

## ANATOMY

### 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

### Branches of Internal Iliac Artery

[ID 3160]

"I Love Going Places In My Very Own Underwear":

Ileolumbar

Lateral sacral

Gluteal (superior and inferior)

Pudendal (internal)

Inferior vesicle (uterine in females)

Middle rectal

Vaginal

Obturator

Umbilical

Knowledge Level 5, System: Cardiovascular

Joe and Betsy Sophie Davis School of Medicine

### External jugular vein: tributaries

[ID 3114]

**PAST:**

Posterior external jugular vein

Anterior jugular vein

Suprascapular vein

Transverse cervical vein

Knowledge Level 3, System: Cardiovascular

Dalia Rashdan Ain Shams University School of Dentistry

### Hand: nerve lesions

Hi Yield [ID 3262]

**DR CUMA:**

Drop=Radial nerve

Claw=Ulnar nerve

Median nerve=Ape hand (or Apostol [preacher] hand)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

### Elbow joint: capitulum vs. trochlea

[ID 3259]

**CUTER:**

Capitulum: Ulnar

Trochlea: Radial

Knowledge Level 1, System: Skeletal

Anonymous Contributor

## ANESTHESIOLOGY

### Anesthetics equipment check

[ID 3291]

**MISMADE:**

Machine check

IV supplies

Suction

Monitors

Airways

Drugs

Equipment

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

## BIOCHEMISTRY

### Vitamin K dependent cofactors

Hi Yield [ID 3143]

"Several Tend To Nicely Stop Clots":

Factor **Seven, Ten, Two, Nine.**

Protein **S, Protein C.**

Knowledge Level 1, System: Cardiovascular

Medical Student Class 2004 University of Western Ontario

## CARDIOLOGY

### Heart failure: signs

[ID 3194]

#### TAPED TORCH:

Tachycardia

Ascites

Pulsus alternans

Elevated jugular venous pressure

Displaced apex beat

Third heart sound

Oedema

Right ventricular heave

Crackles or wheeze

Hepatomegaly (tender)

Knowledge Level 6, System: Cardiovascular

Sandeep Samrat Sharma Armed Forces Medical College

## EMERGENCY MEDICINE

### Shock: general features

[ID 3205]

#### CHORD ITEM:

Cold, clammy skin

Hypotension

Oliguria

Rapid, shallow breathing

Drowsiness, confusion

Irritability

Tachycardia

Elevated or reduced central venous pressure

Multi-organ damage

Knowledge Level 4, System: Cardiovascular

Seyi Kayode College of Health Sciences, Obafemi Awolowo University, Ile-ife, Osun State, Nigeria

### Seizures: differential

[ID 3221]

#### SICK DRIFTER:

Substrates (sugar, oxygen)

Isoniazid overdose

Cations (Na, Ca, Mg)

Kids (eclampsia)

Drugs (**CRAP**: Cocaine, Rum (alcohol), Amphetamines, PCP)

Rum (alcohol withdrawal)

Illnesses (chronic seizure disorder or other chronic disorder)

Fever (meningitis, encephalitis, abscess)

Trauma (epidural, subdural, intraparenchymal hemorrhage)

Extra: toxicologic (**TAIL**: Theo, ASA, Isoniazid, Lithium) and 3 **Anti**'s: (**Ant**ihistamine overdose, **Anti**depressant overdose,

**Anti**convulsants (too high dilantin, tegretol) or benzo withdrawal.

Rat poison (organophosphates poisoning)

Knowledge Level 1, System: Nervous

Joseph Rogers, MD Duke University

### Dyspnea: differential

Hi Yield [ID 3220]

3A's: Three Airways: **A**irway obstruction, **A**naphylaxis, **A**sthma  
3P's: Three Pulmonary's: **P**neumothorax, **P**E, **P**ulmonary edema  
3C's: Three Cardiacs: **C**ardiogenic pulmonary edema, **C**ardiac ischemia, **C**ardiac tamponade  
3M's: Three Metabolics: (**DOC**) **D**KA, **O**rganophosphates, **C**arbon monoxide poisoning  
Knowledge Level 1, System: Pulmonary  
Joseph Rogers, MD Duke University

## HISTOLOGY

### Organ of corti: location

[ID 3246]

The organ of **C**Orti  
is inside the **C**Ochlea.  
Knowledge Level 3, System: Nervous  
Rinku Uberoi Willsey Institute

### Collagen: location of types

[ID 3159]

Type One: **bONE**  
Type Two: **CarT**woilage  
Type Four: "**Four** on the **Floor**" [automotive transmission term] basement membrane (the "floor") is mostly Type IV collagen  
Knowledge Level 1, System: Other/Miscellaneous

### Epiphyseal plate: zones

[ID 3263]

"**Real People Have Career Opportunities**":  
**R**esting zone  
**P**roliferative zone  
**H**ypertrophic zone  
**C**alcified cartilage zone  
**O**ssification zone  
Knowledge Level 2, System: Skeletal  
Gonzalo Baylor College of Medicine

## INTERVIEWING / PHYSICAL EXAM

### Heart auscultation sites: ribs

[ID 3236]

**Apt. M 225A:**  
**A**ortic valve  
**P**ulmonary valve  
**T**ricuspid valve  
**M**itral valve  
In order they correspond with the following landmarks:  
**2**nd intercostal space (right)  
**2**nd intercostal space (left)  
**5**th intercostal space (left)  
**A**pex (still the 5th intercostal space)  
Knowledge Level 1, System: Cardiovascular  
John Medical school

