** factor for eosinophils

Gag = **GAGase**

Knowledge Level 5, System: Lymphoid

Ms Sushi UCLA Medicine

Neutrophil's 2 distinctive physical features

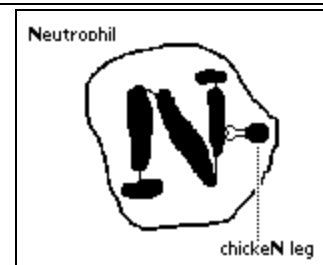
[ID 119]

1: There's up to **5 lobes** of the nucleus joined by thin appendages. Tie this to it being a neutrophil nucleus by arranging the **5 lobes** into a **capital N for Neutrophil**.

2: the **chicken leg** (Barr Body) sticking out. Say it out loud: **chick-N**. The chick-N leg is for Neutrophil.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin



Muscle cells: cardiac vs. skeletal's nuclei location/number

[ID 308]

Nuclei location mirrors where the muscle is located in human body.

Heart muscle is in the **middle** of body, so heart muscle has nucleus in **middle**.

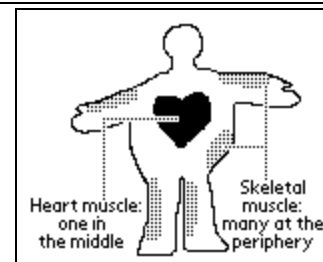
Skeletal muscles are at **periphery** of body, so nuclei are at **periphery**.

Also, you have 1 heart, so usually only 1 nucleus per heart muscle cell, but have many skeletal muscles, so have many nuclei per long fibre.

See diagram.

Knowledge Level 1, System: Muscle

Robert O'Connor University College Dublin



Muscle sarcomere: A vs. I as light or dark

[ID 50]

There is only one vowel in "dark" and one vowel in "light".

These one vowels match up to their one letter names:

Dark band is the **A** band.

Light band is the **I** band.

Knowledge Level 2, System: Muscle

Robert O'Connor University College Dublin

Muscle sarcomere: H line vs. Z disc location

[ID 107]

HAZI (Hazy):

H line is in **A**-band.

Z disc is in the **I** band.

Knowledge Level 1, System: Muscle

Sujay Patel University College Dublin

IMMUNOLOGY

Graves disease: etiology

[ID 2319]

In Graves disease, the thyroid-stimulating immunoglobulins are of the IgG class.

Knowledge Level 5, System: Endocrine

Anonymous Contributor

Lupus signs and symptoms

Hi Yield [ID 321]

SOAP BRAIN:

Serositis [pleuritis, pericarditis]

Oral ulcers

Arthritis

Photosensitivity

Blood [all are low - anemia, leukopenia, thrombocytopenia]

Renal [protein]

ANA

Immunologic [DS DNA, etc.]

Neurologic [psych, seizures]

Knowledge Level 4, System: Integumental

Ken Evans Saskatchewan Health, Acute and Emergency Services

Celiac sprue features

Hi Yield [ID 811]

CELIAC:

Cell-mediated autoimmune disease

European descent

Lymphocytes in **L**amina propria/ **L**ymphoma risk

Intolerance of gluten (wheat)

Atrophy of villi in small intestine/ Abnormal D-xylose test

Childhood presentation

Atrophied villi cause less absorption, so diarrhea, weight loss, less energy.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Complement cascade initiating items: alternative vs. classic

Hi Yield [ID 783]

Classic: Combined Complexes.

Alternative: **A**ctivators **A**lone, or **IgA**.

Complexes are made of Ab and Ag combined together.

Examples of activators: endotoxin, microbial surface.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin

Complement: function of C3a versus C3b

Hi Yield [ID 485]

C3a: Activates **A**cute [inflammation].

C3b: Bonds **B**acteria [to macrophages--easier digestion].

If wish to know more than just C3:

C3a, **C4a**, **C5a** activate acute.

C3b, **C4b** bind bacteria.

Knowledge Level 2, System: Lymphoid

Robert O'Connor and Marcus Fidel University College Dublin and UNM

DiGeorge Syndrome: features

Hi Yield [ID 2773]

The disease of T's:

Third and 4th pharyngeal pouch absent.

Twenty-**T**wo chromosome

T-cells absent

Tetany: hypocalcemia

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Goodpasture's Syndrome components

Hi Yield [ID 467]

GoodPasture is **G**lomerulonephritis and **P**neumonitis.

From autoantibodies attacking **G**lomerular and **P**ulmonary basement membranes.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Hypersensitivity reactions: Gell and Goombs nomenclature

Hi Yield [ID 104]

ACID

From I to IV:

Anaphylactic type: type I

Cytotoxic type: type II

Immune complex disease: type III

Delayed hypersensitivity (cell mediated): type IV

Knowledge Level 1, System: Lymphoid

Anonymous Contributor

Hypersensitivity: type IV example

[ID 838]

Poison **IV**y causes type **IV** hypersensitivity.

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Immunoglobulin (Ig) types: the important ones worth remembering, in order of appearance

Hi Yield [ID 106]

MAGDElaine (a girl's name):

IgM

IgA

IgG

IgD

IgE

Magdelaine tells you the order they usually appear: **M** first, then **A** or **G**.

Alternatively: **IgM** is **IM**mediate.

Knowledge Level 1, System: Lymphoid

Magdelaine Deeby and Anonymous Contributor University College Dublin and University of Aberdeen

Immunoglobulins, and order B cells present them

Hi Yield [ID 2131]

MADGE (character from the old dishwashing liquid commercial):

IgM

IgA

IgD

IgG

IgE

Order of presentation by B cells (which is made first, IgD or IgM?) B cells present **IgM** primarily, and then **IgD**.

Just remember why all of us are going through this pain...to become M.D's. For a B cell to be competent, it must get its **MD**.

Finally, by the same rule, B cells must first release **M** then **G** immunoglobulin on primary exposure.

Knowledge Level 1, System: Lymphoid

Tevis Anthony Verrett Creighton University School of Medicine

Immunoglobulins: which crosses the placenta

[ID 870]

IgG crosses the placenta during **G**estation.

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Interferon gamma: action on macrophages

Hi Yield [ID 877]

"**Th1**nk **BIG** Mac Attack":

Th1 and **NK** cells **B**uild **I**nterferon **G**amma.

Causes **Macrophages** to have an augmented **Attack** [by better lysosome function and increasing reactive oxygen metabolites, nitric oxide and defensins].

Knowledge Level 4, System: Lymphoid

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

MHC I vs. MHC II properties

Hi Yield [ID 625]

"**I**mmunity **h**elps to **e**xterminate **f**un for **b**acteria"

See attached chart.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Cells with MHC class	Immune cells	All nucleated cells
T-cell MHC interaction	Helper T-cells	Cytotoxic T-cells
MHC name	Two (II)	One (I)
Exposed protein	External origin	Internal origin
1 st MHC use	Fungi	Viruses
CD type interaction	CD4+	CD8+
2 nd MHC use	Bacteria	Cancer cells

Sjogren syndrome: morphology

Hi Yield [ID 796]

"**Jog** through the **MAPLES**":

Sjogren is:

Mouth dry

Arthritis

Parotid enlarged

Lymphoma

Eyes dry

Sicca (primary) or **S**econdary

See diagram.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin



T and B cells: types

Hi Yield [ID 1982]

When bacteria enter body, T-cell says to B: "**Help Me Catch Some!**" B-cell replies: "**My Pleasure!**":

T-cell types:

Helper

Memory

Cytotoxic

Suppressor

B-cell types:

Memory cell

Plasma cell

Knowledge Level 1, System: Lymphoid

Dr. Harsh Sharma BJMC, Pune, India

INTERNAL MEDICINE / FAMILY PRACTICE

ACEI: contraindications

Hi Yield [ID 2565]

PARK:

Pregnancy

Allergy

Renal artery stenosis

K increase (hyperkalemia)

Knowledge Level 4, System: Cardiovascular

Anthony Chan

Anion gap metabolic acidosis: causes

Hi Yield [ID 1203]

A MUDPILE CAT:

Alcohol

Methanol

Uremia

Diabetic ketoacidosis

Paraldehyde

Iron/ Isoniazid

Lactic acidosis

Ethylene glycol

Carbamazepine

Aspirin

Toluene

Knowledge Level 5, System: Cardiovascular

Mohamed Azim MD Pediatric Surgeon, Alexandria University, Egypt

Haematology: key numbers

[ID 140]

3 and **4** are key in in haematology:

1.**34** cm³ of oxygen is carried by a gram of hemoglobin.

There's **3.4**mg of iron in each gram of hemoglobin.

There's an average of **3.4** lobes per neutrophil.

There's **34**mg bilirubin from each gram of hemoglobin.

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Macrocytic anemia: causes

Hi Yield [ID 1859]

ABCDEF:

Alcohol + liver disease

B12 deficiency

Compensatory reticulocytosis (blood loss and hemolysis)

Drug (cytotoxic and AZT)/ **Dysplasia** (marrow problems)

Endocrine (hypothyroidism)

Folate deficiency/ **Fetus** (pregnancy)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Metabolic acidosis: causes

Hi Yield [ID 1873]

KUSSMAL:

Ketoacidosis

Uraemia

Sepsis

Salicylates

Methanol

Alcohol

Lactic acidosis

Knowledge Level 6, System: Cardiovascular

Steve Gust Gove District Hospital, NT Australia

Non-gap acidosis: causes

Hi Yield [ID 1797]

HARD UP:

Hyperalimentation

Acetazolamide (carbonic anhydrase inhibitors)

RTA

Diarrhea

Ureterosigmoidostomy

Pancreatic fistula

Knowledge Level 5, System: Cardiovascular

James Reeves Emory University School of Medicine

Pancytopenia differential

Hi Yield [ID 2648]

"All Of My Blood Has Taken Some Poison":

Aplastic anaemias

Overwhelming sepsis

Megaloblastic anaemias

Bone marrow infiltration

Hypersplenism

TB

SLE

Paroxysmal nocturnal haemoglobinuria

Knowledge Level 5, System: Cardiovascular

Dr. Trisan W. Graham

Raynaud's disease: causes

Hi Yield [ID 1917]

BAD CT:

Blood disorders (eg polycythaemia)

Arterial (eg atherosclerosis, Buerger's)

Drugs (eg beta-blockers)

Connective tissue disorders (rheumatoid arthritis, SLE)

Traumatic (eg vibration injury)

Knowledge Level 3, System: Cardiovascular

Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

Ulcers: types

Hi Yield [ID 2039]

VAN:

Venous/ Vasculitic

Arterial

Neuropathic

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor University of Sydney, Australia

Acromegaly symptoms

Hi Yield [ID 2555]

ABCDEF:

Arthralgia/ Arthritis

Blood pressure raised

Carpal tunnel syndrome

Diabetes

Enlarged organs

Field defect

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Gynecomastia: common causes

[ID 1039]

GYNECOMASTIA:

Genetic Gender disorder (Klinefelter)

Young boy (pubertal)*

Neonate*

Estrogen

Cirrhosis/ Cimetidine/ Ca Channel blockers

Old age*

Marijuana

Alcoholism

Spironolactone

Tumors (Testicular & adrenal)

Isoniazid/ Inhibition of testosterone

Antineoplastics (Alkylating Agents)/ Antifungal(ketoconazole)

* Asterisk indicates physiologic cause.

Knowledge Level 5, System: Endocrine

Rinku S. Uberoi UNIBE

Hypercalcemia causes

Hi Yield [ID 1568]

MD PIMPS ME:

Malignancy

Diuretics (thiazide the main culprit)

Parathyroid (hyperparathyroidism)

Immobilization/ Idiopathic

Megadoses of vitamins A,D

Paget's disease

Sarcoidosis

Milk alkali syndrome

Endocrine (Addison's disease, thyrotoxicosis)

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Hypercalcemia: causes

Hi Yield [ID 1614]

GRIM FED:

Granulomas (sarcoid, TB),

Renal failure

Immobility (esp. long term)

Malignancy

Familial (eg familial hypocalciuric hypercalcemia)

Endocrine (see below for subtypes)

Drugs (esp. thiazide diuretics, lithium)

Endocrine causes are **PATH:**

Phaeochromocytoma

Addison's disease

Thyrotoxicosis

Hyperparathyroidism

Knowledge Level 4, System: Endocrine

Steve London, England

Hypercalcemia: differential

Hi Yield [ID 1651]

VITAMIN TRAPS:

Vitamin A and D intoxication

Immobilization

Thyrotoxicosis

Addison's disease/ Acidosis

Milk-alkali syndrome

Inflammatory disorders

Neoplastic disease

Thiazides, other drugs

Rhabdomyolysis

AIDS

Paget's disease/ Parenteral nutrition/ Parathyroid disease

Sarcoidosis

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Pressure Sore: Norton Score

[ID 2566]

MAGIC:

Mobility

ADL

General condition

Incontinence

Conscious level

Knowledge Level 4, System: Integumental

Anthony Chan

Pruritus without rash: DDx

Hi Yield [ID 2255]

ITCHING DX:

Infections (scabies, toxocariasis, etc)

Thyroidal and other endocrinopathies (eg diabetes mellitus)

Cancer

Hematologic diseases (eg iron deficiency)/ Hepatopathies/ HIV

Idiopathic

Neurotic

Gravid (pruritus of pregnancy)

Drugs

excretory dysfunctions (eg uremia)

Knowledge Level 4, System: Integumental

Anonymous Contributor

Rashes: time of appearance after fever onset

Hi Yield [ID 1128]

"Really Sick Children Must Take No Exercise":

Number of days after fever onset that a rash will appear:

1 Day: Rubella

2 Days: Scarlet fever/ Smallpox

3 Days: Chickenpox

4 Days: Measles (and see the Koplik spots one day prior to rash)

5 Days: Typhus & rickettsia (this is variable)

6 Days: Nothing

7 Days: Enteric fever (salmonella)

Knowledge Level 4, System: Integumental

Anonymous Contributor Rivka Zieff Hospital Dept. of Pediatrics, Tzfat, Israel

Alkalosis: metabolic changes in alkalosis

Hi Yield [ID 2642]

"Al-K-loss, Al-Ca-loss":

There is loss of **K+** (hypokalemia) and **Ca++** (hypocalcemia) in state of alkalosis.

Knowledge Level 2, System: Kidney/Urine

Ibrahim Mansoor King Edward Medical College

Allopurinol: indications

[ID 1893]

STORE:

Stones (history of renal stones)

Tophaceous gout (chronic)

Over-producers of urate

Renal disease

Elderly

Bonus: Probenecid indications are basically the opposite of STORE (no renal stone history, etc.).

Knowledge Level 7, System: Kidney/Urine

Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Dialysis indications

Hi Yield [ID 2242]

HAVE PEE:

Hyperkalemia (refractory)

Acidosis (refractory)

Volume overload

Elevated BUN (> 36 mM)

Pericarditis

Encephalopathy

Edema (pulmonary)

Knowledge Level 1, System: Kidney/Urine

Tim Welke and Darren Yuen University of Toronto Medical School

Renal failure (acute): management

Hi Yield [ID 1778]

Manage **AEIOU**:

Anemia/ **A**cidosis

Electrolyte and fluids

Infections

Other measures (eg nutrition, nausea, vomiting)

Uremia

Knowledge Level 2, System: Kidney/Urine

Malik Tariq Rahim King Edward Medical College, Lahore, Pakistan

SIADH: causes

Hi Yield [ID 1963]

SIADH:

Surgery

Intracranial: infection, head injury, CVA

Alveolar: Ca, pus

Drugs: opiates, antiepileptics, cytotoxics, anti-psychotics

Hormonal: hypothyroid, low corticosteroid level

Knowledge Level 5, System: Kidney/Urine

Steve Gust Gove District Hospital, NT, Australia

SIADH: diagnostic sign

Hi Yield [ID 1703]

Syndrome of **INAP**propriate Anti-Diuretic Hormone:

Increased

Na (sodium)

PP (urine)

SIADH is characterized by increased urinary sodium.

Knowledge Level 5, System: Kidney/Urine

Rinku Uberoi New York Hospital

SIADH: major signs and symptoms

Hi Yield [ID 1810]

SIADH:

Spasms

Isn't any pitting edema (key DDx)

Anorexia

Disorientation (and other psychoses)

Hyponatremia

Knowledge Level 5, System: Kidney/Urine

Dr. Harsh Sharma BJMC

Eosinophilia: differential

Hi Yield [ID 1680]

NAACP:

Neoplasm

Allergy/ Asthma

Addison's disease

Collagen vascular diseases

Parasites

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Polycythemia Rubra Vera (PRV): common symptoms

Hi Yield [ID 1118]

PRV:

Plethora/ Pruritis

Ringing in ears

Visual blurriness

Knowledge Level 4, System: Lymphoid

Rinku S. Uberoi UNIBE

SLE: factors that make SLE active

Hi Yield [ID 2247]

UV PRISM:

UV (sunshine)

Pregnancy

Reduced drug (eg steroid)

Infection

Stress

More drug

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Splenomegaly: causes

Hi Yield [ID 1935]

CHICAGO:

Cancer

Hem, onc

Infection

Congestion (portal hypertension)

Autoimmune (RA, SLE)

Glycogen storage disorders

Other (amyloidosis)

Knowledge Level 4, System: Lymphoid

Gerard Dang Chicago Medical School

Horner's syndrome: components

[ID 2395]

SAMPLE:

Sympathetic chain injury

Anhidrosis

Miosis

Ptosis

Loss of ciliospinal reflex

Enophthalmos

Knowledge Level 5, System: Nervous

Harsh Sharma BJMC, Pune, India

Lethargy, malaise causes

[ID 1109]

FATIGUED:**Fat/ Food** (poor diet)**Anemia****Tumor****Infection** (HIV, endocarditis)**General joint or liver disease****Uremia****Endocrine** (Addison's, myxedema)**Diabetes/ Depression/ Drugs**

Knowledge Level 3, System: Nervous

The Cashman University of Queensland, Australia

Back pain causes

Hi Yield [ID 237]

DISK MASS (since near vertebral disc):**Degeneration** (DJD, osteoporosis, spondylosis)**Infection** (UTI, PID, Pott's disease, osteomyelitis, prostatitis)/ **Injury**, fracture or compression fracture**Spondylitis** (ankylosing spondyloarthropathies such as rheumatoid arthritis, Reiters, SLE)**Kidney** (stones, infarction, infection)**Multiple myeloma/ Metastasis** (from cancers of breast, kidney, lung, prostate, thyroid)**Abdominal pain** (referred to the back)/ **Aneurysm****Skin** (herpes zoster)/ **Strain/ Scoliosis** and lordosis**Slipped disk/ Spondylolisthesis**

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Behcet's syndrome: diagnostic criteria

[ID 1863]

PROSE:**Pathergy test** (i/d saline injection)**Recurrent genital ulceration****Oral ulceration** (recurrent)**Skin lesions****Eye lesions**

Oral ulceration is central criteria, plus any 2 others.

Knowledge Level 7, System: Other/Miscellaneous

Dr. Harsh Sharma BJMC, Pune, India

ICU management: A to Z

[ID 1563]

A: Asepsis/ Airway**B:** Bed sore/ encourage Breathing/ Blood pressure**C:** Circulation/ encourage Coughing/ Consciousness**D:** Drains**E:** ECG**F:** Fluid status**G:** GI losses/ Gag reflex**H:** Head positioning/ Height**I:** Insensible losses**J:** Jugular venous pulse**K:** Kindness**L:** Limb care/ Label**M:** Mouth care**N:** Nociception/ Nutrition**O:** Oxygenation/ Orient the patient**P:** Pulse/ Peristalsis/ Physiotherapy**Q:** Quiet surroundings**R:** Respiratory rate/ Restraint**S:** Stress ulcer/ Suctioning**T:** Temperature**U:** Urine

V: Ventilator
W: Wounds/ Weight
X: Xerosis
Y: whY
Z: Zestful care of the patient
Knowledge Level 9, System: Other/Miscellaneous
Dr. Sonali Vadi

Left iliac fossa: causes of pain

[ID 1584]

SUPER CLOT:
Sigmoid diverticulitis
Uteric colic
PID
Ectopic pregnancy
Rectus sheath haematoma
Colorectal carcinoma
Left sided lower lobe pneumonia
Ovarian cyst (rupture, torsion)
Threatened abortion/ Testicular torsion
Knowledge Level 3, System: Other/Miscellaneous
Sushant Varma Medical student, University of Sheffield, UK

Acute stridor: differential

Hi Yield [ID 1650]

ABCDEFGH:
With fever:
Abscess
Bacterial tracheitis
Croup
Diphtheria
Epiglottitis
Without fever:
Foreign body
Gas (Toxic Gas)
Hypersensitivity
Knowledge Level 2, System: Pulmonary
Anthony Chan Chinese University of Hong Kong

Bronchiectasis: causes

Hi Yield [ID 2624]

A SICK AIRWAY:
Airway lesion, chronic obstruction
Sequestration
Infection, inflammation
Cystic fibrosis
Kartagener's syndrome
Allergic bronchopulmonary aspergillosis
Immunodeficiencies (hypogammaglobinaemia, myeloma, lymphoma)
Reflux, inhalation injury
William Campbell syndrome (and other congenitals)
Aspiration
Yellow nail syndrome/ Young syndrome
Knowledge Level 3, System: Pulmonary
Mr. LW Mason 4th Year Medical Student

Bronchiectasis: differential

Hi Yield [ID 548]

BRONCHIECTASIS:

Bronchial cyst

Repeated gastric acid aspiration

Or due to foreign bodies

Necrotizing pneumonia

Chemical corrosive substances

Hypogammaglobulinemia

Immotile cilia syndrome

Eosinophilia (pulmonary)

Cystic fibrosis

Tuberculosis (primary)

Atopic bronchial asthma

Streptococcal pneumonia

In Young's syndrome

Staphylococcal pneumonia

Knowledge Level 4, System: Pulmonary

Benson Moses Benjamin JSS Medical College Mysore India

Hemoptysis: causes

[ID 1802]

HEMOPTYSIS:

Haemorrhagic diathesis

Edema [LVF due to mitral stenosis]

Malignancy

Others [eg: vasculitis]

Pulmonary vascular abnormalities

Trauma

Your treatment [anticoagulants]

SLE

Infarction in lungs

Septic

Knowledge Level 9, System: Pulmonary

Dr. Sonali Vadi

Pleural effusion: investigations

[ID 2812]

PLEURA:

Pleural fluid (thoracentesis)

Lung, pleural biopsy

ESR

Ultrasound

Radiogram

Analysis of blood

Knowledge Level 2, System: Pulmonary

Huiquan Zhao Children Hospital, Cincinnati

Pulmonary edema: treatment

Hi Yield [ID 1678]

LMNOP:

Lasix

Morphine

Nitrates (NTG)

Oxygen

Position (upright vs. flat)

Knowledge Level 3, System: Pulmonary

Jeff Gilfor, M.D.

