

ANATOMY

Bowel components

[ID 189]

"Dow Jones Industrial Average Closing Stock Report":

From proximal to distal:

Duodenum

Jejunum

Ileum

Appendix

Colon

Sigmoid

Rectum

Alternatively: to include the cecum, "Dow Jones Industrial Climbing Average Closing Stock Report".

Knowledge Level 1, System: Alimentary

Anonymous Contributor

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

Duodenum: lengths of parts

[ID 58]

"Counting 1 to 4 but staggered":

1st part: 2 inches

2nd part: 3 inches

3rd part: 4 inches

4th part: 1 inch

Knowledge Level 5, System: Alimentary

Anonymous Contributor

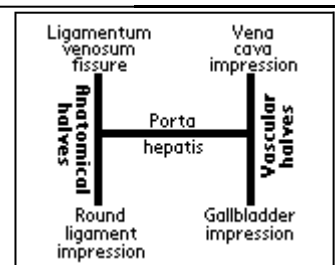
Liver inferior markings showing right/left lobe vs. vascular divisions

[ID 114]

There's a **Hepatic "H"** on inferior of liver. One vertical stick of the H is the dividing line for anatomical right/left lobe and the other vertical stick is the divider for vascular halves. Stick that divides the liver into vascular halves is the one with vena cava impression (since vena cava carries blood, it's fortunate that it's the divider for blood halves).

Knowledge Level 5, System: Alimentary

Robert O'Connor University College Dublin



Meckel's diverticulum details

Hi Yield [ID 72]

2 inches long.

2 feet from end of ileum.

2 times more common in men.

2% occurrence in population.

2 types of tissues may be present.

Note: "**di-**" means "**two**", so **diverticulum** is the thing with all the **twos**.

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin

Aorta vs. vena cava: right vs. left

Hi Yield [ID 2516]

Aorta and **right** each have 5 letters, so aorta is on the right.

Vena and **cava** and **left** each have 4 letters, so vena cava is on the left.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin

Aortic arch: major branch order

[ID 29]

"Know your **ABC'S**":

Aortic arch gives rise to:

Brachiocephalic trunk

left **C**ommon Carotid

left **S**ubclavian

Beware though trick question of 'What is first branch of aorta?' Technically, it's the coronary arteries.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrioventricular valves

Hi Yield [ID 2681]

"**LAB RAT**":

Left Atrium: **B**icuspid

Right Atrium: **T**ricuspid

Knowledge Level 1, System: Cardiovascular

Amir A. Ghaferi Johns Hopkins School of Medicine

Axillary artery branches

[ID 1208]

"**S**crew **T**he **L**awyer **S**ave **A** Patient":

Superior thoracic

Thoracoacromial

Lateral thoracic

Subscapular

Anterior circumflex humeral

Posterior circumflex humeral

Alternatively: "**S**ome **T**imes **L**ife **S**eems **A** Pain".

Knowledge Level 2, System: Cardiovascular

Anonymous contributor and Joe Azzopardi Not specified and Xarabank

Brachial artery: recurrent and collateral branches

[ID 608]

"**I** Am **P**retty **S**exy"

Inferior ulnar collateral artery goes with **A**nterior ulnar recurrent artery.

Posterior ulnar recurrent artery goes with **S**uperior ulnar collateral artery.

Alternatively: "**I** Am **P**retty **S**mart".

Knowledge Level 5, System: Cardiovascular

Paul's Boutique Western University College of Osteopathic Medicine of the Pacific

Carotid sheath contents

[ID 669]

"**I** See **10** **CC**'s in the **IV**":

I See (**I.C.**) = **I**nternal **C**arotid artery

10 = **CN 10** (Vagus nerve)

CC = **C**ommon **C**arotid artery

IV = **I**nternal **J**ugular **V**ein

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Cavernous sinus contents

Hi Yield [ID 1094]

O **TOM** **CAT**:

O **TOM** are lateral wall components, in order from superior to inferior.

CA are the components within the sinus, from medial to lateral. **CA** ends at the level of **T** from **O** **TOM**.

See diagram.

Occulomotor nerve (**III**)

Trochlear nerve (**IV**)

Ophthalmic nerve (**V1**)

Maxillary nerve (**V2**)

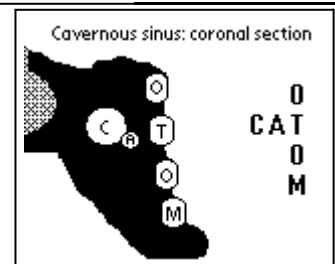
Carotid artery

Abducens nerve (**VI**)

T: When written, connects to the **T** of **OTOM**.

Knowledge Level 4, System: Cardiovascular

Jonathan Vafai New York University School of Medicine



Coeliac trunk: branches

Hi Yield [ID 1833]

Left Hand Side (LHS):

Left gastric artery

Hepatic artery

Splenic artery

Knowledge Level 1, System: Cardiovascular

Dr. Harsh Sharma

Descending abdominal aorta branches from diaphragm to iliacs

[ID 613]

"**Prostitutes Cause Sagging Swollen Red Testicles [in men] Living In Sin**":

Phrenic [inferior]

Celiac

Superior mesenteric

Suprarenal [middle]

Renal

Testicular ["**in men**" only]

Lumbar

Inferior mesenteric

Sacral

Knowledge Level 2, System: Cardiovascular

Josser Mt. Sinai Medical School

External carotid artery branches

[ID 291]

"**Some Anatomists Like F*#king, Others Prefer S & M**":

Superior thyroid

Ascending pharyngeal

Lingual

Facial

Occipital

Posterior auricular

Superficial temporal

Maxillary

Alternatively: **As She Lay Flat, Oscar's Passion Slowly Mounted**".

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Femoral triangle: arrangement of contents

Hi Yield [ID 10]

NAVEL:

From lateral hip towards medial **navel**:

Nerve (directly behind sheath)

Artery (within sheath)

Vein (within sheath)

Empy space (between vein and lymph)

Lymphatics (with deep inguinal node)

Nerve/Artery/Vein are all called Femoral.

Knowledge Level 1, System: Cardiovascular

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Heart valve sequence

[ID 1938]

"**Try Pulling My Aorta**":

Tricuspid

Pulmonary

Mitral

Aorta

Knowledge Level 1, System: Cardiovascular

Michael Franco Melbourne University, Australia

Inferior vena cava tributaries

[ID 1091]

"**I Like To Rise So High**":

Iliacs
Lumbar
Testicular
Renal
Suprarenal
Hepatic vein.

Think of the IVC wanting to rise high up to the heart.

Knowledge Level 3, System: Cardiovascular
Usman Ahmad KMC

Internal iliac artery: anterior branches

[ID 1169]

What Bill admitted to Hilary: "**I Milked Our Insatiable Intern's Udders Under the Desk**":

Inferior gluteal
Middle rectal
Obturator
Inferior vesical artery
Internal pudendal artery
Umbilical
U/D=Uterine artery (female)/ Deferential artery (male)
Knowledge Level 4, System: Cardiovascular
Anonymous Contributor

Internal jugular vein: tributaries

[ID 502]

"**Medical Schools Let Confident People In**":

From inferior to superior:

Middle thyroid
Superior thyroid
Lingual
Common facial
Pharyngeal
Inferior petrosal sinus
Knowledge Level 6, System: Cardiovascular
LaShawn A. Weaver Medical University of South Carolina

Liver: side with ligamentum venosum/ caudate lobe vs. side with quadrate lobe/ ligamentum teres

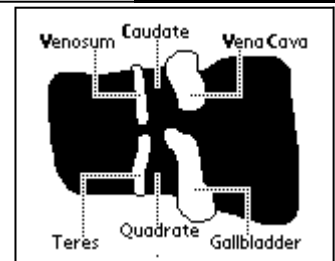
[ID 270]

"**VC goes with VC**":

The Venosum and Caudate is on same side as Vena Cava [posterior]. Therefore, quadrate and teres must be on anterior by default.

See inferior-view diagram.

Knowledge Level 4, System: Cardiovascular
Robert O'Connor University College Dublin



Lung lobe numbers: right vs. left

Hi Yield [ID 79]

Tricuspid heart valve and **tri**-lobed lung both on the right side.

Bicuspid and **bi**-lobed lung both on the left side.

Knowledge Level 1, System: Cardiovascular
Robert O'Connor University College Dublin

Maxillary artery branches

[ID 935]

"**DAM I AM** **P**iss **D**runk **B**ut **S**tupid **D**runk **I**Prefer, **M**ust **P**hone **A**lcoholics **A**nonymous":

Deep auricular
Anterior tympanic
Middle meningeal
Inferior alveolar
Accessory meningeal
Masseteric
Pterygoid
Deep temporal
Buccal
Sphenopalatine
Descending palatine

Infraorbital
Posterior superior alveolar
Middle superior alveolar
Pharyngeal
Anterior superior alveolar
Artery of the pterygoid canal
Knowledge Level 7, System: Cardiovascular
Imani Walker and Fareeda Hamid New York College of Osteopathic Medicine

Portal-systemic anastomoses: main 2 places that retroperitoneals connect into systemic

[ID 511]

RetroPeritoneals hook up with **Renal** and **Paravertebral** veins.
Knowledge Level 6, System: Cardiovascular
Anonymous Contributor

Saphenous veins: path of great vs. small at malleolus

[ID 278]

"**MAG**delaire has varicose veins" [The saphenous veins are important for varicose veins]:
Medial malleolus, **Anterior** to malleolus, and **Great** saphenous go together.
Then the opposites of these go together: **Small** saphenous is **posterior** to the **lateral** malleolus.
Knowledge Level 3, System: Cardiovascular
Robert O'Connor University College Dublin

Thoracic cage: relations to the important venous structures

[ID 324]

Behind the **sternoclavicular** joints: the brachiocephalic veins begin.
Behind the **1st costal cartilage** on the right the superior vena cava begins.
Behind the **2nd costal cartilage** on the right the azygos vein ends.
Behind the **3rd costal cartilage** on the right the superior vena cava ends.
Knowledge Level 6, System: Cardiovascular
Fred Reid Undergrad at St-Andrews, UK

Thoracoacromial artery branches

[ID 1207]

ABCD:
Acromial
Breast (pectoral)
Clavicular
Deltoid
Knowledge Level 6, System: Cardiovascular
Anonymous contributor UCLA School of Medicine

Scalp layers

[ID 258]

SCALP:
From superficial to deep:
Skin
Connective tissue
Aponeurosis
Loose areolar tissue
Pericranium
Knowledge Level 1, System: Integumental
Anonymous Contributor

Ureter to ovarian/testicular artery relation

[ID 56]

"**Water under** the bridge":
The **ureters** (which carry water), are **posterior** to the ovarian/testicular artery.
Clinically important, since a common surgical error is to cut ureter instead of ovarian artery when removing uterus.
Knowledge Level 2, System: Kidney/Urine
Anonymous Contributor

Spleen: dimensions, weight, surface anatomy

[ID 54]

"**1,3,5,7,9,11**":
Spleen dimensions are **1** inch x **3** inches x **5** inches.
Weight is **7** ounces.
It underlies ribs **9** through **11**.
Knowledge Level 5, System: Lymphoid
Anonymous Contributor

Thoracic duct: relation to azygous vein and esophagus

[ID 26]

"The **duck** between **2 geese**":

Thoracic **duct** (duck) is between 2 geese, **azygous** and **esophagus**.

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Abdominal muscles

[ID 162]

"Spare **TIRE** around their abdomen":

Transversus abdominis

Internal abdominal oblique

Rectus abdominis

External abdominal oblique

Knowledge Level 1, System: Muscle

Anonymous Contributor

Anterior forearm muscles: superficial group

[ID 1117]

"**Pimps F*ck Prostitutes For Fun**":

Pronator teres

Flexor carpi radialis

Palmaris longus

Flexor carpi ulnaris

Flexor digitorum superficialis

Knowledge Level 3, System: Muscle

Rob

Bicipital groove: attachments of muscles near it

[ID 27]

"The **lady** between **two majors**":

Teres **major** attaches to medial lip of groove.

Pectoralis **major** to lateral lip of groove.

Latissimus (Lady) is on floor of groove, between the 2 majors.

Knowledge Level 3, System: Muscle

Sandeep

Brachioradialis: function, innervation, one relation, one attachment

[ID 92]

BrachioRadialis:

Function: Its the **Beer Raising** muscle, flexes elbow, strongest when wrist is oriented like holding a beer.

Innervation: **Breaks Rule**: it's a flexor muscle, **But Radial**. (Radial nerve usually is for extensors: Recall BEST rule: B was for brachioradialis).

Important relation: **Behind** it is the **Radial nerve** in the cubital fossa.

Attachment: Attaches to **Bottom of Radius**.

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin

Elbow: muscles that flex it

[ID 94]

Three **B's** **Bend** the **elBow**:

Brachialis

Biceps

Brachioradialis

Knowledge Level 2, System: Muscle

Anonymous Contributor

Elbow: which side has common flexor origin

[ID 6]

FM (as in FM Radio):

Flexor Medial, so Common Flexor Origin is on the medial side.

Knowledge Level 2, System: Muscle

Anonymous Contributor

Erector spinae muscles

[ID 661]

"I Love Sex":

From lateral to medial:

Iliocostalis

Longissimus

Spinalis

Alternatively: "**I** Long for **S**pinach"

"Sex" helps you think of "Erector", but "Long" and "Spinach" help you remember the muscles' names.

Knowledge Level 7, System: Muscle

Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Eye rotation by oblique muscles

[ID 1416]

"I Love S & M":

Inferior oblique: **L**ateral eye rotation.

Superior oblique: **M**edial eye rotation.

Knowledge Level 1, System: Muscle

CS Eddleman Medical Student, Texas Tech SOM

Interossei muscles: actions of dorsal vs. palmar in hand

[ID 293]

"PAD and DAB":

The **P**almar **A**dduct and the **D**orsal **A**bduct.

Use your **hand** to **dab** with a **pad**.

Knowledge Level 5, System: Muscle

Dr. Atif Farooq and Anonymous Contributor Rawalpindi Medical College, Pakistan and Not Specified

Intrinsic muscles of hand (palmar surface)

[ID 646]

"A OF A OF A":

Thenar, lateral to medial:

Abductor pollicis longus

Opponens pollicis

Flexor pollicis brevis

Adductor pollicis.

Hypothenar, lateral to medial:

Opponens digiti minimi

Flexor digiti minimi

Abductor digiti minimi

Knowledge Level 4, System: Muscle

Anonymous Contributor

Inversion vs. eversion muscles in leg

[ID 102]

Second letter rule for inversion/eversion:

Eversion muscles:

p**E**rineus longus

p**E**rineus brevis

p**E**rineus terius

Inversion muscles:

t**I**bialis anterior

t**I**bialis posterior

Knowledge Level 6, System: Muscle

Robert O'Connor University College Dublin

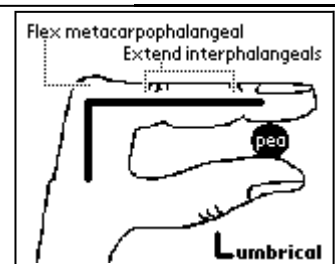
Lumbricals action

[ID 5]

Lumbrical action is to hold a pea, that is to flex the metacarpophalangeal joint and extend the interphalangeal joints. When look at hand in this position, can see this makes an "L" shape, since **L** is for **L**umbrical.

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin



Muscles: potentially absent ones

[ID 1291]

Muscles which may be absent but may be important:

5 P's:

Palmaris longus [upper limb]

Plantaris [lower limb]

Peroneus tertius [lower limb]

Pyramidalis [anterior abdominal wall]

Psoas minor [posterior abdominal wall]

Knowledge Level 3, System: Muscle

Shebrain Cairo University

Oblique muscles: direction of externals vs. internals

[ID 57]

"Hands in your pockets":

When put hands in your pockets, fingers now lie on top of external obliques and fingers point their direction of fibers: down and towards midline.

Note: "oblique" tells that must be going at an angle.

Internal obliques are at right angles to external.

Knowledge Level 1, System: Muscle

Anonymous Contributor

Plantarflexion vs. dorsiflexion

[ID 202]

Plantar flexion occurs when you squish a **Plant** with your foot.

Knowledge Level 1, System: Muscle

Anonymous Contributor

Popliteal fossa: muscles arrangement

[ID 9]

The two Semi's go together, Semimembranosus and Semitendinosus.

The **Membranosus** is **Medial** and since the two semis go together, Semitendinosus is also medial.

Therefore, Biceps Femoris has to be lateral.

Of the semi's, to remember which one is superficial: the **Tendonosus** is on **Top**.

Knowledge Level 3, System: Muscle

Anonymous Contributor

Pterygoid muscles: function of lateral vs. medial

[ID 70]

"Look at how your jaw ends up when saying first syllable of '**L**ateral' or '**M**edial' ":

"**La**": your jaw is now **open**, so **Lateral opens** mouth.

"**Me**": your jaw is still **closed**, so **medial closes** the mandible.

Knowledge Level 4, System: Muscle

Robert O'Connor University College Dublin

Rotator cuff muscles

Hi Yield [ID 35]

"The **SITS** muscles":

Clockwise from top:

Supraspinatus

Infraspinatus

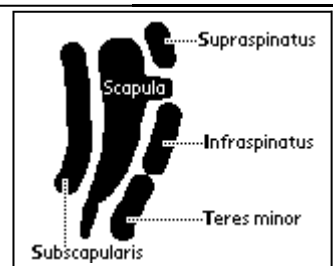
Teres minor

Subscapularis

A pro baseball pitcher has injured his rotator cuff muscles. As a result, he **SITS** out for the rest of the game, and then gets sent to the **minor** leagues.

Knowledge Level 2, System: Muscle

Anne Conlin and Robert O'Connor University of Western Ontario Medical School, London, Canada and University College Dublin



Serratus anterior: innervation

[ID 547]

SALT:

Serratus Anterior = **Long Thoracic**.

Knowledge Level 2, System: Muscle

Erin B. Dominiak Loyola University Chicago Stritch School of Medicine

Serratus anterior: innervation and action

Hi Yield [ID 25]

"**C5-6-7** raise your arms up to **heaven**":

Long thoracic nerve roots (567) innervate Serratus anterior.

Test C567 roots clinically by ability to raise arm past 90 degrees.

Knowledge Level 2, System: Muscle

Anonymous Contributor

Soleus vs. gastrocnemius muscle function

[ID 101]

"**Stand** on your **Soles**. **Explosive gas**":

You **stand** on soles of your shoes, so **Soleus** is for posture.

Gasoline is explosive, so **Gastrocnemius** is for **explosive** movement.

Knowledge Level 3, System: Muscle

Robert O'Connor University College Dublin

Supination vs. pronation

[ID 2346]

"**SOUP**ination": Supination is to turn your arm palm up, as if you are holding a bowl of **soup**.

"**POUR**-nation": Pronation is to turn your arm with the palm down, as if you are **pouring** out whatever is your bowl.

Alternatively, **Pronation donation**: **Pronation** is palm facing downward, as if making a **donation**.

Knowledge Level 1, System: Muscle

LCK and Anonymous Contributor University of Ottawa and Not Specified

Bell's palsy: symptoms

Hi Yield [ID 1943]

BELL'S Palsy:

Blink reflex abnormal

Earache

Lacrimation [deficient, excess]

Loss of taste

Sudden onset

Palsy of VII nerve muscles

All symptoms are unilateral.

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Brachial plexus branches

Hi Yield [ID 135]

"**My Aunt Raped My Uncle**":

From lateral to medial:

Musculocutaneous

Axillary

Radial

Median

Ulnar

Knowledge Level 1, System: Nervous

Anonymous Contributor

Brachial plexus subunits

[ID 18]

"**Randy Travis Drinks Cold Beer**":

Roots

Trunks

Divisions

Cords

Branches

Alternatively: "**Read The Damn Cadaver Book!**"

Alternatively: "**Real Texans Drink Coors Beer**".

Knowledge Level 1, System: Nervous

Karl and Anonymous Contributor Boston U. School of Medicine and Not Specified

Brachial plexus: branches of posterior cord

[ID 465]

STAR:

Subscapular [upper and lower]

Thoracodorsal

Axillary

Radial

Knowledge Level 2, System: Nervous

Zaineb Vakil Gulf Medical College Ajman

Buttock quadrant safest for needle insertion

Hi Yield [ID 14]

"**Shut up and butt out**":

The **Upper Outer** quadrant of the **Buttock** safely avoids hitting sciatic nerve.

Knowledge Level 2, System: Nervous

Anonymous Contributor

MEDIAN TRAP:

Myxoedema
 Edema premenstrually
 Diabetes
 Idiopathic
 Agromegaly
 Neoplasm
 Trauma
 Rheumatoid arthritis
 Amyloidosis
 Pregnancy

Mnemonic fits nicely since median nerve is trapped.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Cervical plexus: arrangement of the important nerves

[ID 268]

"GLAST":

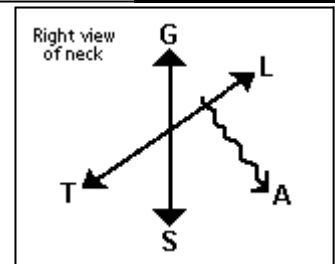
4 compass points: clockwise from north on the right side of neck:

Great auricular
 Lesser occipital
 Accessory nerve pops out between L and S
 Supraclavicular
 Transverse cervical

See diagram.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

**Deep tendon reflexes: root supply**

Hi Yield [ID 550]

God designed body reflexes according to a nursery rhyme:

One, two-- buckle my shoe. **Three, four--** kick the door. **Five, six--** pick up sticks. **Seven, eight--** shut the gate.

S1,2 = ankle jerk

L3,4 = knee jerk

C5,6 = biceps and brachioradialis

C7,8 = triceps

Knowledge Level 2, System: Nervous

Bryan Traynor Massachusetts General Hospital and Brigham and Women's Hospital, Boston, USA

Diaphragm innervation

Hi Yield [ID 23]

"**3, 4, 5** keeps the diaphragm alive":

Diaphragm innervation is cervical roots **3, 4, and 5**.

Knowledge Level 1, System: Nervous

Michael Nawfal

Extraocular muscles cranial nerve innervation

Hi Yield [ID 572]

"LR6SO4 rest 3":

Lateral Rectus is 6th

Superior Oblique is 4th

rest are all 3rd cranial nerve

Knowledge Level 2, System: Nervous

Atul Singh Detroit Medical Center

Facial nerve: branches after Stylomastoid foramen

[ID 863]

"Ten Zulus Bugged My Cat (Painfully)":

From superior to inferior:

Temporal branch

Zygomatic branch

Buccal branch

Mandibular branch

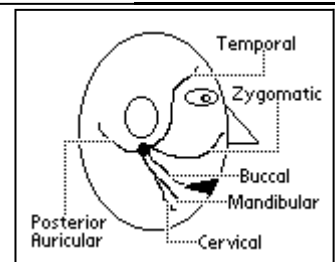
Cervical branch

(Posterior auricular nerve)

Alternatively: "**PA**ssing **T**hrough **Z**anzibar **B**y **M**otor **C**ar" (**PA** for **P**osterior **A**uricular).