## MICROBIOLOGY

### Capsulated microbes

Hi Yield [ID 3213]

"**Some Nasty Killers Have Some Capsule Protection**":  
**S**treptococcus pneumoniae  
**N**eisseria meningitidis  
**K**lebsiella pneumoniae  
**H**aemophilus influenzae  
**S**almonella typhi  
**C**ryptococcus neoformans  
**P**seudomonas aeruginosa  
Knowledge Level 2, System: Lymphoid  
Dr. Bijita Banerjee and Sabry Kamel University of Calcutta, West-Bengal, India and Not Specified

## NEUROSCIENCES

### Alzheimer's disease: common characteristics

[ID 3211]

#### ALZHEIMER'S:

Anterograde amnesia is usually first sign  
Life expectancy increase shows more cases in recent years  
Zapped (loss of) acetylcholinergic neurons  
Hereditary disease  
Entire hippocampus becomes affected  
Identified by neurofibrillary tangles  
Mutation in amyloid genes associated w/ disease  
Entorhinal areas degenerate first  
Retrograde amnesia ultimately develops  
Senile plaques are formed at synapse  
Knowledge Level 4, System: Nervous  
David H. Chafey Ponce School of Medicine

### Meninges: layers in order

Hi Yield [ID 3131]

#### PAD:

Piamater  
Arachnoid  
Dura  
Knowledge Level 1, System: Nervous  
Mohammed Azizuddin Ahmed Indian Medical Council

## OBSTETRICS / GYNECOLOGY

### 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

### 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

## OPHTHAMOLOGY / OPTOMETRY

### Choroidal neovascular membrane

[ID 3235]

#### HAMMAR:

Histoplasmosis  
ARMD  
Multifocal Choroiditis  
Myopia  
Angiod  
Rupture of the choroid  
Knowledge Level 5, System: Other/Miscellaneous  
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

### Fracture: description

[ID 3164]

#### BLT LARD:

Bone

Location on bone

Type of fracture

Lengthening

Angulation

Rotation

Displacement

Knowledge Level 1, System: Skeletal

Brian Crownover Staff Family Physician, Offutt AFB, Nebraska

## PATHOLOGY

### 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

### 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

### Kawasaki Disease Criteria

Hi Yield [ID 3219]

"Be careful when riding a **Kawasaki** motorcycle, you might get **CREAMed**.

Conjunctivitis (non-exudative)

Rash (polymorphous non-vesicular)

Edema (or erythema of hands or feet)

Adenopathy (cervical, often unilateral)

Mucosal involvement (erythema or fissures or crusting)

To have Kawasaki disease you must have fever for greater than 5 days plus 4 of the above.

Knowledge Level 2, System: Other/Miscellaneous

Eric J Ex

## PHARMACOLOGY

### Benzodiazepins: 3 members that undergo extrahepatic metabolism

[ID 3167]

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"Outside The Liver":

**O**xazepam

**T**emazepam

**L**orazepam

These undergo extrahepatic metabolism and do not form active metabolites.

Knowledge Level 8, System: Nervous

Anonymous Contributor

## PHYSIOLOGY

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### Skin vasoconstriction and temperature

[ID 3285]

When the skin needs to **CON**Serve heat, the blood vessels of the skin **CON**Strict.

When the skin is **CO**ld, the blood vessels of the skin **CO**nstrict.

Knowledge Level 1, System: Integumental

Rinku Uberoi Willsey Institute

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### Electrical conductivity of tissues

[ID 3107]

"**Be Careful To Shock My Best Nerve**":

In order of least conductive to most conductive:

**B**ones

**C**artilage

**T**endon

**S**kin

**M**uscle

**B**lood

**N**erve

Knowledge Level 7, System: Nervous

Luz Ann M. Sabado Philippine Physical Therapy Association

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### Prolactin and oxytocin: functions

Hi Yield [ID 3247]

**PRO**lactin stimulates the mammary glands to **PRO**duce milk.

**Oxy**tocin stimulates the mammary glands to **Ooze** (release) milk.

Knowledge Level 1, System: Reproductive

Rinku Uberoi Willsey Institute

## RHEUMATOLOGY / ALLERGY

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### Gout: drugs and foods raising uric acid levels

[ID 3126]

Drugs are **FACT**:

**F**rusemide

**A**spirin/ **A**lcohol

**C**ytotoxic drugs

**T**hiazide diuretics

Foods are **SALTS**:

**S**hellfish

**A**nchovies

**L**iver and kidney

**T**urkey

**S**ardines

Knowledge Level 5, System: Skeletal

Sushant Varma Junior Doctor

## SURGERY

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### Pancreatitis: treatment

[ID 3125]

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**MACHINES:**

Monitor vital signs

Analgesia/ Antibiotics

Calcium gluconate (if deemed necessary)

H<sub>2</sub> receptor antagonist

IV access/ IV fluids

Nil by mouth

Empty gastric contents

Surgery if required/ Senior review

Knowledge Level 3, System: Alimentary

Sushant Varma Junior Doctor

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**UROLOGY / NEPHROLOGY**

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**Metabolic waste products retention: clinical features**

[ID 3204]

**ABCDEFGHI:**

Apathy/ Anorexia/ Anemia

Bleeding

Confusion/ Coma

Dizziness

Emesis/ Edema of the lung

Fits

Gastrointestinal bleeding

Hiccups

Infection

Knowledge Level 4, System: Kidney/Urine

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