Pulmonary edema: treatments

[ID 1597]

MAD DOG:

Morphine

Aminophylline

Digitalis

Diuretics

Oxygen

GGases in blood (ABG's)

Knowledge Level 4, System: Pulmonary

Anonymous Contributor

Pulmonary fibrosis: causes

Hi Yield [ID 2045]

SCAR:

Upper lobe:

Silicosis/ Sarcoidosis

Coal worker pneumonconiosis

Ankylosing spondylitis

Radiation

Lower lobe:

Systemic sclerosis

Cryptogenic fibrosing alveolitis

Asbetosis

Rheumatoid arthritis

Knowledge Level 4, System: Pulmonary

Anthony Chan

Wheezing: causes

Hi Yield [ID 2905]

ASTHMA:

Asthma

Small airways disease

Tracheal obstruction

Heart failure

Mastocytosis or carcinoid

Anaphylaxis or allergy

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

Back trouble causes

[ID 165]

O, VERSALIUS (Versalius was the name of a famous physician):

Osteomyelitis

Vertebral fracture

Extraspinal tumour

Spondylolisthesis

Ankylosing spondylitis

Lumbar disk increase

Intraspinal tumor

Unhappiness

Stress

Knowledge Level 5, System: Skeletal

Anonymous Contributor

INTERVIEWING / PHYSICAL EXAM

Abdomen assessment

[ID 1543]

To assess abdomen, palpate all 4 quadrants for **DR. GERM**:

Distension: liver problems, bowel obstruction

Rigidity (board like): bleeding

Guarding: muscular tension when touched

Evicesation/ **E**cchymosis

Rebound tenderness: infection

Masses

Knowledge Level 2, System: Alimentary

Lyssa Lenske Mount Saint Mary's College BSN Program

Vomiting: non-GIT differential

[ID 323]

ABCDEFGHI:

Acute renal failure

Brain [increased ICP]

Cardiac [inferior MI]

DKA

Ears [labyrinthitis]

Foreign substances [Tylenol, theo, etc.]

Glaucoma

Hyperemesis gravidarum

Infection [pyelonephritis, meningitis]

Knowledge Level 3, System: Alimentary

Ken Evans Saskatchewan Health, Acute and Emergency Services

Heart valve auscultation sites

Hi Yield [ID 543]

"All Patients Take Meds":

Reading from top left:

Aortic

Pulmonary

Tricuspid

Mitral

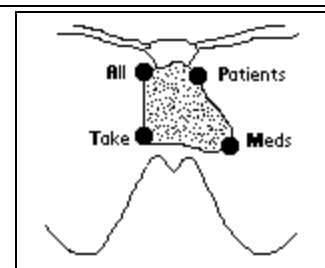
See diagram.

Alternatively: **All Prostitutes Take Money**.

Alternatively: **APe To Man**.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor and Raarsi and Dana M. Not specified and University of Birmingham Medical School and MCC Michigan



Glasgow coma scale: components and numbers

Hi Yield [ID 2288]

Scale types is 3 **V**'s:

Visual response

Verbal response

Vibratory (motor) response

Scale scores are 4,5,6:

Scale of **4**: see so much **more**

Scale of **5**: talking **jive**

Scale of **6**: feels the **pricks** (if testing motor by pain withdrawal)

Knowledge Level 1, System: Nervous

Rinku Uberoi and Robert O'Connor

Mental state examination: stages in order

[ID 2150]

"Assessed Mental State **To Be Positively Clinically Unremarkable**":

Appearance and behaviour [observe state, clothing...]

Mood [recent spirit]

Speech [rate, form, content]

Thinking [thoughts, perceptions]

Behavioural abnormalities

Perception abnormalities

Cognition [time, place, age...]

Understanding of condition [ideas, expectations, concerns]

Knowledge Level 5, System: Nervous

Pain history checklist

[ID 501]

SOCRATES:

Site

Onset

Character

Radiation

Alleviating factors/ Associated symptoms

Timing (duration, frequency)

Exacerbating factors

Severity

Alternatively, **S**igns and **S**ymptoms with the 'S'.

Knowledge Level 1, System: Nervous

Piyush and Shirish Toshniwal and Jonathan Round and Neil Mckeen Cambridge and Smt. NHL Medical College, Ahmedabad and RFUCMS

Abdominal swelling causes

[ID 194]

9 F's:

Fat

Feces

Fluid

Flatus

Fetus

Full-sized tumors

Full bladder

Fibroids

False pregnancy

Knowledge Level 1, System: Other/Miscellaneous

Richard Thompson and Alex Queens University, Belfast, NI and Not Specified

Clinical examination: initial inspection of patient from end of bed

[ID 3076]

ABC:

Appearance (SOB, pain, etc)

Behaviour

Connections (drips, inhalers, etc connected to patient)

Knowledge Level 2, System: Other/Miscellaneous

Jamal Khan Birmingham University Medical Student

Differential diagnosis checklist

[ID 342]

"A VITAMIN C"

A and **C** stand for **A**cquired and **C**ongenital

VITAMIN stands for:

Vascular

Inflammatory (**I**nfectious and non-**I**nfectious)

Trauma/ **T**oxins

Autoimmune

Metabolic

Idiopathic

Neoplastic

Example usage: List causes of decreased vision: Central retinal artery occlusion, Retinitis pigmentosa, Perforation to globe, Chronic Gentamycin use, Rheumatoid arthritis, Diabetes, Idiopathic, Any eye tumor, Myopia.

Knowledge Level 1, System: Other/Miscellaneous

Nizaar Lilla University Of Cape Town Medical School

Differential diagnosis checklist

[ID 664]

"I VINDICATE AID":

Idiopathic

Vascular

Infectious

Neoplastic

Degenerative

Inflammatory

Congenital

Autoimmune

Traumatic

Endocrinal and metabolic

Allergic

Iatrogenic

Drugs

Knowledge Level 1, System: Other/Miscellaneous

Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Family history (FH)

[ID 1830]

BALD CHASM:

Blood pressure (high)

Arthritis

Lung disease

Diabetes

Cancer

Heart disease

Alcoholism

Stroke

Mental health disorders (depression, etc.)

Knowledge Level 2, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Four point physical assessment of a disease

[ID 593]

"I'm A People Person":

Inspection

Auscultation

Percussion

Palpation

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Medical history: disease checklist

[ID 407]

MJ THREADS:

Myocardial infarction

Jaundice

Tuberculosis

Hypertension

Rheumatic fever/ Rheumatoid arthritis

Epilepsy

Asthma

Diabetes

Strokes

Aside: "History" album was by Michael Jackson (MJ).

Knowledge Level 1, System: Other/Miscellaneous

Soumendra Datta University College London Medical School

Past medical history (PMH)

[ID 1828]

VAMP THIS:

Vices (tobacco, alcohol, other drugs, sexual risks)

Allergies

Medications

Preexisting medical conditions

Trauma

Hospitalizations

Immunizations

Surgeries

Knowledge Level 3, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Patient examination organization

[ID 203]

SOAP:

Subjective: what the patient says.

Objective: what the examiner observes.

Assessment: what the examiner thinks is going on.

Plan: what they intend to do about it.

Knowledge Level 1, System: Other/Miscellaneous

Richard Rathe, MD University of Florida

Patient profile (PP)

[ID 1829]

LADDERS:

Living situation/ Lifestyle

Anxiety

Depression

Daily activities (describe a typical day)

Environmental risks/ Exposure

Relationships

Support system/ Stress

Knowledge Level 2, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Physical exam for 'lumps and bumps'

[ID 615]

"6 Students and 3 Teachers go for **CAMPFIRE**":

Site, Size, Shape, Surface, Skin, Scar

Tenderness, Temperature, Transillumination

Consistency

Attachment

Mobility

Pulsation

Fluctuation

Irreducibility

Regional lymph nodes

Edge

Knowledge Level 5, System: Other/Miscellaneous

Lau Yue Young Geoffrey

Physical examination - correct order

[ID 2813]

"I Palpate People's Abdomens":

Inspection

Palpation

Percussion

Auscultation

Knowledge Level 1, System: Other/Miscellaneous

Jim McHugh St George's, London

Short statue causes

[ID 866]

RETARD HEIGHT:

Rickets

Endocrine (cretinism, hypopituitarism, Cushing's)

Turner syndrome

Achondroplasia

Respiratory (suppurative lung disease)

Down syndrome

Hereditary

Environmental (postirradiation, postinfectious)

IUGR

GI (malabsorption)

Heart (congenital heart disease)

Tilted backbone (scoliosis)

Knowledge Level 9, System: Other/Miscellaneous

Lau Yue Young Geoffrey Medical Student '03, Hong Kong University

Sign vs. symptom

[ID 396]

sIgn: something **I** can detect even if patient is unconscious.

sYMptom is something only **h**YM knows about.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Surgical sieve for diagnostic categories

[ID 2116]

INVESTIGATIONS:

Iatrogenic

Neoplastic

Vascular

Endocrine

Structural/ Mechanical

Traumatic

Inflammatory

Genetic/ Congenital

Autoimmune

Toxic

Infective

Old age/ Degenerative

Nutritional

Spontaneous/ Idiopathic

Knowledge Level 1, System: Other/Miscellaneous

Neil Curran Medical Student, Otago University New Zealand

Breast history checklist

[ID 1919]

LMNOP:

Lump

Mammary changes

Nipple changes

Other symptoms

Patient risk factors

Knowledge Level 1, System: Reproductive

Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

MICROBIOLOGY

E. coli: major subtypes, key point of each

Hi Yield [ID 2184]

"**HIT** by E. coli outbreak":

Entero**H**emorrhagic:

HUS from **H**amburgers

Entero**I**nvasive:

Immune-mediated **I**nflammation

Entero**T**oxigenic:

Traveller's diarrhea

Knowledge Level 1, System: Alimentary

Robert O'Connor University College Dublin

Entameoba histolytica: disease caused, action

Hi Yield [ID 46]

Ent**A**moeba causes **A**moebic dys**Ent**ery.

Action: histo (cell) lytic (burst), so it bursts cells.

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin

Hepatitis: oral-fecal transmitted types

Hi Yield [ID 1015]

"**A\$\$ Eaters**":

Types **A** and **E** by oral-fecal route.

Knowledge Level 4, System: Alimentary

Anonymous Contributor

Vibrio: motility

[ID 839]

"**Vibrio Vibrates**":

Vibrio is a genus of actively motile bacteria.

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Endocarditis: indications for surgery

[ID 1953]

PUS RIVER:

Prosthetic valve endocarditis (most cases)

Uncontrolled infection

Supportive local complications with conduction abnormalities

Resection of mycotic aneurysm

Ineffective antimicrobial therapy (eg Vs fungi)

Valvular damage (significant)

Embolization (repeated systemic)

Refractory congestive heart failure

Knowledge Level 5, System: Cardiovascular

David Lucey University College Dublin

Endocarditis: lab results suggesting it

[ID 1951]

"**High Tech Lab Results Point At Endocarditis**":

Hematuria

Thrombocytopenia

Leukocytosis, -penia

Red blood cell cast

Proteinuria

Anemia

Elevated ESR

Knowledge Level 5, System: Cardiovascular

David Lucey University College Dublin

Pseudomonas aeruginosa: features

[ID 1999]

AERUGINOSA:

Aerobic

Exotoxin A

Rod/ Resistance

UTIs, burns, injuries

Green-blue dressings

Iron-containing lesions

Negative gram

Odor of grapes

Slime capsule sometimes (in CF pt)

Adherin pili

Knowledge Level 1, System: Integumental

Joyce Egbe

Acute post-streptococcal glomerulonephritis: classic presentation

[ID 856]

"Sore **throat**, Face **bloat**, Pi\$\$ **coke**":

Sore **throat**: 1 week ago

Face **bloat**: facial edema

Pi\$\$ **coke**: coke-coloured urine

Alternatively, short version: "**Throat, bloat and coke**".

Knowledge Level 4, System: Kidney/Urine

Robert O'Connor University College Dublin

Proteus: disease caused

Hi Yield [ID 377]

Firstly, "**PRO**Teus hates **PRO**Tons":

So what does it do to fight the protons? It has a urease that raises the pH.

Urea is in urine, so Proteus causes UTIs.

Knowledge Level 3, System: Kidney/Urine

James Meltzer MSII, Albert Einstein College of Medicine

UTI-causing microorganisms

Hi Yield [ID 1956]

KEEPS:

Klebsiella

Enterococcus faecalis/ Enterobacter cloacae

E. coli

Pseudomonas aeruginosa/ Proteus mirabilis

Staphylococcus saprophyticus/ Serratia marcescens

Knowledge Level 2, System: Kidney/Urine

Kok Fai Kong University of Auckland

Endotoxin features

[ID 638]

ENDOTOXIN:

Endothelial cells/ Edema

Negative (gram- bacteria)

DIC/ Death

Outer membrane

TNF

O-antigen

X-tremely heat stable

IL-1

Nitric oxide/ Neutrophil chemotaxis

Knowledge Level 3, System: Lymphoid

Rinku Uberoi UNIBE

IgA protease-producing bacteria

[ID 1337]

"Nice Strip of Ham":

Neisseria

Streptococcus pneumonia

Haemophilus influenza

Knowledge Level 7, System: Lymphoid

Marc Miller Sackler School of Medicine

Meningitis: risk factors

[ID 1954]

"Can Induce Severe Attacks Of Head PAINS":

Cancer

Immunocompromised state

Sinusitis

Age extremes

Otitis

Head trauma

Parameningeal infection

Alcoholism

Infections (systemic, esp. respiratory)

Neurosurgical procedures

Splenectomy

Knowledge Level 2, System: Nervous

David Lucey University College Dublin

Chlamydia: elementary vs. initial body location

[ID 2100]

Elementary: Extracellular

Initial: Intracellular

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Common cold: viral causes

Hi Yield [ID 1731]

"Common cold (acute infectious rhinitis, coryza) is **PRIMA**ly caused by":

Paramyxoviruses

Rhinoviruses

Influenza viruses

Myxoviruses

Adenoviruses

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

DNA viruses: morphology rule of thumb

Hi Yield [ID 1608]

DNA:

Double-stranded

Nuclear replication

'Anhedral symmetry

Rule breakers: pox (cytoplasmic), parvo (single-stranded).

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Gram+: bacterial cell wall

Hi Yield [ID 840]

Gram+ has:

+thick peptidoglycan layer.

+teichoic acid in wall.

Knowledge Level 1, System: Other/Miscellaneous

Gilvano Amorim Oliveira Universidade de Santo Amaro - São Paulo Brasil.

Neisseria: fermentation of N. gonorrhoeae vs. N. meningitidis

Hi Yield [ID 1905]

Gonorrhoeae: Glucose fermenter only.

MeninGitis: Maltose and Glucose fermenter.

Maltose fermentation is a useful property to know, since it's the classic test to distinguish the Neisseria types.

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Obligate anaerobes: members worth knowing

Hi Yield [ID 2199]

ABC:

Actinomyces

Bacteroides

Clostridium

Knowledge Level 1, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Picornavirus: features

Hi Yield [ID 1849]

PICORNAvirus:

Positive sense

ICOsahedral

RNA virus

Knowledge Level 2, System: Other/Miscellaneous

Dr. Khawaja Atif Farooq Rawalpindi Medical College, Pakistan, Gujranwala

RNA viruses: negative stranded

Hi Yield [ID 1940]

"**Orthodox Rhabbi's Party Around Fine Bunnies**":

Orthomyxo

Rhabdo

Paramyxo

Arena

Filo

Bunya

Knowledge Level 1, System: Other/Miscellaneous

Rodolfo Chirinos Universidad Central del Caribe, PR

RNA viruses: positive stranded

Hi Yield [ID 1941]

"**Pico Called Flavio To Return Renzo's Corona**":

Picorna

Calici

Flavi

Toga

Retro

Reo

Corona

Knowledge Level 1, System: Other/Miscellaneous

Rodolfo Chirinos Universidad Central del Caribe, PR

Staphylococcus aureus: diseases caused

Hi Yield [ID 1072]

SOFT PAINS:

Skin infections

Osteomyelitis

Food poisoning

Toxic shock syndrome

Pneumonia

Acute endocarditis

Infective arthritis

Necrotizing fasciitis

Sepsis

Knowledge Level 7, System: Other/Miscellaneous

Marc Miller Sackler School of Medicine

Streptococci: classification by hemolytic ability

[ID 857]

Gamma: **Garbage** (no hemolytic activity).
Alpha: **Almost** (almost lyse, but incomplete).
Beta: **Best** (complete lysis).
Knowledge Level 1, System: Other/Miscellaneous
Robert O'Connor University College Dublin

Streptococcus pyogenes: diseases caused

Hi Yield [ID 1816]

NIPPLES:
Necrotising fasciitis and myositis
Impetigo
Pharyngitis
Pneumonia
Lymphangitis
Erysipelas and cellulitis
Scarlet fever/ **S**treptococcal TSS
Knowledge Level 2, System: Other/Miscellaneous
Dr. Harsh Sharma

Streptococcus pyogenes: virulence factors

[ID 1640]

SMASHED:
Streptolysins
M protein
Anti-C5a peptidase
Streptokinase
Hyaluronidase
Exotoxin
DNAses
Knowledge Level 4, System: Other/Miscellaneous
Anonymous Contributor

Urease positive organisms

[ID 2235]

PUNCH:
Proteus (leads to alkaline urine)
Ureaplasma (renal calculi)
Nocardia
Cryptococcus (the fungus)
Helicobacter pylori
Knowledge Level 8, System: Other/Miscellaneous
Dr. Enrique Cifuentes Universidad Autonoma de Guadalajara

Influenza infection: clinical manifestations

Hi Yield [ID 1955]

"**H**aving **F**lu Symptoms Can Make Moaning Children A Nightmare":
Headache
Fever
Sore throat
Chills
Myalgias
Malaise
Cough
Anorexia
Nasal congestion
Knowledge Level 2, System: Pulmonary
David Lucey University College Dublin

Klebsiella details

Hi Yield [ID 362]

You tell the patient: "**Get UPS** you **fat alcoholic**":

UTI

Pneumonia

Sepsis

Fat capsule

Get up=**nonmotile** since no flagella.

Alcoholic=commonly seen in **alcoholic** and nosocomial patients.

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

Pneumonia: acute pneumonia infiltrates from different causes

[ID 145]

"**Pyrogenic**=PMN, **Miscellaneous**=**Mononuclear**":

Acute pneumonia caused by **Pyogenic** bacteria: **PMN** infiltrate.

Acute pneumonia caused by **Miscellaneous** microbes: **Mononuclear** infiltrate.

Knowledge Level 6, System: Pulmonary

Anonymous Contributor

Streptococci: Quellung reaction: positive sign, Strep type confirmed

Hi Yield [ID 859]

"**Quell-lung**":

Quell: Capsules **swell** [+ve test].

Lung: **S. pneumonia** [type confirmed].

You get **pneumonia** in your **lung**.

Knowledge Level 3, System: Pulmonary

Robert O'Connor University College Dublin

Gardnerella and Vaginalis vaginal infection diagnosis

[ID 586]

"Take a **whiff** and get a **clue** for fishy bacteria":

Smells like fish (whiff test); clue cells seen under microscope.