Knowledge Level 1, System: Nervous

Stephan Sanders and Kris Downing Nottingham Medical School, UK and UCR/UCLA Biomedical Sciences Program, USA



Lingual nerve course

[ID 329]

The Lingual nerve
Took a curve
Around the Hyoglossus.
"Well I'll be f*#ked!"
Said Wharton's Duct,
"The bastard's gone and crossed us!"
Knowledge Level 6, System: Nervous
Sam Hinton University of California, San Diego

Lumbar plexus

[ID 643]

"**I, I Get Laid On Fridays**":
Iliohypogastric [L1]
Ilioinguinal [L1]
Genitofemoral [L1, L2]
Lateral femoral cutaneous [L2, L3]
Obturator [L2, L3, L4]
Femoral [L2, L3, L4]
Alternatively: "**I twice Get Laid On Fridays**".
Alternatively: "**Interested In Getting Laid On Fridays?**"
Knowledge Level 3, System: Nervous
Alfred Munoz MCP-Hahnemann School Of Medicine

Lumbar plexus roots

[ID 263]

"**2 from 1, 2 from 2, 2 from 3**":
2 nerves from 1 root: Ilioinguinal (L1), Iliohypogastric (L1).
2 nerves from 2 roots: Genitofemoral (L1,L2), Lateral Femoral (L2,L3).
2 nerves from 3 roots: Obturator (L2,L3,L4), Femoral (L2,L3,L4).
Knowledge Level 4, System: Nervous
Robert O'Connor University College Dublin

Median nerve: hand muscles innervated

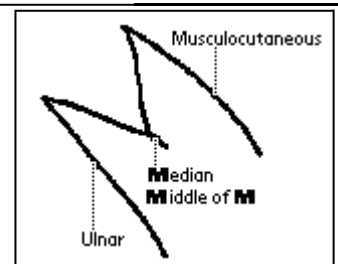
[ID 36]

"The **LOAF** muscles":
Lumbricals 1 and 2
Opponens pollicis
Abductor pollicis brevis
Flexor pollicis brevis
Alternatively: **LLOAF**, with 2 L's, to recall there's 2 lumbricals.
To remember that these are the Median nerve muscles, think "**Meat LOAF**".
Knowledge Level 2, System: Nervous
Samuel Atom Baek Kim

Median nerve: recognizing it in an opened axilla

[ID 86]

The Median nerve is the **M**iddle of a giant capital "**M**" formed by the musculocutaneous and ulnar nerves.
Knowledge Level 2, System: Nervous
Robert O'Connor University College Dublin



Pectoral nerves: path of lateral vs. medial

[ID 127]

"**Lateral Less, Medial More**":
Lateral pectoral nerve only goes through Pectoralis major, but
Medial pectoral nerve goes through both Pectoralis major and minor.
Knowledge Level 5, System: Nervous
Anonymous Contributor

Pelvis: sacral innervation

[ID 33]

"**S2,3,4** keeps the 3 **P**'s off the floor (**P**enis, **P**oo, and **P**ee).

S2,3,4 innervates the anal sphincter, urethral sphincter, and causes erection.

Knowledge Level 2, System: Nervous

Anonymous Contributor National University of Ireland, Galway and University of Sydney, Australia

Penis autonomic innervation actions

[ID 28]

"Parasympathetic **P**uts it up. Sympathetic **S**purts it out".

Alternatively: "**P**oint and **S**hoot": Parasympathetic **P**oints it, Sympathetic **S**hoots out the semen.

Erection and **E**jaculation (**E**mission).

Knowledge Level 2, System: Nervous

Andrew J. Vasil and John Nguyen University of Minnesota School of Medicine and University of Texas Medical Branch at Galveston

Radial nerve: muscles innervated

[ID 1184]

"Try **A** Big Chocolate Chip Sundae, **D**ouble **D**ip Cherries And **P**eanuts **P**referably **I**ncluded":

In order of their innervation, proximal to distal:

Triceps

Anconeus

Brachioradialis

ext. **C**arpi radialis longus

ext. **C**arpi radialis brevis

Supinator

ext. **D**igitorum

ext. **D**igiti minimi

ext. **C**arpi ulnaris

Abductor poll. longus

ext. **P**oll. brevis

ext. **P**oll. longus

ext. **I**ndicis

For the neighboring words that start with the same letter (eg: chocolate and chip), notice that the **longer** word in the mnemonic, corresponds to the longer of the two muscle names (ex: ext. carpi radialis **longus** and ext. carpi radialis brevis)

Knowledge Level 6, System: Nervous

Anonymous Contributor Medical College of Ohio

Radial nerve: muscles supplied (simplified)

[ID 16]

"**BEST** muscles":

Brachioradialis

Extensors

Supinator

Triceps

Knowledge Level 1, System: Nervous

Anonymous Contributor

Scalp: nerve supply

[ID 2046]

GLASS:

Greater occipital/ **G**reater auricular

Lesser occipital

Auriculotemporal

Supratrochlear

Supraorbital

Knowledge Level 5, System: Nervous

Anonymous Contributor

Spinal cord: length in vertebral column

Hi Yield [ID 1040]

SCULL:

Spinal **C**ord **U**ntil **L2** (**LL**).

Knowledge Level 3, System: Nervous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Thigh: innervation by compartment

Hi Yield [ID 2382]

"MAP OF Sciatic":

Medial compartment: Obturator

Anterior compartment: Femoral

Posterior compartment: Sciatic

So all the thigh muscles in that compartment get innervated by that nerve.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Trigeminal nerve: where branches exit skull

Hi Yield [ID 38]

"Standing Room Only":

Superior orbital fissure is V1

foramen Rotundum is V2

foramen Ovale is V3

Knowledge Level 1, System: Nervous

Anonymous Contributor

V3 innervated muscles (branchial arch 1 derivatives)

Hi Yield [ID 304]

"M.D. My TV":

Mastication [masseter, temporalis, pterygoids]

Digastric [anterior belly]

Mylorhyoid

tensor **T**ympani

tensor **V**eli palatini

Knowledge Level 2, System: Nervous

Christian Erickson Duke University

V3: sensory branches

[ID 1024]

"Buccaneers Are Inferior Linguists":

Buccal

Auriculotemporal

Inferior alveolar

Lingual

Knowledge Level 5, System: Nervous

Jennifer Chuang University of Vermont School of Medicine

Vagus nerve: path into thorax

[ID 449]

"I Left my Aunt in Vegas":

Left **V**agus nerve goes **A**nterior descending into the thorax.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Anatomical planes: coronal, horizontal, sagittal

[ID 262]

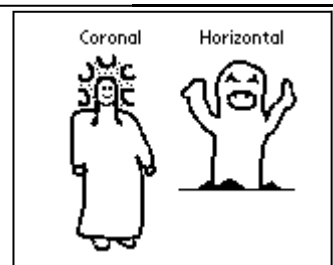
Coronal: A classic painting/stained glass window of a saint/angel has a **corona** radiating around the person's head. The plane of the glass/page is cutting their head in the coronal plane.

Horizontal: Someone coming over the **horizon** has their abdomen cut in the horizontal plane.

Sagittal: the remaining one by default.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Cubital fossa contents

[ID 1271]

"Really Need Booze To Be At My Nicest":

From lateral to medial:

Radial Nerve

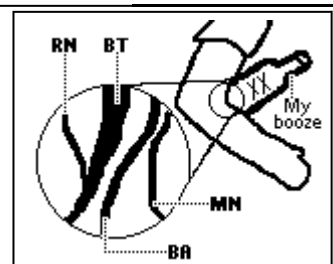
Biceps Tendon

Brachial Artery

Median Nerve

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor



Hand: nerve lesions

Hi Yield [ID 3262]

DR CUMA:

Drop=**R**adial nerve

Claw=**U**lnar nerve

Median nerve=**A**pe hand (or **A**postol [preacher] hand)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Inguinal canal: walls

Hi Yield [ID 2010]

"**MALT**: 2**M**, 2**A**, 2**L**, 2**T**":

Starting from superior, moving around in order to posterior:

Superior wall (roof): 2 **M**uscles:

internal oblique **M**uscle

transverse abdominus **M**uscle

Anterior wall: 2 **A**poneuroses:

Aponeurosis of external oblique

Aponeurosis of internal oblique

Lower wall (floor): 2 **L**igaments:

inguinal **L**igament

lacunar **L**igament

Posterior wall: 2**T**s:

Transversalis fascia

conjoint **T**endon

Knowledge Level 1, System: Other/Miscellaneous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

Mediastinum: posterior mediastinum structures

[ID 2355]

There are 4 birds:

The esopha**GOOSE** (esophagus)

The va**GOOSE** nerve

The azy**GOOSE** vein

The thoracic **DUCK** (duct)

Knowledge Level 2, System: Other/Miscellaneous

Aron Flagg Finch University of Health Sciences / The Chicago Medical School

Perineal vs. peroneal

[ID 166]

Perineal is **in** between the legs.

Peroneal is **on** the leg.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Retroperitoneal structures list

Hi Yield [ID 510]

SAD PUCKER:

Suprarenal glands

Aorta & IVC

Duodenum (half)

Pancreas

Ureters

Colon (ascending & descending)

Kidneys

Esophagus (anterior & left covered)

Rectum

Knowledge Level 2, System: Other/Miscellaneous

Ron Norman AECC

Superior mediastinum contents

[ID 1123]

"BATS & TENT":

Brachiocephalic veins

Arch of aorta

Thymus

Superior vena cava

Trachea

Esophagus

Nerves (vagus & phrenic)

Thoracic duct

Knowledge Level 2, System: Other/Miscellaneous

Sumeet Verma East Carolina University SOM

Superior mediastinum: contents

Hi Yield [ID 1986]

PVT Left BATTLE:

Phrenic nerve

Vagus nerve

Thoracic duct

Left recurrent laryngeal nerve (not the right)

Brachiocephalic veins

Aortic arch (and its 3 branches)

Thymus

Trachea

Lymph nodes

Esophagus

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor University of Pittsburgh School of Medicine

Supine vs. prone body position

[ID 392]

"Supine is on your spine.

Therefore, prone's the "other" one.

Also, **prone** to suffocate in **prone** position.

Knowledge Level 1, System: Other/Miscellaneous

Carol Kasper and Sandy Honeycutt MacMurray College, Jacksonville, IL, USA and Nursing student

Bronchi: which is more vertical

Hi Yield [ID 832]

"Right on Red":

Many places allow making a **right** hand turn at a **red** light, if you first come to a complete **stop**.

A child swallowing a **red** penny is more likely to get it **stopped** down the **right** bronchus, since it is more vertical.

Knowledge Level 4, System: Pulmonary

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Bronchopulmonary segments of right lung

[ID 1049]

"A PALM Seed Makes Another Little Palm":

In order from superior to inferior:

Apical

Posterior

Anterior

Lateral

Medial

Superior

Medial basal

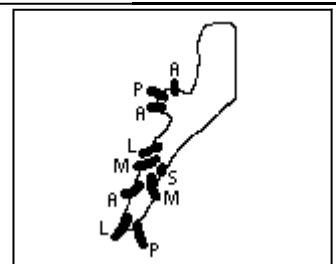
Anterior basal

Lateral basal

Posterior basal

Knowledge Level 7, System: Pulmonary

Derek Bell University of Queensland



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

Nasal cavity components

[ID 201]

"Never Call Me Needle Nose!":

Nares [external]

Conchae

Meatuses

Nares [internal]

Nasopharynx

Note mnemonic sentence is nasally-related.

Knowledge Level 5, System: Pulmonary

Anonymous Contributor

Pleura surface markings

Hi Yield [ID 123]

"All the even ribs, in order: **2,4,6,8,10,12** show its route":

Rib**2**: sharp angle inferiorly

Rib**4**: the left pleura does a lateral shift to accommodate heart

Rib**6**: both diverge laterally

Rib**8**: midclavicular line

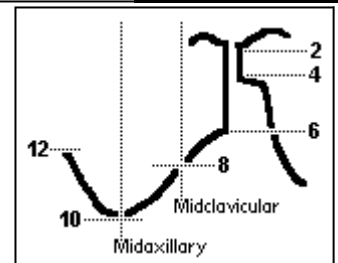
Rib**10**: midaxillary line

Rib**12**: the back

See diagram.

Knowledge Level 2, System: Pulmonary

Anonymous Contributor



Tonsils: The three types

[ID 39]

"**PPL** (people) have tonsils":

Pharyngeal

Palatine

Lingual

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

Voicebox: names of parts in sagittal cross-section

[ID 117]

"There's 3 **V**'s in your **V**oicebox":

Vestibular fold

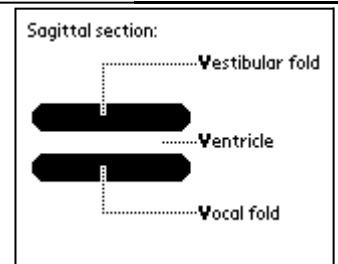
Ventricle

Vocal fold

Note: Vestibular and Vocal cord also known as false and true cords respectively.

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin



Anteflexed vs. anteverted: what bodypart each describes

[ID 62]

"**Anteflexed** and **Anteverted** both bend toward **Anterior**".

The "**V**" words go together: **V**erted is for the cer**V**ix (therefore flexed must be uterus).

Knowledge Level 4, System: Reproductive

Robert O'Connor University College Dublin

Broad ligament: contents

[ID 2995]

BROAD:

Bundle (ovarian neurovascular bundle)

Round ligament

Ovarian ligament

Artefacts (vestigial structures)

Duct (oviduct)

Knowledge Level 1, System: Reproductive

David Colbert UWA Medicine

Scrotum layers

[ID 666]

"Some Damn Englishman Called It The Testis":

From superficial to deep:

Skin

Dartos

External spermatic fascia

Cremaster

Internal spermatic fascia

Tunica vaginalis

Testis

Knowledge Level 2, System: Reproductive

Anonymous Contributor

Sperm pathway through male reproductive tract

[ID 319]

SEVEN UP:

Seminiferous tubules

Epididymis

Vas deferens

Ejaculatory duct

Nothing

Urethra

Penis

Knowledge Level 2, System: Reproductive

Ken Evans Saskatchewan Health, Acute and Emergency Services

Sperm: path through male reproductive system

[ID 2424]

"My boyfriend's name is STEVE":

Seminiferous Tubules

Epididymis

Vas deferens

Ejaculatory duct

Knowledge Level 1, System: Reproductive

Amy Harrington MCP Hahnemann

Spermatic cord contents

[ID 926]

"Piles Don't Contribute To A Good Sex Life":

Pampiniform plexus

Ductus deferens

Cremasteric artery

Testicular artery

Artery of the ductus deferens

Genital branch of the genitofemoral nerve

Sympathetic nerve fibers

Lymphatic vessels

Knowledge Level 2, System: Reproductive

TR Columbia PandS

Arm fractures: nerves affected by humerus fracture location

Hi Yield [ID 2797]

ARM fracture:

From superior to inferior:

Axillary: head of humerus

Radial: mid shaft

Median: supracondular

Knowledge Level 1, System: Skeletal

Ritesh Patel M.D.

Carpal bones

[ID 552]

"**Stop Letting Those People Touch The Cadaver's Hand**":

Proximal row, lateral-to-medial:

Scapoid

Lunate

Triquetrum

Pisiform

Distal row, lateral-to-medial:

Trapezium

Trapezoid

Capitate

Hamate

Knowledge Level 1, System: Skeletal

Edward Tanner University of Alabama SOM

Carpal bones: trapezium vs. trapezoid location

[ID 4]

Since there's two T's in carpal bone mnemonic sentences, need to know which T is where:

Trapezi**UM** is by the th**UMB**, Trapezi**OID** is in**SIDE**.

Alternatively, Trapezi**UM** is by the th**UMB**, Trapez**OID** is by its **SIDE**.

Knowledge Level 1, System: Skeletal

Tom Ball Imperial College, UK

Carpel bones

Hi Yield [ID 2291]

"**So Long To Pinky, Here Comes The Thumb**":

Proximal row, lateral-to-medial, then distal row, medial-to-medial:

Scapoid

Lunate

Triquetrium

Pisiform

Hamate

Capate

Trapezoid

Trapezium

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Cartilage derivatives of 1st pharyngeal arch (mandibular)

[ID 834]

"**TM A Super Sexy Guy**" (or Girl):

Incus

Malleus

Anterior ligament of malleus

Spine of sphenoid

Sphenomandibular ligament

Genial tubercle of mandible

Knowledge Level 7, System: Skeletal

Ron Norman AECC

Cranial bones

[ID 171]

"**PEST OF 6**":

Parietal

Ethmoid

Sphenoid

Temporal

Occipital

Frontal

The 6 just reminds that there's 6 of them to remember.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Foramen ovale contents

[ID 1743]

OVALE:

Otic ganglion (just inferior)
V3 cranial nerve
Accessory meningeal artery
Lesser petrosal nerve
Emissary veins
Knowledge Level 6, System: Skeletal
Syukree UKM

Genu valgum vs. genu vargum

Hi Yield [ID 2187]

Genu val**GUM** (knock-knee): knees are **GUM**med together.

Varum (bowleg) is the other by default, or **Far** rhymes with **Var**, so knees are **far** apart.
Knowledge Level 1, System: Skeletal
Andrew J. Vasil UMD School of Medicine, Duluth, MN

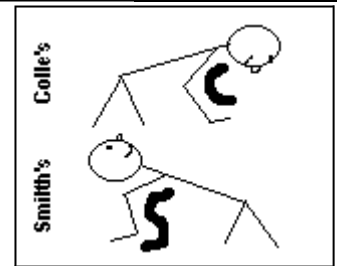
Hand fractures: Colle's vs. Smith's

Hi Yield [ID 2771]

Colle's fracture: arm in fall position makes a 'C' shape.

Smith's fracture: arm in fall position makes a 'S' shape.

See diagram.
Knowledge Level 1, System: Skeletal
Soichiro Fushimi Okayama University Medical School, Japan



Joints in the midline

[ID 271]

"SC":

In medial line, below **S**econd **C**ervical, joints are **S**econdary **C**artilaginous and usually have a di**SC**.

Notes: secondary cartilaginous is also known as symphysis. The one that doesn't have a disc is xiphi-sternal.
Knowledge Level 1, System: Skeletal
Anonymous Contributor

Lordosis vs. kyphosis

[ID 395]

Lordosis: Lumbar.

KYphosis is **HY** up on the spine.
Knowledge Level 3, System: Skeletal
Anonymous Contributor

Medial malleolus: order of tendons, artery, nerve behind it

[ID 7]

"Tom, Dick, And Nervous Harry":

From anterior to posterior:

Tibialis

Digitorum

Artery

Nerve

Hallicus

Full names for these are: Tibialis Posterior, Flexor Digitorum Longus, Posterior Tibial Artery, Posterior Tibial Nerve, Flexor Hallicus Longus.

Alternatively: "Tom, Dick ANd Harry".

Alternatively: "Tom, Dick And Not Harry".

Knowledge Level 3, System: Skeletal
Deepa S. and LCK Medical student and University of Ottawa

Navicular contacts 3 of 5 cuneiform bones

[ID 30]

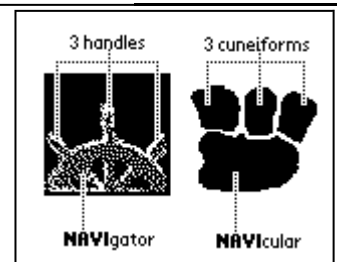
"Navicular is like the Navigator logo":

There are 3 things coming off each.

See diagram.

Therefore, cuboid has to contact 2 of the 5.

Knowledge Level 6, System: Skeletal
Robert O'Connor University College Dublin



Ossification ages

[ID 1689]

"Every Potential Anatomist Should Know When"

When they ossify, in order of increasing year:

Elbow: **16** years

Pelvis, Ankle: **17** years

Shoulder, Knee: **18** years

Wrist: **19** years

Knowledge Level 4, System: Skeletal

Saurabh Sikka

Rib costal groove: order of intercostal blood vessels and nerve

[ID 17]

VAN:

From superior to inferior:

Vein

Artery

Nerve

Knowledge Level 2, System: Skeletal

Anonymous Contributor

Superior orbital fissure: structures passing through

[ID 42]

"Lazy French Tarts Lie Naked In Anticipation Of Sex":

Lacrimal nerve

Frontal nerve

Trochlear nerve

Lateral nerve

Nasociliary nerve

Internal nerve

Abducens nerve

Ophthalmic veins

Sympathetic nerves

Knowledge Level 4, System: Skeletal

Anonymous Contributor

Tibia: muscles of pes anserinus (the muscles attached to tibia's medial side)

[ID 2095]

"A Girl between Two Sargeants":

Gracilis is **between**

Sartorius and

Semitendonosus

Knowledge Level 4, System: Skeletal

Beenish Dow Medical College

Vertebrae: recognizing a thoracic from lumbar

[ID 80]

Examine vertebral body shape:

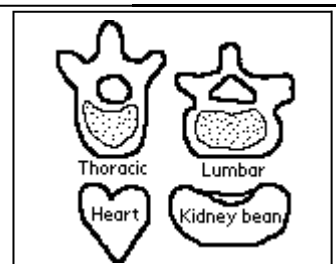
Thoracic is **heart-shaped** body since your **heart** is in your **thorax**.

Lumbar is **kidney-bean** shaped since **kidneys** are in **lumbar** area.

See diagram.

Knowledge Level 3, System: Skeletal

Robert O'Connor University College Dublin



Wrist: radial side vs. ulnar side

[ID 81]

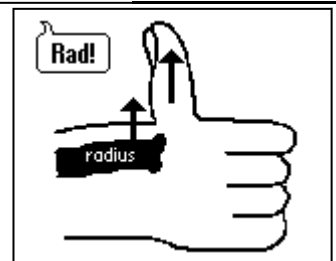
Make a fist with your thumb up in the air and say "**Rad!**".

Your thumb is now pointing to your **Radius**.

Note: 'Rad!' was a late 80's catchphrase, short for 'Radical'. Things that were good were called 'Rad'.

Knowledge Level 1, System: Skeletal

Patrick Esperanzate University College Dublin



ANESTHESIOLOGY

Xylocaine: where not to use with epinephrine

Hi Yield [ID 1404]

"Nose, Hose, Fingers and Toes"

Vasoconstrictive effects of xylocaine with epinephrine are helpful in providing hemostasis while suturing. However, may cause local ischemic necrosis in distal structures such as the digits, tip of nose, penis, ears.

