

ANATOMY

Cardiac valves: order in circuit

[ID 2895]

"**TRI** before you **BI**":

Tricuspid valve is located in left heart and **B**icuspid valve is located in right heart. Blood flows through the **tricuspid before bicuspid**.

Knowledge Level 1, System: Cardiovascular

Chris Gilbreth Cleveland Chiropractic College, Kansas City

Heart valves: order in circuit

[ID 3053]

"First learn a **Tricycle**, then learn a **Bicycle**":

Flow through **T**ricuspid first, then **B**icuspid.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Horner's syndrome: components

Hi Yield [ID 2829]

PAM:

Ptosis

Anhydrosis

Miosis

Knowledge Level 1, System: Pulmonary

C. Lu University of Glasgow

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

Broad ligament: contents

[ID 2995]

BROAD:

Bundle (ovarian neurovascular bundle)

Round ligament

Ovarian ligament

Artifacts (vestigial structures)

Duct (oviduct)

Knowledge Level 1, System: Reproductive

David Colbert UWA Medicine

Elbow joint: radius vs. ulna ends

[ID 2936]

CRAzy **TUL**ips:

Capitalum = **UL**nar

Trochlear = **RA**dium

Knowledge Level 1, System: Skeletal

Borum Suh

BIOCHEMISTRY

Coagulation common pathway: factors in order

Hi Yield [ID 3014]

10 + 5 - 2 = 13

Coagulation common pathway:

Factor **X** to Factor **V** to Factor **II** to Factor **XIII**

Knowledge Level 1, System: Cardiovascular

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

CARDIOLOGY

Aortic regurgitation: causes

[ID 3074]

CREAM:

Congenital

Rheumatic damage

Endocarditis

Aortic dissection/ Aortic root dilatation

Marfan's

Knowledge Level 3, System: Cardiovascular

Jamal Khan Birmingham University Medical Student

CHF: causes of exacerbation

[ID 3059]

A SMITH PEAR:

Anemia

Salt/ Stress/ Stopping meds

MI

Infection/ Ischemia

Thyroid (high/low)

HTN

Pericarditis

Endocarditis (valve disease)

Arrhythmia

Rx (beta blocker, etc)

Knowledge Level 6, System: Cardiovascular

Andrew Mackie, PA Rhode Island Hospital

Murmurs: louder with inspiration vs expiration

Hi Yield [ID 3061]

LEft sided murmurs louder with Expiration

RIght sided murmurs louder with Inspiration.

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Murmurs: questions to ask

[ID 3073]

SCRIPT:

Site

Character (eg harsh, soft, blowing)

Radiation

Intensity

Pitch

Timing

Knowledge Level 2, System: Cardiovascular

Jamal Khan Birmingham University Medical Student

Rheumatic fever: Jones 5 major criteria

Hi Yield [ID 2866]

STREP:

Sydenhams chorea

Transient migratory arthritis

Rheumatic subcutaneous nodules

Erythema marginatum

Pancarditis (endocarditis, myocarditis, pericarditis)

STREP, since Rheumatic fever is caused by group A strep.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Sinus tachycardia

[ID 3058]

TACH FEVER:

Tamponade/ Thyrotoxicosis

Anemia

CHF

Hypotension

Fever

Excrutiating pain

Volume depletion

Exercise

Rx (Theo, Dopa, Epi, etc)

Knowledge Level 3, System: Cardiovascular

Andrew Mackie, PA Rhode Island Hospital

DERMATOLOGY

Nodules: painful cutaneous nodules causes

[ID 2856]

BENGAL CO.:

Blue rubber bleb nevus

Ecrrine spiradenoma

Neurilemmoma/ Neuroma

Glomus tumor

Angiolipoma/ Angioleiomyoma/ Angiosarcoma

Leiomyoma

Cutaneous endometriosis/ Calcinosis cutis

Osteoma cutis

Knowledge Level 5, System: Integumental

Jaggi Rao University of Alberta

Raynaud's phenomenon: causes

[ID 2857]

COLD HAND:

Cryoglobulins/ Cryofibrinogens

Obstruction/ Occupational

Lupus erythematosus, other connective tissue disease

Diabetes mellitus/ Drugs

Hematologic problems (polycythemia, leukemia, etc)

Arterial problems (atherosclerosis)

Neurologic problems (vascular tone)

Disease of unknown origin (idiopathic)

Knowledge Level 5, System: Integumental

Jaggi Rao University of Alberta

EMERGENCY MEDICINE

JVP: raised JVP: extra-cardiac causes

[ID 2919]

FAT PEA:

Fever

Anaemia

Thyrotoxicosis

Pregnancy

Exercise

A-V fistula

These are in addition to all the cardiac ones (pericardial effusion, RHF, tricuspid stenosis, SVC obstruction, etc).