Gardnerella= **Gram** negative.

Vaginalis= **Variable**.

Knowledge Level 3, System: Reproductive

Rinku S Uberoi UNIBE

Teratogens: placenta-crossing organisms

Hi Yield [ID 2182]

ToRCHeS:

Toxoplasma

Rubella

CMV

Herpes simplex, **Herpes** zoster (varicella), **Hepatitis** B,C,E

Syphilis

Alternatively: **TORCHES**: with **O**thers (parvo, listeria), add **HIV** to H's, **E**nteroviruses.

Knowledge Level 1, System: Reproductive

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Trichomaniasis: features

Hi Yield [ID 2631]

5 F's:

Flagella

Frothy discharge

Fishy odor (sometimes)

Fornication (STD)

Flagyl (metronidazole) Rx

Knowledge Level 4, System: Reproductive

Rinku Uberoi

NEUROLOGY

Stroke risk factors

Hi Yield [ID 1064]

HEADS:

Hypertension/ Hyperlipidemia

Elderly

Atrial fib

Diabetes mellitus/ Drugs (cocaine)

Smoking/ Sex (male)

Knowledge Level 3, System: Cardiovascular

Rinku S. Uberoi UNIBE

Chorea: common causes

[ID 2179]

St. VITUS'S DANCE:

Sydenhams

Vascular

Increased RBC's (polycythemia)

Toxins: CO, Mg, Hg

Uremia

SLE

Senile chorea

Drugs

APLA syndrome

Neurodegenerative conditions: HD, neuroacanthocytosis, DRPLA

Conception related: pregnancy, OCP's

Endocrine: hyperthyroidism, hypo-, hyperglycemia

Knowledge Level 9, System: Nervous

Bobby Varkey SCTIMST

Congenital myopathy: features

Hi Yield [ID 2130]

DREAMS:

Dominantly inherited, mostly

Reflexes decreased

Enzymes normal

Apathetic floppy baby

Milestones delayed

Skeletal abnormalities

Knowledge Level 7, System: Nervous

Bobby Varkey SCTIMST

Dementia: reversible dementia causes

Hi Yield [ID 1388]

DEMENTIA:

Drugs/ Depression

Elderly

Multi-infarct/ Medication

Environmental

Nutritional

Toxins

Ischemia

Alcohol

Knowledge Level 1, System: Nervous

Mohamed Azim Assistant lecturer of Pediatric Surgery, Alexandria University, Egypt

Dementia: some common causes

Hi Yield [ID 928]

DEMENTIA:

Diabetes

Ethanol

Medication

Environmental (eg CO poisoning)

Nutritional

Trauma

Infection

Alzheimer's

Dementia: treatable causes

Hi Yield [ID 2127]

DEMENTIA:

Drug toxicity

Emotional (depression, anxiety, OCD, etc.)

Metabolic (electrolytes, liver dz, kidney dz, COPD)

Eyes/ Ears (peripheral sensory restrictions)

Nutrition (vitamin, iron deficiencies/ NPH [Normal Pressure Hydrocephalus])

Tumors/ Trauma (including chronic subdural hematoma)

Infection (meningitis, encephalitis, pneumonia, syphilis)

Arteriosclerosis and other vascular disease

Knowledge Level 3, System: Nervous

Dr. Bill Lynch, originated by Dr. Jerome Yesavage Palo Alto Veterans Affairs Medical Center

Encephalitis: differential

[ID 1503]

HE'S LATIN AMERICAN:

Herpesviridae

Enteroviridae (esp. Polio)

Slow viruses (esp. JC, prions)

Syphilis

Legionella/ Lyme disease/ Lymphocytic meningoencephalitis

Aspergillus

Toxoplasmosis

Intracranial pressure

Neisseria meningitidis

Arboviridae

Measles/ Mumps/ Mycobacterium tuberculosis/ Mucor

E. coli

Rabies/ Rubella

Idiopathic

Cryptococcus/ Candida

Abscess

Neoplasm/ Neurocysticercosis

Neurocysticercosis should be assumed with recent Latin American immigrant patient unless proven otherwise.

Knowledge Level 3, System: Nervous

Samuel Atom Baek-Kim Tuckahoe, NY

Head trauma: rapid neuro exam

[ID 1691]

12 P's:

Psychological (mental) status

Pupils: size, symmetry, reaction

Paired ocular movements

Papilloedema

Pressure (BP, increased ICP)

Pulse and rate

Paralysis, Paresis

Pyramidal signs

Pin prick sensory response

Pee (incontinent)

Patellar reflex (and others)

Ptosis

Reevaluate patient every 8 hrs.

Knowledge Level 3, System: Nervous

Ernest Boiselier, MD and Sung Kim Attending physician, ISSSTE, Juarez, Mexico

Neurofibromatosis: diagnostic criteria

Hi Yield [ID 1324]

ROLANDO:

Relative (1st degree)

Osseous fibromas

Lisch nodules in eyes

Axillary freckling

Neurofibromas

Dime size cafe au lait spots

Optic gliomas

Knowledge Level 3, System: Nervous

Balraj Jhawar The University of Western Ontario

Neuropathy: diagnosis confirmation

[ID 1217]

Neuropathy:

Nerve conduction velocity

Electromyography

Knowledge Level 6, System: Nervous

Rinku S. Uberoi

Ocular bobbing vs. dipping

[ID 2074]

"Breakfast is **fast**, Dinner is slow, both go **down**":

Bobbing is **fast**.

Dipping is **slow**.

In both, the initial movement is **down**.

Knowledge Level 2, System: Nervous

Parameswaran Doctor

Peripheral neuropathies: differential

[ID 659]

DANG THERAPIST:

Diabetes

Amyloid

Nutritional (eg B12 deficiency)

Guillain-Barre

Toxic (eg amiodarone)

Hereditary

Endocrine

Recurring (10% of G-B) Alcohol

Pb (lead)

Idiopathic

Sarcoid

Thyroid

Knowledge Level 3, System: Nervous

Ben Campbell University of Otago Medical School, Dunedin, New Zealand

Ramsay-Hunt syndrome: cause and common feature

Hi Yield [ID 1063]

"Ramsay Hunt":

Etiology:

Reactivated

Herpes zoster

Complication:

Reduced

Hearing

Knowledge Level 4, System: Nervous

Rinku S. Uberoi UNIBE

Status epilepticus: treatment

Hi Yield [ID 2271]

"Thank Goodness All Cerebral Bursts Dissipate":

Thiamine

Glucose

Ativan

Cerebyx

Barbiturate

Diprivan

Knowledge Level 2, System: Nervous

J.D. Broughton, MD

Vertigo: differential

Hi Yield [ID 932]

VOMITS:

Vestibulitis

Ototoxic drugs

Meniere's disease

Injury

Tumor

Spin (benign positional vertigo)

Knowledge Level 6, System: Nervous

Dr. J.G. Norris

NEUROSCIENCES

Argyll-Robertson Pupil features

Hi Yield [ID 326]

Argyll Robertson Pupil (ARP)

Read it from front to back: it is **ARP**, standing for **A**ccommodation **R**eflex **P**resent.

Read it from back to front: it is **PRA**, standing for **P**upillary **R**eflex **A**bsent.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Auditory pathway: mandatory stops

Hi Yield [ID 2080]

"Come In My Baritone":

Cochlear nucleus

Inferior colliculus

Medial geniculate nucleus

Brodman's 41 (cortex)

Knowledge Level 4, System: Nervous

Anonymous Contributor Baylor College of Medicine, Houston, TX

Basal ganglia: indirect vs. direct pathway

[ID 67]

The **I**ndirect pathway **I**nhibits.

Direct pathway is hence the excitatory one.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Branchial arches: cranial nerve innervation

Hi Yield [ID 3]

In Sensory/Motor/Both mnemonic 'Some Say Marry Money **B**ut My **B**rother Says **B**ig **B**oobs Matter More', the **B**'s also give **B**ranchial arch nerves in order:

But (CN 5): 1st arch

Brother (CN7): 2nd arch

Big (CN9): 3rd arch

Boobs (CN 10): 4th arch

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Broca's vs. Wernick's area: effect of damage to speech center

Hi Yield [ID 84]

"**Broca**": your speech machinery is **Broken**.

Broca is wanting to speak, but articulation doesn't work, and very slow.

"**Wer-nick**": "**were**" and "**nick**" are both words of English language, but together they are nonsensical.

Wernick is having good articulation, but saying words that don't make sense together.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Cerebellar damage symptoms

Hi Yield [ID 179]

VANISHeD:

Vertigo

Ataxia

Nystagmus

Intention tremor

Slurred speech

Hypotonic reflexes

Dysdiadochokinesia.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Cerebellar deep nuclei

[ID 346]

"**Ladies Demand Exceptional Generosity From Men**":

The 4 nuclei, from lateral to medial:

[**L**ateral]

Dentate

Emboliform

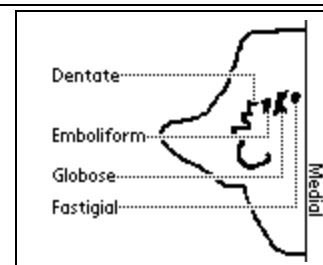
Globose

Fastigial

[**M**edial]

Knowledge Level 1, System: Nervous

Nick Loman St. Bart's/Royal London



Cerebellar functional areas

Hi Yield [ID 1894]

Anatomical shape/location of cerebellar areas is a key to their function and related tract.

Vermis = **Spinocerebellar** = **Axial** equilibrium.

Vermis: right down the **axis** of cerebellum, and vertically segmented like a **spinal** column.

Flocculonodular lobe = **Vestibulocerebellar** = **Ear**, eye, body coordination.

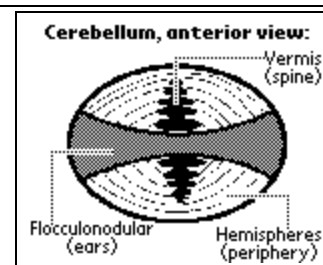
Flocculonodular lobe: flares out to the edges, just like **ears**.

Hemispheres of cerebellum = **Cerebrocerebellar** = **Peripheral** coordination.

Hemispheres: around **periphery** of cerebellum, and tract to **cerebral hemispheres**.

Knowledge Level 3, System: Nervous

Neil Bratney, M1 U. Nebraska Med Ctr



Coronal section of brain: structures

[ID 445]

"**In Extreme** Conditions **Eat** People's **Guts** **Instead** of **Their Hearts**":

From insula to midline:

Insula

Extr^eme capsule

Clastrum

External capsule

Putamen

Globis pallidus

Internal capsule

Thalamus

Hypothalamus

Knowledge Level 4, System: Nervous

Anonymous Contributor

Cranial nerves

Hi Yield [ID 24]

"On Old Olympus Towering Tops, A Finn And German Viewed Some Hops":

In order from 1 to 12:

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducens

Facial

Auditory [or Vestibulocochlear]

Glossopharyngeal

Vagus

Accessory [or Spinal root of the accessory]

Hypoglossal

Alternatively: "Oh! Oh! Oh! To Touch And Feel A Girls Vagina, Ah! Heaven!".

Alternatively: "Oh, Oh, Oh, To Touch And Feel Virgin Girls Vaginas And Hymens".

Knowledge Level 1, System: Nervous

Anurag Gupta Dept of Surgery, Royal Adelaide Hospital, Australia

Cranial nerves: olfactory and optic numbers

[ID 20]

"You have **two eyes** and **one nose**":

Optic nerve is cranial nerve **two**.

Olfactory nerve is cranial nerve **one**.

Alternatively, note alphabetical order: o**L**factory, and o**P**tic.

Knowledge Level 1, System: Nervous

Rajael Somaskanthan Medical student, Royal Free and UCL Medical School

Cranial nerves: sensory, motor or both

Hi Yield [ID 290]

"Some Say Marry Money But My Brother Says Big Brains Matter More":

From I to XII:

Sensory

Sensory

Motor

Motor

Both

Motor

Both

Sensory

Both

Both

Motor

Motor

Alternatives for "Brains": Boobs, Buns, Bras.

Knowledge Level 1, System: Nervous

Michael Nawfal

CSF circulation: function of choroid vs. arachnoid granules

[ID 68]

Choroid Creates CSF.

Arachnoid granules Absorb CSF.

Knowledge Level 1, System: Nervous

Jason Galarneau Flinders University, Australia

Dysphagia vs. dysphasia

[ID 310]

DysphaSia is for Speech

DysphaGia is for your Gut [swallowing].

Knowledge Level 6, System: Nervous

Anonymous Contributor

GABA vs. Glu: the excitatory vs. inhibitory transmitter in brain (eg in basal ganglia)

[ID 69]

When you **Glue** two things together, you add (+) those things together, therefore **Glu** is the excitatory one (+).

GABA is therefore the negative one.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Geniculate bodies: medial vs. lateral system

Hi Yield [ID 307]

MALE:

Medial=Auditory. Lateral=Eye.

Medial geniculate body is for auditory system, lateral geniculate body is for visual system.

Can expand to **MALES** to remember **Lateral=Eye=Superior** colliculus (thus medial is inferior colliculus by default).

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Hypothalamus: feeding vs. satiety center

Hi Yield [ID 311]

"Stim the **lat**, get **fat**":

Stimulating **lateral** increases hunger.

"Stim the **ven**, get **thin**":

Stimulating **ventromedial** increases satiety.

Knowledge Level 1, System: Nervous

Ryan Hendren University of Arkansas for Medical Sciences

Lower vs. upper motor neuron lesion effects

Hi Yield [ID 85]

1. "**STORM, Baby**"

2. In a **Lower** motor neuron lesion, everything goes **Down**:

STORM Baby tells you effects:

Strength

Tone

Other

Reflexes

Muscle mass

Babinski's sign

In Lower all things go down: strength, tone, reflexes, muscle mass, and the big toe down in plantar reflex (Babinski's sign is big toe up: toe up = UMN).

See attached chart.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

	Upper	Lower
Strength	▼	▼
Tone	▲ [spastic]	▼ [flaccid]
Other	fasciculations fibrillations clonus	
Reflexes	▲	▼
Muscle mass	slight loss only	▼
BABinski's sign	▲ [toe up]	▼ [toe down]

Meninges: layers in order

Hi Yield [ID 3131]

PAD:

Piamater

Arachnoid

Dura

Knowledge Level 1, System: Nervous

Mohammed Azizuddin Ahmed Indian Medical Council

Olivary nuclei: ear vs. eye roles

Hi Yield [ID 2097]

Superior Olivary nucleus: **SO**und localization.

Inferior olivary nucleus is therefore the one for sight [tactile, proprioception also].

Knowledge Level 3, System: Nervous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

Precentral vs. postcentral gyrus: motor vs. sensory

[ID 289]

Just an extension of the rule that anterior = ventral = efferent = motor.

The precentral gyrus is on the anterior side of the brain, so is therefore motor.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Purkinje cells in cerebellum are inhibitory to deep nuclei

[ID 309]

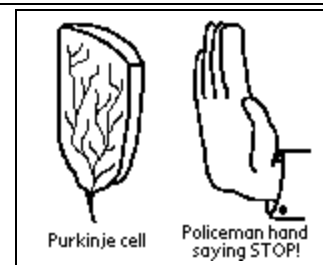
Shape of a purkinje cell in 3 dimensions is same as a policeman's hand saying "Stop".

Therefore, purkinje cells are inhibitory.

See diagram.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



Spinal cord: converting ventral/ anterior/ motor/ efferent and dorsal/ posterior/ sensory/ afferent

[ID 115]

A limousine:

The **motor** of limo is **ventral** and **anterior** on the car.

The **Aerial** is **sensory** and on the **dorsal** and **posterior** of the limo.

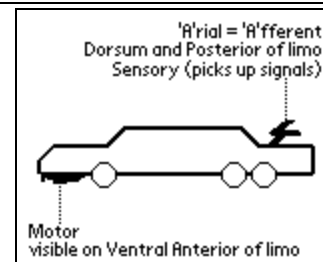
Note 1: 'A' is Afferent, and also, in a limo, the aerial on the top of the trunk has a capital 'A' shape.

Note 2: An aerial is a sensory thing: picks up radio waves.

Note 3: If picked a limo up in your hand, can only see motor on ventral, since dorsal is covered by the hood/bonnet.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin



Spinal tracts: Gracilus vs. Cuneatus: origin from upper vs. lower limbs

[ID 277]

Gracilus is the name of a muscle in the legs, so Fasciculus **Gracilus** is for the lower limbs.

By default, Fasciculus Cuneatus must be for upper limbs.

Knowledge Level 4, System: Nervous

Jason Galarneau Flinders University

Spinal tracts: simplified geography

Hi Yield [ID 265]

2 posterior: cross at the medulla.

2 lateral: ipsilateral (same side).

2 anterior: cross at the spinal level.

See diagram.

Note 1: Descending tracts on left of figure, ascending tracts on right.

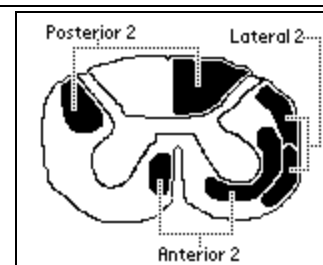
Note 2: For ipsilaterals: one never crosses, one crosses at the level then doubles back farther up. The ipsilateral that crosses at the level (ventral spinocerebellar) is the ipsilateral closest to the 2 anterior ones, which also cross at the level.

Tract names in each group:

Posterior 2: lateral corticospinal, dorsal columns. Lateral 2: dorsal spinocerebellar, ventral spinocerebellar. Anterior 2: ventral corticospinal, spinothalamic.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



Thirst/water balance control centre: location in hypothalamus

[ID 611]

"You **look up** (supra...optic) at the clouds, to check if it's going to **rain** (water)":

Therefore, water balance is in supraoptic nucleus.

Knowledge Level 6, System: Nervous

Zeiad Fakhouri

Ventricle aperatures: converting the two nomenclature types

[ID 65]

Magendie foramen is the **Medial** aperture.

Luschka foramen is the **Lateral** aperture.

Knowledge Level 4, System: Nervous

Anonymous Contributor

OBSTETRICS / GYNECOLOGY

Preeclampsia: classic triad

Hi Yield [ID 1652]

PRE eclampsia:
Proteinuria
Rising blood pressure
Edema
Knowledge Level 4, System: Cardiovascular
Anonymous Contributor

RLQ pain: brief female differential

Hi Yield [ID 2071]

AEIOU:
Appendicitis/ Abscess
Ectopic pregnancy/ Endometriosis
Inflammatory disease (pelvic)/ IBD
Ovarian cyst (rupture, torsion)
Uteric colic/ Urinary stones
Knowledge Level 1, System: Other/Miscellaneous
Sushant Varma University of Sheffield, UK

Abdominal pain: causes during pregnancy

Hi Yield [ID 474]

LARA CROFT:
Labour
Abruptio of placenta
Rupture (eg. ectopic/ uterus)
Abortion
Cholestasis
Rectus sheath haematoma
Ovarian tumour
Fibroids
Torsion of uterus
Knowledge Level 5, System: Reproductive
Graeme Little University College London

Alpha-fetoprotein: causes for increased maternal serum AFP during pregnancy

Hi Yield [ID 849]

"Increased Maternal Serum Alpha Feto Protein":
Intestinal obstruction
Multiple gestation/ Miscalculation of gestational age/ Myeloschisis
Spina bifida cystica
Anencephaly/ Abdominal wall defect
Fetal death
Placental abruption
Knowledge Level 4, System: Reproductive
Rinku Uberoi UNIBE

APGAR score components

Hi Yield [ID 2348]

SHIRT:
Skin color: blue or pink
Heart rate: below 100 or over 100
Irritability (response to stimulation): none, grimace or cry
Respirations: irregular or good
Tone (muscle): some flexion or active
Knowledge Level 3, System: Reproductive
Kimberly Scott Medical College of Virginia

Asherman syndrome features

[ID 792]

ASHERMAN:

Acquired Anomaly

Secondary to Surgery

Hysterosalpingography confirms diagnosis

Endometrial damage/ Eugonadotropic

Repeated uterine trauma

Missed Menses

Adhesions

Normal estrogen and progesterone

Knowledge Level 8, System: Reproductive

Rinku Uberoi UNIBE

B-agonist tocolytic (C/I or warning)

Hi Yield [ID 1113]

ABCDE:

Angina (Heart disease)

BP high

Chorioamnionitis

Diabetes

Excessive bleeding

Knowledge Level 2, System: Reproductive

Lum

CVS and amniocentesis: when performed

[ID 847]

"Chorionic" has **9** letters and Chorionic villus sampling performed at **9** weeks gestation.

"AlphaFetoProtein" has **16** letters and it's measured at **16** weeks gestation.

