

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

Crepitations 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 (ecclampsia)

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: (**Antihistamine** overdose, **Antidepressant** overdose,**Anticonvulsants** (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 **CO**rti
is inside the **CO**chlea.
Knowledge Level 3, System: Nervous
Rinku Uberoi Willsey Institute

Collagen: location of types

[ID 3159]

Type One: **bONE**
Type Two: **CarT**wolage
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]

"**R**eal **P**eople **H**ave **C**areer **O**pportunities":
Resting zone
Proliferative zone
Hypertrophic zone
Calcified cartilage zone
Ossification zone
Knowledge Level 2, System: Skeletal
Gonzalo Baylor College of Medicine

INTERVIEWING / PHYSICAL EXAM

Heart auscultation sites: ribs

[ID 3236]

Apt. M 225A:
Aortic valve
Pulmonary valve
Tricuspid valve
Mitral valve
In order they correspond with the following landmarks:
2nd intercostal space (right)
2nd intercostal space (left)
5th intercostal space (left)
Apex (still the 5th intercostal space)
Knowledge Level 1, System: Cardiovascular
John Medical school

MICROBIOLOGY

Capsulated microbes

Hi Yield [ID 3213]

"**S**ome **N**asty **K**illers **H**ave **S**ome **C**apsule **P**rotection":
Streptococcus pneumoniae
Neisseria meningitidis
Klebsiella pneumoniae
Haemophilus influenzae
Salmonella typhi
Cryptococcus neoformans
Pseudomonas 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]

"Outside The Liver":

Oxazepam

Temazepam

Lorazepam

These undergo extrahepatic metabolism and do not form active metabolites.

Knowledge Level 8, System: Nervous

Anonymous Contributor

PHYSIOLOGY

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

Electrical conductivity of tissues

[ID 3107]

"Be Careful To Shock My Best Nerve":

In order of least conductive to most conductive:

Bones

Cartilage

Tendon

Skin

Muscle

Blood

Nerve

Knowledge Level 7, System: Nervous

Luz Ann M. Sabado Philippine Physical Therapy Association

Prolactin and oxytocin: functions

Hi Yield [ID 3247]

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

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

Knowledge Level 1, System: Reproductive

Rinku Uberoi Willsey Institute

RHEUMATOLOGY / ALLERGY

Gout: drugs and foods raising uric acid levels

[ID 3126]

Drugs are **FACT**:

Frusemide

Aspirin/ Alcohol

Cytotoxic drugs

Thiazide diuretics

Foods are **SALTS**:

Shellfish

Anchovies

Liver and kidney

Turkey

Sardines

Knowledge Level 5, System: Skeletal

Sushant Varma Junior Doctor

SURGERY

Pancreatitis: treatment

[ID 3125]

MACHINES:

Monitor vital signs

Analgesia/ Antibiotics

Calcium gluconate (if deemed necessary)

H₂ 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

UROLOGY / NEPHROLOGY

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

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