Knowledge Level 5, System: Integumental

Robert Lueken Eastern Virginia Medical School

Spinal anesthesia agents

[ID 131]

"Little Boys Prefer Toys":

Lidocaine

Bupivacaine

Procaine

Tetracaine

Knowledge Level 3, System: Nervous

Anonymous Contributor

Anesthesia machine/room check

[ID 2253]

MS MAID:

Monitors (EKG, SpO2, EtCO2, etc)

Suction

Machine check (according to ASA guidelines)

Airway equipment (ETT, laryngoscope, oral/nasal airway)

IV equipment

Drugs (emergency, inductions, NMBs, etc)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

General anaesthesia: equipment check prior to inducing

[ID 1875]

MALES:

Masks

Airways

Laryngoscopes

Endotracheal tubes

Suction/ Stylette, bougie

Knowledge Level 2, System: Other/Miscellaneous

Steve Gust HMO, Gove District Hospital, NT Australia

Endotracheal intubation: diagnosis of poor bilateral breath sounds after intubation

Hi Yield [ID 1899]

DOPE:

Displaced (usually right mainstem, pyreform fossa, etc.)

Obstruction (kinked or bitten tube, mucuous plug, etc.)

Pneumothorax (collapsed lung)

Esophagus

Knowledge Level 5, System: Pulmonary

Marc Colbeck

BEHAVIOURAL SCIENCE / PSYCHOLOGY

Cluster personality disorders

Hi Yield [ID 697]

Cluster **A** Disorder = **A**typical. Unusual and eccentric.

Cluster **B** Disorder = **B**east. Uncontrolled wildness.

Cluster **C** Disorder = **C**oward [avoidant type], **C**ompulsive [obsessive-compulsive type], or **C**lingy [dependent type].

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Depression: major episode characteristics

Hi Yield [ID 767]

SPACE DIGS:

Sleep disruption

Psychomotor retardation

Appetite change

Concentration loss

Energy loss

Depressed mood

Interest wanes

Guilt

Suicidal tendencies

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Gain: primary vs. secondary vs. tertiary

Hi Yield [ID 766]

Primary: Patient's Psyche improved.

Secondary: Symptom Sympathy for patient.

Tertiary: Therapist's gain.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Middle adolescence (14-17 years): characteristics

[ID 1990]

HERO:

Heterosexual crushes/ Homosexual Experience

Education regarding short term benefits

Risk taking

Omnipotence

And there is interest in being a Hero (popular).

Knowledge Level 5, System: Nervous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Narcolepsy: symptoms, epidemiology

Hi Yield [ID 2044]

CHAP:

Cataplexy

Hallucinations

Attacks of sleep

Paralysis on waking

Usual presentation is a young male, hence "chap".

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Sleep stages: features

Hi Yield [ID 1204]

DELta waves during DEepest sleep (stages 3 & 4, slow-wave).

dREaM during REM sleep.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Keober-Ross dying process: stages

[ID 1692]

"Death Always Brings Great Acceptance":

Denial

Anger

Bargaining

Grieving

Acceptance

Knowledge Level 3, System: Other/Miscellaneous

Sung H. Kim and Samuel Atom Baek-Kim Tuckahoe, NY

Impotence causes

[ID 1088]

PLANE:

Psychogenic: performance anxiety

Libido: decreased with androgen deficiency, drugs

Autonomic neuropathy: impede blood flow redirection

Nitric oxide deficiency: impaired synthesis, decreased blood pressure

Erectile reserve: can't maintain an erection

Knowledge Level 3, System: Reproductive

Ben Beckwith University of Queensland, Australia

Male erectile dysfunction (MED): biological causes

[ID 1969]

MED:

Medicines (propranolol, methyldopa, SSRI, etc.)

Ethanol

Diabetes mellitus

Knowledge Level 4, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Premature ejaculation: treatment

[ID 2037]

2 S's:

SSRIs [eg: fluoxetine]

Squeezing technique [glans pressure before climax]

More detail with 2 more S's:

Sensate-focus exercises [relieves anxiety]

Stop and start method [5-6 rehearsals of stopping stimulation before climax]

Knowledge Level 7, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

BIOCHEMISTRY

B vitamin names

Hi Yield [ID 399]

"The Rhythm Nearly Proved Contagious":

In increasing order:

Thiamine (B1)

Riboflavin (B2)

Niacin (B3)

Pyridoxine (B6)

Cobalamin (B12)

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Essential amino acids

Hi Yield [ID 442]

"PVT. TIM HALL always argues, never tires":

Phe

Val

Thr

Trp

Ile

Met

His

Arg

Lue

Lys

Always argues: the A is for Arg, not Asp.

'Never tires': T is not Tyr, but is both Thr and Trp.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Fasting state: branched-chain amino acids used by skeletal muscles

[ID 784]

"Muscles **LIVe** fast":

Leucine

Isoleucine

Valine

Knowledge Level 2, System: Alimentary

Daniel Marcano Medical school graduate

Folate deficiency: causes

[ID 1410]

A FOLIC DROP:

Alcoholism

Folic acid antagonists

Oral contraceptives

Low dietary intake

Infection with Giardia

Celiac sprue

Dilatin

Relative folate deficiency

Old

Pregnant

Knowledge Level 5, System: Alimentary

Robert O'Connor University College Dublin

Glycogen storage: Anderson's (IV) vs. Cori's (III) enzyme defect

Hi Yield [ID 2248]

ABCD:

Anderson's=**B**ranching enzyme.

Cori's=**D**ebranching enzyme.

Otherwise, can't really distinguish clinically.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Glycogen storage: names of types I through VI

Hi Yield [ID 2638]

"**V**iagra **P**ills Cause A Major **H**ardon":

Von Gierke's

Pompe's

Cori's

Anderson's

McArdle's

Her's

Knowledge Level 1, System: Alimentary

Chris Reed Medical College of Wisconsin

Glycolysis steps

Hi Yield [ID 317]

"**G**oodness **G**racious, **F**ather **F**ranklin **D**id **G**o **B**y **P**icking **P**umpkins (to) **P**repare **P**ies":

Glucose

Glucose-6-P

Fructose-6-P

Fructose-1,6-diP

Dihydroxyacetone-P

Glyceraldehyde-P

1,3-**B**iphosphoglycerate

3-**P**osphoglycerate

2-**P**osphoglycerate (to)

Phoshoenolpyruvate [**PEP**]

Pyruvate

'Did', 'By' and 'Pies' tell you the first part of those three: di-, bi-, and py-.

'PrEPare' tells location of PEP in the process.

Knowledge Level 4, System: Alimentary

Ken Evans Saskatchewan Health, Acute and Emergency Services

Hypervitaminosis A: signs and symptoms

Hi Yield [ID 755]

"Increased Vitamin A makes you **HARD**":

Headache/ **H**epatomegaly

Anorexia/ **A**lopecia

Really painful bones

Dry skin/ **D**rowsiness

Knowledge Level 1, System: Alimentary

Usman Ahmad KMC

Infantile Beriberi symptoms

Hi Yield [ID 754]

Restlessness

Sleeplessness

Breathlessness

Soundlessness (aphonia)

Eatlessness (anorexia)

Great heartedness (dilated heart)

Alternatively: Get 5 of 'em with **BERI**: **B**reathless/ **B**ig hearted, **E**atless, **R**estless, **I**nsomnia.

Knowledge Level 3, System: Alimentary

Usman Ahmad KMC

Phosphorylation cascade: action during low glucose

[ID 138]

"In the Phasted State, Phosphorylate":

The phosphorylation cascade becomes active when blood glucose is low.

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Type 1 glycogen storage disease

Hi Yield [ID 562]

Type **1** = one (**Von**), ie Von Gierke's disease

Knowledge Level 3, System: Alimentary

Dr. Waqas H. Sheikh BVI Co.

Van den Bergh reaction (Jaundice test)

Hi Yield [ID 559]

"Indirect reacting bilirubin = Unconjugated bilirubin":

Both start with vowels, so they go together: **I**ndirect & **U**nconjugated.

Knowledge Level 2, System: Alimentary

Dr. Waqas H. Sheikh BVI Co.

Vitamin B3 (niacin, nicotinic acid) deficiency: pellagra

Hi Yield [ID 2234]

The 3 **D**'s of pellagra:

Dermatitis

Diarrhea

Dementia

Note vitamin **B3** is the 3 **D**'s.

Knowledge Level 3, System: Alimentary

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Vitamins: which are fat soluble

Hi Yield [ID 149]

KADE:

Vitamin **K**

Vitamin **A**

Vitamin **D**

Vitamin **E**

Knowledge Level 2, System: Alimentary

Anonymous Contributor

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

Fabry's disease

Hi Yield [ID 574]

FABRY'S:

Foam cells found in glomeruli and tubules/ Febrile episodes
Alpha galactosidase A deficiency/ **A**ngiokeratomas
Burning pain in extremities/ **BUN** increased in serum/ **B**oys
Renal failure
YX genotype (male, X linked recessive)
Sphingolipidoses
Knowledge Level 3, System: Cardiovascular
Rinku Uberoi UNIBE

Hemoglobin binding curve: causes of shift to right

Hi Yield [ID 2561]

"**CADET**, face **right!**":

CO2

Acid

2,3-**D**PG (aka 2,3 BPG)

Exercise

Temperature

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Porphyrias: acute intermittent porphyria symptoms

Hi Yield [ID 2062]

5 P's:

Pain in abdomen

Polyneuropathy

Psychological abnormalities

Pink urine

Precipitated by drugs (eg barbiturates, oral contraceptives, sulpha drugs)

Knowledge Level 3, System: Cardiovascular

Anuradha

Sickle cell disease pathophysiology

[ID 745]

SICKle cell disease is due to a **S**ubstitution of the **SICK**st amino acid of the **B** chain.

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Vitamin K dependent cofactors

Hi Yield [ID 3143]

"**Several Tend To Nicely Stop Clots**":

Factor **S**even, **T**en, **T**wo, **N**ine.

Protein **S**, Protein **C**.

Knowledge Level 1, System: Cardiovascular

Medical Student Class 2004 University of Western Ontario

Adrenaline mechanism

[ID 654]

"**ABC** of Adrenaline":

Adrenaline--> activates **B**eta receptors--> increases **C**yclic AMP

Knowledge Level 1, System: Endocrine

Usman Ahmad

Insulin: function

Hi Yield [ID 172]

INSULIN stimulates **2** things to go

IN **2** cells: Potassium and Glucose.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

BUN:creatinine elevation: causes

Hi Yield [ID 2159]

ABCD:

Azotremia (pre-renal)

Bleeding (GI)

Catabolic status

Diet (high protein parenteral nutrition)

Knowledge Level 3, System: Kidney/Urine

Anthony Chan

G6PD: oxidant drugs inducing hemolytic anemia

Hi Yield [ID 2208]

AAA:

Antibiotic (eg: sulfamethoxazole)

Antimalarial (eg: primaquine)

Antipyretics (eg: acetaminophen, but not aspirin)

Knowledge Level 3, System: Lymphoid

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Carbon monoxide: electron transport chain target

[ID 639]

"CO blocks CO":

Carbon monoxide (CO) blocks Cytochrome Oxidase (CO)

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Citric acid cycle compounds

Hi Yield [ID 656]

"Can I Keep Selling Sex For Money, Officer?":

Citrate

Isocitrate

alpha Ketoglutarate

Succinyl CoA

Succinate

Fumarate

Malate

Oxaloacetate

Knowledge Level 1, System: Other/Miscellaneous

Ramon Ter-Oganesyan and Rebecca University of California Irvine

DNA bond strength (nucleotides)

[ID 1008]

"Crazy Glue":

Strongest bonds are between Cytosine and Guanine, strong like Crazy Glue (3 H-bonds), whereas the A=T only have 2 H-bonds.

This is relevant to DNA replication, as the weaker A=T will be the site where RNA primer makes the initial break.

Knowledge Level 4, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Electron transport chain: Rotenone's site of action

Hi Yield [ID 649]

Rotenone is a site specific inhibitor of complex one.

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Enzyme kinetics: competitive vs. non-competitive inhibition

Hi Yield [ID 2696]

With **K**ompetitive inhibition: **K**m increases; no change in **V**max.

With **N**on-competitive inhibition: **N**o change in **K**m; **V**max decreases.

Knowledge Level 1, System: Other/Miscellaneous

Patricia Sanchez INTEC University, Santo Domingo, Dominican Republic

Enzymes: classification

Hi Yield [ID 2054]

"Over The **HILL**":

Oxidoreductases

Transferases

Hydrolases

Isomerases

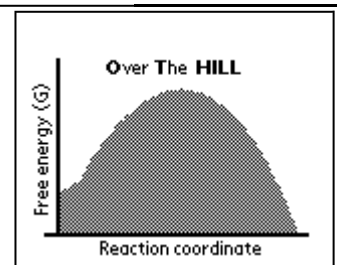
Ligases

Lyases

Enzymes get reaction over the hill. See diagram.

Knowledge Level 2, System: Other/Miscellaneous

Kenny Livingstone St. Andrews medical student



Enzymes: competitive inhibitors

Hi Yield [ID 563]

"**C**ompetition is hard because we have to travel **m**ore kilometers (**K**m) with the **s**ame velocity":

With **c**ompetitive inhibitors, **v**elocity remains same but **K**m increases

Knowledge Level 1, System: Other/Miscellaneous

Dr. Waqas H. Sheikh BVI Co.

G protein type for respective receptors

[ID 1395]

"**KISS** and **KICK** till you're **SICK** of **SEX**" (QISS and QIQ till you're SIQ of SQS):

This gives the G-protein type (**Gq**, **Gi**, or **Gs**) for all the receptors. Receptors are in alphabetical order:

alpha1=**Q**

alpha2=**I**

beta1=**S**

beta3=**S**

M1=**Q**

M2=**I**

M3=**Q**

D1=**S**

D2=**I**

H1=**Q**

H2=**S**

V1=**Q**

V2=**S**

Knowledge Level 4, System: Other/Miscellaneous

Khawaja Atif Farooq and Julien Pham Rawalpindi Medical College, Horizon Medical Institute, Pakistan and University of Washington

Metabolism sites

[ID 612]

"Use **both** arms to **HUG**":

Heme synthesis

Urea cycle

Gluconeogenesis

These reactions occur in **both** cytoplasm and mitochondria.

Knowledge Level 4, System: Other/Miscellaneous

Rinku Uberoi

Na/K pump: concentrations of Na vs. K on inside/outside of cell, pump action, number of molecules moved

Hi Yield [ID 160]

HIKIN:

There is a **HI**gh K concentration **IN**side the cell.

From this can deduce that the Na/K pump pumps K into cell and Na out of cell.

Alternatively: When I was learning this pump (circa 1992), a band that was "**in**" was **Kris K**ross, and a band that was "**out**" was "**Sha Na Na Na**":

So pump moves **K K** (2 K) **in** and **Na Na Na** (3 Na) out.

Sadly, as infectious as their debut album was, Kris Kross can really no longer be classed as "in".

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Na+/K+ pump: movement of ions and quantity

Hi Yield [ID 2529]

K+ and **in** each consist of **2** characters, so so 2 K+ are pumped in.

Na+ and **out** each consist of **3** characters, so 3 Na+ are pumped out.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Phenylketonuria: which enzyme is deficient

Hi Yield [ID 915]

PHenylketonuria is caused by a deficiency of:

Phenylalanine

Hydroxylase

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Pompe's disease: type

Hi Yield [ID 824]

"**Police** = **Po** + **lys**":

Pompe's disease is a **lysosomal** storage disease (alpha 1,4 glucosidase).

Knowledge Level 1, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Pyruvate: products of complete oxidation

Hi Yield [ID 1133]

"4 Naked Fun 3 Coeds + 1 Guy":

Complete oxidation of pyruvate yields:

4 NADH

FADH₂

3 CO₂

1 GTP

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Columbia College of Physicians and Surgeons

Tangier's disease: hallmark

[ID 2249]

"Tangierene tonsils":

Hallmark is large orange tonsils.

Important clinical note: there is **no** increased risk of atherosclerosis, just like eating tangerenes.

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

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

Aortic stenosis characteristics

Hi Yield [ID 197]

SAD:

Syncope

Angina

Dyspnoea

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Apex beat: abnormalities found on palpation, causes of impalpable

[ID 1582]

HILT:

Heaving

Impalpable

Laterally displaced

Thrusting/ Tapping

If it is impalpable, causes are **COPD:**

COPD

Obesity

Pleural, Pericardial effusion

Dextrocardia

Knowledge Level 2, System: Cardiovascular

Sushant Varma Medical student, University of Sheffield, UK

Apex beat: differential for impalpable apex beat

[ID 2798]

DOPES:

Dextrocardia

Obesity

Pericarditis/ Pericardial tamponade/ Pneumothorax

Emphysema

Sinus inversus/ Student incompetence/ Scoliosis/ Skeletal abnormalities (eg pectus excavatum)

Knowledge Level 2, System: Cardiovascular

Fiona Hayes and Moses Lee Tong Chsia and Dalton Boyo UWCM, Cardiff, UK and Not Specified and Medical Student

Atrial fibrillation: causes

Hi Yield [ID 1092]

A S#!T:

Alcohol

Stenosis (mitral valve)

Hypertension

Infarction/ Ischaemia

Thyrotoxicosis

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrial fibrillation: causes

[ID 2468]

PIRATES:

Pulmonary: PE, COPD

Iatrogenic

Rheumatic heart: mitral regurgitation

Atherosclerotic: MI, CAD

Thyroid: hyperthyroid

Endocarditis

Sick sinus syndrome

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Atrial fibrillation: management

Hi Yield [ID 2469]

ABCD:

Anti-coagulate

Beta-block to control rate

Cardiovert

Digoxin

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Beck's triad (cardiac tamponade)

Hi Yield [ID 660]

3 D's:

Distant heart sounds

Distended jugular veins

Decreased arterial pressure

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Betablockers: cardioselective betablockers

Hi Yield [ID 1537]

"Betablockers Acting Exclusively At Myocardium"

Cardioselective betablockers are:

Betaxolol

Acebutelolol

Esmolol

Atenolol

Metoprolol

Knowledge Level 5, System: Cardiovascular

Diljot Singh Bedi GMCH Chandigarh, India

CHF: causes of exacerbation

Hi Yield [ID 919]

FAILURE:

Forgot medication

Arrhythmia/ Anaemia

Ischemia/ Infarction/ Infection

Lifestyle: taken too much salt

Upregulation of CO: pregnancy, hyperthyroidism

Renal failure

Embolism: pulmonary

Knowledge Level 6, System: Cardiovascular

Lau Yue Young Geoffrey

Coronary artery bypass graft: indications

Hi Yield [ID 1607]

DUST:

Depressed ventricular function

Unstable angina

Stenosis of the left main stem

Triple vessel disease

Knowledge Level 1, System: Cardiovascular

Sushant Varma Medical student, University of Sheffield, UK

Coronary artery bypass graft: indications

Hi Yield [ID 2067]

DUST:

Depressed ventricular function

Unstable angina

Stenosis of the left main stem

Triple vessel disease

Knowledge Level 1, System: Cardiovascular

Sushant Varma University of Sheffield, UK

Depressed ST-segment: causes

Hi Yield [ID 1167]

DEPRESSED ST:

Drooping valve (MVP)

Enlargement of LV with strain

Potassium loss (hypokalemia)

Reciprocal ST- depression (in I/W AMI)

Embolism in lungs (pulmonary embolism)

Subendocardial ischemia

Subendocardial infarct

Encephalon haemorrhage (intracranial haemorrhage)

Dilated cardiomyopathy

Shock

Toxicity of digitalis, quinidine

Knowledge Level 8, System: Cardiovascular

Dr. Sonali V.

ECG: left vs. right bundle block

[ID 218]

"**WiLLiaM MaRRoW**":

W pattern in V1-V2 and **M** pattern in V3-V6 is **Left** bundle block.

M pattern in V1-V2 and **W** in V3-V6 is **Right** bundle block.

Note: consider bundle branch blocks when QRS complex is wide.

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Exercise ramp ECG: contraindications

[ID 2068]

RAMP:

Recent MI

Aortic stenosis

MI in the last 7 days

Pulmonary hypertension

Knowledge Level 3, System: Cardiovascular

Sushant Varma University of Sheffield, UK

Heart compensatory mechanisms that 'save' organ blood flow during shock

[ID 433]

"Heart **SAVER**":

Sympathoadrenal system

Atrial natriuretic factor

Vasopressin

Endogenous digitalis-like factor

Renin-angiotensin-aldosterone system

In all 5, system is activated/factor is released

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

JVP: wave form

Hi Yield [ID 2022]

ASK ME:

Atrial contraction

Systole (ventricular contraction)

Closure (closure) of tricusps, so atrial filling

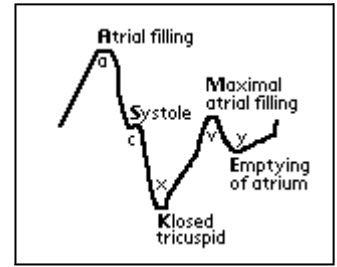
Maximal atrial filling

Emptying of atrium

See diagram.

Knowledge Level 3, System: Cardiovascular

Hafizur Rahman Manchester Royal Infirmary, Manc Medical School

**MI: basic management**

[ID 207]

BOOMAR:

Bed rest

Oxygen

Opiate

Monitor

Anticoagulate

Reduce clot size

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

MI: signs and symptoms

Hi Yield [ID 413]

PULSE:

Persistent chest pains

Upset stomach

Lightheadedness

Shortness of breath

Excessive sweating

Knowledge Level 1, System: Cardiovascular

Sara Nemetz

MI: therapeutic treatment

Hi Yield [ID 981]

"O BATMAN!":

Oxygen

Beta blocker

ASA

Thrombolytics (eg heparin)

Morphine

Ace prn

Nitroglycerin

Knowledge Level 1, System: Cardiovascular

Kristy Thomas, PA-C Mesquite Medical Associates, Mesquite, NV

MI: therapeutic treatment

Hi Yield [ID 1137]

MONAH:

Morphine

Oxygen

Nitrogen

Aspirin

Heparin

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

MI: treatment of acute MI

Hi Yield [ID 1588]

COAG:

Cyclomorph

Oxygen

Aspirin

Glycerol trinitrate

Knowledge Level 1, System: Cardiovascular

Alan Desmond Cork University Hospital

Mitral stenosis (MS) vs. regurgitation (MR): epidemiology

[ID 996]

MS is a female title (**Ms.**) and it is female predominant.

MR is a male title (**Mr.**) and it is male predominant.