Knowledge Level 3, System: Reproductive

Anonymous Contributor

Delivery: instrumental delivery prerequisites

Hi Yield [ID 2215]

AABBCCDDEE:

Analgesia

Antisepsis

Bowel empty

Bladder empty

Cephalic presentation

Consent

Dilated cervix

Disproportion (no CPD)

Engaged

Episiotomy

Knowledge Level 4, System: Reproductive

Harold Choi Medical student in Singapore

Dysfunctional uterine bleeding (DUB): 3 major causes

[ID 1908]

DUB:

Don't ovulate (anovulation: 90% of cases)

Unusual corpus luteum activity (prolonged or insufficient)

Birth control pills (since increases progesterone-estrogen ratio)

Knowledge Level 3, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

Early cord clamping: indications

Hi Yield [ID 2015]

RAPID CS:

Rh incompatibility

Asphyxia

Premature delivery

Infections

Diabetic mother

CS (caesarian section) previously, so the funda is RAPID CS

Knowledge Level 4, System: Reproductive

Rajeev and Ashish Doctors, RNTMC, UDP

Forceps: indications for delivery

Hi Yield [ID 2170]

FORCEPS:

Foetus alive

Os dilated

Ruptured membrane

Cervix taken up

Engagement of head

Presentation suitable

Sagittal suture in AP diameter of inlet

Knowledge Level 3, System: Reproductive

Anonymous Contributor

Forceps: indications for use

[ID 786]

FORCEPS:

Fully dilated cervix

0 ["Zero"] CPD

Ruptured membranes

Cephalic or at least deliverable presentation/ Contracting uterus

Episiotomy done/ Epidural done

P!ss and S#!t (bladder and bowel empty)

Knowledge Level 3, System: Reproductive

Simon Holliday St. George's Hospital Medical School, UK

IUD: side effects

[ID 3161]

PAINS:

Period that is late

Abdominal cramps

Increase in body temperature

Noticeable vaginal discharge

Spotting

Knowledge Level 3, System: Reproductive

Anonymous Contributor

IUGR: causes

Hi Yield [ID 1975]

IUGR:

Inherited: chromosomal and genetic disorders

Uterus: placental insufficiency

General: maternal malnutrition, smoking

Rubella and other congenital infecton

Knowledge Level 4, System: Reproductive

Anthony Chan

Labour: preterm labor causes

Hi Yield [ID 3218]

DISEASE:

Dehydration

Infection

Sex

Exercise (strenuous)

Activities

Stress

Environmental factor (job, etc)

Knowledge Level 4, System: Reproductive

Alycia Ernst Banner Health AZ

Multiple pregnancy complications

Hi Yield [ID 2871]

HI, PAPA:

Hydramnios (Poly)

IUGR

Preterm labour

Antepartum haemorrhage

Pre-eclampsia

Abortion

Knowledge Level 3, System: Reproductive

Ashley Liew University of Glasgow, UK

Omental caking: likeliest cause

Hi Yield [ID 2985]

Omental CAking = Ovarian CA

"Omental caking" is term for ascities, plus a fixed upper abdominal and pelvic mass. Almost always signifies ovarian cancer.

Knowledge Level 2, System: Reproductive

Anonymous Contributor

Oral contraceptive complications: warning signs

[ID 458]

ACHES:

Abdominal pain

Chest pain

Headache (severe)

Eye (blurred vision)

Sharp leg pain

Knowledge Level 4, System: Reproductive

Carrie Davis, RNC, MSN, WHNP Obici Health System

Oral contraceptives: side effects

Hi Yield [ID 2018]

CONTRACEPTIVES:

Cholestatic jaundice

Oedema (corneal)

Nasal congestion

Thyroid dysfunction

Raised BP

Acne/ Alopecia/ Anaemia

Cerebrovascular disease

Elevated blood sugar

Porphyria/ Pigmentation/ Pancreatitis

Thromboembolism

Intracranial hypertension

Vomiting (progesterone only)

Erythema nodosum/ Extrapylamidal effects

Sensitivity to light

Knowledge Level 6, System: Reproductive

Dr. Harsh Sharma BJMC, Pune, India

Parity abbreviations (ie: G 3, P 2012)

[ID 1428]

"To Peace And Love":

T: of Term pregnancies

P: of Premature births

A: of Abortions (spontaneous or elective)

L: of Live births

Describes the outcomes of the total number of pregnancies (Gravida).

Knowledge Level 1, System: Reproductive

Megan Duffy Medical student, AZCOM

Pelvic Inflammatory Disease (PID): causes, effects

Hi Yield [ID 2019]

"PID CAN be EPIC":

Causes:

Chlamydia trachomatis

Actinomyces

Neisseria gonorrhoeae

Effects:

Ectopic

Pregnancy

Infertility

Chronic pain

Knowledge Level 2, System: Reproductive

Scott Alexander Loma Linda University SOM

Pelvic Inflammatory Disease (PID): complications

Hi Yield [ID 1112]

IFACE PID:

Infertility

Fitz-Hugh-Curtis syndrome

Abscesses

Chronic pelvic pain

Ectopic pregnancy

Peritonitis

Intestinal obstruction

Disseminated: sepsis, endocarditis, arthritis, meningitis

Knowledge Level 2, System: Reproductive

Lum

Postpartum collapse: causes

[ID 2397]

HEPARINS:

Hemorrhage

Eclampsia

Pulmonary embolism

Amniotic fluid embolism

Regional anaesthetic complications

Infarction (MI)

Neurogenic shock

Septic shock

Knowledge Level 6, System: Reproductive

Hossam Elzeiny Trainee, Royal Womens Hospital, Victoria, Australia

Post-partum haemorrhage (PPH): risk factors

Hi Yield [ID 1197]

PARTUM:

Polyhydramnios/ Prolonged labour/ Previous cesarian

APH/ ANTH

Recent bleeding history

Twins

Uterine fibroids

Multiparity

Knowledge Level 3, System: Reproductive

Nathan Sachdev University of New South Wales, Sydney

Prenatal care questions

[ID 781]

ABCDE:

Amniotic fluid leakage?

Bleeding vaginally?

Contractions?

Dysuria?

Edema?

Fetal movement?

Knowledge Level 3, System: Reproductive

Jason Bermak UC Irvine

Secondary amenorrhea: causes

Hi Yield [ID 1196]

SOAP:

Stress

OCP

Anorexia

Pregnancy

Knowledge Level 2, System: Reproductive

Nathan Sachdev University of New South Wales, Sydney

Female pelvis: shapes

Hi Yield [ID 1095]

GAP:

In order from most to least common:

Gynecoid

Android /Anthropoid

Platypelloid

Knowledge Level 4, System: Skeletal

Anonymous Contributor

OPHTHAMOLOGY / OPTOMETRY

Red eye causes

Hi Yield [ID 1151]

GO SUCK:

Glaucoma

Orbital disease

Scleritis

Uveitis

Conjunctivitis

Keratitis

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Cataracts: causes

Hi Yield [ID 1973]

ABCDE:

Aging

Bang: trauma, other injuries (eg infrared)

Congenital

Diabetes and other metabolic disturbances (eg steroids)

Eye diseases: glaucoma, uveitis

Knowledge Level 4, System: Nervous

Anthony Chan

Cataracts: causes

Hi Yield [ID 2845]

CATARAct:

Congenital

Aging

Toxicity (steroids, etc)

Accidents

Radiation

Abnormal metabolism (diabetes mellitus, Wilson's)

Knowledge Level 2, System: Nervous

Anonymous Contributor

Cataracts: differential

Hi Yield [ID 2808]

CATARAct:

Congenital

Aging

Toxicity (steroids, etc)

Accidents

Radiation

Abnormal metabolism (DM, Wilsons, etc)

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Diplopia (uniocular): causes

Hi Yield [ID 1974]

ABCD:

Astigmatism

Behavioral: psychogenic

Cataract

Dislocated lens

Knowledge Level 4, System: Nervous

Anthony Chan

Optic atrophy causes

[ID 214]

ICING:

Ischaemia

Compressed nerve

Intracranial pressure [raised]

Neuritis history

Glaucoma

Knowledge Level 4, System: Nervous

Anonymous Contributor

Periorbital cellulitis: etiology

[ID 3284]

SIGHT:

Sinusitis

Insect Bite

Globular/ Glandular Spread

Heme Spread

Trauma

Knowledge Level 5, System: Other/Miscellaneous

Gregory Gulick Nova Southeastern University College of Osteopathic Medicine

ORTHOPEDICS

Carpal tunnel syndrome: treatment

Hi Yield [ID 2070]

WRIST:

Wear splints at night

Rest

Inject steroid

Surgical decompression

Take diuretics

Knowledge Level 4, System: Nervous

Sushant Varma University of Sheffield, UK

Fracture: how to describe

[ID 544]

PLASTER OF PARIS:

Plane

Location

Articular cartilage involvement

Simple or comminuted

Type (eg Colles')

Extent

Reason

Open or closed

Foreign bodies

disPlacement

Angulation

Rotation

Impaction

Shortening

Knowledge Level 3, System: Other/Miscellaneous

Fletcher Davies Adelaide Medical School

Bone fracture types [for Star Wars fans]

[ID 181]

GO C3PO:

Greenstick

Open

Complete/ Closed/ Comminuted

Partial

Others

Note: C3PO is droid in the Star-Wars movies.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Bryant's traction: position

Hi Yield [ID 2119]

BrYant's traction:

Bent Y.

Patient's body is the stem of the Y laying on the bed, and legs are the ends of the Y up in the air.

Knowledge Level 1, System: Skeletal

Kayle Luther

Monoarthritis differential

Hi Yield [ID 2082]

GHOST:

Gout

Haemarthrosis

Osteoarthritis

Sepsis

Trauma

Knowledge Level 1, System: Skeletal

Polly Weston Bristol University Med School

Osteosarcoma: risk factors

Hi Yield [ID 2125]

PRIMARY:

Paget's

Radiation

Infection of bone

Male

Alcohol, poor diet, sedentary lifestyle [adults only]

Retinoblastoma, Li-Fraumeni syndrome

Young [10-20 yrs]

Osteosarcoma is the most common **primary** malignant tumor of bone.

Knowledge Level 4, System: Skeletal

Robert O'Connor University College Dublin

Pagets disease of bone: signs and symptoms

Hi Yield [ID 418]

PANICS:

Pain

Arthralgia

Nerve compression / Neural deafness

Increased bone density

Cardiac failure

Skull / Sclerotic vertebrae

Knowledge Level 3, System: Skeletal

Andrew Young UMDS

PATHOLOGY

Achalasia: 1 possible cause, 1 treatment

Hi Yield [ID 2172]

a**CH**Alasia:

1 possible cause: **CH**Agas' disease

1 treatment: Ca++ **CH**annel blockers

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Carcinoid syndrome: components

Hi Yield [ID 1100]

CARCinoid:

Cutaneous flushing

Asthmatic wheezing

Right sided valvular heart lesions

Cramping and diarrhea

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin

Gallstones: risk factors

Hi Yield [ID 1172]

5 F's:

Fat

Female

Family history

Fertile

Forty

Knowledge Level 4, System: Alimentary

Anonymous Contributor

Haemochromatosis definition, classic triad

Hi Yield [ID 844]

"**Iron man triathlon**":

Iron man: deposition of **iron** in many body tissues.

Triathlon has 3 components, which match **triad**:

Swimming: **S**kin pigmentation

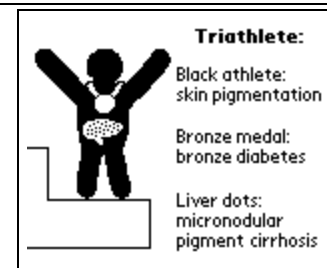
Biking: **B**ronze diabetes

Marathon: **M**icronodular pigment cirrhosis

See diagram for visual equivalent.

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin



Hepatomegaly: 3 common causes, 3 rarer causes

[ID 206]

Common are 3 C's:

Cirrhosis

Carcinoma

Cardiac failure

Rarer are 3 C's:

Cholestasis

Cysts

Cellular infiltration

Knowledge Level 3, System: Alimentary

Anonymous Contributor and Jamal Khan Not Specified and Birmingham University Medical Student

IBD: extraintestinal manifestations

Hi Yield [ID 1780]

"Left intestine to sail the **SEAS** of the rest of the body":

Skin manifestations: erythema nodosum, pyoderma gangrenosum

Eye inflammation: iritis, episcleritis

Arthritis

Sclerosing cholangitis

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Inflammatory Bowel Disease: which has cobblestones

Hi Yield [ID 286]

Crohn's has **Cobblestones** on endoscopy.

Knowledge Level 1, System: Alimentary

Anonymous Contributor

Kwashiorkor: distinguishing from Marasmus

Hi Yield [ID 1402]

FLAME:

Fatty Liver

Anemia

Malabsorption

Edema

Knowledge Level 2, System: Alimentary

Chris UMF Bucharest

Pancreatitis: causes

Hi Yield [ID 1561]

PANCREATITIS:

Posterior

Alcohol

Neoplasm

Cholelithiasis

Rx (Iasix, AZT)

ERCP

Abdominal surgery

Trauma

Infection (mumps)

Triglycerides elevated

Idiopathic

Scorpion bite

Knowledge Level 4, System: Alimentary

PKU findings

Hi Yield [ID 821]

PKU:

Pale hair, skin

Krazy (neurological abnormalities)

Unpleasant smell

Knowledge Level 1, System: Alimentary

Robert O'Connor and Lior Greenberg

Ulcerative colitis: features

[ID 1005]

ULCERATIONS:

Ulcers

Large intestine

Carcinoma [risk]

Extraintestinal manifestations

Remnants of old ulcers [pseudopolyps]

Abscesses in crypts

Toxic megacolon [risk]

Inflamed, red, granular mucosa

Originates at rectum

Neutrophil invasion

Stools bloody

Knowledge Level 2, System: Alimentary

Samuel Atom Baek-Kim

Acute ischemia: signs [especially limbs]

[ID 167]

6 P's:

Pain

Pallor

Pulselessness

Paralysis

Paraesthesia

Perishingly cold

Knowledge Level 5, System: Cardiovascular

Shebrain Cairo University

Anemia (normocytic): causes

Hi Yield [ID 2000]

ABCD:

Acute blood loss

Bone marrow failure

Chronic disease

Destruction (hemolysis)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Anemia causes (simplified)

Hi Yield [ID 1108]

ANEMIA:

Anemia of chronic disease

No folate or B12

Ethanol

Marrow failure & hemaglobinopathies

Iron deficient

Acute & chronic blood loss

Knowledge Level 2, System: Cardiovascular

The Cashman University of Queensland, Australia

Aneurysm types

Hi Yield [ID 1642]

MAD SCAB:

Mycotic

Atherosclerotic

Dissecting

Syphilitic

Capillary microaneurysm

Arteriovenous fistula

Berry

Knowledge Level 3, System: Cardiovascular

Sushant Varma Medical student, University of Sheffield, UK

Atherosclerosis risk factors

Hi Yield [ID 403]

"You're a **SAD BET** with these risk factors":

Sex: male

Age: middle-aged, elderly

Diabetes mellitus

BP high: hypertension

Elevated cholesterol

Tobacco

Knowledge Level 2, System: Cardiovascular

HBV Morehouse School of Medicine

Blood disorders: commoner sex

[ID 622]

HE (male) gets:

HEmophilia (X-linked)

HEinz bodies (G6PD deficiency, causing **HE**molytic anemia: X-linked)

HEmochromatosis (male predominance)

HEart attacks (male predominance)

HEnoch-Schonlein purpura (male predominance)

SHE (female) gets:

SHEehan's syndrome

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Buerger's disease features

Hi Yield [ID 809]

"**burger SCRAPS**":

Segmenting thrombosing vasculitis

Claudication (intermittent)

Raynaud's phenomenon

Associated with smoking

Pain, even at rest

Superficial nodular phlebitis

Alternatively, if hungry for more detail [sic], "**CRISP PIG burgers**":

Chronic ulceration

Raynaud's phenomenon

Intermittent claudication

Segmenting, thrombosing vasculitis

Pain, even at rest

Phlebitis (superficial nodular)

Idiopathic

Gangrene

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

Cardiovascular risk factors

Hi Yield [ID 3276]

FLASH BODIES:

Family history

Lipids

Age

Sex

Homocystinaemia

Blood pressure

Obesity

Diabetes mellitus

Inflammation (raised CRP)/ Increased thrombosis

Exercise

Smoking

Knowledge Level 1, System: Cardiovascular

Hamish Mace Dunedin School of Medicine, New Zealand

Deep venous thrombosis: diagnosis

Hi Yield [ID 896]

DVT:

Dilated superficial veins/ Discoloration/ Doppler ultrasound

Venography is gold standard

Tenderness of Thigh and calf

Knowledge Level 3, System: Cardiovascular

Rinku Uberoi UNIBE

Disseminated Intravascular Cogulation: causes

Hi Yield [ID 1529]

DIC:

Delivery **TEAR** (obstetric complications)

Infections (gram negative)/ Immunological

Cancer (prostate, pancreas, lung, stomach)

Obstretrical complications are **TEAR**:

Toxemia of pregnancy

Emboli (amniotic)

Abrutio placentae

Retain fetus products

Knowledge Level 5, System: Cardiovascular

Khawaja Atif Farooq Rawalpindi Medical College, Islamabad, Pakistan (Gujranwala)

Fat embolism: findings

Hi Yield [ID 1224]

"Fat, Bat, Fract":

Fat in urine, sputum

Bat-wing lung x-ray

Fracture history

Also, fracture of **FEMur** causes **Fat EMBoli**.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor & Rinku Uberoi

Heart failure causes

Hi Yield [ID 1079]

"HEART MAY DIE":

Hypertension

Embolism

Anemia

Rheumatic heart disease

Thyrotoxicosis (incl. pregnancy)

Myocardial infarct

Arrythmia

Y

Diet & lifestyle

Infection

Endocarditis

Knowledge Level 3, System: Cardiovascular

The Cashman University of Queensland, Australia

Hypertension: secondary hypertension causes

[ID 200]

CHAPS:

Cushing's syndrome

Hyperaldosteronism [aka Conn's syndrome]

Aorta coarctation

Phaeochromocytoma

Stenosis of renal arteries

Note: only 5% of hypertension cases are secondary, rest are primary.

Knowledge Level 6, System: Cardiovascular

Anonymous Contributor

Kawasaki disease: diagnostic criteria

Hi Yield [ID 1586]

CHILD:

5 letters=5 days, >5 years old, 5 out 6 criteria for diagnosis:

Conjunctivitis (bilateral)

Hyperthermia (fever) >5 days

Idiopathic polymorphic rash

Lymphadenopathy (cervical)

Dryness & redness of (i)lips & month (ii)palms & soles [2 separate criteria]

Knowledge Level 3, System: Cardiovascular

Wen Sun Lum University of Calgary, Canada

Kawasaki disease: features

Hi Yield [ID 1034]

Disease name: a Kawasaki motorcycle.

Usually young children, epidemic in Japan: Japanese child rides the motorcycle.

Conjunctival, oral erythema: red eyes, mouth.

Fever: thermometer.

Erythema of palms, soles: red palms, soles.

Generalized rash: rash dots.

Cervical lymphadenitis: enlarged cervical nodes with inflammation arrows.

Vasculitis of arteries: inflammation arrows on arteries.

Cardiovascular sequelae [20%]: inflammation arrows on cardiac arteries.

Treat with aspirin: aspirin headlight.

See diagram.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin



MI: complications

Hi Yield [ID 512]

HAS CRAPPED:

Heart failure/ Hypertension

Arrhythmia

Shock

Cardiac Rupture

Aneurysm

Pericarditis

Pulmonary Emboli

DVT

Knowledge Level 5, System: Cardiovascular

Leo University College London

MI: post-MI complications

Hi Yield [ID 2789]

ACT RAPID:

Arrhythmias (SVT, VT, VF)

Congestive cardiac failure

Tamponade/ Thromboembolic disorders

Rupture (ventricle, septum, papillary muscle)

Aneurysm (ventricle)

Pericarditis

Infarction (a second one)

Death/ Dressler's syndrome

Knowledge Level 2, System: Cardiovascular

Dr. Huw Davies

MI: sequence of elevated enzymes after MI

Hi Yield [ID 589]

"Time to CALL 911":

From first to appear to last:

Troponin

CK-MB

AST

LDH1

Knowledge Level 2, System: Cardiovascular

Marco Foramiglio Centro de Ciências Médicas e Biológicas - PUC/SP- Sorocaba/SP - Brazil

Pericarditis: findings

Hi Yield [ID 1222]

PERICarditis:

Pulsus paradoxus

ECG changes

Rub

Increased JVP

Chest pain [worse on inspiration, better when lean forward]

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Pick's disease: location, action, epidemiology

Hi Yield [ID 1126]

See figure.

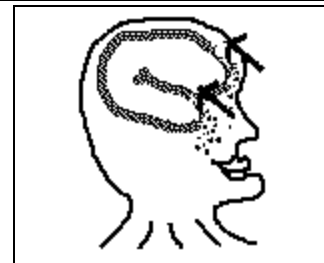
Pick axes are **Picking** away at the old woman's cerebral cortex, causing cortical atrophy.

2 pick axes on her brain: frontal lobe and anterior 1/3 of temporal.