Knowledge Level 3, System: Cardiovascular

Rajeev Peravali Year 3 Medical student, Birmingham University, UK

Coma: differential

[ID 3086]

UNCONSCIOUS:

Units of insulin

Narcotics

Convulsions

Oxygen

Nonorganic

Stroke

Cocktail

ICP

Organism

Urea

Shock

Knowledge Level 2, System: Nervous

Tom Hiser - Clear Lake Emergency Medical Corps

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

ARDS: full differential

[ID 2907]

CARDS? HOPE ITS NOT ARDS:

CNS disorders

Aspiration (gastric)

Radiation

Drugs (heroin, morphine, barbiturates, etc)

Smoke, toxic gas inhalation

Hypotension, shock

Oxygen toxicity

Pancreatitis

Emboli

Infection, sepsis

Transfusion reaction

Surgery (esp. cardiac)

Near drowning

Obstetrical emergencies (eg eclampsia, HELLP)

Thermal injuries/ burns

Altitude sickness

Renal failure

DIC

SLE

Knowledge Level 7, System: Pulmonary

Fahed Al-Daour

Pneumothorax: causes

[ID 3079]

SIT, 3 A's, 3 C's:

Spontaneous (often tall thin men)

Iatrogenic

Trauma

Asthma

Alveolitis

AIDS

COPD

Carcinoma

Cystic fibrosis

Knowledge Level 4, System: Pulmonary

Jamal Khan - Birmingham University Medical Student

GASTROENTEROLOGY

Cirrhosis: differential: common and rarer

[ID 3071]

Common causes are **ABC**:

Alcohol

B (Hepatitis)

C (Hepatitis)

Rarer are also **ABC**:

Autoimmune

Biliary cirrhosis

Copper (Wilson's)

Knowledge Level 3, System: Alimentary

Jamal Khan Birmingham University Medical Student

Constipation: causes

[ID 3063]

DOPED:

Drugs (eg opiates)

Obstruction (eg IBD, cancer)

Pain

Endocrine (eg hypothyroid)

Depression

Knowledge Level 2, System: Alimentary

Jamal Khan Birmingham University Medical Student

Dysphagia: causes

[ID 3070]

MOON:

Mouth lesions

Obstruction

Oesophageal stricture

Neurological (eg stroke, Guillain-Barre, achalasia)

Knowledge Level 2, System: Alimentary

Jamal Khan Birmingham University Medical Student

Splenomegaly: causes

[ID 3066]

CHINA:

Congestion/ **C**ellular infiltration

Haematological (eg haemolytic anaemia, Sickle cell)

Infection/ **I**nfarction (eg malaria, GF, CMV)

Neoplasia (eg CML, lymphoma, other myeloproliferative)

Autoimmune

Knowledge Level 3, System: Alimentary

Jamal Khan Birmingham University Medical Student

Splenomegaly: causes

[ID 2852]

CHIMP:

Cysts

Haematological (eg CML, myelofibrosis)

Infective (eg viral (IM), bacterial)

Metabolic/ **M**isc (eg amyloid, Gauchers)

Portal hypertension

Knowledge Level 1, System: Lymphoid

Mel

HISTOLOGY

Extracellular matrix components

[ID 2983]

"**HELP** Form Collagen":

Hyaluronic acid

Elastin

Laminin

Proteoglycan

Fibronectin

Collagen

Knowledge Level 4, System: Other/Miscellaneous

Kelvin University of Hong Kong

IMMUNOLOGY

Chrug-Strauss syndrome: symptoms and signs

Hi Yield [ID 3054]

PAVE:

P-ANCA

Asthma

Vasculitis

Eosinophilia

Knowledge Level 3, System: Cardiovascular

Marcus Fidel UNM School of Medicine

INTERNAL MEDICINE / FAMILY PRACTICE

Haemoptysis: causes

[ID 2904]

CAVITATES:

CHF

Airway disease, bronchiectasis

Vasculitis/ Vascular malformations

Infection (eg TB)

Trauma

Anticoagulation

Tumour

Embolism

Stomach

Knowledge Level 6, System: Cardiovascular

Fahed Al-Daour

Splenomegaly: causes

[ID 3047]

HICCUPS:

Haematological

Infective : Kala azar, malaria, enteric fever

Congestive: CCF, constrictive pericarditis, IVC thrombosis, Hepatic vein thrombosis, portal vein thrombosis and splenic vein thrombosis

Collagen diseases: SLE, Felty's syndrome

Unknown etiology: tropical splenomegaly

Primary malignancies (secondaries are rare)