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Murmur attributes

[ID 1437]

"**IL PQRST**" (person has ill PQRST heart waves):

Intensity

Location

Pitch

Quality

Radiation

Shape

Timing

Knowledge Level 6, System: Cardiovascular

Ghassan Abu Said 4th year Medical Student

Murmurs: innocent murmur features

Hi Yield [ID 1243]

8 S's:

Soft

Systolic

Short

Sounds (S1 & S2) normal

Symptomless

Special tests normal (X-ray, EKG)

Standing/ **S**itting (vary with position)

Sternal depression

Knowledge Level 4, System: Cardiovascular

Ziad Jaradat Jordan University School of Medicine

Murmurs: louder with inspiration vs expiration

Hi Yield [ID 3061]

Left sided murmurs louder with **E**xpiration

Right sided murmurs louder with **I**nspiration.

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

Murmurs: right vs. left loudness

[ID 475]

"**RILE**":

Right sided heart murmurs are louder on **I**nspiration.

Left sided heart murmurs are loudest on **E**xpiration.

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Murmurs: systolic vs. diastolic

Hi Yield [ID 967]

PASS: Pulmonic & Aortic Stenosis=**S**ystolic.

PAID: Pulmonic & Aortic Insufficiency=**D**iaastolic.

Knowledge Level 1, System: Cardiovascular

W. Ciulla, RN, PA-C New Life Medical Clinic

Myocardial infarctions: treatment

Hi Yield [ID 2181]

INFARCTIONS:

IV access

Narcotic analgesics (eg morphine, pethidine)

Facilities for defibrillation (DF)

Aspirin/ Anticoagulant (heparin)

Rest

Converting enzyme inhibitor

Thrombolysis

IV beta blocker

Oxygen 60%

Nitrates

Stool Softeners

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Pericarditis: causes

[ID 245]

CARDIAC RIND:

Collagen vascular disease

Aortic aneurysm

Radiation

Drugs (such as hydralazine)

Infections

Acute renal failure

Cardiac infarction

Rheumatic fever

Injury

Neoplasms

Dressler's syndrome

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Pericarditis: EKG

Hi Yield [ID 1067]

"Pericarditis":

PR depression in precordial leads.

ST elevation.

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Peripheral vascular insufficiency: inspection criteria

Hi Yield [ID 1615]

SICVD:

Symmetry of leg musculature

Integrity of skin

Color of toenails

Varicose veins

Distribution of hair

Knowledge Level 1, System: Cardiovascular

Jeffrey Turner Memorial University, Canada

Pulseless electrical activity: causes

Hi Yield [ID 1869]

PATCH MED:

Pulmonary embolus

Acidosis

Tension pneumothorax

Cardiac tamponade

Hypokalemia/ Hyperkalemia/ Hypoxia/ Hypothermia/ Hypovolemia

Myocardial infarction

Electrolyte derangements

Drugs

Knowledge Level 2, System: Cardiovascular

Will Anderson University of Alberta, Edmonton, Alberta, Canada

Rheumatic fever: Revised Jones' criteria

Hi Yield [ID 1648]

JONES crITERIA:

Major criteria:

Joint (arthritis)

Obvious (Cardiac)

Nodule (Rheumatic)

Erythema marginatum

Sydenham chorea

Minor criteria:

Inflammatory cells (leukocytosis)

Temperature (fever)

ESR/CRP elevated

Raised PR interval

Itself (previous Hx of Rheumatic fever)

Arthralgia

Knowledge Level 3, System: Cardiovascular

Anthony Chan Chinese University of Hong Kong

ST elevation causes in ECG

Hi Yield [ID 516]

ELEVATION:

Electrolytes

LBBB

Early repolarization

Ventricular hypertrophy

Aneurysm

Treatment (eg pericardiocentesis)

Injury (AMI, contusion)

Osborne waves (hypothermia)

Non-occlusive vasospasm

Knowledge Level 4, System: Cardiovascular

Ken Evans Saskatchewan Health, Acute and Emergency Services

Supraventricular tachycardia: treatment

Hi Yield [ID 1737]

ABCDE:

Adenosine

Beta-blocker

Calcium channel antagonist

Digoxin

Excitation (vagal stimulation)

Knowledge Level 5, System: Cardiovascular

Richard Thompson Queens University, Belfast, NI

Ventricular tachycardia: treatment

Hi Yield [ID 1739]

LAMB:

Lidocaine

Amiodarone

Mexiltene/ Magnesium

Beta-blocker

Knowledge Level 5, System: Cardiovascular

Richard Thompson Queens University, Belfast, NI

CHEMISTRY

Benzene ring: order of substituents

[ID 522]

"Benzene likes to **ROMP**":

From R group moving around the ring:

R group

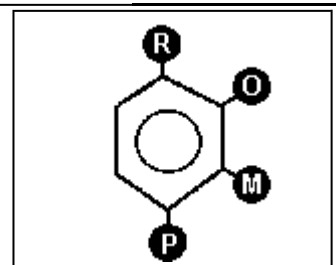
Ortho

Meta

Para

Knowledge Level 1, System: Other/Miscellaneous

Sabra and Josh Kunken Undergrad, Univ. of Calif, Berkeley



Cation vs. anion: positive vs. negative

[ID 322]

The **t** in **cation** looks like a plus sign: "ca+ion".
Cation is positive, anion is negative.
Knowledge Level 1, System: Other/Miscellaneous
Ken Evans Saskatchewan Health, Acute and Emergency Services

Cis/trans (geometric) isomer nomenclature

[ID 297]

"**Z**ame **Z**ide. **E**pposite."
Z is the 2 functional groups on the same side of double bond.
E is for opposite sides.
Knowledge Level 1, System: Other/Miscellaneous
Anonymous Contributor

Cis/trans (geometric) isomers: arrangement of functional groups

Hi Yield [ID 2440]

Cis starts with a **C** and the functional groups form a **C**.
Trans, therefore is the other one by default.
Knowledge Level 1, System: Other/Miscellaneous
Spencer Oates



Gibb's free energy formula

[ID 383]

"**G**ood **H**oney **T**astes **S**weet":
 $(\Delta)G = H - T(\Delta)S$
Knowledge Level 1, System: Other/Miscellaneous
Ken Evans Saskatchewan Health, Acute and Emergency Services

Oxidation vs. reduction: electrochemical cell and electron gain/loss

[ID 340]

AN OIL RIG CAT:
At the **A**Node, **O**xidation **I**nvolves **L**oss of electrons.
Reduction **I**nvolves **G**aining electrons at the **CAT**hode.
Knowledge Level 1, System: Other/Miscellaneous
Susan Monash (Peninsula) Undergrad

DERMATOLOGY

Clubbing: causes

Hi Yield [ID 1047]

CLUBBING:
Cyanotic heart disease
Lung disease (hypoxia, lung cancer, bronchiectasis, cystic fibrosis)
UC/Crohn's disease
Biliary cirrhosis
Birth defect (harmless)
Infective endocarditis
Neoplasm (esp. Hodgkins)
GI malabsorption
Knowledge Level 2, System: Integumental
Anonymous Contributor

White patch of skin: differential

Hi Yield [ID 1390]

"**V**itiligo **P**ATCH":
Vitiligo
Pityriasis alba/ Post-inflammatory hypopigmentation
Age related hypopigmentation
Tinea versicolor/ Tuberous sclerosis (ashleaf macule)
Congenital birthmark
Hansen's (leprosy)
Knowledge Level 5, System: Integumental
Dr. Chetan Wasekar Set G.S. Medical College, KEM Hospital, Bombay

Wound healing: factors delaying

[ID 1387]

DID NOT HEAL:**Drugs**

Infection/ Icterus/ Ischemia

Diabetes

Nutrition

Oxygen (hypoxia)

Toxins

Hypothermia/ Hyperthermia

EtOH

Acidosis

Local anesthetics

Knowledge Level 4, System: Integumental

Mohamed Azim Assistant lecturer of Pediatric Surgery, Alexandria University, Egypt

EMBRYOLOGY

Branchial arch giving rise to aorta

Hi Yield [ID 187]

"Aor- from Four":

Aorta is from fourth arch.

Knowledge Level 4, System: Cardiovascular

Robert O'Connor University College Dublin

Tetralogy of Fallot

Hi Yield [ID 527]

"Don't DROP the baby":**Defect (VSD)****Right ventricular hypertrophy****Overriding aorta****Pulmonary stenosis**

Knowledge Level 1, System: Cardiovascular

K. Ennix University of Tennessee at Memphis

Potter syndrome: features

Hi Yield [ID 1658]

POTTER:**Pulmonary hypoplasia****Oligohydromnios****Twisted skin (wrinkly skin)****Twisted face (Potter facies)****Extremities defects****Renal agenesis (bilateral)**

Knowledge Level 6, System: Kidney/Urine

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Islamabad, Gujranwala, Pakistan

Cranial and spinal neural crest: major derivatives

Hi Yield [ID 508]

GAMES:**Glial cells (of peripheral ganglia)****Arachnoid (and pia)****Melanocytes****Enteric ganglia****Schwann cells**

Knowledge Level 3, System: Nervous

Ron Norman AECC

Neuroectoderm derivatives

[ID 1800]

Neuroectoderm gives rise to:**Neurons****Neuroglia****Neurohypophysis****piNeurol (pineal) gland**

Knowledge Level 6, System: Nervous

Payam Mehranpour

Fetal alcohol syndrome (FAS): features

Hi Yield [ID 1686]

FAS:

Facial hypoplasia/ Forebrain malformation

Attention deficit disorder/ Altered joints

Short stature/ Septal defects/ Small I.Q

Knowledge Level 5, System: Other/Miscellaneous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan/Gujranwala

Mesoderm components

Hi Yield [ID 606]

MESODERM:

Mesothelium (peritoneal, pleural, pericardial)/ Muscle (striated, smooth, cardiac)

Embryologic

Spleen/ Soft tissue/ Serous linings/ Sarcoma/ Somite

Osseous tissue/ Outer layer of suprarenal gland (cortex)/ Ovaries

Dura/ Ducts of genitalia

Endothelium

Renal

Microglia/ Mesenchyme/ Male gonad

Knowledge Level 5, System: Other/Miscellaneous

Rinku Uberoi UNIBE

Teratogenesis: when it occurs

Hi Yield [ID 861]

Teratogenesis is most likely during organogenesis--between the:

Third and

Eighth weeks of gestation.

Knowledge Level 3, System: Other/Miscellaneous

Rinku Uberoi

Weeks 2, 3, 4 of development: an event for each

Hi Yield [ID 173]

Week **Two**: Bilaminar germ disc.

Week **Three**: Trilaminar germ disc.

Week **Four**: Four limbs appear.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Placenta-crossing substances

[ID 498]

"**WANT My Hot Dog**":

Wastes

Antibodies

Nutrients

Teratogens

Microorganisms

Hormones/ HIV

Drugs

Knowledge Level 4, System: Reproductive

Anonymous Contributor

EMERGENCY MEDICINE

Ipecac: contraindications

[ID 1753]

4 C's:

Comatose

Convulsing

Corrosive

hydroCarbon

Knowledge Level 6, System: Alimentary

Vince Yamashiroya

Acute LVF management

Hi Yield [ID 525]

LMNOP:

Lasex (frusemide)

Morphine (diamorphine)

Nitrates

Oxygen (sit patient up)

Pulmonary ventilation (if doing badly)

Knowledge Level 2, System: Cardiovascular

Graeme Little University College London

Atrial fibrillation: causes of new onset

Hi Yield [ID 1732]

THE ATRIAL FIBS:

Th thyroid

Hypothermia

Embolism (P.E.)

Alcohol

Trauma (cardiac contusion)

Recent surgery (post CABG)

Ischemia

Atrial enlargement

Lone or idiopathic

Fever, anemia, high-output states

Infarct

Bad valves (mitral stenosis)

Stimulants (cocaine, theo, amphet, caffeine)

Knowledge Level 9, System: Cardiovascular

Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

JVP: raised JVP differential

Hi Yield [ID 2795]

PQRST (EKG waves):

Pericardial effusion

Quantity of fluid raised (fluid over load)

Right heart failure

Superior vena caval obstruction

Tricuspid stenosis/ **T**ricuspid regurgitation/ **T**amponade (cardiac)

Knowledge Level 5, System: Cardiovascular

Dr. Mohsin Maqbool Bahawal-Victoria Hospital, Bahawalpur

MI: immediate treatment

Hi Yield [ID 1944]

DOGASH:

Diamorphine

Oxygen

GTN spray

Aspirin 300mg

Streptokinase

Heparin

Knowledge Level 2, System: Cardiovascular

Ken Hodson Medical Student, University of Bristol

PEA/Asystole (ACLS): etiology

Hi Yield [ID 2505]

ITCHPAD:

Infarction

Tension pneumothorax

Cardiac tamponade

Hypovolemia/ **H**ypothermia/ **H**ypo-, **H**yperkalemia/ **H**ypomagnesmia/ **H**ypoxemia

Pulmonary embolism

Acidosis

Drug overdose

Knowledge Level 4, System: Cardiovascular

Carl Roberts A.S.EMS, CCEMT-P, CFP US Army Special Forces

Shock: signs and symptoms

[ID 391]

TV SPARC CUBE:

Thirst
Vomiting
Sweating
Pulse weak
Anxious
Respirations shallow/rapid
Cool
Cyanotic
Unconscious
BP low
Eyes blank
Knowledge Level 3, System: Cardiovascular
Anonymous Contributor

Subarachnoid hemorrhage (SAH) causes

[ID 542]

BATS:

Berry aneurysm
Arteriovenous malformation/ Adult polycystic kidney disease
Trauma (eg being struck with baseball bat)
Stroke
Knowledge Level 3, System: Cardiovascular
Cusano and Mamta SGUSOM

Syncope causes, by system

Hi Yield [ID 1719]

HEAD HEART VESSELS:

CNS causes include HEAD:

Hypoxia/ Hypoglycemia
Epilepsy
Anxiety
Dysfunctional brain stem (basivertebral TIA)

Cardiac causes are HEART:

Heart attack
Embolism (PE)
Aortic obstruction (IHSS, AS or myxoma)
Rhythm disturbance, ventricular
Tachycardia

Vascular causes are VESSELS:

Vasovagal
Ectopic (reminds one of hypovolemia)
Situational
Subclavian steal
ENT (glossopharyngeal neuralgia)
Low systemic vascular resistance (Addison's, diabetic vascular neuropathy)
Sensitive carotid sinus
Knowledge Level 6, System: Cardiovascular
Bill Young MD University of Kentucky Dept of Emergency Medicine

Ventricular fibrillation: treatment

Hi Yield [ID 598]

"Shock, Shock, Shock, Everybody Shock, Little Shock, Big Shock, Momma Shock, Poppa Shock":

Shock= Defibrillate
Everybody= Epinephine
Little= Lidocaine
Big= Bretylium
Momma= MgSO4
Poppa= Pocainamide
Knowledge Level 1, System: Cardiovascular
Anonymous Contributor

Vfib/Vtach drugs used according to ACLS

[ID 306]

"Every Little Boy Must Pray":

Epinephrine

Lidocaine

Bretylium

Magsulfate

Procainamide

Knowledge Level 2, System: Cardiovascular

Midnight Medic Paramedic in Texas

Diabetic ketoacidosis management

Hi Yield [ID 470]

F*~~e~~KING:

Fluids (crystalloids)

Urea (check it)

Creatinine (check it)/ Catheterize

K+ (potassium)

Insulin (5u/hour. Note: sliding scale no longer recommended in the UK)

Nasogastric tube (if patient comatose)

Glucose (once serum levels drop to 12)

Knowledge Level 4, System: Endocrine

Graeme Little University College London

Coma causes checklist

[ID 349]

AEIOU TIPS:

Acidosis/ Alcohol

Epilepsy

Infection

Overdosed

Uremia

Trauma to head

Insulin: too little or or too much

Psychosis episode

Stroke occurred

Knowledge Level 2, System: Nervous

Midnight Medic Paramedic in Texas

Meningococcal meningitis: complications

Hi Yield [ID 1735]

SAD REP:

Sepsis/ Shock/ Subdural effusion

Ataxia/ Abscess (brain)

DIC/ Deafness

Retardation

Epilepsy

Paralysis

Knowledge Level 5, System: Nervous

Richard Thompson Queens University, Belfast, NI

Miosis: causes of pin-point pupils

Hi Yield [ID 1734]

CPR ON SLIME:

Clonidine

Phenothiazines

Resting (deep sleep)

Opiates

Narcotics

Stroke (pontine hemorrhage)

Lomotil (diphenoxylate)

Insecticides

Mushrooms/ Muscarinic (inocybe, clitocybe)

Eye drops

Knowledge Level 7, System: Nervous

Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

Neurological focal deficits

[ID 1733]

10 S's:
Sugar (hypo, hyper)
Stroke
Seizure (Todd's paralysis)
Subdural hematoma
Subarachnoid hemorrhage
Space occupying lesion (tumor, avm, aneurysm, abscess)
Spinal cord syndromes
Somatoform (conversion reaction)
Sclerosis (MS)
Some migraines
Knowledge Level 9, System: Nervous
Sam LaCapra, M.D., F.A.C.E.P. Emergency Physician

Unconsciousness: differential

Hi Yield [ID 2607]

FISH SHAPED:

Fainted
Illness/ Infantile febrile convulsions
Shock
Head injuries
Stroke (CVE)
Heart problems
Asphxia
Poisons
Epilepsy
Diabetes
Knowledge Level 1, System: Nervous
B Sylvester Surrey Ambulance Service (UK)

Coma and significantly reduced conscious state causes: causes

Hi Yield [ID 1874]

COMA:

CO₂ and CO excess
Overdose: TCAs, Benzos, EtOH, insulin, paracetamol, etc.
Metabolic: BSL, Na⁺, K⁺, Mg²⁺, urea, ammonia, etc.
Apoplexy: stroke, SAH, extradural, subdural, Ca, meningitis, encephalitis, cerebral abscess, etc.
Knowledge Level 4, System: Other/Miscellaneous
Steve Gust HMO, Gove District Hospital, NT Australia

Malignant hyperthermia treatment

[ID 221]

"Some Hot Dude Better Give Iced Fluids Fast!" (Hot dude = hypothermia):
Stop triggering agents
Hyperventilate/ Hundred percent oxygen
Dantrolene (2.5mg/kg)
Bicarbonate
Glucose and insulin
IV Fluids and cooling blanket
Fluid output monitoring/ Furosemide/ Fast heart [tachycardia]
Knowledge Level 3, System: Other/Miscellaneous
Anonymous Contributor

RLQ pain: differential

Hi Yield [ID 933]

APPENDICITIS:

Appendicitis/ Abscess
PID/ Period
Pancreatitis
Ectopic/ Endometriosis
Neoplasia
Diverticulitis
Intussusception
Crohns Disease/ Cyst (ovarian)
IBD
Torsion (ovary)
Irritable Bowel Syndrome
Stones
Knowledge Level 1, System: Other/Miscellaneous

Shock: types

[ID 390]

RN CHAMPS:

Respiratory
Neurogenic
Cardiogenic
Hemorrhagic
Anaphylactic
Metabolic
Psychogenic
Septic

Alternatively: "**MR. C.H. SNAP**", or "**NH CRAMPS**".

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

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

Asthma: management of acute severe

Hi Yield [ID 472]

"O S#!T":

Oxygen (high dose: >60%)

Salbutamol (5mg via oxygen-driven nebuliser)

Hydrocortisone (or prednisolone)

Ipratropium bromide (if life threatening)

Theophylline (or preferably aminophylline-if life threatening)

Knowledge Level 3, System: Pulmonary

Graeme Little and Gajan Rajeswaran University College London and Imperial College School Of Medicine, London

Fall: potential causes

[ID 619]

I'VE FALLEN:

Illness

Vestibular

Environmental

Feet/ Footwear

Alcohol and drugs

Low blood pressure

Low O₂ states

Ears/ Eyes

Neuropathy

Knowledge Level 2, System: Skeletal

Muhammad Asif Iqbal Resident, SLU, MO

ENT

Oralpharyngeal cancers: aetiology

Hi Yield [ID 210]

6 S's:

Smoking

Spicy food

Syphilis

Spirits [booze]

Sore tooth

Sepsis

Also bezel nuts.

Knowledge Level 3, System: Alimentary

Daniel CW Henning The Queen's University of Belfast, UK

Nasopharyngeal carcinoma: classic symptoms

Hi Yield [ID 2818]

NOSE:

Neck mass

Obstructed nasal passage

Serous otitis media externa

Epistaxis or discharge

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

EPIDEMIOLOGY / BIOSTATISTICS

Alcohol withdrawal effects

Hi Yield [ID 402]

"**S#IT**":

Shakes/ **S**eizures/ **S**weats/ **S**tomach pains (n/v)

Hallucinosi**S** (auditory)

Increased vitals/ **I**nsomnia

Tremens (delirium tremens-the lethal part)

Knowledge Level 3, System: Alimentary

HBV Morehouse School of Medicine

Suicide risk factors

Hi Yield [ID 151]

SAD PERSONS:

Sex: male

Age: young, elderly

Depression

Previous suicide attempts

Ethanol and other drugs

Reality testing/ **R**ational thought (loss of)

Social support lacking

Organized suicide plan

No spouse

Sickness/ **S**tated future intent

Knowledge Level 4, System: Nervous

Anonymous Contributor

Accuracy of test: sensitivity vs. specificity

Hi Yield [ID 344]

se**N**sitivity of a test: related to the rate of false **N**egatives.

sP**e**cificity of a test: related to the rate of false **P**ositives.

Alternatively written:

se**N**sitive: **N**o **N**on-**N**egatives.

sP**e**cific: **P**uny **P**suedo-**P**ositives.

Knowledge Level 2, System: Other/Miscellaneous

Fred Reid Undergrad at St-Andrews, UK

Hill criteria for causality

[ID 925]

" 'Clowns Pursuing Epidemiology' Commonly Behind The Silly Samples":

Consistency

Plausibility

Experimentation

Biological gradient

Coherence

Temporality

Strength of association

Specificity

Knowledge Level 6, System: Other/Miscellaneous

TR Columbia PandS

Incidence vs. prevalence

Hi Yield [ID 1411]

Incidence: **I**nitiating **I**nfection **I**n **I**nterval.

Prevalence: **P**opulation's **P**ercentage **P**ositive.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Informed consent: requirements, exceptions

Hi Yield [ID 858]

"Sign this **DOC** before we can start":

Discussion

Obtain agreement

Coercion-free

Exceptions to informed consent are **WIPE**:

Waiver

Incompetent

Privilege (therapeutic privilege)

Emergency

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Prevention: primary vs. secondary vs. tertiary

Hi Yield [ID 1409]

Primary: Predisposing factors decreased.

Secondary: Severity decreased.