An old woman, since epidemiology is elderly & more common in women.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin



Takayasu's disease is Pulseless disease

Hi Yield [ID 150]

"Can't **Tak'a ya pulse**" (Can't take your pulse):

Takayasu's disease known as Pulseless disease, since pulse is weakened in the upper extremities.

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Thrombotic thrombocytopenic purpura: signs

[ID 1564]

FAT RN:

Fever

Anemia

Thrombocytopenia

Renal problems

Neurologic dysfunction

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

TTP: clinical features

Hi Yield [ID 2102]

Thrombosis and thrombocytopenia **PARTNER** together:

Platelet count low

Anemia (microangiopathic hemolytic)

Renal failure

Temperature rise

Neurological deficits

ER admission (as it is an emergency)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Virchow's triad (venous thrombosis)

Hi Yield [ID 1009]

"**VIR**chow":

Vascular trauma

Increased coagulability

Reduced blood flow (stasis)

Knowledge Level 2, System: Cardiovascular

Rinku Uberoi UNIBE

Von Hippel-Lindau: signs and symptoms

Hi Yield [ID 1065]

HIPPEL:

Hemanigoblastomas

Increased renal cancer

Pheochromocytoma

Port-wine stains

Eye dysfunction

Liver, pancreas, kidney cysts

Bare bones version: **Hippel-Lindau**, with H and L as above.

Knowledge Level 4, System: Cardiovascular

Robert O'Connor University College Dublin

Addison's disease: features

Hi Yield [ID 897]

ADDISON:

Autoimmune

DIC (meningococcus)

Destruction by cancer, infection, vascular insufficiency

Iatrogenic

Sarcoidosis, granulomatous such as TB histiomycosis

hyp**O**tension/ hyp**O**natemia

Nelson's syndrome [post adrelectomy, increased ACTH]

Knowledge Level 3, System: Endocrine

Samuel Atom Baek-Kim

Cushing syndrome

Hi Yield [ID 667]

CUSHING:

Central obesity/ Cervical fat pads/ Collagen fiber weakness/ **C**omedones (acne)

Urinary free cortisol and glucose increase

Striae/ Suppressed immunity

Hypercortisolism/ **H**ypertension/ **H**yperglycemia/ **H**irsutism

Iatrogenic (Increased administration of corticosteroids)

Noniatrogenic (Neoplasms)

Glucose intolerance/ **G**rowth retardation

Knowledge Level 2, System: Endocrine

Rinku Uberoi

Goitre: differential

[ID 1610]

GOITRE:

Goitrogens

Onset of puberty

Iodine deficiency

Thyrotoxicosis/ Tumor/ Thyroiditis [Hashimoto's]

Reproduction [pregnancy]

Enzyme deficiencies

Knowledge Level 3, System: Endocrine

Robert O'Connor University College Dublin

Hirsutism vs. virilism

Hi Yield [ID 2839]

Hirsutism: Hair on body like a male.

Virilism: Voice and rest of secondary sexual characteristics like a male.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Hypercalcemia: symptoms of elevated serum levels

[ID 161]

"**Bones, Stones, Groans, Moans**":

Bones: pain in bones

Stones: renal

Groans: pain

Psychic **moans**/ Psychological **overtones**: confused state

Knowledge Level 3, System: Endocrine

Anonymous Contributor

Multiple endocrine neoplasia III: components

Hi Yield [ID 960]

MEN III is a disease of **3 M's**:

Medullary thyroid carcinoma

Medulla of adrenal (pheochromocytoma)

Mucosal neuroma

Knowledge Level 4, System: Endocrine

Anonymous Contributor

Pheochromocytoma: 3 most common symptoms

Hi Yield [ID 247]

"**PHE**ochromocytoma":

Palpitations

Headache

Edisodic sweating (diaphoresis)

Knowledge Level 4, System: Endocrine

Anonymous Contributor

Thyroid carcinoma: features, prognosis of most popular

Hi Yield [ID 283]

Most **Popular** is **Papillary**.

Clinical features:

Papillae (branching)

Palpable lymph nodes

"**Pupil**" nuclei (Orphan Annie)

Psammoma bodies within lesion (often)

Also, has a **Positive Prognosis** (10 year survival rate: 98%).

Knowledge Level 4, System: Endocrine

Anonymous Contributor

Thyroid storm characteristics

[ID 627]

"Storm HITS girls cAMP":

Thyroid **storm** due to:

Hyperthyroidism

Infection or **I**llness at childbirth

Trauma

Surgery

girls: Thyroid storm more common in females.

cAMP: Tx involves high dose of beta blockers (beta receptors work via cAMP)

Alternatively: "**S#IT storm**": **S**urgery, **H**yperthyroidism, **I**nfection/ **I**llness, **T**rauma.

Knowledge Level 4, System: Endocrine

Sung H. Kim & Lior Greenberg

Baldness risk factors

[ID 780]

"**Daddy Doesn't Deny Getting Hair Implants**":

Diet

Disease

Drugs

Genes

Hormones

Injury to the scalp

Knowledge Level 4, System: Integumental

Anonymous Contributor

Diabetic ketoacidosis: I vs. II

Hi Yield [ID 694]

ket**ONE** bodies are seen in type **ONE** diabetes.

Knowledge Level 2, System: Integumental

Anonymous Contributor

Lichen planus characteristics

[ID 196]

Planus has 4 **P**'s:

Peripheral

Polygonal

Pruritus

Purple

Knowledge Level 3, System: Integumental

Anonymous Contributor

APKD: signs, complications, accelerators

Hi Yield [ID 1348]

11 **B**'s:

Signs:

Bloody urine

Bilateral pain [vs. stones, which are usually unilateral pain]

Blood pressure up

Bigger kidneys

Bumps palpable

Complications:

Berry aneurysm

Biliary cysts

Bicuspid valve [prolapse and other problems]

Accelerators:

Boys

Blacks

Blood pressure high

Knowledge Level 5, System: Kidney/Urine

Robert O'Connor University College Dublin

Gout vs. pseudogout: crystal lab findings

Hi Yield [ID 1288]

Pseudogout crystals are:

Positive birefringent

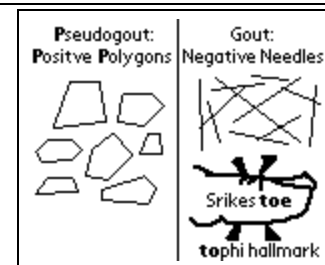
Polygon shaped

Gout therefore is the negative needle shaped crystals.

Also, gout classically strikes great **Toe**, and its hallmark is **Tophi**.

Knowledge Level 1, System: Kidney/Urine

Robert O'Connor University College Dublin



Gout: factors that can precipitate an attack of acute gouty arthritis

Hi Yield [ID 345]

DARK:

Diuretics

Alcohol

Renal disease

Kicked (trauma)

And, the attack occurs most often at night [thus "dark"].

Knowledge Level 4, System: Kidney/Urine

Marc Miller Sackler School of Medicine

Gout: major features

Hi Yield [ID 1854]

GOUT:

Great toe

One joint (75% monoarticular)

Uric acid increased (hence urolithiasis)

Tophi

Knowledge Level 1, System: Kidney/Urine

Dr. Harsh Sharma BJ Medical College

Hematuria: urethral causes

Hi Yield [ID 2069]

NUTS:

Neoplasm

Urethritis

Tumour

Stone

Knowledge Level 2, System: Kidney/Urine

Sushant Varma University of Sheffield, UK

Nephritic syndrome: glomerular diseases commonly presenting as nephritic syndrome

Hi Yield [ID 2109]

PARIS:

Post-streptococcal

Alport's

RPGN

IgA nephropathy

SLE

Alternatively: **PIG ARMS** to include **Goodpasture's** [one cause of RPGN], **Membranoproliferative** [only sometimes included in the classic nephritic list].

Knowledge Level 3, System: Kidney/Urine

Knightmare Howard University College of Medicine

Nephrotic syndrome: hallmark findings

Hi Yield [ID 1644]

"Protein LEAC":

Proteinuria

Lipid up

Edema

Albumin down

Cholesterol up

In nephrotic, the **proteins leak** out.

Knowledge Level 2, System: Kidney/Urine

Anonymous Contributor

Renal failure (chronic): consequences

[ID 1612]

ABCDEFG:

Anemia

-due to less EPO

Bone alterations

-osteomalacia

-osteoporosis

-von Recklinghausen

Cardiopulmonary

-atherosclerosis

-CHF

-hypertension

-pericarditis

D vitamin loss

Electrolyte imbalance

-sodium loss/gain

-metabolic acidosis

-hyperkalemia

Feverous infections

-due to leukocyte abnormalities and dialysis hazards

GI disturbances

-haemorrhagic gastritis

-peptic ulcer disease

-intractable hiccups

Knowledge Level 3, System: Kidney/Urine

Plussind Siriraj Medical University, Thailand

Renal failure: causes

Hi Yield [ID 1080]

AVID GUT:

Acute tubular necrosis

Vascular obstruction

Infection

Diffuse intravascular coagulation

Glomerular disease

Urinary obstruction

Tubulointerstitial nephritis

Knowledge Level 3, System: Kidney/Urine

Daniel Clarke University of Queensland

Anemia: TIBC finding to differentiate iron deficiency vs. chronic disease

Hi Yield [ID 2183]

TIBC levels at the:

Top=**I**ron deficiency.

Bottom=**C**hronic disease.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Hemophilia: type A factor

Hi Yield [ID 3272]

Hemophilia **A**: problems with **VIII** factor (number **V** as an inverted **A**).

Knowledge Level 2, System: Lymphoid

Julio M. De Peña, M.D. UNIBE Med School

Leukemias: acute vs. chronic rules of thumb

Hi Yield [ID 1538]

ABCDE:

Acute is:

Blasts predominate

Children

Drastic course

Elderly

Few WBC's (so Fevers)

Chronic is all the opposites:

Mature cells predominate

Middle aged

Less debilitating course

Elevated WBC's, so not a history of fevers and infections

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Megaloblastic anemia: vitamin B12 deficiency vs. folate deficiency

Hi Yield [ID 2910]

Vitamin B12 deficiency also affects Brain (optic neuropathy, subacute combined degeneration, paresthesia).

Folate deficiency is not associated with neurological symptoms.

Knowledge Level 1, System: Lymphoid

Glen Davis Cornell University Medical College

Sarcoidosis summarized

Hi Yield [ID 601]

SARCOIDOSIS:

Schaumann calcifications

Asteroid bodies/ [ACE] increase/ Anergy

Respiratory complications/ Renal calculi/ Restrictive lung disease/ Restrictive cardiomyopathy

Calcium increase in serum and urine/ CD4 helper cells

Ocular lesions

Immune mediated noncaseating granulomas/ [Ig] increase

Diabetes insipidus/ [D vit.] increase/ Dyspnea

Osteopathy

Skin (Subcutaneous nodules, erythema nodosum)

Interstitial lung fibrosis/ IL-1

Seventh CN palsy

Knowledge Level 4, System: Lymphoid

Rinku Uberoi UNIBE

Wiskott-Aldrich syndrome: symptom triad

Hi Yield [ID 592]

"PET WASP":

Pyrogenic infections

Eczema

Thrombocytopenia

WASP is the name of the causative agent: Wiskott-Aldrich Syndrome Protein.

Alternatively: Wiskott=Hot, Aldrich=Itch, Syndrom=Throm.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin

Duchenne vs. Becker Muscular Dystrophy

[ID 428]

Duchenne Muscular Dystrophy (DMD) : Doesn't Make Dystrophin.

Becker Muscular Dystrophy (BMD): Badly Made Dystrophin (a truncated protein).

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin

McArdle's syndrome

Hi Yield [ID 948]

MCARDLES:

Myoglobinuria

Cramping after exercise

Accumulated glycogen

Recessive inheritance

Deficiency of muscle phosphorylase

Lactate levels fail to rise

Elevated creatine kinase

Skeletal muscle only

Knowledge Level 5, System: Muscle

Samuel Atom Baek-Kim

Alzheimer's disease (AD): associations, findings

Hi Yield [ID 1950]

AD:

Associations:

Aluminum toxicity

Acetylcholine deficiencies

Amyloid B

Apolipoprotein gene E

Altered nucleus basalis of Meynert

Down's

Findings:

Actin inclusions (Hirano bodies)

Atrophy of brain

Amyloid plaques

Aphasia, Apraxia, Agitation

DNA-coiled tangles

Dementia, Disoriented, Depressed

Knowledge Level 6, System: Nervous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Gujranwala, Pakistan

Cerebral palsy: general features

[ID 1061]

PALSY:

Paresis

Ataxia

Lagging motor development

Spasticity

Young

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Lou Gehrig's is both upper and lower motor neuron signs

Hi Yield [ID 1059]

LoU = Lower & Upper.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Parkinsonism: essential features

Hi Yield [ID 539]

TRAPS:

Tremor (resting tremor)

Rigidity

Akinesia

Postural changes (stooped)

Stare (serpentine stare)

To remember what kind of tremor and postural change, can look at letter that follows in TRAPS: Tremor is **R**esting, Posture is **S**tooped.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Pyrogenic meningitis: likeliest bug in age group

Hi Yield [ID 1014]

"Explaining Hot Neck Stiffness":

In order from birth to death:

E. coli [infants]

Haemophilus influenzae [older infants, kids]

Neisseria meningitis [young adults]

Streptococcus pneumoniae [old folks]

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Tabes Dorsalis morphology

Hi Yield [ID 797]

DORSALIS:

Dorsal column degeneration

Orthopedic pain (Charcot joints)

Reflexes decreased (deep tendon)

Shooting pain

Argyll-Robertson pupils

Locomotor ataxia

Impaired proprioception

Syphilis

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Tuberous sclerosis: presenting features

Hi Yield [ID 826]

"Zits, Fits, Deficits":

Fits: seizures

Deficits: neurological deficits

Knowledge Level 4, System: Nervous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Wernicke-Korsakoff's psychosis: findings

Hi Yield [ID 400]

COAT RACK:

Wernicke's encephalopathy (acute phase):

Confusion

Ophthalmoplegia

Ataxia

Thiamine tx.

Korsakoff's psychosis (chronic phase):

Retrograde amnesia

Anterograde amnesia

Confabulation

Korsakoff's psychosis

Knowledge Level 2, System: Nervous

HBV Morehouse School of Medicine

Edwards' syndrome: characteristics

Hi Yield [ID 2146]

EDWARDS:

Eighteen (trisomy)

Digit overlapping flexion

Wide head

Absent intellect (mentally retarded)

Rocker-bottom feet

Diseased heart

Small lower jaw

Knowledge Level 2, System: Other/Miscellaneous

Monika Kiripolsky Vanderbilt University School of Medicine

Fragile X syndrome: features

Hi Yield [ID 2151]

FEMALES

FMR1 gene

Exhibits anticipation

Macro-orchidism

Autism

Long face with large jaw

Everted eyes

Second most common cause of genetic mental retardation

Knowledge Level 1, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Fragile-X syndrome: features

Hi Yield [ID 1726]

DSM-4:

Discontinued chromosome staining

Shows anticipation

Male (male more affected)

Mental retardation (2nd most common genetic cause)

Macrognathia

Macroorchidism

Knowledge Level 4, System: Other/Miscellaneous

Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Turner syndrome: components

Hi Yield [ID 579]

CLOWNS:

Cardiac abnormalities (specifically Coartication)

Lymphoedema

Ovaries underdeveloped (causing sterility, amenorrhea)

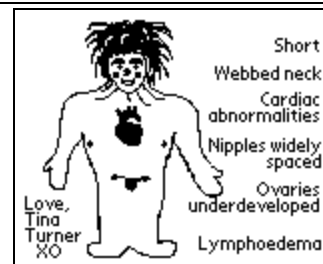
Webbed neck

Nipples widely spaced

Short

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Bronchial obstruction: consequences

Hi Yield [ID 1077]

APPLE BABE:

Atelectasis

Pleural adhesions

Pleuritis

Lipid pneumonia

Effusion->organisation->fibrosis

Bronchiectasis

Abscess

Broncho and lobar pneumonia

Emphysema

Knowledge Level 6, System: Pulmonary

BB University of Queensland, Australia

COPD: 4 types and hallmark

Hi Yield [ID 851]

ABCDE:

Asthma

Brochiectasis

Chronic bronchitis

Dyspnea [hallmark of group]

Emphysema

Alternatively: replace **Dyspnea** with **D**ecreased FEV1/FVC ratio.

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin

COPD: blue bloater vs. pink puffer diseases

Hi Yield [ID 2396]

emphysema has letter **P** (and not B) so **Pink Puffer**.
chronic **B**ronchitis has letter **B** (and not P) so **Blue Bloater**.
Knowledge Level 1, System: Pulmonary
Harsh Sharma BJMC, Pune, India

Emphysema: types, most important feature of each

Hi Yield [ID 823]

"Cigarettes Is Primary Problem":

Types:

Centrilobular

Irregular

Pancinar

Paraseptal

Most important feature for each type (in order as above):

Cigarettes

Inflammation healed to scar

Protease inhibitor deficiency (α 1-antitrypsin)

Pneumothorax

"Cigarettes is primary problem" used since cigarettes is most common cause of emphysema.

Keeping P's straight: **Pan** is **antitrypsin**.

Knowledge Level 4, System: Pulmonary

Robert O'Connor University College Dublin

Interstitial lung disease: causes

Hi Yield [ID 1035]

SARCOID:

Sarcoidosis

Allergic reaction

Radiation

Connective tissue disease

Occupational exposure

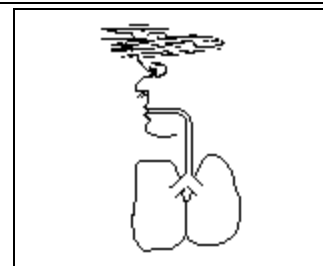
Infection

Drugs

Idiopathic

Knowledge Level 6, System: Pulmonary

Will Herrington UCL Hospital



Nasopharyngeal malignant cancers

Hi Yield [ID 1138]

NASOPharyngeal:

Nasopharyngeal

Adenocarcinoma

Squamous cell carcinoma

Olfactory neuroblastoma

Plasmacytoma

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin

Pancoast tumor: relationship with Horner's syndrome

Hi Yield [ID 1185]

"**Horner** has a **MAP** of the **Coast**":

A pan**Coast** tumor is a cancer of the lung apex that compresses the cervical sympathetic plexus, causing **Horner's** syndrome, which is MAP:

Miosis

Anhidrosis

Ptos

Knowledge Level 1, System: Pulmonary

Derek Obayashi Chicago Medical School

Pneumothorax: presentation

Hi Yield [ID 1505]

P-THORAX:

Pleuretic pain

Trachea deviation

Hyperresonance

Onset sudden

Reduced breath sounds (& dyspnea)

Absent fremitus

X-ray shows collapse

Knowledge Level 3, System: Pulmonary

Robert O'Connor University College Dublin

Pulmonary embolism: risk factors

[ID 243]

TOM SCHREPFER:

Trauma

Obesity

Malignancy

Surgery

Cardiac disease

Hospitalization

Rest [bed-ridden]

Elderly

Past history

Fracture

Estrogen [pregnancy, post-partum]

Road trip

Knowledge Level 2, System: Pulmonary

Anonymous Contributor

Respiratory distress syndrome in infants: major risk factors

[ID 630]

PCD (Primary Ciliary Dyskinesia, a cause of Respiratory distress syndrome):

Prematurity

Cesarean section

Diabetic mother

Knowledge Level 4, System: Pulmonary

Shebrain Cairo University

TB: features

Hi Yield [ID 1149]

TB is characterised by 4 C's:

Caseation

Calcification

Cavitation

Cicatrization

Knowledge Level 3, System: Pulmonary

Sameh Shehata Asst. Prof of Surgery, Faculty of Medicine, University of Alexandria, Egypt

Breast cancer: risk assessment

Hi Yield [ID 924]

"Risk can be assessed by **History ALONE**":

History (family, previous episode)

Abortion/ Age (old)

Late menopause

Obesity

Nulliparity

Early menarche

Knowledge Level 3, System: Reproductive

Lau Yue Young Geoffrey Hong Kong University

Endometrial carcinoma: risk factors

Hi Yield [ID 1025]

ENDOMET:

Elderly

Nulliparity

Diabetes

Obesity

Menstrual irregularity

Estrogen therapy

hyperTension

Knowledge Level 5, System: Reproductive

Robert O'Connor University College Dublin

Polycystic ovary: morphology, presentation

Hi Yield [ID 1026]

Morphology is **poly-C**:

Cysts

Capsule thickened

Cortical stromal fibrosis

Clinical presentation is **OVARY**:

Obese

Virilism or hirsutism

Amenorrhoea

Reproductive problem [infertile]

Young woman

Knowledge Level 3, System: Reproductive

Robert O'Connor University College Dublin

Scrotum masses

[ID 1583]

SHOVE IT:

Spermatocele

Hydrocele/ Haematocele

Orchitis

Varicocele

Epidymal cyst

Indirect inguinal hernia

Torsion/ Tumor

Knowledge Level 3, System: Reproductive

Sushant Varma Medical student, University of Sheffield, UK

Carcinomas having tendency to metastasize to bone

Hi Yield [ID 372]

"Kinds Of Tumors Leaping Primarily To Bone":

Kidneys

Ovaries

Testes

Lungs

Prostate

Thyroid

Breasts

Alternatively: "**Promptly**" instead of "**Primarily**".

