ANATOMY

Cardiac valves: order in circuit

"TRI before you BI":
Tricuspid valve is located in left heart and Bicuspid 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

"First learn a Tricycle, then learn a Bicycle":
Flow through Tricuspid first, then Bicuspid.
Knowledge Level 1, System: Cardiovascular
Anonymous Contributor

Horner's syndrome: components

PAM:
P  tosis
A  nydrosis
M iosis
Knowledge Level 1, System: Pulmonary
C. Lu  University of Glasgow

Lung lobes: one having lingula, lobe numbers

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

BROAD:
Bundle (ovarian neurovascular bundle)
Round ligament
Ovarian ligament
Artefacts (vestigial structures)
Duct (oviduct)
Knowledge Level 1, System: Reproductive
David Colbert  UWA Medicine

Elbow joint: radius vs. ulna ends

CRAzy TULips:
Capitalum = ULnar
Trochlear = RAdius
Knowledge Level 1, System: Skeletal
Borum Suh

BIOCHEMISTRY

Coagulation common pathway: factors in order

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
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
[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
[ID 2866]

STREP:
Sydenham’s 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
DERMATOLOGY

Nodules: painful cutaneous nodules causes

BENGAL CO.:
- Blue rubber bleb nevus
- Eccrine spiradenoma
- Neurolemmoma/Neuroma
- Glomus tumor
- Angiolipoma/Angioleiomyoma/Angiosarcoma
- Leiomyoma
- Cutaneous endometriosis/Calcinosi cutis
- Osteoma cutis

Knowledge Level 5, System: Integumental
Jaggi Rao  University of Alberta

Raynaud's phenomenon: causes

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

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

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

Knowledge Level 2, System: Respiratory
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
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
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
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
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

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

CHINA:
Congestion/ Cellular infiltration
Haematological (eg haemolytic anaemia, Sickle cell)
Infection/ Infarction (eg malaria, GF, CMV)
Neoplasia (eg CML, lymphoma, other myeloproliferative)
Autoimmune
Knowledge Level 3, System: Alimentary
Jamal Khan  Birmingham University Medical Student

Splenomegaly: causes

CHIMP:
Cysts
Haematological ( eg CML, myelofibrosis)
Infective (eg viral (IM), bacterial)
Metabolic/ Misc (eg amyloid, Gauchers)
Portal hypertension
Knowledge Level 1, System: Lymphoid
Mel

HISTOLOGY

Extracellular matrix components

"HELP Form Collagen":
Hyaluronic acid
Elastin
Laminin
Proteoglycan
Fibronectin
Collagen
Knowledge Level 4, System: Other/Miscellaneous
Kelvin  University of Hong Kong

IMMUNOLOGY

Churg-Strauss syndrome: symptoms and signs

PAVE:
P-ANCA
Asthma
Vasculitis
Eosinophilia
Knowledge Level 3, System: Cardiovascular
Marcus Fidel  UNM School of Medicine

INTERNAL MEDICINE / FAMILY PRACTICE
Haemoptysis: causes

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

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, Nieman Pick
Knowledge Level 2, System: Lymphoid
Saurav Pokharel MBBS Student, Final year

Chronic cough: full differential

GASPS AND COUGH:
GORD
Asthma
Smoking, chronic bronchitis
Post-infection
Sinusitis, post-nasal drip
ACE inhibitor
Neoplasm
Diverticulum
Congestive heart failure
Otorrhoea
Upper airway obstruction
GI-airway fistula
Hypersensitivity
Knowledge Level 7, System: Pulmonary
Fahed Al-Daour

Dyspnea: causes

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
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
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
ABCDEFGH:
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)
“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
The 3 P's:
Pump
Pipes
Plasma
Knowledge Level 1, System: Cardiovascular
Anonymous Contributor

Benidict's syndrome: site affected

Knowledge Level 1, System: Other/Miscellaneous
Anonymous Contributor
Benidict's test for sugar gives red precipitate.
Similarly, Benidict's syndrome affects red nucleus.
Knowledge Level 4, System: Nervous
Ram Mohan  Svr Tirupathi AP India

Perinaud's syndrome: clinical features

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  Svr Tirupathi AP India

OBSTETRICS / GYNECOLOGY

Multiple pregnancy complications

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

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

CATARAet:
Congenital
Aging
Toxicity (steroids, etc)
Accidents
Radiation
Abnormal metabolism (diabetes mellitus, Wilson's)
Knowledge Level 2, System: Nervous
Anonymous Contributor

Dacryocystitis, dacryoadenitis: apparatus affected

Dacryocystitis, dacryoadenitis:
Cry, so affects lacrimal gland.
Infection and inflammation, respectively.
Knowledge Level 1, System: Nervous
Anonymous Contributor

ORTHOPEDICS

Sacroiliitis: causes
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
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
"Please Feel My ASS":
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
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
"Find Those Small Cells“:
Fe deficiency
Thalassemia
Sideroblastic
Chronic disease
Knowledge Level 1, System: Lymphoid
K. Dang  University of Toronto

Symptoms of TTP/HUS
"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
OHIO:
Oligomenorrhea
Hirsutism
Infertility
Obesity
Knowledge Level 2, System: Reproductive
Preethi Yerram  GMC, India
Short stature: differential

ABCDEF:
- 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

"The NEPAL Prime Minister":
- Timolol
- Nadolol
- Esmolol
- Pindolol
- Atenolol
- Labetalol
- Propranolol
- Metoprolol

Knowledge Level 2, System: Cardiovascular
Javaid H. Wani  Spartan University School of Medicine, St. Lucia, W.I.

Bromocriptine [for USA gang members]

The CRYPTS are an LA street gang that likes to smoke DOPE.
BromoCRIPTine is a Dopamine agonist.

Knowledge Level 1, System: Nervous
Mario Cruz  Albany Medical College

Tricyclic antidepressents (TCA): side effects

TCA'S:
- Thrombocytopenia
- Cardiac (arrhymia, MI, stroke)
- Anticholinergic (tachycardia, urinary retention, etc)
- Seizures

Knowledge Level 2, System: Nervous
Anonymous Contributor

Microtubules: drugs that act on microtubules.

"The MicroTubule Growth Voiding 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

Must have 3 of MANIAC:
Mouth (pressure of speech)/ Mood
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

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

RHEUMATOLOGY / ALLERGY

Ankylosing spondylitis: extra-articular manifestations

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

Aching
Eczema
Itching
Oedema
Ulceration/ Ugly (LDS, haemosiderin, varicosities)

Knowledge Level 2, System: Cardiovascular
Jamal Khan  Birmingham University Medical Student

Ulcers: edge types

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

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

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

The stONE (nephrocalcinosis) is common in type ONE.

Knowledge Level 4, System: Kidney/Urine
Dr. Sharad Chandra  Pediatrics

Urinary incontinence: differential

DIAPERS:
Delirium
Infection
Atrophic urethritis and vaginitis
Pharmaceuticals/ Psychologic
Excessive urine output
Restricted mobility
Stool impaction

Knowledge Level 4, System: Kidney/Urine
Cheah Soon Keat  4th year medical student, UNIMAS, Malaysia