Tertiary: Therapy, Training.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Recall bias

Hi Yield [ID 1354]

REcall bias is a problem with

REtrospective studies and is based on ability to

REmember.

Knowledge Level 4, System: Other/Miscellaneous

Rinku Uberoi

GASTROENTEROLOGY

Bilirubin: common causes for increased levels

[ID 602]

"**HOT** Liver":

Hemolysis

Obstruction

Tumor

Liver disease

Knowledge Level 4, System: Alimentary

Sung H. Kim

Celiac sprue gluten sensitive enteropathy: gluten-containing grains

Hi Yield [ID 2295]

BROW:

Barley

Rye

Oats

Wheat

Flattened intestinal villi of celiac sprue are smooth, like an **eyebrow**.

Knowledge Level 4, System: Alimentary

Jack A. Pasquale, MD St. George's University, School of Medicine

Charcot's triad (gallstones)

Hi Yield [ID 835]

"**Charge** a **FEE**":

Charcot's triad is:

Fever

Epigastric & RUQ pain

Emesis & nausea

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Cholangitis features

Hi Yield [ID 696]

CHOLANGITIS:

Charcot's triad/ Conjugated bilirubin increase
Hepatic abscesses/ Hepatic (intra/extra) bile ducts/ HLA B8, DR3
Obstruction
Leukocytosis
Alkaline phosphatase increase
Neoplasms
Gallstones
Inflammatory bowel disease (ulcerative colitis)
Transaminase increase
Infection
Sclerosing
Knowledge Level 3, System: Alimentary
Rinku S. Uberoi UNIBE

Cirrhosis: causes of hepatic cirrhosis

[ID 1643]

HEPATIC:

Hemochromatosis (primary)
Enzyme deficiency (alpha-1-anti-trypsin)
Post hepatic (infection + drug induced)
Alcoholic
Tyrosinosis
Indian childhood (galactosemia)
Cardiac/ Cholestatic (biliary)/ Cancer/ Copper (Wilson's)
Knowledge Level 2, System: Alimentary
Dr. Chetan Wasekar

Crohn's disease: morphology, symptoms

Hi Yield [ID 1270]

CHRISTMAS:

Cobblestones
High temperature
Reduced lumen
Intestinal fistulae
Skip lesions
Transmural (all layers, may ulcerate)
Malabsorption
Abdominal pain
Submucosal fibrosis
Knowledge Level 2, System: Alimentary
Samuel Atom Baek-Kim

Digestive disorders: pH level

[ID 316]

With **vomiting** both the pH and food come **up**.
With **diarrhea** both the pH and food go **down**.
Knowledge Level 3, System: Alimentary
Joel Topf Indiana University

GIT symptoms

[ID 1111]

BAD ANAL S#!T:

Bleeding
Abdominal pain
Dysphagia
Abdominal bloating
Nausea & vomiting
Anorexia/ Appetite changes
Lethargy
S#!ts (diarrhea)
Heartburn
Increased bilirubin (jaundice)
Temperature (fever)
Knowledge Level 1, System: Alimentary
The Cashman University of Queensland, Australia

H. Pylori treatment regimen (rough guidelines)

Hi Yield [ID 425]

"Please Make Tummy Better":

Proton pump inhibitor

Metronidazole

Tetracycline

Bismuth

Alternatively: **TOMB**:

Tetracycline

Omeprazole

Metronidazole

Bismuth

Knowledge Level 2, System: Alimentary

Steven Holsenback and Leena Alexander COMP and Texas, USA

Hepatic encephalopathy: precipitating factors

[ID 1645]

HEPATICS:

Hemorrhage in GIT/ Hyperkalemia

Excess protein in diet

Paracentesis

Acidosis/ Anemia

Trauma

Infection

Colon surgery

Sedatives

Knowledge Level 4, System: Alimentary

Dr. Chetan Wasekar

IBD: extraintestinal manifestations

[ID 284]

A PIE SAC:

Aphthous ulcers

Pyoderma gangrenosum

Iritis

Erythema nodosum

Sclerosing cholangitis

Arthritis

Clubbing of fingertips

Knowledge Level 5, System: Alimentary

Anonymous Contributor

IBD: surgery indications

[ID 209]

"I CHOP":

Infection

Carcinoma

Haemorrhage

Obstruction

Perforation

"Chop" convenient since surgery chops them open.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Liver failure (chronic): signs found on the arms

Hi Yield [ID 2304]

CLAPS:

Clubbing

Leukonychia

Asterixis

Palmar erythema

Scratch marks

Knowledge Level 1, System: Alimentary

Jason

Pancreatitis (acute): causes

Hi Yield [ID 143]

GET SMASHED:

Gallstones
Ethanol
Trauma
Steroids
Mumps
Autoimmune (PAN)
Scorpion stings
Hyperlipidemia/ Hypercalcemia
ERCP
Drugs (including azathioprine and diuretics)

Note: 'Get Smashed' is slang in some countries for drinking, and ethanol is an important pancreatitis cause.

Knowledge Level 3, System: Alimentary
Chris Perry Edinburgh Medical School

Pancreatitis: criteria

Hi Yield [ID 917]

PANCREAS:

PaO₂ below 8
Age >55
Neutrophils: WCC >15
Calcium below 2
Renal: Urea >16
Enzymes: LDH >600; AST >200
Albumin below 32
Sugar: Glucose >10 (unless diabetic patient)
Knowledge Level 4, System: Alimentary
Daniel Henning 4th yr Medical Student, Belfast, UK

Pancreatitis: Ranson criteria for pancreatitis at admission

Hi Yield [ID 1055]

LEGAL:

Leukocytes > 16.000
Enzyme AST > 250
Glucose > 200
Age > 55
LDH > 350
Knowledge Level 2, System: Alimentary
Pedro Tulio

Ulcerative colitis: complications

[ID 620]

"PAST Colitis":

Pyoderma gangrenosum
Ankylosing spondylitis
Sclerosing pericholangitis
Toxic megacolon
Colon carcinoma
Knowledge Level 4, System: Alimentary
Ritu Garg

Vomiting: extra GI differential

Hi Yield [ID 2720]

VOMITING:

Vestibular disturbance/ Vagal (reflex pain)
Opiates
Migrane/ Metabolic (DKA, gastroparesis, hypercalcemia)
Infections
Toxicity (cytotoxic, digitalis toxicity)
Increased ICP, Ingested alcohol
Neurogenic, psychogenic
Gestation
Knowledge Level 3, System: Alimentary
Anil Pandit, Manipal College of Medical Sciences, Pokhara, Nepal

Haemachromatosis complications

Hi Yield [ID 888]

"**HaemoChromatosis Can Cause Deposits Anywhere**":

Hypogonadism

Cancer (hepatocellular)

Cirrhosis

Cardiomyopathy

Diabetes mellitus

Arthropathy

Knowledge Level 6, System: Cardiovascular

Logan Mitchell Dunedin Medical School, New Zealand

Diabetic ketoacidosis: precipitating factors

Hi Yield [ID 2023]

5 I's:

Infection

Ischaemia (cardiac, mesenteric)

Infarction

Ignorance (poor control)

Intoxication (alcohol)

Knowledge Level 4, System: Endocrine

James Thomas

GENETICS

Achondroplasia dwarfism: inheritance pattern

[ID 426]

Achondroplasia Dwarfism is Autosomal Dominant.

Knowledge Level 6, System: Endocrine

Robert O'Connor University College Dublin

DiGeorge/ Velocardiofacial syndrome: features

Hi Yield [ID 1041]

CATCH 22:

Cardiac abnormalities

Abnormal facies

Thymic aplasia

Cleft palate

Hypocalcemia

22q11 deletion

Knowledge Level 7, System: Lymphoid

Anonymous Contributor

Tay Sach's features

Hi Yield [ID 829]

SACHS:

Spot in macula

Ashkenazic Jews

CNS degeneration

Hex A deficiency

Storage disease

Extra details with **TAY**:

Testing recommended

Autosomal recessive/ Amaurosis

Young death (<4 yrs)

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Blots: function of Southern vs. Northern vs. Western

Hi Yield [ID 269]

"**SNOW DROP**":

Match up the 1st word letter with 2nd word letter:

Southern=DNA

Northern=RNA

Western=Protein

The O's in snow drop are zeros, since there is no Eastern blot.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Cell cycle stages

Hi Yield [ID 129]

"Go S ally Go! Make Children!":

G1 phase (Growth phase 1)

S phase (DNA Synthesis)

G2 phase (Growth phase 2)

M phase (Mitosis)

C phase (Cytokinesis)

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Chromosome 15 diseases

Hi Yield [ID 1287]

Chromosome 15 has its own **MAP**:

Marfan syndrome

Angelman syndrome

Praeder-Willi syndrome

Knowledge Level 3, System: Other/Miscellaneous

Christopher Jordan UAG

Codons: nonsense mutation

Hi Yield [ID 2061]

"**Stop** talking **nonsense!**":

Nonsense mutation causes premature **stop**.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Cri-du-chat syndrome: chromosomal deletion causing it is 5p(-)

Hi Yield [ID 408]

What's another name for a **cat** that's **five** letters long and starts with a **P**? (Answer: pussy).

Why is the cat **crying**? **Missing** its **P**.

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

DNA: Z vs. B form: which is inactive

Hi Yield [ID 2250]

ZZZZ is sleeping (inactive).

B form is therefore active DNA.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Down syndrome pathology

Hi Yield [ID 803]

DOWN:

Decreased alpha-fetoprotein and unconjugated estriol (maternal)

One extra chromosome twenty-one

Women of advanced age

Nondisjunction during maternal meiosis

Knowledge Level 4, System: Other/Miscellaneous

Rinku S. Uberoi UNIBE

Exon vs. intron function

[ID 31]

Exons **Expressed**.

InTrons In Trash.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Hurler syndrome features

Hi Yield [ID 820]

HURLER'S:

Heptosplenomegaly

Ugly facies

Recessive (AR inheritance)

L-iduronidase deficiency (alpha)

Eyes clouded

Retarded

Short/ **S**tubby fingers

Knowledge Level 3, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Imprinting diseases: Prader-Willi and Angelman

Hi Yield [ID 699]

"Pray to an Angel":

Prader-Willi and Angelman are the 2 classic imprinting diseases.

Which disease results, depends on whether 15q deletion is maternal or paternal. Keep them straight by:

Paternal is Prader-Willi.

See diagram for cardinal symptom of each disease.

Knowledge Level 3, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Hi Yield [ID 642]

Marfan syndrome features

MARFAN'S:

Mitral valve prolapse

Aortic Aneurysm

Retinal detachment

Fibrillin

Arachnodactyly

Negative Nitroprusside test (differentiates from homocystinuria)

Subluxated lens

Knowledge Level 2, System: Other/Miscellaneous

Rinku Uberoi and Wabbas Mahmud UNIBE and Punjab Medical College Faisalabad, Pakistan

Nucleotides: class having the single ring

Hi Yield [ID 32]

"Pyrimadines are CUT from purines"

Pyrimidines are:

Cytosine

Uracil

Thiamine

They are **cut** from purines so the pyrimadines must be smaller (one ring).

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Nucleotides: double vs. triple bonded basepairs

Hi Yield [ID 2060]

"TU bonds" (two bonds):

T-A and U-A have **Two** bonds.

G-C therefore has the three bonds.

Knowledge Level 2, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Nucleotides: which are purines

Hi Yield [ID 415]

"Pure Silver":

Chemical formula of **Pure** silver is **Ag**.

Therefore, **Purines** are Adenine and Guanine.

Knowledge Level 1, System: Other/Miscellaneous

Jason Mounts Medical College of Georgia

Pedigree symbols: gender and affected

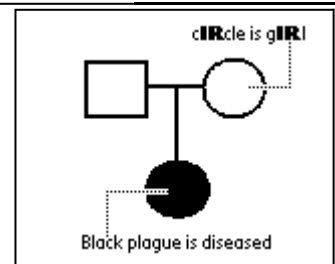
[ID 113]

Gender: The **cIR**cle is a **gIRL** [so boys are squares].

Affected: **Black plague** was a **disease**, so **black**-filled symbol means an **affected/diseased** person [so non-filled-in is unaffected].

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



HISTOLOGY

Taste buds: vallate vs. fungiform distribution

[ID 281]

Cross sectional shape of the top of the bud tells their distribution.

Vallate: has a shallow 'V' at the top, so has a 'V' distribution at the back of the tongue.

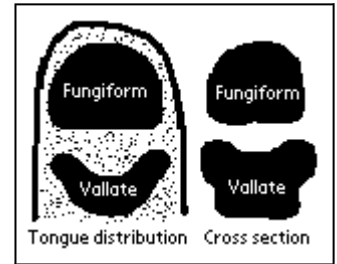
Fungiform: top is **round** so it is towards the **round** end of the tongue.

See diagram.

Note vallate is also sometimes called circumvallate.

Knowledge Level 6, System: Alimentary

Robert O'Connor University College Dublin



Hi Yield [ID 2165]

Vascular endothelium: simplified cross-section

LIMA:

Lumen

Intima

Media

Adventitia

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Leukocytes: granulated and agranulated

[ID 762]

"**BEN** Loves **M**oney":

Granulocytes:

Basophil

Eosinophil

Neurophil

Agranulocytes:

Lymphocytes

Monocytes

Alternatively: **Granpa BEN**..." to keep the granulated group straight.

Knowledge Level 2, System: Lymphoid

Priya and Abe UNIBE

Mast cell primary granule contents

[ID 910]

"**Master, His Hepes Causes Choking & Gagging!**":

Mast = Mast cell

His = Histamine

He= Heparin

C = Chymase

Ch = Chemotactic factor for eosinophils

Gag = GAGase

Knowledge Level 5, System: Lymphoid

Ms Sushi UCLA Medicine

Neutrophil's 2 distinctive physical features

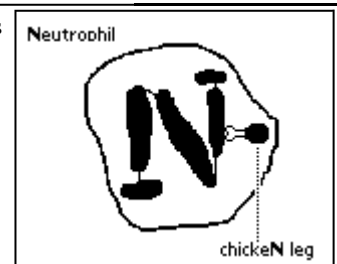
[ID 119]

1: There's up to **5 lobes** of the nucleus joined by thin appendages. Tie this to it being a neutrophil nucleus by arranging the **5 lobes** into a **capital N for Neutrophil**.

2: the **chicken leg** (Barr Body) sticking out. Say it out loud: **chick-N**. The chick-N leg is for Neutrophil.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin



Muscle cells: cardiac vs. skeletal's nuclei location/number

[ID 308]

Nuclei location mirrors where the muscle is located in human body.

Heart muscle is in the **middle** of body, so heart muscle has nucleus in **middle**.

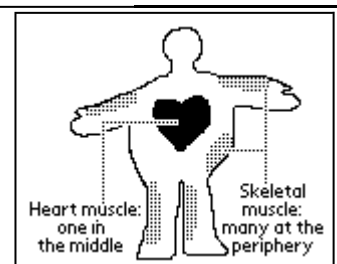
Skeletal muscles are at **periphery** of body, so nuclei are at **periphery**.

Also, you have 1 heart, so usually only 1 nucleus per heart muscle cell, but have many skeletal muscles, so have many nuclei per long fibre.

See diagram.

Knowledge Level 1, System: Muscle

Robert O'Connor University College Dublin



Muscle sarcomere: A vs. I as light or dark

[ID 50]

There is only one vowel in "dark" and one vowel in "light".
These one vowels match up to their one letter names:
D**A**rk band is the **A** band.
L**I**ght band is the **I** band.
Knowledge Level 2, System: Muscle
Robert O'Connor University College Dublin

Muscle sarcomere: H line vs. Z disc location

[ID 107]

HAZI (Hazy):
H line is in **A**-band.
Z disc is in the **I** band.
Knowledge Level 1, System: Muscle
Sujay Patel University College Dublin

IMMUNOLOGY

Graves disease: etiology

[ID 2319]

In Graves disease, the thyroid-stimulating immunoglobulins are of the Ig**G** class.
Knowledge Level 5, System: Endocrine
Anonymous Contributor

Lupus signs and symptoms

Hi Yield [ID 321]

SOAP BRAIN:
Serositis [pleuritis, pericarditis]
Oral ulcers
Arthritis
Photosensitivity
Blood [all are low - anemia, leukopenia, thrombocytopenia]
Renal [protein]
ANA
Immunologic [DS DNA, etc.]
Neurologic [psych, seizures]
Knowledge Level 4, System: Integumental
Ken Evans Saskatchewan Health, Acute and Emergency Services

Celiac sprue features

Hi Yield [ID 811]

CELIAC:
Cell-mediated autoimmune disease
European descent
Lymphocytes in Lamina propria/ Lymphoma risk
Intolerance of gluten (wheat)
Atrophy of villi in small intestine/ Abnormal D-xylose test
Childhood presentation
Atrophied villi cause less absorption, so diarrhea, weight loss, less energy.
Knowledge Level 3, System: Lymphoid
Robert O'Connor University College Dublin

Complement cascade initiating items: alternative vs. classic

Hi Yield [ID 783]

Classic: Combined Complexes.
Alternative: Activators **A**lone, or Ig**A**.
Complexes are made of Ab and Ag combined together.
Examples of activators: endotoxin, microbial surface.
Knowledge Level 2, System: Lymphoid
Robert O'Connor University College Dublin

Complement: function of C3a versus C3b

Hi Yield [ID 485]

C3a: Activates **A**cute [inflammation].
C3b: Bonds **B**acteria [to macrophages--easier digestion].
If wish to know more than just C3:
C3a, C4a, C5a activate acute.
C3b, C4b bind bacteria.
Knowledge Level 2, System: Lymphoid
Robert O'Connor and Marcus Fidel University College Dublin and UNM

DiGeorge Syndrome: features

Hi Yield [ID 2773]

The disease of T's:

Third and 4th pharyngeal pouch absent.

Twenty-Two chromosome

T-cells absent

Tetany: hypocalcemia

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Goodpasture's Syndrome components

Hi Yield [ID 467]

GoodPasture is **G**lomerulonephritis and **P**neumonitis.

From autoantibodies attacking **G**lomerular and **P**ulmonary basement membranes.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Hypersensitivity reactions: Gell and Goombs nomenclature

Hi Yield [ID 104]

ACID

From I to IV:

Anaphylactic type: type I

Cytotoxic type: type II

Immune complex disease: type III

Delayed hypersensitivity (cell mediated): type IV

Knowledge Level 1, System: Lymphoid

Anonymous Contributor

Hypersensitivity: type IV example

[ID 838]

Poison **IV**y causes type **IV** hypersensitivity.

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Immunoglobulin (Ig) types: the important ones worth remembering, in order of appearance

Hi Yield [ID 106]

MAGDElaine (a girl's name):

IgM

IgA

IgG

IgD

IgE

Magdelaine tells you the order they usually appear: **M** first, then **A** or **G**.

Alternatively: **IgM** is **IM**mediate.

Knowledge Level 1, System: Lymphoid

Magdelaine Deeby and Anonymous Contributor University College Dublin and University of Aberdeen

Immunoglobulins, and order B cells present them

Hi Yield [ID 2131]

MADGE (character from the old dishwashing liquid commercial):

IgM

IgA

IgD

IgG

IgE

Order of presentation by B cells (which is made first, IgD or IgM?) B cells present **IgM** primarily, and then **IgD**.

Just remember why all of us are going through this pain...to become M.D's. For a B cell to be competent, it must get its **MD**.

Finally, by the same rule, B cells must first release **M** then **G** immunoglobulin on primary exposure.

Knowledge Level 1, System: Lymphoid

Tevis Anthony Verrett Creighton University School of Medicine

Immunoglobulins: which crosses the placenta

[ID 870]

IgG crosses the placenta during **G**estation.

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Interferon gamma: action on macrophages

Hi Yield [ID 877]

"Th1nk BIG Mac Attack":

Th1 and **NK** cells **Build Interferon Gamma**.

Causes **Macrophages** to have an augmented **Attack** [by better lysosome function and increasing reactive oxygen metabolites, nitric oxide and defensins].

Knowledge Level 4, System: Lymphoid

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

MHC I vs. MHC II properties

Hi Yield [ID 625]

"Immunity helps to exterminate fun for bacteria"

See attached chart.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Cells with MHC class	Immune cells	All nucleated cells
T-cell MHC interaction	Helper T-cells	Cytotoxic T-cells
MHC name	Two (II)	One (I)
Exposed protein	External origin	Internal origin
¹ T MHC use	Fungi	Viruses
CD type interaction	CD4+	CD8+
² N MHC use	Bacteria	Cancer cells

Sjogren syndrome: morphology

Hi Yield [ID 796]

"Jog through the MAPLES":

Sjogren is:

Mouth dry

Arthritis

Parotid enlarged

Lymphoma

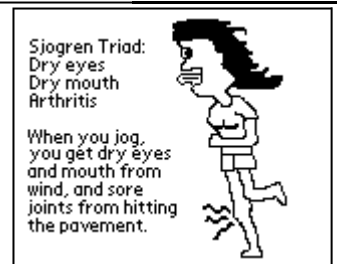
Eyes dry

Sicca (primary) or **S**ecundary

See diagram.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin



T and B cells: types

Hi Yield [ID 1982]

When bacteria enter body, T-cell says to B: "**Help Me Catch Some!**" B-cell replies: "**My Pleasure!**":

T-cell types:

Helper

Memory

Cytotoxic

Suppressor

B-cell types:

Memory cell

Plasma cell

Knowledge Level 1, System: Lymphoid

Dr. Harsh Sharma BJMC, Pune, India

INTERNAL MEDICINE / FAMILY PRACTICE

ACEI: contraindications

Hi Yield [ID 2565]

PARK:

Pregnancy

Allergy

Renal artery stenosis

K increase (hyperkalemia)

Knowledge Level 4, System: Cardiovascular

Anthony Chan

Anion gap metabolic acidosis: causes

Hi Yield [ID 1203]

A MUDPILE CAT:

Alcohol

Methanol

Uremia

Diabetic ketoacidosis

Paraldehyde

Iron/ Isoniazid

Lactic acidosis

Ethylene glycol

Carbamazepine

Aspirin

Toluene

Knowledge Level 5, System: Cardiovascular

Mohamed Azim MD Pediatric Surgeon, Alexandria University, Egypt

Haematology: key numbers

[ID 140]

3 and **4** are key in haematology:

1.**34** cm³ of oxygen is carried by a gram of hemoglobin.

There's **3.4**mg of iron in each gram of hemoglobin.

There's an average of **3.4** lobes per neutrophil.

There's **34**mg bilirubin from each gram of hemoglobin.