Alternatively: "**BLT2** with a **Kosher Pickle**".

Knowledge Level 3, System: Skeletal

Anonymous Contributor

Histiocytosis X: hallmark finding

Hi Yield [ID 1276]

"Birbeck's rackets is **X**":

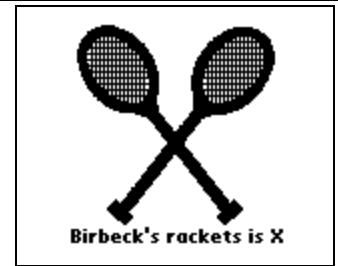
Tennis rackets under electron microscope is Histiocytosis X.

Consider 2 tennis rackets in an X formation.

See diagram.

Knowledge Level 1, System: Skeletal

Robert O'Connor University College Dublin



Marble bone disease: signs and symptoms

Hi Yield [ID 1078]

MARBLES:

Multiple fractures

Anemia

Restricted cranial nerves

Blind & deaf

Liver enlarged

Erlenmeyer flask deformity

Splenomegaly

Eponymous name: **Marbles** = **Albers**-Schonberg (anagram).

Knowledge Level 3, System: Skeletal

Robert O'Connor University College Dublin

Paget's disease of bone: signs and symptoms

Hi Yield [ID 351]

Four L's:

Larger hat size

Loss of hearing: due to compression of nerve

Leontiasis ossea (lion-like face)

Light-headed (Paget's steal)

Knowledge Level 2, System: Skeletal

Marc Miller Sackler School of Medicine

PEDIATRICS

Duodenal atresia vs. Pyloric stenosis: site of obstruction

Hi Yield [ID 1397]

Duodenal Atresia: **D**istal to Ampulla of Vater.

Pyloric stenosis: **P**roximal to it.

Knowledge Level 5, System: Alimentary

Rinku Uberoi

Pyloric stenosis (congenital): presentation

Hi Yield [ID 1897]

Pyloric stenosis is 3 **P**'s:

Palpable mass

Paristalsis visible

Projectile vomiting (2-4 weeks after birth)

Knowledge Level 3, System: Alimentary

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

Vitamin toxicities: neonatal

Hi Yield [ID 2245]

Excess vitamin **A**: **A**nomalies (teratogenic)

Excess vitamin **E**: **E**nterocolitis (necrotizing enterocolitis)

Excess vitamin **K**: **K**ernicterus (hemolysis)

Knowledge Level 7, System: Alimentary

Anonymous Contributor

Cyanotic congenital heart diseases

Hi Yield [ID 1746]

5 T's:

Truncus arteriosus

Transposition of the great arteries

Tricuspid atresia

Tetralogy of Fallot

Total anomalous pulmonary venous return

Knowledge Level 5, System: Cardiovascular

Vince Yamashiroya

Cyanotic heart diseases: 5 types

Hi Yield [ID 1707]

Use your five fingers:

1 finger up: Truncus Arteriosus (**1** vessel)

2 fingers up: Dextroposition of the Great Arteries (**2** vessels transposed)

3 fingers up: Tricuspid Atresia (**3**=Tri)

4 fingers up: Tetralogy of Fallot (**4**=Tetra)

5 fingers up: Total Anomalous Pulmonary Venous Return (**5**=5 words)

Knowledge Level 3, System: Cardiovascular

Jeff Simmons University of Alabama School Of Medicine

Hemolytic-Uremic Syndrome (HUS): components

[ID 1758]

"Remember to decrease the **RATE** of IV fluids in these patients":

Renal failure

Anemia (microangiopathic, hemolytic)

Thrombocytopenia

Encephalopathy (TTP)

Knowledge Level 6, System: Cardiovascular

Vince Yamashiroya

Haematuria: differential in children

Hi Yield [ID 2202]

A B C D E F G H I J K:

Anatomy (cysts, etc)

Bladder (cystitis)

Cancer (Wilm's tumour)

Drug related (cyclophosphamide)

Exercise induced

Factitious (Munchausen by proxy)

Glomerulonephritis

Haematology (bleeding disorder, sickle cell)

Infection (UTI)

In **J**ury (trauma)

Kidney stones (hypercalciuria)

Knowledge Level 4, System: Kidney/Urine

S. Jibodh University College Dublin

Perez reflex

Hi Yield [ID 2073]

Eliciting the **PErEz** reflex will make the baby **PEE**.

Knowledge Level 7, System: Kidney/Urine

Anonymous Contributor

Cerebral palsy (CP): most likely cause

Hi Yield [ID 2821]

CP: Cerebral Palsy

Child **P**remature

The premature brain is more prone to all the possible insults.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Pediatric milestones in development

Hi Yield [ID 2345]

1 year:
-**single** words
2 years:
-**2** word sentences
-understands **2** step commands
3 years:
-**3** word combos
-repeats **3** digits
-rides **tricycle**
4 years:
-draws **square**
-counts **4** objects
Knowledge Level 4, System: Nervous
Rinku Uberoi

Sturge-Weber syndrome: hallmark features

Hi Yield [ID 575]

Sturge-Weber:
1. Seizures
2. PortWine stain
Knowledge Level 4, System: Nervous
Ramon Salazar

Guthrie card: diseases identified with it

[ID 836]

"Guthrie Cards Can Help Predict Bad Metabolism":
Galactosaemia
Cystic fibrosis
Congenital adrenal hyperplasia
Hypothyroidism
Phenylketonuria
Biotinidase deficiency
Maple syrup urine disease
Knowledge Level 4, System: Other/Miscellaneous
Logan Mitchell Dunedin Medical School, New Zealand

Measles: complications

Hi Yield [ID 476]

"**MEASLES COMP**" (complications):
Myocarditis
Encephalitis
Appendicitis
Subacute sclerosing panencephalitis
Laryngitis
Early death
Sh!ts (diarrhoea)
Corneal ulcer
Otitis media
Mesenteric lymphadenitis
Pneumonia and related (bronchiolitis-bronchitis-croup)
Knowledge Level 4, System: Other/Miscellaneous
Joshua Goh Unimas: Universiti Malaysia Sarawak

Russell Silver syndrome: features

[ID 1661]

ABCDEF:
Asymmetric limb (hemihypertrophy)
Bossing (frontal)
Clinodactyly/ Cafe au lait spots
Dwarf (short stature)
Excretion (GU malformation)
Face (triangular face, micrognathia)
Knowledge Level 6, System: Other/Miscellaneous
Anthony Chan Chinese University of Hong Kong

Williams syndrome: features

[ID 1649]

WILLIAMS:

Weight (low at birth, slow to gain)

Iris (stellate iris)

Long philtrum

Large mouth

Increased Ca⁺⁺

Aortic stenosis (and other stenoses)

Mental retardation

Swelling around eyes (periorbital puffiness)

Knowledge Level 7, System: Other/Miscellaneous

Anthony Chan Chinese University of Hong Kong

Cough (chronic): differential

Hi Yield [ID 1759]

When cough in nursery, rock the "**CRADLE**":

Cystic fibrosis

Rings, slings, and airway things (tracheal rings)/ Respiratory infections

Aspiration (swallowing dysfunction, TE fistula, gastroesophageal reflux)

Dyskinetic cilia

Lung, airway, and vascular malformations (tracheomalacia, vocal cord dysfunction)

Edema (heart failure)

Knowledge Level 6, System: Pulmonary

Vince Yamashiroya

Croup: symptoms

Hi Yield [ID 1125]

3 S's:

Stridor

Subglottic swelling

Seal-bark cough

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin

Cystic fibrosis: exacerbation of pulmonary infection

Hi Yield [ID 1762]

CF PANCREAS:

Cough (increase in intensity and frequent spells)

Fever (usually low grade, unless severe bronchopneumonia is present)

Pulmonary function deterioration

Appetite decrease

Nutrition, weight loss

CBC (leukocytosis with left shift)

Radiograph (increase overaeration, peribronchial thickening, mucus plugging)

Exam (rales or wheezing in previously clear areas, tachypnea, retractions)

Activity (decreased, impaired exercise intolerance, increased absenteeism)

Sputum (becomes darker, thicker, and more abundant, forming plugs)

Knowledge Level 7, System: Pulmonary

Vince Yamashiroya

Cystic fibrosis: presenting signs

Hi Yield [ID 1761]

CF PANCREAS:

Chronic cough and wheezing

Failure to thrive

Pancreatic insufficiency (symptoms of malabsorption like steatorrhea)

Alkalosis and hypotonic dehydration

Neonatal intestinal obstruction (meconium ileus)/ Nasal polyps

Clubbing of fingers/ Chest radiograph with characteristic changes

Rectal prolapse

Electrolyte elevation in sweat, salty skin

Absence or congenital atresia of vas deferens

Sputum with Staph or Pseudomonas (mucoid)

Breast feeding: benefits

Hi Yield [ID 2002]

ABCDEFGH:

Infant:

Allergic condition reduced

Best food for infant

Close relationship with mother

Development of IQ, jaws, mouth

Mother:

Economical

Fitness: quick return to pre-pregnancy body shape

Guards against cancer: breast, ovary, uterus

Hemorrhage (postpartum) reduced

Knowledge Level 3, System: Reproductive

Anthony Chan

Septic Arthritis: most common cause

[ID 1646]

Staphylococcus Aureus is the most common cause of

Septic Arthritis in the pediatric population.

Knowledge Level 5, System: Skeletal

Anonymous Contributor

PHARMACOLOGY

Hepatic necrosis: drugs causing focal to massive necrosis

[ID 409]

"Very Angry Hepatocytes":

Valproic acid

Acetaminophen

Halothane

Knowledge Level 6, System: Alimentary

Calvin Sy University of Pittsburgh School of Medicine

Adrenoceptors: vasomotor function of alpha vs. beta

Hi Yield [ID 2144]

ABCD:

Alpha = Constrict.

Beta = Dilate.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Antiarrhythmics: class III members

Hi Yield [ID 2043]

BIAS:

Bretylum

Ibutilide

Amiodarone

Sotalol

Knowledge Level 1, System: Cardiovascular

Dr. Harsh Sharma and Robert O'Connor BJMC, Pune, India and University College Dublin

Beta blockers with intrinsic sympathomimetic activity

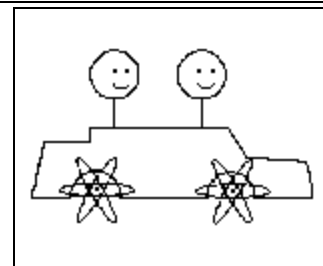
[ID 1534]

Picture **diabetic** and **asthmatic** kids riding away on a **cart** that rolls on **pinwheels**.

Pindolol and **Carteolol** have high and moderate ISA respectively, making them acceptable for use in some diabetics or asthmatics despite the fact that they are non-selective beta blockers.

Knowledge Level 7, System: Cardiovascular

David Shprecher Lake Erie College of Osteopathic Medicine



Beta-blockers: main contraindications, cautions

[ID 518]

ABCDE:

Asthma

Block (heart block)

COPD

Diabetes mellitus

Electrolyte (hyperkalemia)

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Beta-blockers: nonselective beta-blockers

Hi Yield [ID 1725]

"**Tim Pinches His Nasal Problem**" (because he has a runny nose...):

Timolol

Pindolol

Hismolol

Naldolol

Propranolol

Knowledge Level 2, System: Cardiovascular

Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Captopril (an ACE inhibitor): side effects

Hi Yield [ID 515]

CAPTOPRIL:

Cough

Angioedema/ Agranulocytosis

Proteinuria/ Potassium excess

Taste changes

Orthostatic hypotension

Pregnancy contraindication/ Pancreatitis/ Pressure drop (first dose hypertension)

Renal failure (and renal artery stenosis contraindication)/ Rash

Indomethacin inhibition

Leukopenia/ Liver toxicity

Knowledge Level 2, System: Cardiovascular

Dr. Chetan Wasekar MBBS KEM Hospital

Enoxaprin (prototype low molecular weight heparin): action, monitoring

[ID 1657]

Eno**X**aprin only acts on factor **Xa**.

Monitor **Xa** concentration, rather than APTT.

Knowledge Level 7, System: Cardiovascular

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

HMG-CoA reductase inhibitors (statins): side effects, contraindications, interactions

Hi Yield [ID 2025]

HMG-CoA:

Side effects:

Hepatotoxicity

Myositis [aka rhabdomyolysis]

Contraindications:

Girl during pregnancy/ Growing children

Interactions:

Coumarin/ Cyclosporine

Knowledge Level 4, System: Cardiovascular

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Hypertension: treatment

Hi Yield [ID 2627]

ABCD:

ACE inhibitors/ AngII antagonists (sometimes Alpha agonists also)

Beta blockers

Calcium antagonists

Diuretics

Knowledge Level 1, System: Cardiovascular

Mr. LW Mason 4th Year Medical Student

Patent ductus arteriosus: treatment

Hi Yield [ID 1191]

"Come **In** and **Close** the door":

INdomethacin is used to **Close** PDA.

Knowledge Level 2, System: Cardiovascular

Milixa Fortuna UAG Medical Student

Propranolol and related '-olol' drugs: usage

[ID 246]

"**olol**" is just two backwards lower case b's.

Backward b's stand for "**beta blocker**".

Beta blockers include acebutolol, betaxolol, bisoprolol, oxprenolol, propranolol.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin

Thrombolytic agents

Hi Yield [ID 1902]

USA:

Urokinase

Streptokinase

Alteplase (tPA)

Knowledge Level 2, System: Cardiovascular

Dr. Harsh Sharma BJMC, Pune, India

Warfarin: action, monitoring

[ID 432]

WePT:

Warfarin works on the **extrinsic** pathway and is monitored by **PT**.

Knowledge Level 3, System: Cardiovascular

Marcus James Fidel Medical Student, University of New Mexico

Warfarin: metabolism

[ID 901]

SLOW:

Has a **slow** onset of action.

A quic**K** Vitamin **K** antagonist, though.

Small lipid-soluble molecule

Liver: site of action

Oral route of administration.

Warfarin

Knowledge Level 2, System: Cardiovascular

Samuel Atom Baek-Kim

Gynaecomastia-causing drugs

[ID 1798]

DISCOS:

Digoxin

Isoniazid

Spironolactone

Cimetidine

Oestrogens

Stilboestrol

Knowledge Level 4, System: Endocrine

Nasseri University of Sheffield

K+ increasing agents

[ID 2088]

K-BANK:**K**-sparing diuretic**B**eta blocker**A**CEI**N**SAID**K** supplement

Knowledge Level 3, System: Endocrine

Anthony Chan

Propylthiouracil (PTU): mechanism

Hi Yield [ID 1617]

It inhibits **PTU**:**P**eroxidase/ **P**eripheral deiodination**T**yrosine iodination**U**nion (coupling)

Knowledge Level 4, System: Endocrine

Dr. Atif Farooq Khawaja and Mediha Farooq Rawalpindi Medical College, Pakistan/ Gujranwala

Steroid side effects

Hi Yield [ID 1526]

CUSHINGOID:

Cataracts

Ulcers

Skin: striae, thinning, bruising

Hypertension/ **H**irsutism/ **H**yperglycemia

Infections

Necrosis, avascular necrosis of the femoral head

Glycosuria

Osteoporosis, obesity

Immunosuppression

Diabetes

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Steroids: side effects

Hi Yield [ID 483]

BECLOMETHASONE:**B**uffalo hump**E**asy bruising

Cataracts

Larger appetite**O**besity**M**oonface**E**uphoria**T**hin arms & legs**H**ypertension/ **H**yperglycaemia

Avascular necrosis of femoral head

Skin thinning**O**steoporosis**N**egative nitrogen balance**E**moional liability

Knowledge Level 4, System: Endocrine

Rob Cambridge University

Lupus: drugs inducing it

[ID 530]

HIP:**H**ydralazine**I**NH**P**rocanimide

Knowledge Level 6, System: Integumental

Hodge/Gupta LSU Medicine FirmI

Diuretics: thiazides: indications

Hi Yield [ID 2091]

"**CHIC** to use thiazides":

CHF

Hypertension

Inspidious

Calcium calculi

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Nitrofurantoin: major side effects

Hi Yield [ID 482]

NitroFurAntoin:

Neuropathy (peripheral neuropathy)

Fibrosis (pulmonary fibrosis)

Anemia (hemolytic anemia)

Knowledge Level 4, System: Kidney/Urine

Joshua Goh Unimas: University Malaysia Sarawak

Osmotic diuretics: members

[ID 772]

GUM:

Glycerol

Urea

Mannitol

Knowledge Level 4, System: Kidney/Urine

Robert O'Connor University College Dublin

SIADH-inducing drugs

Hi Yield [ID 2086]

ABCD:

Analgesics: opioids, NSAIDs

Barbiturates

Cyclophosphamide/ Chlorpromazine/ Carbamazepine

Diuretic (thiazide)

Knowledge Level 3, System: Kidney/Urine

Anthony Chan

Sulfonamide: major side effects

Hi Yield [ID 774]

Sulfonamide side effects:

Steven-Johnson syndrome

Skin rash

Solubility low (causes crystalluria)

Serum albumin displaced (causes newborn kernicterus and potentiation of other serum albumin-binders like warfarin)

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Vir-named drugs: use

[ID 771]

"**-vir** at start, middle or end means for **virus**":

Drugs: Abac**avir**, Acyclov**ir**, Amprenav**ir**, Cidofo**vir**, Denav**ir**, Efavire**nz**, Indav**ir**, Invirase, Fam**vir**, Ganciclov**ir**, Nor**vir**, Oseltamiv**ir**, Penciclov**ir**, Ritonav**ir**, Saquinav**ir**, Valacyclo**vir**, Viracept, Vira**mune**, Zanamiv**ir**, Zovir**ax**.

Knowledge Level 1, System: Lymphoid

Robert O'Connor University College Dublin

4-Aminopyradine (4-AP) use

[ID 768]

"**4-AP** is **For AP**":

For AP (action potential) propagation in Multiple Sclerosis.

Knowledge Level 7, System: Nervous

Robert O'Connor University College Dublin

Anticholinergic side effects

Hi Yield [ID 1958]

"Know the **ABCD'S** of anticholinergic side effects":

Anorexia

Blurry vision

Constipation/ Confusion

Dry Mouth

Sedation/ Stasis of urine

Knowledge Level 1, System: Nervous

Youngin Kim University of Rochester School of Medicine and Dentistry

Antimuscarinics: members, action

Hi Yield [ID 1187]

"Inhibits Parasympathetic And Sweat":

Ipratropium

Pirenzepine

Atropine

Scopolamine

Muscarinic receptors at all parasympathetic endings sweat glands in sympathetic.

Knowledge Level 3, System: Nervous

Derek Obayashi Chicago Medical School

Aspirin: side effects

Hi Yield [ID 1349]

ASPIRIN:

Asthma

Salicyalism

Peptic ulcer disease/ Phosphorylation-oxidation uncoupling/ PPH/ Platelet disaggregation/ Premature closure of PDA

Intestinal blood loss

Reye's syndrome

Idiosyncrasy

Noise (tinnitus)

Knowledge Level 4, System: Nervous

Dr. Chetan Wasekar, MBBS KEM Hospital

Benzodiazapines: ones not metabolized by the liver (safe to use in liver failure)

[ID 1566]

LOT:

Lorazepam

Oxazepam

Temazepam

Knowledge Level 3, System: Nervous

Lorne Basskin Butler University College of Pharmacy and Health Sciences

Benzodiazepenes: antidote

Hi Yield [ID 776]

"Ben is off with the flu":

Benzodiazepine effects off with Flumazenil.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Benzodiazepenes: drugs which decrease their metabolism

[ID 875]

"Im Overly Calm":

Isoniazid

Oral contraceptive pills

Cimetidine

These drugs increase calming effect of BZDs by retarding metabolism.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Benzodiazepines: actions

Hi Yield [ID 464]

"**Ben SCAMs** Pam into seduction **not by brain** but by muscle":

Sedation

anti-Convulsant

anti-Anxiety

Muscle relaxant

Not by brain: No antipsychotic activity.

Knowledge Level 2, System: Nervous

Sung H. Kim

Beta 1 selective blockers

Hi Yield [ID 2148]

"**BEAM ONE** up, Scotty":

Beta 1 blockers:

Esmolol

Atenolol

Metoprolol

Knowledge Level 1, System: Nervous

Anonymous Contributor

Botulism toxin: action, related bungarotoxin

Hi Yield [ID 229]

Action: "**Botulism Bottles** up the Ach so it can't be the released":

Related bungarotoxin: "**Botulism** is related to **Beta Bungarotoxin** (beta-, not alpha-bungarotoxin--alpha has different mechanism).