Storage diseases: Gaucher's disease, Niemann Pick

Knowledge Level 2, System: Lymphoid

Saurav Pokharel MBBS Student, Final year

Chronic cough: full differential

[ID 2901]

GASPS AND COUGH:

GORD

Asthma

Smoking, chronic bronchitis

Post-infection

Sinusitis, post-nasal drip

ACE inhibitor

Neoplasm

Diverticulum

Congestive heart failure
Outer ear
Upper airway obstruction
GI-airway fistula
Hypersensitivity
Knowledge Level 7, System: Pulmonary
Fahed Al-Daour

Dyspnea: causes

[ID 2903]

SHE PANTS:

Stress, anxiety
Heart disease
Emboli
Pulmonary disease
Anaemia
Neuromuscular disease
Trachea obstruction
Sleep disorder
Knowledge Level 1, System: Pulmonary
Fahed Al-Daour

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

INTERVIEWING / PHYSICAL EXAM

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

History taking -past medical history

[ID 2825]

ABCDEFGHI:

Asthma
Blood pressure (say: 'blood pressure problems')
CVA (say: 'stroke')
Diabetes mellitus (say: 'diabetes')
Epilepsy
Fever, rheumatic
Gastrointestinal (jaundice)
Heart attack
Infection (TB)
Knowledge Level 1, System: Other/Miscellaneous
Dave Gale Sheffield University Medical School

Patient's model of illness (illness history)

[ID 3016]

"DC REF Fears Similar Decision At ER":

Definition

Cause

Reasoning

Effect

Future

Fears and concerns

Similar experiences

Decision-making

Attempts at treatment

Expectations of treatment

Results

Knowledge Level 8, System: Other/Miscellaneous

Michael Huang School of Medicine, University of Melbourne, Australia

NEUROLOGY

Stroke: basic work up

[ID 3089]

The 3 P's:

Pump

Pipes

Plasma

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Benidict's syndrome: site affected

[ID 3088]

Benidict's test for sugar gives **red** precipitate.

Similarly, **Benidict's** syndrome affects **red** nucleus.

Knowledge Level 4, System: Nervous

Ram Mohan Svrr Tirupathi AP India

Perinaud's syndrome: clinical features

[ID 3087]

PERINAUD'S:

Pseudo 6th nerve palsy/ Penial region

Eyelid Retraction

Internuclear ophthalmoplegia

Nystagmus

Accommodation reflex present

Upward gaze palsy

Defective convergence/ Decerebrate rigidity

Skew deviation

Knowledge Level 3, System: Nervous

Ram Mohan Svrr Tirupathi AP India

OBSTETRICS / GYNECOLOGY

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

OPHTHAMOLOGY / OPTOMETRY

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

Dacryocystitis, dacryoadenitis: apparatus affected

Hi Yield [ID 2840]

Dacryocystitis, dacryadenitis:

Cry, so affects **lacrimal gland**.

Infection and inflammation, respectively.

Knowledge Level 1, System: Nervous

Anonymous Contributor

ORTHOPEDICS

Sacroiliitis: causes

[ID 2927]

PUB CAR:

Psoriasis

Ulcerative colitis

Behcet's disease

Crohn's disease

Ankylosing spondylitis

Reiter's disease

Knowledge Level 4, System: Skeletal

Chris Brewer University of Birmingham Medical School

PATHOLOGY

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

Thyroid carcinoma: frequency

[ID 2997]

"Please Feel My A\$\$":

In order of most frequent to least frequent, and in order from least aggressive to most aggressive:

Papillary carcinoma

Follicular carcinoma

Medullary thyroid carcinoma

Anaplastic carcinoma

Knowledge Level 4, System: Endocrine

Medicine 2004 student University of Western Ontario

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

Microcytic anemia: causes

[ID 2836]

"Find Those Small Cells":

Fe deficiency

Thalassemia

Sideroblastic

Chronic disease

Knowledge Level 1, System: Lymphoid

K. Dang University of Toronto

Symptoms of TTP/HUS

[ID 3093]

"Nasty Fever Ruined My Tubes":

Neurological symptoms

Fever

Renal failure

Microangiopathic hemolytic anemia

Thrombocytopenia

Knowledge Level 5, System: Lymphoid

Sol Shaftel University of Rochester School of Medicine

Polycystic ovarian disease: clinical features

Hi Yield [ID 2833]

OHIO:

Oligomenorrhea

Hirsutism

Infertility

Obesity

Knowledge Level 2, System: Reproductive

Preethi Yerram GMC, India

PEDIATRICS

Short stature: differential

[ID 2843]

ABCDEFG:

Alone (neglected infant)

Bone dysplasias (rickets, scoliosis, mucopolysaccharidoses)