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Macrocytic anemia: causes

Hi Yield [ID 1859]

ABCDEF:

Alcohol + liver disease

B12 deficiency

Compensatory reticulocytosis (blood loss and hemolysis)

Drug (cytotoxic and AZT)/ **D**ysplasia (marrow problems)

Endocrine (hypothyroidism)

Folate deficiency/ **F**etus (pregnancy)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Metabolic acidosis: causes

Hi Yield [ID 1873]

KUSSMAL:

Ketoacidosis

Uraemia

Sepsis

Salicylates

Methanol

Alcohol

Lactic acidosis

Knowledge Level 6, System: Cardiovascular

Steve Gust Gove District Hospital, NT Australia

Non-gap acidosis: causes

Hi Yield [ID 1797]

HARD UP:

Hyperventilation

Acetazolamide (carbonic anhydrase inhibitors)

RTA

Diarrrhea

Ureterosigmoidostomy

Pancreatic fistula

Knowledge Level 5, System: Cardiovascular

James Reeves Emory University School of Medicine

Pancytopenia differential

Hi Yield [ID 2648]

"All Of My Blood Has Taken Some Poison":

Aplastic anaemias

Overwhelming sepsis

Megaloblastic anaemias

Bone marrow infiltration

Hypersplenism

TB

SLE

Paroxysmal nocturnal haemoglobinuria

Knowledge Level 5, System: Cardiovascular

Dr. Trisan W. Graham

Raynaud's disease: causes

Hi Yield [ID 1917]

BAD CT:

Blood disorders (eg polycythaemia)

Arterial (eg atherosclerosis, Buerger's)

Drugs (eg beta-blockers)

Connective tissue disorders (rheumatoid arthritis, SLE)

Traumatic (eg vibration injury)

Knowledge Level 3, System: Cardiovascular

Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

Ulcers: types

Hi Yield [ID 2039]

VAN:

Venous/ **V**asculitic

Arterial

Neuropathic

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor University of Sydney, Australia

Acromegaly symptoms

Hi Yield [ID 2555]

ABCDEF:

Arthralgia/ **A**rthritis

Blood pressure raised

Carpal tunnel syndrome

Diabetes

Enlarged organs

Field defect

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Gynecomastia: common causes

[ID 1039]

GYNECOMASTIA:

Genetic **G**ender disorder (Klinefelter)

Young boy (pubertal)*

Neonate*

Estrogen

Cirrhosis/ **C**imetidine/ **C**a **C**hannel blockers

Old age*

Marijuana

Alcoholism

Spirolactone

Tumors (**T**esticular & adrenal)

Isoniazid/ **I**nhibition of testosterone

Antineoplastics (**A**lkylating **A**gents)/ **A**ntifungal(ketoconazole)

* Asterisk indicates physiologic cause.

Knowledge Level 5, System: Endocrine

Rinku S. Uberoi UNIBE

Hypercalcemia causes

Hi Yield [ID 1568]

MD PIMPS ME:

Malignancy
Diuretics (thiazide the main culprit)
Parathyroid (hyperparathyroidism)
Immobilization/ Idiopathic
Megadoses of vitamins A,D
Paget's disease
Sarcoidosis
Milk alkali syndrome
Endocrine (Addison's disease, thyrotoxicosis)
Knowledge Level 2, System: Endocrine
Anonymous Contributor

Hypercalcemia: causes

Hi Yield [ID 1614]

GRIM FED:

Granulomas (sarcoid, TB),
Renal failure
Immobility (esp. long term)
Malignancy
Familial (eg familial hypocalciuric hypercalcemia)
Endocrine (see below for subtypes)
Drugs (esp. thiazide diuretics, lithium)
Endocrine causes are **PATH:**
Phaeochromocytoma
Addison's disease
Thyrotoxicosis
Hyperparathyroidism
Knowledge Level 4, System: Endocrine
Steve London, England

Hypercalcemia: differential

Hi Yield [ID 1651]

VITAMIN TRAPS:

Vitamin A and D intoxication
Immobilization
Thyrotoxicosis
Addison's disease/ Acidosis
Milk-alkali syndrome
Inflammatory disorders
Neoplastic disease
Thiazides, other drugs
Rhabdomyolysis
AIDS
Paget's disease/ Parenteral nutrition/ Parathyroid disease
Sarcoidosis
Knowledge Level 2, System: Endocrine
Anonymous Contributor

Pressure Sore: Norton Score

[ID 2566]

MAGIC:

Mobility
ADL
General condition
Incontinence
Conscious level
Knowledge Level 4, System: Integumental
Anthony Chan

Pruritus without rash: DDx

Hi Yield [ID 2255]

ITCHING DX:

Infections (scabies, toxocariasis, etc)
Thyroidal and other endocrinopathies (eg diabetes mellitus)
Cancer
Hematologic diseases (eg iron deficiency)/ Hepatopathies/ HIV
Idiopathic
Neurotic
Gravid (pruritus of pregnancy)
Drugs
eXcretory dysfunctions (eg uremia)
Knowledge Level 4, System: Integumental
Anonymous Contributor

Rashes: time of appearance after fever onset

Hi Yield [ID 1128]

"Really Sick Children Must Take No Exercise":

Number of days after fever onset that a rash will appear:

1 Day: Rubella
2 Days: Scarlet fever/ Smallpox
3 Days: Chickenpox
4 Days: Measles (and see the Koplik spots one day prior to rash)
5 Days: Typhus & rickettsia (this is variable)
6 Days: Nothing
7 Days: Enteric fever (salmonella)
Knowledge Level 4, System: Integumental
Anonymous Contributor Rivka Zieff Hospital Dept. of Pediatrics, Tzfat, Israel

Alkalosis: metabolic changes in alkalosis

Hi Yield [ID 2642]

"Al-K-loss, Al-Ca-loss":

There is loss of K⁺ (hypokalemia) and Ca⁺⁺ (hypocalcemia) in state of alkalosis.
Knowledge Level 2, System: Kidney/Urine
Ibrahim Mansoor King Edward Medical College

Allopurinol: indications

[ID 1893]

STORE:

Stones (history of renal stones)
Tophaceous gout (chronic)
Over-producers of urate
Renal disease
Elderly

Bonus: Probenecid indications are basically the opposite of STORE (no renal stone history, etc.).

Knowledge Level 7, System: Kidney/Urine
Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Dialysis indications

Hi Yield [ID 2242]

HAVE PEE:

Hyperkalemia (refractory)
Acidosis (refractory)
Volume overload
Elevated BUN (> 36 mM)
Pericarditis
Encephalopathy
Edema (pulmonary)
Knowledge Level 1, System: Kidney/Urine
Tim Welke and Darren Yuen University of Toronto Medical School

Renal failure (acute): management

Hi Yield [ID 1778]

Manage **AEIOU**:

Anemia/ Acidosis

Electrolyte and fluids

Infections

Other measures (eg nutrition, nausea, vomiting)

Uremia

Knowledge Level 2, System: Kidney/Urine

Malik Tariq Rahim King Edward Medical College, Lahore, Pakistan

SIADH: causes

Hi Yield [ID 1963]

SIADH:

Surgery

Intracranial: infection, head injury, CVA

Alveolar: Ca, pus

Drugs: opiates,antiepileptics, cytotoxics, anti-psychotics

Hormonal: hypothyroid, low corticosteroid level

Knowledge Level 5, System: Kidney/Urine

Steve Gust Gove District Hospital, NT, Australia

SIADH: diagnostic sign

Hi Yield [ID 1703]

Syndrome of **INAP**ropriate Anti-Diuretic Hormone:

Increased

Na (sodium)

PP (urine)

SIADH is characterized by increased urinary sodium.

Knowledge Level 5, System: Kidney/Urine

Rinku Uberoi New York Hospital

SIADH: major signs and symptoms

Hi Yield [ID 1810]

SIADH:

Spasms

Isn't any pitting edema (key DDx)

Anorexia

Disorientation (and other psychoses)

Hyponatremia

Knowledge Level 5, System: Kidney/Urine

Dr. Harsh Sharma BJMC

Eosinophilia: differential

Hi Yield [ID 1680]

NAACP:

Neoplasm

Allergy/ Asthma

Addison's disease

Collagen vascular diseases

Parasites

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Polycythemia Rubra Vera (PRV): common symptoms

Hi Yield [ID 1118]

PRV:

Plethora/ Pruritis

ringing in ears

Visual blurriness

Knowledge Level 4, System: Lymphoid

Rinku S. Uberoi UNIBE

SLE: factors that make SLE active

Hi Yield [ID 2247]

UV PRISM:

UV (sunshine)

Pregnancy

Reduced drug (eg steroid)

Infection

Stress

More drug

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

Splenomegaly: causes

Hi Yield [ID 1935]

CHICAGO:

Cancer

Hem, onc

Infection

Congestion (portal hypertension)

Autoimmune (RA, SLE)

Glycogen storage disorders

Other (amyloidosis)

Knowledge Level 4, System: Lymphoid

Gerard Dang Chicago Medical School

Horner's syndrome: components

[ID 2395]

SAMPLE:

Sympathetic chain injury

Anhidrosis

Miosis

Ptosis

Loss of ciliospinal reflex

Enophthalmos

Knowledge Level 5, System: Nervous

Harsh Sharma BJMC, Pune, India

Lethargy, malaise causes

[ID 1109]

FATIGUED:

Fat/ Food (poor diet)

Anemia

Tumor

Infection (HIV, endocarditis)

General joint or liver disease

Uremia

Endocrine (Addison's, myxedema)

Diabetes/ Depression/ Drugs

Knowledge Level 3, System: Nervous

The Cashman University of Queensland, Australia

Back pain causes

Hi Yield [ID 237]

DISK MASS (since near vertebral disc):

Degeneration (DJD, osteoporosis, spondylosis)

Infection (UTI, PID, Pott's disease, osteomyelitis, prostatitis)/ Injury, fracture or compression fracture

Spondylitis (ankylosing spondyloarthropathies such as rheumatoid arthritis, Reiters, SLE)

Kidney (stones, infarction, infection)

Multiple myeloma/ Metastasis (from cancers of breast, kidney, lung, prostate, thyroid)

Abdominal pain (referred to the back)/ Aneurysm

Skin (herpes zoster)/ Strain/ Scoliosis and lordosis

Slipped disk/ Spondylolisthesis

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Behcet's syndrome: diagnostic criteria

[ID 1863]

PROSE:

Pathergy test (i/d saline injection)

Recurrent genital ulceration

Oral ulceration (recurrent)

Skin lesions

Eye lesions

Oral ulceration is central criteria, plus any 2 others.

Knowledge Level 7, System: Other/Miscellaneous

Dr. Harsh Sharma BJMC, Pune, India

ICU management: A to Z

[ID 1563]

A: Asepsis/ Airway

B: Bed sore/ encourage Breathing/ Blood pressure

C: Circulation/ encourage Coughing/ Consciousness

D: Drains

E: ECG

F: Fluid status

G: GI losses/ Gag reflex

H: Head positioning/ Height

I: Insensible losses

J: Jugular venous pulse

K: Kindness

L: Limb care/ Label

M: Mouth care

N: Nociception/ Nutrition

O: Oxygenation/ Orient the patient

P: Pulse/ Peristalsis/ Physiotherapy

Q: Quiet surroundings

R: Respiratory rate/ Restraint

S: Stress ulcer/ Suctioning

T: Temperature

U: Urine

V: Ventilator

W: Wounds/ Weight

X: Xerosis

Y: whY

Z: Zestful care of the patient

Knowledge Level 9, System: Other/Miscellaneous

Dr. Sonali Vadi

Left iliac fossa: causes of pain

[ID 1584]

SUPER CLOT:

Sigmoid diverticulitis

Uteric colic

PID

Ectopic pregnancy

Rectus sheath haematoma

Colorectal carcinoma

Left sided lower lobe pneumonia

Ovarian cyst (rupture, torsion)

Threatened abortion/ Testicular torsion

Knowledge Level 3, System: Other/Miscellaneous

Sushant Varma Medical student, University of Sheffield, UK

Acute stridor: differential

Hi Yield [ID 1650]

ABCDEFGH:

With fever:

Abscess

Bacterial tracheitis

Croup

Diphtheria

Epiglottitis

Without fever:

Foreign body

Gas (Toxic Gas)

Hypersensitivity

Knowledge Level 2, System: Pulmonary

Anthony Chan Chinese University of Hong Kong

Bronchiectasis: causes

Hi Yield [ID 2624]

A SICK AIRWAY:

Airway lesion, chronic obstruction

Sequestration

Infection, inflammation

Cystic fibrosis

Kartagners syndrome

Allergic bronchopulmonary aspergilliosis

Immunodeficiencies (hypogammaglobinaemia, myeloma, lymphoma)

Reflux, inhalation injury

William Campbell syndrome (and other congenitals)

Aspiration

Yellow nail syndrome/ Young syndrome

Knowledge Level 3, System: Pulmonary

Mr. LW Mason 4th Year Medical Student

Bronchiectasis: differential

Hi Yield [ID 548]

BRONCHIECTASIS:

Bronchial cyst

Repeated gastric acid aspiration

Or due to foreign bodies

Necrotizing pneumonia

Chemical corrosive substances

Hypogammaglobulinemia

Immotile cilia syndrome

Eosinophilia (pulmonary)

Cystic fibrosis

Tuberculosis (primary)

Atopic bronchial asthma

Streptococcal pneumonia

In Young's syndrome

Staphylococcal pneumonia

Knowledge Level 4, System: Pulmonary

Benson Moses Benjamin JSS Medical College Mysore India

Hemoptysis: causes

[ID 1802]

HEMOPTYSIS:

Haemorrhagic diathesis

Edema [LVF due to mitral stenosis]

Malignancy

Others [eg: vasculitis]

Pulmonary vascular abnormalities

Trauma

Your treatment [anticoagulants]

SLE

Infarction in lungs

Septic

Knowledge Level 9, System: Pulmonary

Dr. Sonali Vadi

Pleural effusion: investigations

[ID 2812]

PLEURA:

Pleural fluid (thoracentesis)

Lung, pleural biopsy

ESR

Ultrasound

Radiogram

Analysis of blood

Knowledge Level 2, System: Pulmonary

Huiquan Zhao Children Hospital, Cincinnati

Pulmonary edema: treatment

Hi Yield [ID 1678]

LMNOP:

Lasix

Morphine

Nitrates (NTG)

Oxygen

Position (upright vs. flat)

Knowledge Level 3, System: Pulmonary

Jeff Gilfor, M.D.

Pulmonary edema: treatments

[ID 1597]

MAD DOG:

Morphine

Aminophylline

Digitalis

Diuretics

Oxygen

GGases in blood (ABG's)

Knowledge Level 4, System: Pulmonary

Anonymous Contributor

Pulmonary fibrosis: causes

Hi Yield [ID 2045]

SCAR:

Upper lobe:

Silicosis/ Sarcoidosis

Coal worker pneumonconiosis

Ankylosing spondylitis

Radiation

Lower lobe:

Systemic sclerosis

Cytogenic fibrosing alveolitis

Asbetosis

Rheumatoid arthritis

Knowledge Level 4, System: Pulmonary

Anthony Chan

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

Back trouble causes

[ID 165]

O, VERSALIUS (Versalius was the name of a famous physician):

Osteomyelitis

Vertebral fracture

Extraspinial tumour

Spondylolisthesis

Ankylosing spondylitis

Lumbar disk increase

Intraspinial tumor

Unhappiness

Stress

Knowledge Level 5, System: Skeletal

Anonymous Contributor

INTERVIEWING / PHYSICAL EXAM**Abdomen assessment**

[ID 1543]

To assess abdomen, palpate all 4 quadrants for **DR. GERM**:

Distension: liver problems, bowel obstruction

Rigidity (board like): bleeding

Guarding: muscular tension when touched

Evitation/ **E**cchymosis

Rebound tenderness: infection

Masses

Knowledge Level 2, System: Alimentary

Lyssa Lenske Mount Saint Mary's College BSN Program

Vomiting: non-GIT differential

[ID 323]

ABCDEFGHI:

Acute renal failure

Brain [increased ICP]

Cardiac [inferior MI]

DKA

Ears [labyrinthitis]

Foreign substances [Tylenol, theo, etc.]

Glaucoma

Hyperemesis gravidarum

Infection [pyelonephritis, meningitis]

Knowledge Level 3, System: Alimentary

Ken Evans Saskatchewan Health, Acute and Emergency Services

Heart valve auscultation sites

Hi Yield [ID 543]

"All Patients Take Meds":

Reading from top left:

Aortic

Pulmonary

Tricuspid

Mitral

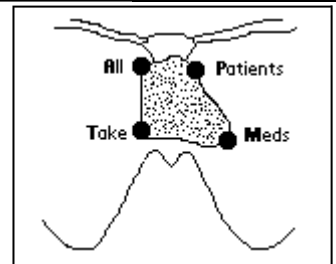
See diagram.

Alternatively: **All Prostitutes Take Money**.

Alternatively: **APe To Man**.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor and Raarsi and Dana M. Not specified and University of Birmingham Medical School and MCC Michigan



Glasgow coma scale: components and numbers

Hi Yield [ID 2288]

Scale types is 3 **V**'s:

Visual response

Verbal response

Vibratory (motor) response

Scale scores are 4,5,6:

Scale of **4**: see so much **more**

Scale of **5**: talking **jive**

Scale of **6**: feels the **pricks** (if testing motor by pain withdraw)

Knowledge Level 1, System: Nervous

Rinku Uberoi and Robert O'Connor

Mental state examination: stages in order

[ID 2150]

"Assessed **M**ental **S**tate **T**o **B**e **P**ositively **C**linically **U**nremarkable":

Appearance and behaviour [observe state, clothing...]

Mood [recent spirit]

Speech [rate, form, content]

Thinking [thoughts, perceptions]

Behavioural abnormalities

Perception abnormalities

Cognition [time, place, age...]

Understanding of condition [ideas, expectations, concerns]

Knowledge Level 5, System: Nervous

Hafizur Rahman MRI-Manchester Med School

Pain history checklist

[ID 501]

SOCRATES:

Site

Onset

Character

Radiation

Alleviating factors/ Associated symptoms

Timing (duration, frequency)

Exacerbating factors

Severity

Alternatively, **S**igns and **S**ymptoms with the 'S'.

Knowledge Level 1, System: Nervous

Piyush and Shirish Toshniwal and Jonathan Round and Neil Mckee Cambridge and Smt. NHL Medical College, Ahmedabad and RFUCMS

Abdominal swelling causes

[ID 194]

9 F's:

Fat

Feces

Fluid

Flatus

Fetus

Full-sized tumors

Full bladder

Fibroids

False pregnancy

Knowledge Level 1, System: Other/Miscellaneous

Richard Thompson and Alex Queens University, Belfast, NI and Not Specified

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

Differential diagnosis checklist

[ID 342]

"**A VITAMIN C**"

A and **C** stand for **A**cquired and **C**ongenital

VITAMIN stands for:

Vascular

Inflammatory (**I**nfectious and non-**I**nfectious)

Trauma/ **T**oxins

Autoimmune

Metabolic

Idiopathic

Neoplastic

Example usage: List causes of decreased vision: Central retinal artery occlusion, Retinitis pigmentosa, Perforation to globe, Chronic Gentamycin use, Rheumatoid arthritis, Diabetes, Idiopathic, Any eye tumor, Myopia.

Knowledge Level 1, System: Other/Miscellaneous

Nizaar Lilla University Of Cape Town Medical School

Differential diagnosis checklist

[ID 664]

"**I VINDICATE AID**":

Idiopathic

Vascular

Infectious

Neoplastic

Degenerative

Inflammatory

Congenital

Autoimmune

Traumatic

Endocrinal and metabolic

Allergic

Iatrogenic

Drugs

Knowledge Level 1, System: Other/Miscellaneous

Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Family history (FH)

[ID 1830]

BALD CHASM:

Blood pressure (high)

Arthritis

Lung disease

Diabetes

Cancer

Heart disease

Alcoholism

Stroke

Mental health disorders (depression, etc.)

Knowledge Level 2, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Four point physical assessment of a disease

[ID 593]

"I'm A People Person":

Inspection

Auscultation

Percussion

Palpation

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Medical history: disease checklist

[ID 407]

MJ THREADS:

Myocardial infarction

Jaundice

Tuberculosis

Hypertension

Rheumatic fever/ Rheumatoid arthritis

Epilepsy

Asthma

Diabetes

Strokes

Aside: "History" album was by Michael Jackson (MJ).

Knowledge Level 1, System: Other/Miscellaneous

Soumendra Datta University College London Medical School

Past medical history (PMH)

[ID 1828]

VAMP THIS:

Vices (tobacco, alcohol, other drugs, sexual risks)

Allergies

Medications

Preexisting medical conditions

Trauma

Hospitalizations

Immunizations

Surgeries

Knowledge Level 3, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Patient examination organization

[ID 203]

SOAP:

Subjective: what the patient says.

Objective: what the examiner observes.

Assessment: what the examiner thinks is going on.

Plan: what they intend to do about it.

Knowledge Level 1, System: Other/Miscellaneous

Richard Rathe, MD University of Florida

Patient profile (PP)

[ID 1829]

LADDERS:

Living situation/ Lifestyle

Anxiety

Depression

Daily activities (describe a typical day)

Environmental risks/ Exposure

Relationships

Support system/ Stress

Knowledge Level 2, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

Physical exam for 'lumps and bumps'

[ID 615]

"6 Students and 3 Teachers go for **CAMPFIRE**":

Site, Size, Shape, Surface, Skin, Scar

Tenderness, Temperature, Transillumination

Consistency

Attachment

Mobility

Pulsation

Fluctuation

Irreducibility

Regional lymph nodes

Edge

Knowledge Level 5, System: Other/Miscellaneous

Lau Yue Young Geoffrey

Physical examination - correct order

[ID 2813]

"I Palpate People's Abdomens":

Inspection

Palpation

Percussion

Auscultation

Knowledge Level 1, System: Other/Miscellaneous

Jim McHugh St George's, London

Short statue causes

[ID 866]

RETARD HEIGHT:

Rickets

Endocrine (cretinism, hypopituitarism, Cushing's)

Turner syndrome

Achondroplasia

Respiratory(suppurative lung disease)

Down syndrome

Hereditary

Environmental (postirradiation, postinfectious)

IUGR

GI (malabsorption)

Heart (congenital heart disease)

Tilted backbone (scoliosis)

Knowledge Level 9, System: Other/Miscellaneous

Lau Yue Young Geoffrey Medical Student '03, Hong Kong University

Sign vs. symptom

[ID 396]

s**I**gn: something I can detect even if patient is unconscious.s**Y**Mptom is something only h**Y**M knows about.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Surgical sieve for diagnostic categories

[ID 2116]

INVESTIGATIONS:

Iatrogenic
Neoplastic
Vascular
Endocrine
Structural/ Mechanical
Traumatic
Inflammatory
Genetic/ Congenital
Autoimmune
Toxic
Infective
Old age/ Degenerative
Nutritional
Spontaneous/ Idiopathic
Knowledge Level 1, System: Other/Miscellaneous
Neil Curran Medical Student, Otago University New Zealand

Breast history checklist

[ID 1919]

LMNOP:

Lump
Mammary changes
Nipple changes
Other symptoms
Patient risk factors
Knowledge Level 1, System: Reproductive
Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

MICROBIOLOGY

E. coli: major subtypes, key point of each

Hi Yield [ID 2184]

"HIT by E. coli outbreak":**Enterohemorrhagic:**
HUS from **Hamburgers****Enteroinvasive:**
Immune-mediated Inflammation**Enterotoxigenic:**
Traveller's diarrheaKnowledge Level 1, System: Alimentary
Robert O'Connor University College Dublin

Entamoeba histolytica: disease caused, action

Hi Yield [ID 46]

Entamoeba causes **Amoebic dysentery**.