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Cholinergics (eg organophosphates): effects

Hi Yield [ID 388]

If you know these, you will be "**LESS DUMB**":

Lacrimation

Excitation of nicotinic synapses

Salivation

Sweating

Diarrhea

Urination

Micturition

Bronchoconstriction

Knowledge Level 4, System: Nervous

Anonymous Contributor

Delerium-causing drugs

[ID 617]

ACUTE CHANGE IN MS:

Antibiotics (biaxin, penicillin, ciprofloxacin)

Cardiac drugs (digoxin, lidocaine)

Urinary incontinence drugs (anticholinergics)

Theophylline

Ethanol

Corticosteroids

H2 blockers

Antiparkinsonian drugs

Narcotics (esp. meperidine)

Geriatric psychiatric drugs

ENT drugs

Insomnia drugs

NSAIDs (eg indomethacin, naproxin)

Muscle relaxants

Seizure medicines

Knowledge Level 7, System: Nervous

Muhammad Asif Iqbal Resident, SLU, MO

Direct sympathomimetic catecholamines

Hi Yield [ID 769]

DINED:

Dopamine

Isoproterenol

Norepinephrine

Epinephrine

Dobutamine

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Inhalation anesthetics

Hi Yield [ID 534]

SHINE:

Sevoflurane

Halothane

Isoflurane

Nitrous oxide

Enflurane

If want the defunct **Methoxyflurane** too, make it **MoonSHINE**.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

ipratropium: action

[ID 231]

Atropine is buried in the middle: ipr**Atropium**, so it behaves like Atropine.

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Lead poisoning: presentation

[ID 517]

ABCDEFGF:

Anemia

Basophilic stripping

Colicky pain

Diarrhea

Encephalopathy

Foot drop

Gum (lead line)

Knowledge Level 8, System: Nervous

Anonymous Contributor

Lithium: side effects

Hi Yield [ID 531]

LITH:

Leukocytosis

Insipidus [diabetes insipidus, tied to polyuria]

Tremor/ Teratogenesis

Hypothyroidism

Knowledge Level 3, System: Nervous

Robert O'Connor and Rinku Uberoi

MAOIs: indications

Hi Yield [ID 2059]

MAOIS:

Melancholic [classic name for atypical depression]

Anxiety

Obesity disorders [anorexia, bulimia]

Imagined illnesses [hypochondria]

Social phobias

Listed in decreasing order of importance.

Note MAOI is inside **MelAnchOIc**.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Methyldopa: side effects

[ID 487]

METHYLDOPA:

Mental retardation

Electrolyte imbalance

Tolerance

Headache/ Hepatotoxicity

psYcological upset

Lactation in female

Dry mouth

Oedema

Parkinsonism

Anaemia (haemolytic)

Knowledge Level 5, System: Nervous

Yazeed A. Oqaili King Saud University Medical College

Monoamine oxidase inhibitors: members

Hi Yield [ID 1186]

"PIT of despair":

Phenelzine

Isocarboxazid

Tranlycypromine

A pit of despair, since MAOs treat depression.

Knowledge Level 3, System: Nervous

Derek Obayashi Chicago Medical School

Morphine: effects

Hi Yield [ID 1174]

MORPHINES:

Miosis

Orthostatic hypotension

Respiratory depression

Pain supression

Histamine release/ Hormonal alterations

Increased ICT

Nausea

Euphoria

Sedation

Knowledge Level 6, System: Nervous

Dr. Chetan Wasekar, MBBS KEM Hospital

Morphine: effects at mu receptor

Hi Yield [ID 1837]

PEAR:

Physical dependence

Euphoria

Analgesia

Respiratory depression

Knowledge Level 2, System: Nervous

Robert Copeland Howard University College of Medicine

Narcotic antagonists

Hi Yield [ID 533]

The Narcotic Antagonists are NAloxone and NAltrexone.

Important clinically to treat narcotic overdose.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Parkinsonism: drugs

Hi Yield [ID 1812]

SALAD:

Selegiline

Anticholinergics (trihexyphenidyl, benzhexol, ophenadrine)

L-Dopa + peripheral decarboxylase inhibitor (carbidopa, benserazide)

Amantadine

Dopamine postsynaptic receptor agonists (bromocriptine, lisuride, pergolide)

Knowledge Level 3, System: Nervous

Dr. Harsh Sharma

Phenytoin: adverse effects

Hi Yield [ID 1796]

PHENYTOIN:

P-450 interactions

Hirsutism

Enlarged gums

Nystagmus

Yellow-browning of skin

Teratogenicity

Osteomalacia

Interference with B12 metabolism (hence anemia)

Neuropathies: vertigo, ataxia, headache

Knowledge Level 6, System: Nervous

Ram Mohan SVRR Hospital Tirupathi, India

Physostigmine vs. neostigmine

[ID 1434]

LMNOP:

Lipid soluble

Miotic

Natural

Orally absorbed well

Physostigmine

Neostigmine, on the contrary, is:

Water soluble

Used in myasthenia gravis

Synthetic

Poor oral absorption

Knowledge Level 3, System: Nervous

Manpreet Saini GMC Amritsar

Pupils in overdose: morphine vs. amphetamine

Hi Yield [ID 156]

"Mor**PHINE**: **Fine**. Am**PHET**amine: **Fat**":

Morphine overdose: pupils constricted (**fine**).

Amphetamine overdose: pupils dilated (**fat**).

Knowledge Level 2, System: Nervous

Anonymous Contributor

Serotonin syndrome: components

Hi Yield [ID 2273]

Causes **HARM**:

Hyperthermia

Autonomic instability (delirium)

Rigidity

Myoclonus

Knowledge Level 4, System: Nervous

Anonymous Contributor

Sodium valproate: side effects

[ID 493]

VALPROATE:

Vomiting

Alopecia

Liver toxicity

Pancreatitis/ Pancytopenia

Retention of fats (weight gain)

Oedema (peripheral oedema)

Appetite increase

Tremor

Enzyme inducer (liver)

Knowledge Level 4, System: Nervous

Joshua Goh Unimas: University Malaysia Sarawak

SSRIs: side effects

Hi Yield [ID 532]

SSRI:

Serotonin syndrome

Stimulate CNS

Reproductive disfunctions in male

Insomnia

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Succinylcholine: action, use

[ID 248]

Succinylcholine gets **Stuck** to Ach receptor, then **Sucks** ions in through open pore.

You **Suck** stuff in through a mouth-tube, and drug is used for intubation.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Tricyclic antidepressants: members worth knowing

Hi Yield [ID 2236]

"I have to hide, the **CIA** is after me":

Clomipramine

Imipramine

Amirptlyline

If want the next 3 worth knowing, the **DND** is also after me:

Desipramine

Norriptyline

Doxepin

Knowledge Level 5, System: Nervous

Dr. Enrique Cifuentes University Autonomus of Guadalajara

Tricyclic antidepressants (TCA): side effects

Hi Yield [ID 2878]

TCA'S:

Thrombocytopenia

Cardiac (arrhythmia, MI, stroke)

Anticholinergic (tachycardia, urinary retention, etc)

Seizures

Knowledge Level 2, System: Nervous

Anonymous Contributor

Vigabatrin: mechanism

Hi Yield [ID 1578]

Vi-GABA-Tr-In:

Via **GABA** Transferase **In**hibition

Knowledge Level 2, System: Nervous

Anonymous Contributor

Antibiotics contraindicated during pregnancy

Hi Yield [ID 1250]

MCAT:

Metronidazole

Chloramphenicol

Aminoglycoside

Tetracycline

Knowledge Level 1, System: Other/Miscellaneous

Kyongbin Baek

Busulfan: features

Hi Yield [ID 2198]

ABCDEF:

Alkylating agent

Bone marrow suppression s/e

CML indication

Dark skin (hyperpigmentation) s/e

Endocrine insufficiency (adrenal) s/e

Fibrosis (pulmonary) s/e

Knowledge Level 3, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Cancer drugs: time of action between DNA->mRNA

Hi Yield [ID 2195]

ABCDEF:

Alkylating agents

Bleomycin

Cisplatin

Dactinomycin/ Doxorubicin

Etoposide

Flutamide and other steroids or their antagonists (eg tamoxifen, leuprolide)

Knowledge Level 2, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Etoposide: action, indications, side effect

Hi Yield [ID 1193]

"e**TOP**oside":

Action:

Inhibits **TOP**oisomerase II

Indications:

Testicular carcinoma

Oat cell carcinoma of lung

Prostate carcinoma

Side effect:

Affects **TOP** of your head, causing **alopecia**

Knowledge Level 5, System: Other/Miscellaneous

Milixa Fortuna UAG Medical Student

Metabolism enzyme inducers

Hi Yield [ID 299]

"Randy's **Black Car Goes Putt Putt** and **Smokes**":

Rifampin

Barbiturates

Carbamazepine

Grisofulvin

Phenytoin

Phenobarb

Smoking cigarettes

Knowledge Level 4, System: Other/Miscellaneous

Brad

Morphine: side-effects

Hi Yield [ID 2550]

MORPHINE:

Myosis

Out of it (sedation)

Respiratory depression

Pneumonia (aspiration)

Hypotension

Infrequency (constipation, urinary retention)

Nausea

Emesis

Knowledge Level 1, System: Other/Miscellaneous

Tony Duffy Medical Student Glasgow

Therapeutic index: formula

Hi Yield [ID 2032]

TILE:

TI = **LD50** / **ED50**

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Torsades de Pointes: drugs causing

[ID 2269]

APACHE:

Amiodarone

Procainamide

Arsenium

Cisapride

Haloperidol

Eritromycin

Knowledge Level 7, System: Other/Miscellaneous

Flavio Nacul Federal University of Rio de Janeiro

Zero order kinetics drugs (most common ones)

Hi Yield [ID 462]

"**PEAZ** (sounds like pees) out a constant amount":

Phenytoin

Ethanol

Aspirin

Zero order

Someone that pees out a constant amount describes zero order kinetics (always the same amount out)

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor UHS-COM

Asthma drugs: leukotriene inhibitor action

Hi Yield [ID 2241]

zAfirlukast: Antagonist of lipoxygenase

zIlueton: Inhibitor of LT receptor

Knowledge Level 3, System: Pulmonary

Mumtaz Ali Shah 2000 graduate, Khyber Medical College, Pakistan

Beta-1 vs Beta-2 receptor location

[ID 34]

"You have **1 heart** and **2 lungs**":

Beta-**1** are therefore primarily on **heart**.

Beta-**2** primarily on **lungs**.

Knowledge Level 1, System: Pulmonary

Anonymous Contributor

Respiratory depression inducing drugs

Hi Yield [ID 1980]

"**STOP** breathing":

Sedatives and hypnotics

Trimethoprim

Opiates

Polymyxins

Knowledge Level 2, System: Pulmonary

Dr. Harsh Sharma BJMC, Pune, India

Ribavirin: indications

Hi Yield [ID 2101]

RIBavirin:

RSV

Influenza B

Arenaviruses (Lassa, Bolivian, etc.)

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin

TB: antibiotics used

Hi Yield [ID 1581]

STRIPE:

STreptomycin

Rifampicin

Isoniazid

Pyrizina**m**ide

Ethambutol

Knowledge Level 2, System: Pulmonary

Sushant Varma Medical student, University of Sheffield, UK

Zafirlukast, Montelukast, Cinalukast: mechanism, usage

Hi Yield [ID 648]

"Zafir-**luk**-ast, Monte-**luk**-ast, Cina-**luk**-ast":

Anti-**Luk**otrienes for **A**sthma.

Dazzle your oral examiner: Zafir**l**ukast antagonizes leukotriene-**4**.

Knowledge Level 3, System: Pulmonary

Oisin and Robert O'Connor UCC and University College Dublin

Teratogenic drugs: major non-antibiotics

Hi Yield [ID 1433]

TAP CAP:

Thalidomide

Androgens

Progestins

Corticosteroids

Aspirin & indomethacin

Phenytoin

Knowledge Level 2, System: Reproductive

Manpreet GMC Amritsar

Tetracycline: teratogenicity

Hi Yield [ID 876]

TEtracycline is a

TEratogen that causes staining of

TEeth in the newborn.

Knowledge Level 1, System: Reproductive

Antirheumatic agents (disease modifying): members

Hi Yield [ID 2035]

CHAMP:

Cyclophosphamide

Hydroxycycloquine and chloroquine

Auranofin and other gold compounds

Methotrexate

Penicillamine

Knowledge Level 2, System: Skeletal

Robert O'Connor University College Dublin

Auranofin, aurothioglucose: category and indication

Hi Yield [ID 2036]

Aurum is latin for "gold" (gold's chemical symbol is **Au**).

Generic Aur- drugs (**Auranofin**, **Aurothioglucose**) are gold compounds.

If didn't learn yet that gold's indication is rheumatoid arthritis, AUR- Acts Upon **R**heumatoid.

Knowledge Level 2, System: Skeletal

Robert O'Connor University College Dublin

PHYSICS

Ideal gas law

[ID 190]

"Pure Virgins Never Really Tire":

PV=nRT

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Ohm's Law

[ID 169]

"Virgins Are Rare":

Volts = Amps x Resistance

Note: can then rearrange to more common form Resistance = Volts / Amps.

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Work: formula

[ID 2286]

"Lots of **Work** gets me **Mad!**":

Work = Mad:

M=Mass

a=acceleration

d=distance

Knowledge Level 1, System: Other/Miscellaneous

Fox Man

PHYSIOLOGY

Carotid sinus vs. carotid body function

Hi Yield [ID 2615]

carotid Sinu**S**: measures pre**SS**ure.

carotid b**O2**dy measures **O2**.

Knowledge Level 2, System: Cardiovascular

Omar Boissard, MD INTEC

Einthoven's Triangle: organization

[ID 287]

Corners are at RA (right arm), LA (left arm), LL (left leg).

Number of L's at a corner tell how many + signs are at that corner [eg **LL** is ++].

Sum of number of L's of any 2 corners tells the name of the lead [eg **LL-LA** is lead **III**].

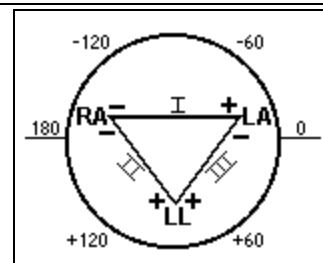
For reference axes, the **negative angle** hemisphere is on the half of the triangle drawing that has all the

negative signs; positive angle hemisphere contains only **positive signs**.

See diagram.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin



Hb-oxygen dissociation curve shifts: effect, location

[ID 1391]

Left shift: causes **L**oading of O₂ in **L**ungs.

Right shift: causes **R**elease of O₂ from Hb.

Knowledge Level 3, System: Cardiovascular

Dr. Khawaja Atif Farooq Rawalpindi Medical College, Horizon Medical Institute, Pakistan

Heart electrical conduction pathway

Hi Yield [ID 2314]

"If patient's family are all having **H**eart attacks, you must **S**AVe **HIS KIN**!"

SA node --->

AV node --->

His (bundle of) -->

Pur**KIN**je fibers

Knowledge Level 1, System: Cardiovascular

Carlo Adan, MPH University of Michigan

Intrinsic vs. extrinsic pathway tests

Hi Yield [ID 431]

"**P**eT **P**iTTbull":

PeT: **P**T is for **e**xtrinsic pathway.

PiTTbull: **P**TT is for **i**ntrinsic pathway.

Knowledge Level 3, System: Cardiovascular

Marcus James Fidel Medical Student, University of New Mexico

PGI₂ vs. TxA₂ coagulation function

Hi Yield [ID 254]

TxA₂ Aggregates platelets.

PGI₂ Inhibits aggregation.

Note: full name of PGI₂ is prostaglandin I₂ or prostacyclin, full name of TxA₂ is thromboxane A₂.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Adrenal cortex layers and products

Hi Yield [ID 180]

"**G**o **F**ind **R**ex, **M**ake **G**ood **S**ex":

Layers:

Glomerulosa

Fasiculata

Reticulata

Respective products:

Mineralcorticoids

Glucocorticoids

Sex hormones

Alternatively for layers: **GFR** (Glomerular Filtration Rate, convenient since adrenal glands are atop kidney).

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Adrenal gland: functions

Hi Yield [ID 1098]

ACTH:

Adrenergic functions

Catabolism of proteins/ Carbohydrate metabolism

T cell immunomodulation

Hyper/ **H**ypotension (blood pressure control)

Knowledge Level 1, System: Endocrine

The Cashman University of Queensland, Australia

Diabetes Insipidous: diagnosing subtypes

Hi Yield [ID 556]

After a desmopression injection:

Concentrated urine = **C**ranial.

No effect = **N**ephrogenic.

Knowledge Level 5, System: Endocrine

Robert O'Connor University College Dublin

Hyperthyroidism: signs and symptoms

Hi Yield [ID 1046]

THYROIDISM:

Tremor

Heart rate up

Yawning [fatigability]

Restlessness

Oligomenorrhea & amenorrhea

Intolerance to heat

Diarrhea

Irritability

Sweating

Muscle wasting & weight loss

Knowledge Level 6, System: Endocrine

Robert O'Connor University College Dublin

Pituitary hormones

Hi Yield [ID 152]

FLAGTOP:

Follicle stimulating hormone

Luteinizing hormone

Adrenocorticotropin hormone

Growth hormone

Thyroid stimulating hormone

Oxytocin

Prolactin

Alternatively: **GOAT FLAP** with the second 'A' for Anti-diuretic hormone/vasopressin

Note: there is also melanocyte secreting hormone and Lipotropin, but they are not well understood.

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Progesterone: actions

Hi Yield [ID 647]

PROGESTE:

Produce cervical mucous

Relax uterine smooth muscle

Oxytocin sensitivity down

Gonadotropin [FSH, LH] secretions down

Endometrial spiral arteries and secretions up

Sustain pregnancy

Temperature up / T_{it} development

Excitability of myometrium down

Knowledge Level 4, System: Endocrine

Robert O'Connor University College Dublin

Balance organs

[ID 183]

Utricle and Saccule keep **US** balanced.

Knowledge Level 2, System: Nervous

Anonymous Contributor

Temperature control: cerebral regions

[ID 841]

"High Power Air Conditioner":

Heating = Posterior hypothalamus [hypothalamus].

Anterior hypothalamus [hypothalamus] = Cooling.

Knowledge Level 5, System: Nervous

Gilvano Amorim Oliveira Universidade de Santo Amaro São Paulo/Brasil

Urination: autonomic control

[ID 618]

"When you pee, it's **PISs**":

Parasympathetic **I**nhibits **S**ympathetic.

Knowledge Level 1, System: Nervous

Muhammad Asif Iqbal Resident, SLU, MO

ROME:

Respiratory= Opposite:

pH is high, PCO₂ is down (Alkalosis).pH is low, PCO₂ is up (Acidosis).

Metabolic= Equal:

pH is high, HCO₃ is high (Alkalosis).pH is low, HCO₃ is low (Acidosis).

Knowledge Level 5, System: Pulmonary

Anonymous Contributor

Compliance of lungs factors

[ID 529]

COMPLIANCE:

Collagen deposition (fibrosis)

Ossification of costal cartilages

Major obesity

Pulmonary venous congestion

Lung size

Increased expanding pressure

Age

No surfactant

Chest wall scarring

Emphysema

All but L/A/E decrease compliance.

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin

V/Q gradient in lung

Hi Yield [ID 886]

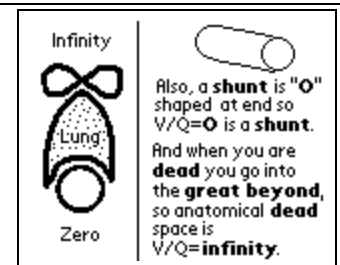
Infinity, a lung and a zero stack nicely.

V/Q is lowest at bottom, highest at top.

See diagram.

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin

**Prolactin and oxytocin: functions**

Hi Yield [ID 3247]

PROlactin stimulates the mammary glands to **PRO**duce milk.**Oxy**tocin stimulates the mammary glands to **O**oze (release) milk.

Knowledge Level 1, System: Reproductive

Rinku Uberoi Willsey Institute

Osteoblast vs. osteoclast

Hi Yield [ID 2383]

Osteo**B**last **B**uilds bone.Osteo**C**last **C**onsumes bone.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

PODIATRY**Blue toe (microembolic toe)**

Hi Yield [ID 939]

CAVEMAN:

Cholesterol embolizations

Atrial fib with electricity or digitoxin

Valvular problems

Endocarditis

Mural thrombosis

Aneurysm/ AV fistula

Nothing

Knowledge Level 3, System: Cardiovascular

Samuel Atom Baek-Kim

TIA: internal carotid vs. vertebrobasilar

Hi Yield [ID 1400]

MD vs. DPM

Internal carotid:

Monocular blindness (amaurox fugax)

Dominant hemisphere (aphasia)

The weakness or numbness is still less in the legs.

Vertebrobasilar:

Diplopia/ Double blindness

Paralysis (quadriplegia)

Motor weakness (ipsilateral)

Ataxia is characteristic in vertebrobasilar lesions.

