

## ANATOMY

### Cardiac valves: order in circuit

[ID 2895]

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

**T**ricuspid 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**:

**P**tosis

**A**nhydrosis

**M**iosis

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**:

**B**undle (ovarian neurovascular bundle)

**R**ound ligament

**O**varian ligament

**A**rtefacts (vestigial structures)

**D**uct (oviduct)

Knowledge Level 1, System: Reproductive

David Colbert UWA Medicine

### Elbow joint: radius vs. ulna ends

[ID 2936]

**CRA**zy **TUL**ips:

**C**apitulum = **UL**nar

**T**rochlear = **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]

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**CREAM:**

Congenital

Rheumatic damage

Endocarditis

Aortic dissection/ Aortic root dilatation

Marfan's

Knowledge Level 3, System: Cardiovascular

Jamal Khan Birmingham University Medical Student

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**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

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**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

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**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

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**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

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**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

[ID 2856]

#### BENGAL CO.:

Blue rubber bleb nevus  
Eccrine 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]

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**ARDS:**

Acute onset

Ratio (PaO<sub>2</sub>/FiO<sub>2</sub>) less than 200

Diffuse infiltration

Swan-Ganz Wedge pressure less than 19 mmHg

Knowledge Level 6, System: Pulmonary

Fahed Al-Daour

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**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

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**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

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**GASTROENTEROLOGY**

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**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

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**Constipation: causes**

[ID 3063]

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**DOPED:**

Drugs (eg opiates)

Obstruction (eg IBD, cancer)

Pain

Endocrine (eg hypothyroid)

Depression

Knowledge Level 2, System: Alimentary

Jamal Khan Birmingham University Medical Student

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**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

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**Splenomegaly: causes**

[ID 3066]

**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

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**Splenomegaly: causes**

[ID 2852]

**CHIMP:**

Cysts

Haematological ( eg CML, myelofibrosis)

Infective (eg viral (IM), bacterial)

Metabolic/ Misc (eg amyloid, Gauchers)

Portal hypertension

Knowledge Level 1, System: Lymphoid

Mel

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**HISTOLOGY**

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**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

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**IMMUNOLOGY**

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**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

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**INTERNAL MEDICINE / FAMILY PRACTICE**

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**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

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**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

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**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

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**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

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**Wheezing: causes**

Hi Yield [ID 2905]

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**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**

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**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

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**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

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**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**

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**Stroke: basic work up**

[ID 3089]

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

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**Benidict's syndrome: site affected**

[ID 3088]

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**Benedict's** test for sugar gives **red** precipitate.  
Similarly, **Benedict's** syndrome affects **red** nucleus.  
Knowledge Level 4, System: Nervous  
Ram Mohan Svrr Tirupathi AP India

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**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

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**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

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**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

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**Cataracts: causes**

Hi Yield [ID 2845]

**CATARAAct:**

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

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**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

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**Sacroiliitis: causes**

[ID 2927]



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**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

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**PATHOLOGY**

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**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

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**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

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**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

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**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

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**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

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**Polycystic ovarian disease: clinical features**

Hi Yield [ID 2833]

**OHIO:**

Oligomenorrhea

Hirsutism

Infertility

Obesity

Knowledge Level 2, System: Reproductive

Preethi Yerram GMC, India

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**PEDIATRICS**

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**Short stature: differential**

[ID 2843]

**ABCDEFGF:**

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

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**PHARMACOLOGY****Beta blockers: members**

Hi Yield [ID 3095]

"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]**

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

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**PHYSIOLOGY****Oestrogen: functions**

Hi Yield [ID 2993]

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## 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

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### Mania: diagnostic criteria

Hi Yield [ID 3029]

Must have 3 of **MANIAC**:  
**M**outh (pressure of speech)/ **M**ood  
**A**ctivity increased  
**N**aughty (disinhibition)  
**I**nsomnia  
**A**ttention (distractability)  
**C**onfidence (grandiose ideas)  
Knowledge Level 1, System: Nervous  
Waqar Ahmed Queens University, Belfast

## RADIOLOGY / ONCOLOGY

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### Chest X-ray interpretation

[ID 2900]

Preliminary is **ABCDEF**:  
**A**P or **P**A  
**B**ody position  
**C**onfirm name  
**D**ate  
**E**xposure  
**F**ilms for comparison  
Analysis is **ABCDEF**:  
**A**irways (hilar adenopathy or enlargement)  
**B**reast shadows/ **B**ones (rib fractures, lytic bone lesions)  
**C**ardiac silhouette (cardiac enlargement)/ **C**ostophrenic angles (pleural effusions)  
**D**iaphragm (evidence of free air)/ **D**igestive tract  
**E**dges (apices for fibrosis, pneumothorax, pleural thickening or plaques)/ **E**xtrathoracic tissues  
**F**ields (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

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### Ankylosing spondylitis: extra-articular manifestations

[ID 2917]

6 A's:  
**A**tlanto-axial subluxation  
**A**nterior uveitis  
**A**pical lung fibrosis  
**A**ortic incompetence  
**A**myloidosis (kidneys)  
**A**utoimmune bowel disease (UC)  
Knowledge Level 5, System: Skeletal  
Matt Smith Birmingham Medical School

## SURGERY

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**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

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**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

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**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

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**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

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**UROLOGY / NEPHROLOGY**

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**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

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**Urinary incontinence: differential**

[ID 3000]

**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