Action: histo (cell) lytic (burst), so it bursts cells.

Knowledge Level 2, System: Alimentary
Robert O'Connor University College Dublin

Hepatitis: oral-fecal transmitted types

Hi Yield [ID 1015]

"A\$\$ Eaters":Types **A** and **E** by oral-fecal route.
Knowledge Level 4, System: Alimentary
Anonymous Contributor

Vibrio: motility

[ID 839]

"Vibrio Vibrates":Vibrio is a genus of actively motile bacteria.
Knowledge Level 5, System: Alimentary
Anonymous Contributor

Endocarditis: indications for surgery

[ID 1953]

PUS RIVER:

Prosthetic valve endocarditis (most cases)
Uncontrolled infection
Suppurative local complications with conduction abnormalities
Resection of mycotic aneurysm
Ineffective antimicrobial therapy (eg Vs fungi)
Valvular damage (significant)
Embolization (repeated systemic)
Refractory congestive heart failure
Knowledge Level 5, System: Cardiovascular
David Lucey University College Dublin

Endocarditis: lab results suggesting it

[ID 1951]

"High Tech Lab Results Point At Endocarditis":

Hematuria
Thrombocytopenia
Leukocytosis, -penia
Red blood cell casts
Proteinuria
Anemia
Elevated ESR
Knowledge Level 5, System: Cardiovascular
David Lucey University College Dublin

Pseudomonas aeruginosa: features

[ID 1999]

AERUGINOSA:

Aerobic
Exotoxin A
Rod/ Resistance
UTIs, burns, injuries
Green-blue dressings
Iron-containing lesions
Negative gram
Odor of grapes
Slime capsule sometimes (in CF pt)
Adherin pili
Knowledge Level 1, System: Integumental
Joyce Egbe

Acute post-streptococcal glomerulonephritis: classic presentation

[ID 856]

"Sore **throat**, Face **bloat**, Pi\$\$ **coke**":

Sore **throat**: 1 week ago
Face **bloat**: facial edema
Pi\$\$ **coke**: coke-coloured urine

Alternatively, short version: "**Throat, bloat and coke**".

Knowledge Level 4, System: Kidney/Urine
Robert O'Connor University College Dublin

Proteus: disease caused

Hi Yield [ID 377]

Firstly, "**PRO**Teus hates **PRO**Tons":
So what does it do to fight the protons? It has a urease that raises the pH.
Urea is in urine, so Proteus causes UTIs.
Knowledge Level 3, System: Kidney/Urine
James Meltzer MSII, Albert Einstein College of Medicine

UTI-causing microorganisms

Hi Yield [ID 1956]

KEEPS:

Klebsiella

Enterococcus faecalis/ **E**nterobacter cloacae

E. coli

Pseudomonas aeruginosa/ **P**roteus mirabilis

Staphylococcus saprophyticus/ **S**erratia marcescens

Knowledge Level 2, System: Kidney/Urine

Kok Fai Kong University of Auckland

Endotoxin features

[ID 638]

ENDOTOXIN:

Endothelial cells/ **E**dema

Negative (gram- bacteria)

DIC/ Death

Outer membrane

TNF

O-antigen

X-tremely heat stable

IL-1

Nitric oxide/ **N**eutrophil chemotaxis

Knowledge Level 3, System: Lymphoid

Rinku Uberoi UNIBE

IgA protease-producing bacteria

[ID 1337]

"**Nice Strip of Ham**":

Neisseria

Streptococcus pneumonia

Haemophilus influenza

Knowledge Level 7, System: Lymphoid

Marc Miller Sackler School of Medicine

Meningitis: risk factors

[ID 1954]

"**Can Induce Severe Attacks Of Head PAINS**":

Cancer

Immunocompromised state

Sinusitis

Age extremes

Otitis

Head trauma

Parameningeal infection

Alcoholism

Infections (systemic, esp. respiratory)

Neurosurgical procedures

Splenectomy

Knowledge Level 2, System: Nervous

David Lucey University College Dublin

Chlamydia: elementary vs. initial body location

[ID 2100]

Elementary: **E**xtracellular

Initial: **I**ntracellular

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Common cold: viral causes

Hi Yield [ID 1731]

"Common cold (acute infectious rhinitis, coryza) is **PRIMA**rily caused by":

Paramyxoviruses

Rhinoviruses

Influenza viruses

Myxoviruses

Adenoviruses

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

DNA viruses: morphology rule of thumb

Hi Yield [ID 1608]

DNA:

Double-stranded

Nuclear replication

'Anhedral symmetry

Rule breakers: pox (cytoplasmic), parvo (single-stranded).

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Gram+: bacterial cell wall

Hi Yield [ID 840]

Gram+ has:

+thick peptidoglycan layer.

+teichoic acid in wall.

Knowledge Level 1, System: Other/Miscellaneous

Gilvano Amorim Oliveira Universidade de Santo Amaro - São Paulo Brasil.

Neisseria: fermentation of N. gonorrhoeae vs. N. meningitidis

Hi Yield [ID 1905]

Gonorrhoeae: Glucose fermenter only.

Meningitidis: Maltose and Glucose fermenter.

Maltose fermentation is a useful property to know, since it's the classic test to distinguish the Neisseria types.

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor

Obligate anaerobes: members worth knowing

Hi Yield [ID 2199]

ABC:

Actinomyces

Bacteroides

Clostridium

Knowledge Level 1, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Picornavirus: features

Hi Yield [ID 1849]

PICORNAvirus:

Positive sense

ICOsahedral

RNA virus

Knowledge Level 2, System: Other/Miscellaneous

Dr. Khawaja Atif Farooq Rawalpindi Medical College, Pakistan, Gujranwala

RNA viruses: negative stranded

Hi Yield [ID 1940]

"**Orthodox Rhabbi's Party Around Fine Bunnies**":

Orthomyxo

Rhabdo

Paramyxo

Arena

Filo

Bunya

Knowledge Level 1, System: Other/Miscellaneous

Rodolfo Chirinos Universidad Central del Caribe, PR

RNA viruses: positive stranded

Hi Yield [ID 1941]

"**Pico Called Flavio To Return Renzo's Corona**":

Picorna

Calici

Flavi

Toga

Retro

Reo

Corona

Knowledge Level 1, System: Other/Miscellaneous

Rodolfo Chirinos Universidad Central del Caribe, PR

Staphylococcus aureus: diseases caused

Hi Yield [ID 1072]

SOFT PAINS:

Skin infections
Osteomyelitis
Food poisoning
Toxic shock syndrome
Pneumonia
Acute endocarditis
Infective arthritis
Necrotizing fasciitis
Sepsis

Knowledge Level 7, System: Other/Miscellaneous
Marc Miller Sackler School of Medicine

Streptococci: classification by hemolytic ability

[ID 857]

Gamma: Garbage (no hemolytic activity).

Alpha: Almost (almost lyse, but incomplete).

Beta: Best (complete lysis).

Knowledge Level 1, System: Other/Miscellaneous
Robert O'Connor University College Dublin

Streptococcus pyogenes: diseases caused

Hi Yield [ID 1816]

NIPPLES:

Necrotising fasciitis and myositis

Impetigo

Pharyngitis

Pneumonia

Lymphangitis

Erysipelas and cellulitis

Scarlet fever/ Streptococcal TSS

Knowledge Level 2, System: Other/Miscellaneous
Dr. Harsh Sharma

Streptococcus pyogenes: virulence factors

[ID 1640]

SMASHED:

Streptolysins

M protein

Anti-C5a peptidase

Streptokinase

Hyaluronidase

Exotoxin

DNAses

Knowledge Level 4, System: Other/Miscellaneous
Anonymous Contributor

Urease positive organisms

[ID 2235]

PUNCH:

Proteus (leads to alkaline urine)

Ureaplasma (renal calculi)

Nocardia

Cryptococcus (the fungus)

Helicobacter pylori

Knowledge Level 8, System: Other/Miscellaneous
Dr. Enrique Cifuentes Universidad Autonoma de Guadalajara

Influenza infection: clinical manifestations

Hi Yield [ID 1955]

"Having Flu Symptoms Can Make Moaning Children A Nightmare":

Headache

Fever

Sore throat

Chills

Myalgias

Malaise

Cough

Anorexia

Nasal congestion

Knowledge Level 2, System: Pulmonary

David Lucey University College Dublin

Klebsiella details

Hi Yield [ID 362]

You tell the patient: "**Get UPS you fat alcoholic**":

UTI

Pneumonia

Sepsis

Fat capsule

Get up=**nonmotile** since no flagella.

Alcoholic=commonly seen in **alcoholic** and nosocomial patients.

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

Pneumonia: acute pneumonia infiltrates from different causes

[ID 145]

"**Pyrogenic=PMN, Miscellaneous=Mononuclear**":

Acute pneumonia caused by **Pyogenic** bacteria: **PMN** infiltrate.

Acute pneumonia caused by **Miscellaneous** microbes: **Mononuclear** infiltrate.

Knowledge Level 6, System: Pulmonary

Anonymous Contributor

Streptococci: Quellung reaction: positive sign, Strep type confirmed

Hi Yield [ID 859]

"**Quell-lung**":

Quell: Capsules **swell** [+ve test].

Lung: **S. pneumonia** [type confirmed].

You get **pneumonia** in your **lung**.

Knowledge Level 3, System: Pulmonary

Robert O'Connor University College Dublin

Gardnerella and Vaginalis vaginal infection diagnosis

[ID 586]

"Take a **whiff** and get a **clue** for fishy bacteria":

Smells like fish (whiff test); clue cells seen under microscope.

Gardnerella= Gram negative.

Vaginalis= Variable.

Knowledge Level 3, System: Reproductive

Rinku S Uberoi UNIBE

Teratogens: placenta-crossing organisms

Hi Yield [ID 2182]

ToRCHeS:

Toxoplasma

Rubella

CMV

Herpes simplex, Herpes zoster (varicella), Hepatitis B,C,E

Syphilis

Alternatively: **TORCHES**: with **O**thers (parvo, listeria), add **HIV** to H's, **E**nteroviruses.

Knowledge Level 1, System: Reproductive

Andrew J. Vasil UMD School of Medicine, Duluth, MN

Trichomaniasis: features

Hi Yield [ID 2631]

5 F's:

Flagella

Frothy discharge

Fishy odor (sometimes)

Fornication (STD)

Flagyl (metronidazole) Rx

Knowledge Level 4, System: Reproductive

Rinku Uberoi

NEUROLOGY

Stroke risk factors

Hi Yield [ID 1064]

HEADS:

Hypertension/ Hyperlipidemia

Elderly

Atrial fib

Diabetes mellitus/ Drugs (cocaine)

Smoking/ Sex (male)

Knowledge Level 3, System: Cardiovascular

Rinku S. Uberoi UNIBE

Chorea: common causes

[ID 2179]

St. VITUS'S DANCE:

Sydenhams

Vascular

Increased RBC's (polycythemia)

Toxins: CO, Mg, Hg

Uremia

SLE

Senile chorea

Drugs

APLA syndrome

Neurodegenerative conditions: HD, neuroacanthocytosis, DRPLA

Conception related: pregnancy, OCP's

Endocrine: hyperthyroidism, hypo-, hyperglycemia

Knowledge Level 9, System: Nervous

Bobby Varkey SCTIMST

Congenital myopathy: features

Hi Yield [ID 2130]

DREAMS:

Dominantly inherited, mostly

Reflexes decreased

Enzymes normal

Apathetic floppy baby

Milestones delayed

Skeletal abnormalities

Knowledge Level 7, System: Nervous

Bobby Varkey SCTIMST

Dementia: reversible dementia causes

Hi Yield [ID 1388]

DEMENTIA:

Drugs/ Depression

Elderly

Multi-infarct/ Medication

Environmental

Nutritional

Toxins

Ischemia

Alcohol

Knowledge Level 1, System: Nervous

Mohamed Azim Assistant lecturer of Pediatric Surgery, Alexandria University, Egypt

Dementia: some common causes

Hi Yield [ID 928]

DEMENTIA:

Diabetes
Ethanol
Medication
Environmental (eg CO poisoning)
Nutritional
Trauma
Infection
Alzheimer's
Knowledge Level 1, System: Nervous
Anonymous Contributor

Dementia: treatable causes

Hi Yield [ID 2127]

DEMENTIA:

Drug toxicity
Emotional (depression, anxiety, OCD, etc.)
Metabolic (electrolytes, liver dz, kidney dz, COPD)
Eyes/ Ears (peripheral sensory restrictions)
Nutrition (vitamin, iron deficiencies/ NPH [Normal Pressure Hydrocephalus])
Tumors/ Trauma (including chronic subdural hematoma)
Infection (meningitis, encephalitis, pneumonia, syphilis)
Arteriosclerosis and other vascular disease
Knowledge Level 3, System: Nervous
Dr. Bill Lynch, originated by Dr. Jerome Yesavage Palo Alto Veterans Affairs Medical Center

Encephalitis: differential

[ID 1503]

HE'S LATIN AMERICAN:

Herpesviridae
Enteroviridae (esp. Polio)
Slow viruses (esp. JC, prions)
Syphilis
Legionella/ Lyme disease/ Lymphocytic meningoencephalitis
Aspergillus
Toxoplasmosis
Intracranial pressure
Neisseria meningitidis
Arboviridae
Measles/ Mumps/ Mycobacterium tuberculosis/ Mucor
E. coli
Rabies/ Rubella
Idiopathic
Cryptococcus/ Candida
Abscess
Neoplasm/ Neurocysticercosis
Neurocysticercosis should be assumed with recent Latin American immigrant patient unless proven otherwise.
Knowledge Level 3, System: Nervous
Samuel Atom Baek-Kim Tuckahoe, NY

Head trauma: rapid neuro exam

[ID 1691]

12 P's:
Psychological (mental) status
Pupils: size, symmetry, reaction
Paired ocular movements
Papilloedema
Pressure (BP, increased ICP)
Pulse and rate
Paralysis, Paresis
Pyramidal signs
Pin prick sensory response
Pee (incontinent)
Patellar reflex (and others)
Ptosis
Reevaluate patient every 8 hrs.
Knowledge Level 3, System: Nervous
Ernest Boiesler, MD and Sung Kim Attending physician, ISSSTE, Juarez, Mexico

Neurofibromatosis: diagnostic criteria

Hi Yield [ID 1324]

ROLANDO:

Relative (1st degree)

Osseous fibromas

Lisch nodules in eyes

Axillary freckling

Neurofibromas

Dime size cafe au lait spots

Optic gliomas

Knowledge Level 3, System: Nervous

Balraj Jhawar The University of Western Ontario

Neuropathy: diagnosis confirmation

[ID 1217]

NEuropathy:

Nerve conduction velocity

Electromyography

Knowledge Level 6, System: Nervous

Rinku S. Uberoi

Ocular bobbing vs. dipping

[ID 2074]

"Breakfast is **fast**, Dinner is slow, both go **down**":**Bobbing is fast.****Dipping is slow.**In both, the initial movement is **down**.

Knowledge Level 2, System: Nervous

Parameswaran Doctor

Peripheral neuropathies: differential

[ID 659]

DANG THERAPIST:

Diabetes

Amyloid

Nutritional (eg B12 deficiency)

Guillain-Barre

Toxic (eg amiodarone)

Hereditary

Endocrine

Recurring (10% of G-B) Alcohol

Pb (lead)

Idiopathic

Sarcoid

Thyroid

Knowledge Level 3, System: Nervous

Ben Campbell University of Otago Medical School, Dunedin, New Zealand

Ramsay-Hunt syndrome: cause and common feature

Hi Yield [ID 1063]

"Ramsay Hunt":

Etiology:

Reactivated

Herpes zoster

Complication:

Reduced

Hearing

Knowledge Level 4, System: Nervous

Rinku S. Uberoi UNIBE

Status epilepticus: treatment

Hi Yield [ID 2271]

"Thank Goodness All Cerebral Bursts Dissipate":

Thiamine

Glucose

Ativan

Cerebyx

Barbiturate

Diprivan

Knowledge Level 2, System: Nervous

J.D. Broughton, MD

Vertigo: differential

Hi Yield [ID 932]

VOMITS:

Vestibulitis

Ototoxic drugs

Meniere's disease

Injury

Tumor

Spin (benign positional vertigo)

Knowledge Level 6, System: Nervous

Dr. J.G. Norris

NEUROSCIENCES

Argyll-Robertson Pupil features

Hi Yield [ID 326]

Argyll Robertson Pupil (ARP)

Read it from front to back: it is **ARP**, standing for **A**ccommodation **R**eflex **P**resent.

Read it from back to front: it is **PRA**, standing for **P**upillary **R**eflex **A**bsent.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Auditory pathway: mandatory stops

Hi Yield [ID 2080]

"Come In My Baritone":

Cochlear nucleus

Inferior colliculus

Medial geniculate nucleus

Brodmann's 41 (cortex)

Knowledge Level 4, System: Nervous

Anonymous Contributor Baylor College of Medicine, Houston, TX

Basal ganglia: indirect vs. direct pathway

[ID 67]

The **I**ndirect pathway **I**nhibits.

Direct pathway is hence the excitatory one.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Branchial arches: cranial nerve innervation

Hi Yield [ID 3]

In Sensory/Motor/Both mnemonic 'Some Say Marry Money **B**ut My **B**rother Says **B**ig **B**oobs Matter More', the **B**'s also give **B**ranchial arch nerves in order:

But (CN 5): 1st arch

Brother (CN7): 2nd arch

Big (CN9): 3rd arch

Boobs (CN 10): 4th arch

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Broca's vs. Wernick's area: effect of damage to speech center

Hi Yield [ID 84]

"**Broca**": your speech machinery is **B**roken.

Broca is wanting to speak, but articulation doesn't work, and very slow.

"**Wer-nick**": "**were**" and "**nick**" are both words of English language, but together they are nonsensical.

Wernick is having good articulation, but saying words that don't make sense together.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

VANISHeD:

Vertigo

Ataxia

Nystagmus

Intention tremor

Slurred speech

Hypotonic reflexes

Dysdiadochokinesia.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Cerebellar deep nuclei

[ID 346]

"Ladies Demand Exceptional Generosity From Men":

The 4 nuclei, from lateral to medial:

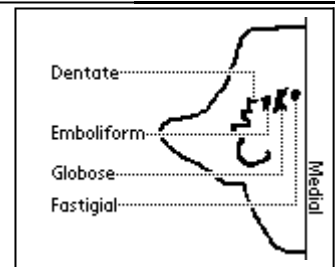
[Lateral]

Dentate**Emboliform****Globose****Fastigial**

[Medial]

Knowledge Level 1, System: Nervous

Nick Loman St. Bart's/Royal London

**Cerebellar functional areas**

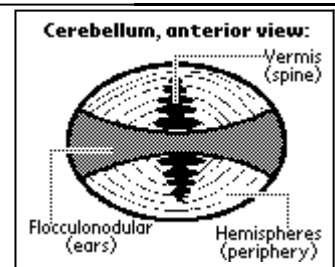
Hi Yield [ID 1894]

Anatomical shape/location of cerebellar areas is a key to their function and related tract.

Vermis = Spinocerebellar = Axial equilibrium.**Vermis:** right down the **axis** of cerebellum, and vertically segmented like a **spinal** column.**Flocculonodular lobe = Vestibulocerebellar = Ear, eye, body coordination.****Flocculonodular lobe:** flares out to the edges, just like **ears**.**Hemispheres of cerebellum = Cerebrocerebellar = Peripheral coordination.****Hemispheres:** around **periphery** of cerebellum, and tract to **cerebral hemispheres**.

Knowledge Level 3, System: Nervous

Neil Bratney, M1 U. Nebraska Med Ctr

**Coronal section of brain: structures**

[ID 445]

"In Extreme Conditions Eat People's Guts Instead of Their Hearts":

From insula to midline:

Insula**Extreme capsule****Clastrum****External capsule****Putamen****Globis pallidus****Internal capsule****Thalamus****Hypothalamus**

Knowledge Level 4, System: Nervous

Anonymous Contributor

Cranial nerves

Hi Yield [ID 24]

"On Old Olympus Towering Tops, A Finn And German Viewed Some Hops":

In order from 1 to 12:

Olfactory**Optic****Oculomotor****Trochlear****Trigeminal****Abducens****Facial****Auditory [or Vestibulocochlear]****Glossopharyngeal****Vagus****Accessory [or Spinal root of the accessory]**

Hypoglossal

Alternatively: "Oh! Oh! Oh! To Touch And Feel A Girls Vagina, Ah! Heaven!"

Alternatively: "Oh, Oh, Oh, To Touch And Feel Virgin Girls Vaginas And Hymens".

Knowledge Level 1, System: Nervous

Anurag Gupta Dept of Surgery, Royal Adelaide Hospital, Australia

Cranial nerves: olfactory and optic numbers

[ID 20]

"You have **two eyes** and **one nose**":

Optic nerve is cranial nerve **two**.

Olfactory nerve is cranial nerve **one**.

Alternatively, note alphabetical order: **oL**factory, and **oP**tic.

Knowledge Level 1, System: Nervous

Rajael Somaskanthan Medical student, Royal Free and UCL Medical School

Cranial nerves: sensory, motor or both

Hi Yield [ID 290]

"Some Say Marry Money But My Brother Says Big Brains Matter More":

From I to XII:

Sensory

Sensory

Motor

Motor

Both

Motor

Both

Sensory

Both

Both

Motor

Motor

Alternatives for "Brains": Boobs, Buns, Bras.

Knowledge Level 1, System: Nervous

Michael Nawfal

CSF circulation: function of choroid vs. arachnoid granules

[ID 68]

Choroid Creates CSF.

Arachnoid granules Absorb CSF.

Knowledge Level 1, System: Nervous

Jason Galarneau Flinders University, Australia

Dysphagia vs. dysphasia

[ID 310]

DysphaSia is for Speech

DysphaGia is for your Gut [swallowing].