Knowledge Level 1, System: Cardiovascular

Samuel Atom Baek-Kim Tuckahoe, New York

Diabetic neuropathy types

[ID 1407]

DPM:

Distal, symmetric, polyneuropathy

Proximal diabetic neuropathy

Mononeuritis multiplex

Knowledge Level 1, System: Endocrine

Samuel Atom Baek-Kim Tuckahoe, New York

Arthritides: the six classifications

[ID 882]

"Round COINS":

Rheumatoid diseases (inflammation of synovium)

Crystal depositions (gout, pseudogout)

Osteoarthritis

Infections

Neuropathy

SLE, mixed scleroderma

Knowledge Level 1, System: Skeletal

Samuel Atom Baek-Kim

Charcot's joints: common disorders

Hi Yield [ID 881]

"Come See A Handsome DPM":

Congenital insensitivity to pain

Syringomyelia/ Spina bifida

Alcoholism

Hansen's disease

Diabetes mellitus

Peripheral nerve injury

Menigocele

Knowledge Level 1, System: Skeletal

Samuel Mae Baek-Kim

PSYCHIATRY

Depression

[ID 1888]

UNHAPPINESS:

Understandable (such as bereavement, major stresses)

Neurotic (high anxiety personalities, negative parental upbringing)

Hypochondriasis

Agitation (usually organic causes such as dementia)

Pseudodementia

Pain

Importuning (whingeing, complaining)

Nihilistic

Endogenous

Secondary (ie cancer at the head of the pancreas, bronchogenic cancer)

Syndromal

Knowledge Level 5, System: Nervous

Peter Loa Medical Student at Adelaide University

Mania: cardinal symptoms

[ID 2456]

DIG FAST:

Distractibility

Indiscretion (DSM-IV's "excessive involvement in pleasurable activities")

Grandiosity

Flight of ideas

Activity increase

Sleep deficit (decreased need for sleep)

Talkativeness (pressured speech)

Knowledge Level 1, System: Nervous

Anonymous Contributor

Mania: diagnostic criteria

Hi Yield [ID 3029]

Must have 3 of **MANIAC**:

Mouth (pressure of speech)/ **M**ood

Activity increased

Naughty (disinhibition)

Insomnia

Attention (distractability)

Confidence (grandiose ideas)

Knowledge Level 1, System: Nervous

Waqar Ahmed Queens University, Belfast

Schizophrenia: negative features

Hi Yield [ID 239]

4 A's:

Ambivalence

Affective incongruence

Associative loosening

Autism

Knowledge Level 1, System: Nervous

Anonymous Contributor

Substance dependence: features (DSM IV)

Hi Yield [ID 2004]

"**WITHDRAW IT**":

3 of 7 within 12 month period:

Withdrawal

Interest or **I**mportant activities given up or reduced

Tolerance

Harm to physical and psychosocial known but continue to use

Desire to cut down, control

Intended time, amount exceeded

Time spent too much

Knowledge Level 3, System: Nervous

Anthony Chan

Conduct disorder vs. Antisocial personality disorder

Hi Yield [ID 1070]

Conduct disorder is seen in **Children**.

Antisocial personality disorder is seen in **Adults**.

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Depression: symptoms and signs (DSM-IV criteria)

Hi Yield [ID 1136]

AWESOME:

Affect flat

Weight change (loss or gain)

Energy, loss of

Sad feelings/ **S**uicide thoughts or plans or attempts/ **S**exual inhibition/ **S**leep change (loss or excess)/ **S**ocial withdrawal

Others (guilt, loss of pleasure, hopeless)

Memory loss

Emotional blunting

Knowledge Level 9, System: Other/Miscellaneous

Muhammad Firdaus, MD Private Practice

Erikson's developmental stages

Hi Yield [ID 969]

"The sad tale of Erikson Motors":

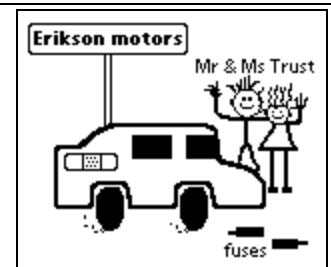
The stages in order by age group:

Mr. **Trust** and Ms**Trust** had an **auto** they were **ashamed** of. She took the **initiative** to find the **guilty** party.

She found the **industry** was **inferior**. They were making cars with **dents** [identity] and **rolling fuses** [role confusion]. Mr. **N.T. Macy** [intimacy] **isolated** the problem, **General TVT absorbed** the cost. In the end, they found the tires were just **gritty** and they should have used **de-spare**!

Knowledge Level 1, System: Other/Miscellaneous

VTF SN, NHCC, Texas



Parasomnias: time of onset

Hi Yield [ID 1071]

Sleep terrors and **S**leepwalking occur during **S**low-wave sleep (stages 3 & 4).

Nightma**RE** occurs during **REM** sleep (and is **RE**Membered).

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

Psychiatric review of symptoms

[ID 1839]

"**D**epressed **P**atients **S**ee**m** **A**nxious, **S**o **C**laim **P**sychiatrists":

Depression and other mood disorders (major depression, bipolar disorder, dysthymia)

Personality disorders (primarily borderline personality disorder)

Substance abuse disorders

Anxiety disorders (panic disorder with agoraphobia, obsessive-compulsive disorder)

Somatization disorder, eating disorders (these two disorders are combined because both involve disorders of bodily perception)

Cognitive disorders (dementia, delirium)

Psychotic disorders (schizophrenia, delusional disorder and psychosis accompanying depression, substance abuse or dementia)

Knowledge Level 3, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

RADIOLOGY / ONCOLOGY

Esophageal cancer: risk factors

[ID 1022]

ABCDEF:

Achalasia

Barret's esophagus

Corrosive esophagitis

Diverticuliis

Esophageal web

Familial

Knowledge Level 6, System: Alimentary

Lau Yue Young Geoffrey HKU

Pituitary endocrine functions often affected by pituitary-associated tumor

Hi Yield [ID 332]

"Go Look For the Adenoma Please":

Tropic hormones affected by growth tumor are:

GnRH

LSH

FSH

ACTH

Prolactin function

Knowledge Level 5, System: Endocrine

Anonymous Contributor

Anterior mediastinal masses

[ID 540]

4 T's:

Teratoma

Thymoma

Testicular-type

T-cell / Hodgkin's lymphoma

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Head CT scan: evaluation checklist

[ID 371]

"Blood Can Be Very Bad":

Blood

Cistern

Brain

Ventricles

Bone

Knowledge Level 2, System: Nervous

Anonymous Contributor

Dermatomyositis or polymyositis: risk of underlying malignancy

[ID 242]

Risk is **30%** at age **30**.

Risk is **40%** at age **40**, and so on.

Knowledge Level 6, System: Other/Miscellaneous

Anonymous Contributor

Prognostic factors for cancer: general

[ID 1107]

PROGNOSIS:

Presentation (time & course)

Response to treatment

Old (bad prog.)

Good intervention (i.e. early)

Non-compliance with treatment

Order of differentiation (>1 cell type)

Stage of disease

Ill health

Spread (diffuse)

Knowledge Level 2, System: Other/Miscellaneous

Cashman, Reidy, Motty, BB University of Queensland, Australia

T2 vs. T1 MRI scan

[ID 1724]

"**WW 2**" (World War II):

Water is White in a **T2** scan.

Conversely, a **T1** scan shows fat as being whiter.

Knowledge Level 2, System: Other/Miscellaneous

Jason Galarneau Flinders University School of Medicine, South Australia

Chest radiograph: checklist to examine

[ID 605]

"Pamela Found Our Rotation Particularly Exciting; Very Highly Commended Mainly 'Cus She Arouses":

Patient details

Film details

Objects (eg. lines, electrodes)

Rotation

Penetration

Expansion

Vessels

Hila

Costophrenic angles

Mediastinum

Cardiothoracic Ratio

Soft tissues and bones

Air (diaphragm, pneumothorax, subcut. emphysema)

Knowledge Level 4, System: Pulmonary

Andrew Booshan

Chest X-ray interpretation

[ID 2900]

Preliminary is **ABCDEF**:

AP or PA

Body position

Confirm name

Date

Exposure

Films for comparison

Analysis is **ABCDEF**:

Airways (hilar adenopathy or enlargement)

Breast shadows/ **Bones** (rib fractures, lytic bone lesions)

Cardiac silhouette (cardiac enlargement)/ Costophrenic angles (pleural effusions)

Diaphragm (evidence of free air)/ **Digestive tract**

Edges (apices for fibrosis, pneumothorax, pleural thickening or plaques)/ **Extrathoracic tissues**

Fields (evidence of alveolar filling)/ **Failure** (alveolar air space disease with prominent vascularity with or without pleural effusions)

Knowledge Level 6, System: Pulmonary

Fahed Al-Daour

Chest X-ray: cavitating lesions differential

[ID 2626]

"If you see **HOLES** on chest X-ray, they are **WEIRD**":

Wegener's syndrome

Embolic (pulmonary, septic)

Infection (anaerobes, pneumocystis, TB)

Rheumatoid (necrobiotic nodules)

Developmental cysts (sequestration)

Histiocytosis

Oncological

Lymphangioleiomyomatosis

Environmental, occupational

Sarcoid

Alternatively: L=**L**eft atrial myxoma

Knowledge Level 6, System: Pulmonary

LW Mason, and Anonymous Contributor 4th Year Medical Student and Not Specified

Lung cancer: main sites for distant metastases

Hi Yield [ID 1906]

BLAB:

Bone

Liver

Adrenals

Brain

Knowledge Level 1, System: Pulmonary

Ian Silver Queen's University School of Medicine, Kingston, ON, Canada

Lung cancer: notorious consequences

Hi Yield [ID 2256]

SPEECH:

Superior vena cava syndrome

Paralysis of diaphragm (**Ph**renic nerve)

Ectopic hormones

Eaton-Lambert syndrome

Clubbing

Horner syndrome/ **H**oarseness

Knowledge Level 1, System: Pulmonary

Rinku Uberoi

Upper lobe shadowing: causes

Hi Yield [ID 931]

BREASTS:

Beryllium

Radiation

Extrinsic allergic alveolitis

Ankylosing spondylitis

Sarcoidosis

TB

Siliconiosis

Knowledge Level 4, System: Reproductive

A Bywaters

Elbow ossification centers, in sequence

[ID 1750]

CRITOE:

Capitellum

Radial head

Internal epicondyle

Trochlea

Olecranon

External epicondyle

In order: appear at **1, 3, 5, 7, 9, 11** years; each closes 2 years later.

Knowledge Level 4, System: Skeletal

Vince Yamashiroya

Mole: signs of trouble

Hi Yield [ID 225]

ABCDE:

Asymmetry

Border irregular

Colour irregular

Diameter usually > 0.5cm**E**levation irregular

Knowledge Level 3, System: Skeletal

Oisín University College Cork

Neck sagittal x-ray: examination checklist

[ID 118]

ABCD:

Anterior: look for swelling

Bones: examine each bone for fractures

Cartilage: look for slipped discs

Dark spots: ensure not abnormally big, or could mean excess blood

Knowledge Level 1, System: Skeletal

Robert O'Connor University College Dublin

Osteoarthritis: x-ray signs

Hi Yield [ID 1916]

LOSS:

Loss of joint space

Osteophytes

Subcondral sclerosis

Subchondral cysts

Knowledge Level 1, System: Skeletal

Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

RHEUMATOLOGY / ALLERGY

SLE (Systemic Lupus Erythematosus) diagnosis

Hi Yield [ID 382]

"MD SOAP 'N HAIR":

Malar rash

Discoid rash

Serositis

Oral ulcer

Arthritis

Photosensitivity

Neurologic abnormality

Hematologic abnormality

ANA (+)

Immunologic abnormality

Renal involvement

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Felty's syndrome: components

Hi Yield [ID 1864]

SANTA:

Splenomegaly

Anaemia

Neutropenia

Thrombocytopenia

Arthritis (rheumatoid)

Knowledge Level 2, System: Lymphoid

Dr. Harsh Sharma BJMC, Pune, India

Carpal tunnel syndrome

Hi Yield [ID 2275]

TINel's sign:

TINgling sensation after

Tapping on

Traumatized nerve in carpal

Tunnel syndrome

Knowledge Level 5, System: Nervous

Anonymous Contributor

Henoch schonlein purpura: signs and symptoms

Hi Yield [ID 1765]

NAPA:

Nephritis

Arthritis, arthralgias

Purpura, palpable (especially on buttocks and lower extremities)

Abdominal pain (need to rule out intussusception)

Knowledge Level 4, System: Other/Miscellaneous

Vince Yamashiroya

Asthma: treatment

Hi Yield [ID 514]

ASTHMA:

Adrenergics

Steroids

Theophylline

Hydration

Mask [O2 at 24%]

Antibiotics

Knowledge Level 4, System: Pulmonary

Anonymous Contributor

Arthritis: juvenile idiopathic: differential

[ID 1777]

ARTHRITIS:

Anxiety

Rickets and metabolic

Tumor

Hematological

Reactive arthritis

Immunological (SLE)

Trauma

Injury

Sepsis

Knowledge Level 4, System: Skeletal

Malik Tariq Rahim King Edward Medical College, Pakistan

Arthritis: seronegative spondyloarthropathies

Hi Yield [ID 2292]

PEAR:

Psoriatic arthritis

Enteropathic arthritis

Ankylosing spondylitis

Reiter's/ Reactive

Knowledge Level 1, System: Skeletal

Dave Hassan

Joint pain causes

[ID 236]

SOFTER TISSUE:

Sepsis

Osteoarthritis

Fractures

Tendon/muscle

Epiphyseal

Referred

Tumor

Ischaemia

Seropositive arthritides

Seronegative arthritides

Urate

Extra-articular rheumatism (such as polymyalgia)

Knowledge Level 4, System: Skeletal

Anonymous Contributor

Osteoporosis risk factors

Hi Yield [ID 1115]

ACCESS:

Alcohol

Corticosteroid

Calcium low

Estrogen low

Smoking

Sedentary lifestyle

Knowledge Level 1, System: Skeletal

Lum

SURGERY

Fistulas: conditions preventing closure

Hi Yield [ID 1664]

FRIEND:

Foreign body

Radiation

Infection/ Inflammation (Crohn)

Epithelialization

Neoplasia

Distal obstruction

Knowledge Level 4, System: Alimentary

Danny Rosin and Adam W. Beck, M.D. Unspecified and UT-Southwestern Hospital Systems

Oesophageal cancer risk factors

Hi Yield [ID 2085]

PC BASTARDS:

Plummer-Vinson syndrome

Coeliac disease

Barrett's

Alcohol

Smoking

Tylosis

Achalasia

Russia (geographical distribution)

Diet

Stricture

Knowledge Level 2, System: Alimentary

Dr. John Holme

GI bleeding: causes

Hi Yield [ID 1021]

ABCDEFGHI:

Angiodysplasia

Bowel cancer

Colitis

Diverticulitis/ Duodenal ulcer

Epitaxis/ Esophageal (cancer, esophagitis, varices)

Fistula (anal, aortaenteric)

Gastric (cancer, ulcer, gastritis)

Hemorrhoids

Infectious diarrhoea/ IBD/ Ischemic bowel

Knowledge Level 9, System: Cardiovascular

Lau Yue Young Geoffrey HKU

Varicose veins: symptoms

Hi Yield [ID 3080]

AEIOU:

Aching

Eczema

Itching

Oedema

Ulceration/ Ugly (LDS, haemosiderin, varicosities)

Knowledge Level 2, System: Cardiovascular

Jamal Khan Birmingham University Medical Student

Melanoma sites

Hi Yield [ID 1262]

"**Mel SEA**" (Pronounced "Mel C" from the Spice Girls)

Melanoma sites, in order of frequency:

Skin

Eyes

Anus

Knowledge Level 3, System: Integumental

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Post-operative fever causes

Hi Yield [ID 41]

Six W's:

Wind: pulmonary system is primary source of fever first 48 hours, may have pneumonia

Wound: infection at surgical site

Water: check IV for phlebitis

Walk: deep venous thrombosis, due to pelvic pooling or restricted mobility related to pain and fatigue

Whiz: urinary tract infection if urinary catheterization

Wonder drugs: drug-induced fever

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Appendicectomy: complications

Hi Yield [ID 1880]

WRAP IF HOT:

Wound infection

Respiratory (atelectasis, pneumonia)

Abscess (pelvic)

Portal pyemia

Ileus (paralytic)

Fecal fistula

Hernia (r. inguinal)

Obstruction (intestinal due to adhesions)

Thrombus (DVT)

Knowledge Level 2, System: Other/Miscellaneous

Sami Almusawa JUST

Post-operative complications (immediate)

Hi Yield [ID 350]

"Post-op **PROBS**":

Pain

Primary haemorrhage

Reactionary haemorrhage

Oliguria

Basal atelectasis

Shock/ **S**epsis

Knowledge Level 2, System: Other/Miscellaneous

Jacob George University of Sheffield, UK

Compartment syndrome: signs and symptoms

Hi Yield [ID 2014]

5 P's:

Pain

Palor

Pulseless

Paresesthesia

Pressure (increased)

Knowledge Level 4, System: Skeletal

Michelle Zetoony Medical Student 2003, Philadelphia College of Osteopathic Medicine

UROLOGY / NEPHROLOGY

Dialysis: indications

Hi Yield [ID 1702]

AEIOU:

Acid-base problems (severe acidosis or alkalosis)

Electrolyte problems (hyperkalemia)

Intoxications

Overload, fluid

Uremic symptoms

Knowledge Level 6, System: Kidney/Urine

Malvinder S. Parmar, MD, FRCPC, FACP Timmins & District Hospital, Timmins, ON, Canada

Enlarged kidneys: causes

Hi Yield [ID 1838]

SHAPE:

Scleroderma

HIV nephropathy

Amyloidosis

Polycystic kidney disease

Endocrinopathy (diabetes)

Knowledge Level 5, System: Kidney/Urine

Dino Santoro University of Manitoba

Hematuria: differential

Hi Yield [ID 198]

"S#!T":

Stones/ Systemic disease (SLE)/ Structural lesions (UPJ obstruction)

Hematologic disease (sickle cell, coagulopathy)/ Hypercalciuria/ Hereditary (Alport nephritis)/ HSP/ HUS

Infectious and Immunologic (PSGN)/ IgA nephropathy (Berger nephritis)/ Interstitial disease (interstitial nephritis)/ Idiopathic conditions (thin glomerular basement membrane disease or benign familial hematuria)

Trauma/ Tumor/ TB/ Toxins

Knowledge Level 4, System: Kidney/Urine

Vince Yamashiroya

Hydronephrosis: differential

Hi Yield [ID 1611]

Unilateral is **PACT**:

Pelvic-uteric obstruction (congenital or acquired)

Aberrant renal vessels

Calculi

Tumours of renal pelvis

Bilateral is **SUPER**:

Stenosis of the urethra

Urethral valve

Prostatic enlargement

Extensive bladder tumour

Retro-peritoneal fibrosis

Knowledge Level 3, System: Kidney/Urine

Sushant Varma Medical student, University of Sheffield, UK

Nephrotic syndrome: causes for secondary nephrotic syndrome

[ID 233]

DAVID:

Diabetes mellitus

Amyloidosis

Vasculitis

Infections

Drugs

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Polycystic kidney: genetic marker

Hi Yield [ID 1892]

"P" is the 16th letter of the alphabet.

Autosomal dominant Polycystic kidney disease is associated with abberation on the 16th chromosome.

Knowledge Level 6, System: Kidney/Urine

Thomas B. Edmunds, Jr, MD Chief Resident at SUNY Stony Brook

Prostatism: initial symptoms

Hi Yield [ID 1850]

"Prostatism is initially **FUN**":

Frequency

Urgency

Nocturia

Knowledge Level 1, System: Kidney/Urine

Peter L University of Queensland Medical School

Pyelonephritis (acute): predisposing factors

[ID 489]

SCARRIN' UP:

Sex (females <40, males >40)

Catheterization

Age (infant, elderly)

Renal lesions

Reflux (vesciouteral)

Immunodeficient

NIDDM, IDDM

Urinary obstruction

Pregnant

Acute pyelonephritis heals by scarrin' up the area (pyelonephritic scar).

Knowledge Level 4, System: Kidney/Urine

Yazeed A.Oqaili King Saud University Medical College

Urinary incontinence: causes of acute and reversible

Hi Yield [ID 134]

DRIP:

Delirium

Restricted mobility/ **R**etention

Inflammation / **I**nfection/ **I**mpaction [fecal]

Pharmaceuticals / **P**olyuria

"Drip" is convenient since it is urinary incontinence, so urine only drips out.

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Testicular atrophy: differential

[ID 1620]

TESTES SHRINK:

Trauma

Exhaustional atrophy

Sequelae

Too little food

Elderly

Semen obstruction

Sex hormone therapy

Hypopituitarism

Radiation

Inflammatory orchitis

Not descended

Klinefelter's

Knowledge Level 4, System: Reproductive

Robert O'Connor University College Dublin