Chromosomal (Turner's, Down's)

Delayed growth

Endocrine (low growth hormone, Cushing's, hypothyroid)

Familial

GI malabsorption (celiac, Crohn's)

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

PHARMACOLOGY

Beta blockers: members

Hi Yield [ID 3095]

"The **NEPAL** Prime Minister":

Timolol

Nadolol

Esmolol

Pindolol

Atenolol

Labetalol

Propranolol

Metoprolol

Bromocriptine [for USA gang members]

Hi Yield [ID 3055]

The **CRYPTS** are an LA street gang that likes to smoke **DOPE**.
Bromo**CRYPT**ine is a **DOP**amine agonist.
Knowledge Level 1, System: Nervous
Mario Cruz Albany Medical College

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

Microtubules: drugs that act on microtubules.

Hi Yield [ID 3099]

"The MicroTubule Growth Inhibiting Chemicals":
Thiabendazole
Mebendazole
Taxol
Griseofulvin
Vincristine/ Vinblastine
Colchicine
Knowledge Level 5, System: Other/Miscellaneous
Javaid H. Wani, Ph.D. Spartan University School of Medicine

PHYSIOLOGY

Oestrogen: functions

Hi Yield [ID 2993]

OESTROGEN SUX:
Organ development (sex organs)
Endocrine: FSH and LH regulation
Secondary sex characteristics development
Tropic for pregnancy
Receptor synthesis (of progesterone, oestrogen, LH)
Osteoporosis decrease (inhibits bone reabsorption)
Granulosa cell development
Endocrine: increases prolactin secretion, but then blocks its effect
Nipple development
Sex drive increase
Uterine contractility increase
oxytocin sensitivity increase
Knowledge Level 3, System: Endocrine
David Colbert UWA Medicine

PSYCHIATRY

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

RADIOLOGY / ONCOLOGY

Chest X-ray interpretation

[ID 2900]

Preliminary is **ABCDEF**:

AP or **P**A

Body position

Confirm name

Date

Exposure

Films for comparison

Analysis is **ABCDEF**:

Airways (hilar adenopathy or enlargement)

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

Cardiac silhouette (cardiac enlargement)/ **C**ostophrenic angles (pleural effusions)

Diaphragm (evidence of free air)/ **D**igestive tract

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

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

Knowledge Level 6, System: Pulmonary

Fahed Al-Daour

RHEUMATOLOGY / ALLERGY

Ankylosing spondylitis: extra-articular manifestations

[ID 2917]

6 A's:

Atlanto-axial subluxation

Anterior uveitis

Apical lung fibrosis

Aortic incompetence

Amyloidosis (kidneys)

Autoimmune bowel disease (UC)

Knowledge Level 5, System: Skeletal

Matt Smith Birmingham Medical School

SURGERY

Varicose veins: symptoms

Hi Yield [ID 3080]

AEIOU:

Aching

Eczema

Itching

Oedema

Ulceration/ **U**gly (LDS, haemosiderin, varicosities)

Knowledge Level 2, System: Cardiovascular

Jamal Khan Birmingham University Medical Student

Ulcers: edge types

[ID 3083]

F PURE:

Flat (eg venous)

Punched-out (eg trophic, arterial)

Undetermined (eg pressure, TB)

Rolled (eg BCC)

Everted (eg SCC)

Knowledge Level 2, System: Integumental

Jamal Khan Birmingham University Medical Student

Abdomen: inspection

[ID 3077]

5 S's:

Size

Shape

Scars

Skin lesions

Stoma

Knowledge Level 1, System: Other/Miscellaneous

Jamal Khan Birmingham University Medical Student

Swollen leg: unilateral swelling causes

Hi Yield [ID 3081]

TV BAIL:

Trauma

Venous (varicose veins, DVT, venous insufficiency)

Baker's cyst

Allergy

Inflammation (cellulitis)

Lymphoedema

Knowledge Level 3, System: Other/Miscellaneous

Jamal Khan Birmingham University Medical Student

UROLOGY / NEPHROLOGY

Renal tubular acidosis: type with common nephrocalcinosis

[ID 3101]

The st**ONE** (nephrocalcinosis) is common in type **ONE**.

Knowledge Level 4, System: Kidney/Urine

Dr. Sharad Chandra Pediatrics

Urinary incontinence: differential

[ID 3000]

DIAPERS:

Delirium

Infection

Atrophic urethritis and vaginitis

Pharmaceuticals/ **P**psychologic

Excessive urine output

Restricted mobility

Stool impaction

Knowledge Level 4, System: Kidney/Urine

Cheah Soon Keat 4th year medical student, UNIMAS, Malaysia