Knowledge Level 6, System: Nervous

Anonymous Contributor

GABA vs. Glu: the excitatory vs. inhibitory transmitter in brain (eg in basal ganglia)

[ID 69]

When you **Glue** two things together, you add (+) those things together, therefore **Glu** is the excitatory one (+).

GABA is therefore the negative one.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Geniculate bodies: medial vs. lateral system

Hi Yield [ID 307]

MALE:

Medial=**A**uditory. **Lateral**=**E**ye.

Medial geniculate body is for auditory system, lateral geniculate body is for visual system.

Can expand to **MALES** to remember **Lateral**=**E**ye=**S**uperior colliculus (thus medial is inferior colliculus by default).

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Hypothalamus: feeding vs. satiety center

Hi Yield [ID 311]

"Stim the **lat**, get **fat**":

Stimulating **lateral** increases hunger.

"Stim the **ven**, get **thin**":

Stimulating **ventromedial** increases satiety.

Knowledge Level 1, System: Nervous

Ryan Hendren University of Arkansas for Medical Sciences

Lower vs. upper motor neuron lesion effects

Hi Yield [ID 85]

1. "**STORM, Baby**"

2. 'In a **Lower** motor neuron lesion, everything goes **Down**:

STORM Baby tells you effects:

Strength

Tone

Other

Reflexes

Muscle mass

Babinski's sign

In Lower all things go down: strength, tone, reflexes, muscle mass, and the big toe down in plantar reflex (Babinski's sign is big toe up: toe up = UMNL).

See attached chart.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

	Upper	Lower
Strength	▼	▼
Tone	▲ [spastic]	▼ [flaccid]
Other	fasciculations fibrillations clonus	
Reflexes	▲	▼
Muscle mass	slight loss only	▼
BABinski's sign	▲ [toe up]	▼ [toe down]

Meninges: layers in order

Hi Yield [ID 3131]

PAD:

Piamater

Arachnoid

Dura

Knowledge Level 1, System: Nervous

Mohammed Azizuddin Ahmed Indian Medical Council

Olivary nuclei: ear vs. eye roles

Hi Yield [ID 2097]

Superior Olivary nucleus: **SO**und localization.

Inferior olivary nucleus is therefore the one for sight [tactile, proprioception also].

Knowledge Level 3, System: Nervous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

Precentral vs. postcentral gyrus: motor vs. sensory

[ID 289]

Just an extension of the rule that anterior = ventral = efferent = motor.

The precentral gyrus is on the anterior side of the brain, so is therefore motor.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Purkinje cells in cerebellum are inhibitory to deep nuclei

[ID 309]

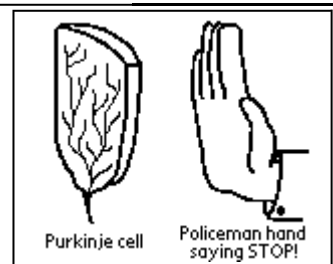
Shape of a purkinje cell in 3 dimensions is same as a policeman's hand saying "Stop".

Therefore, purkinje cells are inhibitory.

See diagram.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



Spinal cord: converting ventral/ anterior/ motor/ efferent and dorsal/ posterior/ sensory/ afferent

[ID 115]

A limousine:

The **motor** of limo is **ventral** and **anterior** on the car.

The **Aerial** is **sensory** and on the **dorsal** and **posterior** of the limo.

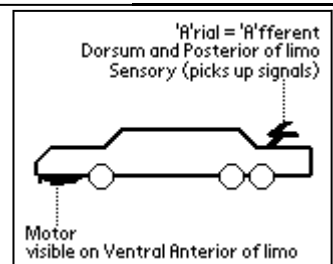
Note 1: 'A' is Afferent, and also, in a limo, the aerial on the top of the trunk has a capital 'A' shape.

Note 2: An aerial is a sensory thing: picks up radio waves.

Note 3: If picked a limo up in your hand, can only see motor on ventral, since dorsal is covered by the hood/bonnet.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin



Spinal tracts: Gracilus vs. Cuneatus: origin from upper vs. lower limbs

[ID 277]

Gracilus is the name of a muscle in the legs, so Fasciculus **Gracilus** is for the lower limbs.

By default, Fasciculus Cuneatus must be for upper limbs.

Knowledge Level 4, System: Nervous

Jason Galarneau Flinders University

Spinal tracts: simplified geography

Hi Yield [ID 265]

2 posterior: cross at the medulla.

2 lateral: ipsilateral (same side).

2 anterior: cross at the spinal level.

See diagram.

Note 1: Descending tracts on left of figure, ascending tracts on right.

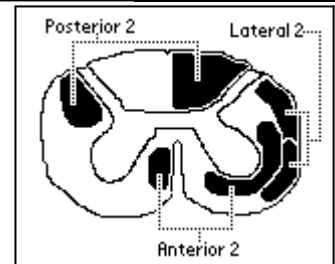
Note 2: For ipsilaterals: one never crosses, one crosses at the level then doubles back farther up. The ipsilateral that crosses at the level (ventral spinocerebellar) is the ipsilateral closest to the 2 anterior ones, which also cross at the level.

Tract names in each group:

Posterior 2: lateral corticospinal, dorsal columns. Lateral 2: dorsal spinocerebellar, ventral spinocerebellar. Anterior 2: ventral corticospinal, spinothalamic.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



Thirst/water balance control centre: location in hypothalamus

[ID 611]

"You **look up** (supra...optic) at the clouds, to check if it's going to **rain** (water)":

Therefore, water balance is in supraoptic nucleus.

Knowledge Level 6, System: Nervous

Zeiad Fakhouri

Ventricle apertures: converting the two nomenclature types

[ID 65]

Magendie foramen is the **Medial** aperture.

Luschka foramen is the **Lateral** aperture.

Knowledge Level 4, System: Nervous

Anonymous Contributor

OBSTETRICS / GYNECOLOGY

Preeclampsia: classic triad

Hi Yield [ID 1652]

PREeclampsia:

Proteinuria

Rising blood pressure

Edema

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

RLQ pain: brief female differential

Hi Yield [ID 2071]

AEIOU:

Appendicitis/ **A**bscess

Ectopic pregnancy/ **E**ndometriosis

Inflammatory disease (pelvic)/ **I**BD

Ovarian cyst (rupture, torsion)

Uteric colic/ **U**rinary stones

Knowledge Level 1, System: Other/Miscellaneous

Sushant Varma University of Sheffield, UK

Abdominal pain: causes during pregnancy

Hi Yield [ID 474]

LARA CROFT:

Labour

Abruption of placenta

Rupture (eg. ectopic/ uterus)

Abortion

Cholestasis

Rectus sheath haematoma

Ovarian tumour

Fibroids

Torsion of uterus

Knowledge Level 5, System: Reproductive

Graeme Little University College London

Alpha-fetoprotein: causes for increased maternal serum AFP during pregnancy

Hi Yield [ID 849]

"Increased Maternal Serum Alpha Feto Protein":

Intestinal obstruction

Multiple gestation/ Miscalculation of gestational age/ Myeloschisis

Spina bifida cystica

Anencephaly/ Abdominal wall defect

Fetal death

Placental abruption

Knowledge Level 4, System: Reproductive

Rinku Uberoi UNIBE

APGAR score components

Hi Yield [ID 2348]

SHIRT:

Skin color: blue or pink

Heart rate: below 100 or over 100

Irritability (response to stimulation): none, grimace or cry

Respirations: irregular or good

Tone (muscle): some flexion or active

Knowledge Level 3, System: Reproductive

Kimberly Scott Medical College of Virginia

Asherman syndrome features

[ID 792]

ASHERMAN:

Acquired Anomaly

Secondary to Surgery

Hysterosalpingography confirms diagnosis

Endometrial damage/ Eugonadotropic

Repeated uterine trauma

Missed Menses

Adhesions

Normal estrogen and progesterone

Knowledge Level 8, System: Reproductive

Rinku Uberoi UNIBE

B-agonist tocolytic (C/I or warning)

Hi Yield [ID 1113]

ABCDE:

Angina (Heart disease)

BP high

Chorioamnionitis

Diabetes

Excessive bleeding

Knowledge Level 2, System: Reproductive

Lum

CVS and amniocentesis: when performed

[ID 847]

"Chorionic" has **9** letters and Chorionic villus sampling performed at **9** weeks gestation.

"AlphaFetoProtein" has **16** letters and it's measured at **16** weeks gestation.

Knowledge Level 3, System: Reproductive

Anonymous Contributor

Delivery: instrumental delivery prerequisites

Hi Yield [ID 2215]

AABBCCDDEE:

Analgesia
Antisepsis
Bowel empty
Bladder empty
Cephalic presentation
Consent
Dilated cervix
Disproportion (no CPD)
Engaged
Episiotomy
Knowledge Level 4, System: Reproductive
Harold Choi Medical student in Singapore

Dysfunctional uterine bleeding (DUB): 3 major causes

[ID 1908]

DUB:

Don't ovulate (anovulation: 90% of cases)
Unusual corpus luteum activity (prolonged or insufficient)
Birth control pills (since increases progesterone-estrogen ratio)
Knowledge Level 3, System: Reproductive
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

Early cord clamping: indications

Hi Yield [ID 2015]

RAPID CS:

Rh incompatibility
Asphyxia
Premature delivery
Infections
Diabetic mother
CS (caesarian section) previously, so the funda is RAPID CS
Knowledge Level 4, System: Reproductive
Rajeev and Ashish Doctors, RNTMC, UDP

Forceps: indications for delivery

Hi Yield [ID 2170]

FORCEPS:

Foetus alive
Os dilated
Ruptured membrane
Cervix taken up
Engagement of head
Presentation suitable
Sagittal suture in AP diameter of inlet
Knowledge Level 3, System: Reproductive
Anonymous Contributor

Forceps: indications for use

[ID 786]

FORCEPS:

Fully dilated cervix
0 ["Zero"] CPD
Ruptured membranes
Cephalic or at least deliverable presentation/ Contracting uterus
Episiotomy done/ Epidural done
P!ss and S#!t (bladder and bowel empty)
Knowledge Level 3, System: Reproductive
Simon Holliday St. George's Hospital Medical School, UK

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

IUGR: causes

Hi Yield [ID 1975]

IUGR:

Inherited: chromosomal and genetic disorders

Uterus: placental insufficiency

General: maternal malnutrition, smoking

Rubella and other congenital infection

Knowledge Level 4, System: Reproductive

Anthony Chan

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

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

Oral contraceptive complications: warning signs

[ID 458]

ACHES:

Abdominal pain

Chest pain

Headache (severe)

Eye (blurred vision)

Sharp leg pain

Knowledge Level 4, System: Reproductive

Carrie Davis, RNC, MSN, WHNP Obici Health System

Oral contraceptives: side effects

Hi Yield [ID 2018]

CONTRACEPTIVES:

Cholestatic jaundice
Oedema (corneal)
Nasal congestion
Thyroid dysfunction
Raised BP
Acne/ Alopecia/ Anaemia
Cerebrovascular disease
Elevated blood sugar
Porphyria/ Pigmentation/ Pancreatitis
Thromboembolism
Intracranial hypertension
Vomiting (progesterone only)
Erythema nodosum/ Extrapyrarnidal effects
Sensitivity to light
Knowledge Level 6, System: Reproductive
Dr. Harsh Sharma BJMC, Pune, India

Parity abbreviations (ie: G 3, P 2012)

[ID 1428]

"To Peace And Love":

T: of Term pregnancies

P: of Premature births

A: of Abortions (spontaneous or elective)

L: of Live births

Describes the outcomes of the total number of pregnancies (Gravida).

Knowledge Level 1, System: Reproductive

Megan Duffy Medical student, AZCOM

Pelvic Inflammatory Disease (PID): causes, effects

Hi Yield [ID 2019]

"PID CAN be EPIC":

Causes:

Chlamydia trachomatis

Actinomyces

Neisseria gonorrhoeae

Effects:

Ectopic

Pregnancy

Infertility

Chronic pain

Knowledge Level 2, System: Reproductive

Scott Alexander Loma Linda University SOM

Pelvic Inflammatory Disease (PID): complications

Hi Yield [ID 1112]

IFACE PID:

Infertility

Fitz-Hugh-Curitis syndrome

Abscesses

Chronic pelvic pain

Ectopic pregnancy

Peritonitis

Intestinal obstruction

Disseminated: sepsis, endocarditis, arthritis, meningitis

Knowledge Level 2, System: Reproductive

Lum

Postpartum collapse: causes

[ID 2397]

HEPARINS:

Hemorrhage

Eclampsia

Pulmonary embolism

Amniotic fluid embolism

Regional anaesthetic complications

Infarction (MI)

Neurogenic shock

Septic shock

Knowledge Level 6, System: Reproductive

Hossam Elzeiny Trainee, Royal Womens Hospital, Victoria, Australia

Post-partum haemorrhage (PPH): risk factors

Hi Yield [ID 1197]

PARTUM:

Polyhydramnios/ Prolonged labour/ Previous cesarian

APH/ ANTH

Recent bleeding history

Twins

Uterine fibroids

Multiparity

Knowledge Level 3, System: Reproductive

Nathan Sachdev University of New South Wales, Sydney

Prenatal care questions

[ID 781]

ABCDE:

Amniotic fluid leakage?

Bleeding vaginally?

Contractions?

Dysuria?

Edema?

Fetal movement?

Knowledge Level 3, System: Reproductive

Jason Bermak UC Irvine

Secondary amenorrhea: causes

Hi Yield [ID 1196]

SOAP:

Stress

OCP

Anorexia

Pregnancy

Knowledge Level 2, System: Reproductive

Nathan Sachdev University of New South Wales, Sydney

Female pelvis: shapes

Hi Yield [ID 1095]

GAP:

In order from most to least common:

Gynecoid

Android /Anthropoid

Platypelloid

Knowledge Level 4, System: Skeletal

Anonymous Contributor

OPHTHAMOLOGY / OPTOMETRY

Red eye causes

Hi Yield [ID 1151]

GO SUCK:

Glaucoma

Orbital disease

Scleritis

Uveitis

Conjunctivitis

Keratitis

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Cataracts: causes

Hi Yield [ID 1973]

ABCDE:

Aging

Bang: trauma, other injuries (eg infrared)

Congenital

Diabetes and other metabolic disturbances (eg steroids)

Eye diseases: glaucoma, uveitis

Knowledge Level 4, System: Nervous

Anthony Chan

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

Cataracts: differential

Hi Yield [ID 2808]

CATARAct:

Congenital

Aging

Toxicity (steroids, etc)

Accidents

Radiation

Abnormal metabolism (DM, Wilsons, etc)

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Diplopia (uniocular): causes

Hi Yield [ID 1974]

ABCD:

Astigmatism

Behavioral: psychogenic

Cataract

Dislocated lens

Knowledge Level 4, System: Nervous

Anthony Chan

Optic atrophy causes

[ID 214]

ICING:

Ischaemia

Compressed nerve

Intracranial pressure [raised]

Neuritis history

Glaucoma

Knowledge Level 4, System: Nervous

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

Carpal tunnel syndrome: treatment

Hi Yield [ID 2070]

WRIST:

Wear splints at night

Rest

Inject steroid

Surgical decompression

Take diuretics

Knowledge Level 4, System: Nervous

Sushant Varma University of Sheffield, UK

Fracture: how to describe

[ID 544]

PLASTER OF PARIS:

Plane

Location

Articular cartilage involvement

Simple or comminuted

Type (eg Colles')

Extent

Reason

Open or closed

Foreign bodies

disPlacement

Angulation

Rotation

Impaction

Shortening

Knowledge Level 3, System: Other/Miscellaneous

Fletcher Davies Adelaide Medical School

Bone fracture types [for Star Wars fans]

[ID 181]

GO C3PO:

Greenstick

Open

Complete/ Closed/ Comminuted

Partial

Others

Note: C3PO is droid in the Star-Wars movies.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Bryant's traction: position

Hi Yield [ID 2119]

BrYant's traction:

Bent **Y**.

Patient's body is the stem of the Y laying on the bed, and legs are the ends of the Y up in the air.

Knowledge Level 1, System: Skeletal

Kayle Luther

Monoarthritis differential

Hi Yield [ID 2082]

GHOST:

Gout

Haemarthrosis

Osteoarthritis

Sepsis

Trauma

Knowledge Level 1, System: Skeletal

Polly Weston Bristol University Med School

Osteosarcoma: risk factors

Hi Yield [ID 2125]

PRIMARY:

Paget's

Radiation

Infection of bone

Male

Alcohol, poor diet, sedentary lifestyle [adults only]

Retinoblastoma, Li-Fraumeni syndrome

Young [10-20 yrs]

Osteosarcoma is the most common **primary** malignant tumor of bone.

Knowledge Level 4, System: Skeletal

Robert O'Connor University College Dublin

Pagets disease of bone: signs and symptoms

Hi Yield [ID 418]

PANICS:

Pain

Arthralgia

Nerve compression / Neural deafness

Increased bone density

Cardiac failure

Skull / Sclerotic vertebrae

Knowledge Level 3, System: Skeletal

Andrew Young UMDS

PATHOLOGY

Achalasia: 1 possible cause, 1 treatment

Hi Yield [ID 2172]

a**CH**Alasia:

1 possible cause: **CH**agas' disease

1 treatment: Ca++ **CH**annel blockers

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Carcinoid syndrome: components

Hi Yield [ID 1100]

CARCinoid:

Cutaneous flushing

Asthmatic wheezing

Right sided valvular heart lesions

Cramping and diarrhea

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin

Gallstones: risk factors

Hi Yield [ID 1172]

5 F's:

Fat

Female

Family history

Fertile

Forty

Knowledge Level 4, System: Alimentary

Anonymous Contributor

Haemochromatosis definition, classic triad

Hi Yield [ID 844]

"Iron man triathlon":

Iron man: deposition of **iron** in many body tissues.

Triathlon has 3 components, which match **triad**:

Swimming: **S**kin pigmentation

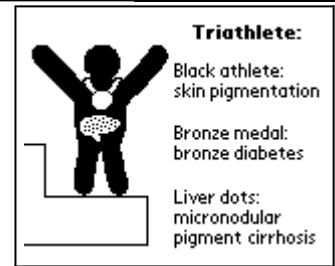
Biking: **B**ronze diabetes

Marathon: **M**icronodular pigment cirrhosis

See diagram for visual equivalent.

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin



Hepatomegaly: 3 common causes, 3 rarer causes

[ID 206]

Common are 3 C's:

Cirrhosis

Carcinoma

Cardiac failure

Rarer are 3 C's:

Cholestasis

Cysts

Cellular infiltration

Knowledge Level 3, System: Alimentary

Anonymous Contributor and Jamal Khan Not Specified and Birmingham University Medical Student

IBD: extraintestinal manifestations

Hi Yield [ID 1780]

"Left intestine to sail the **SEAS** of the rest of the body":

Skin manifestations: erythema nodosum, pyoderma gangrenosum

Eye inflammation: iritis, episcleritis

Arthritis

Sclerosing cholangitis

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Inflammatory Bowel Disease: which has cobblestones

Hi Yield [ID 286]

Crohn's has **C**obblestones on endoscopy.

Knowledge Level 1, System: Alimentary

Anonymous Contributor

Kwashiorkor: distinguishing from Marasmus

Hi Yield [ID 1402]

FLAME:

Fatty Liver

Anemia

Malabsorption

Edema

Knowledge Level 2, System: Alimentary

Chris UMF Bucharest

Pancreatitis: causes

Hi Yield [ID 1561]

PANCREATITIS:

Posterior

Alcohol

Neoplasm

Cholelithiasis

Rx (Iasix, AZT)

ERCP

Abdominal surgery

Trauma

Infection (mumps)

Triglycerides elevated

Idiopathic

Scorpion bite

Knowledge Level 4, System: Alimentary

Anonymous Contributor

PKU findings

Hi Yield [ID 821]

PKU:

Pale hair, skin

Krazy (neurological abnormalities)

Unpleasant smell

Knowledge Level 1, System: Alimentary

Robert O'Connor and Lior Greenberg

Ulcerative colitis: features

[ID 1005]

ULCERATIONS:

Ulcers

Large intestine

Carcinoma [risk]

Extraintestinal manifestations

Remnants of old ulcers [pseudopolyps]

Abscesses in crypts

Toxic megacolon [risk]

Inflamed, red, granular mucosa

Originates at rectum

Neutrophil invasion

Stools bloody

Knowledge Level 2, System: Alimentary

Samuel Atom Baek-Kim

Acute ischemia: signs [especially limbs]

[ID 167]

6 P's:

Pain

Pallor

Pulselessness

Paralysis

Paraesthesia

Perishingly cold

Knowledge Level 5, System: Cardiovascular

Shebrain Cairo University

Anemia (normocytic): causes

Hi Yield [ID 2000]

ABCD:

Acute blood loss

Bone marrow failure

Chronic disease

Destruction (hemolysis)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Anemia causes (simplified)

Hi Yield [ID 1108]

ANEMIA:

Anemia of chronic disease

No folate or B12

Ethanol

Marrow failure & hemaglobinopathies

Iron deficient

Acute & chronic blood loss

Knowledge Level 2, System: Cardiovascular

The Cashman University of Queensland, Australia

Aneurysm types

Hi Yield [ID 1642]

MAD SCAB:

Mycotic

Atherosclerotic

Dissecting

Syphilitic

Capillary microaneurysm

Arteriovenous fistula

Berry

Knowledge Level 3, System: Cardiovascular

Sushant Varma Medical student, University of Sheffield, UK

Atherosclerosis risk factors

Hi Yield [ID 403]

"You're a **SAD BET** with these risk factors":

Sex: male

Age: middle-aged, elderly

Diabetes mellitus

BP high: hypertension

Elevated cholesterol

Tobacco

Knowledge Level 2, System: Cardiovascular

HBV Morehouse School of Medicine

Blood disorders: commoner sex

[ID 622]

HE (male) gets:

HEmophilia (X-linked)

HEinz bodies (G6PD deficiency, causing **HE**molytic anemia: X-linked)

HEmochromatosis (male predominance)

HEart attacks (male predominance)

HEnoch-Schonlein purpura (male predominance)

SHE (female) gets:

SHEehan's syndrome

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Buerger's disease features

Hi Yield [ID 809]

"**burger SCRAPS**":

Segmenting thrombosing vasculitis

Claudication (intermittent)

Raynaud's phenomenon

Associated with smoking

Pain, even at rest

Superficial nodular phlebitis

Alternatively, if hungry for more detail [sic], "**CRISP PIG burgers**":

Chronic ulceration

Raynaud's phenomenon

Intermittent claudication

Segmenting, thrombosing vasculitis

Pain, even at rest

Phlebitis (superficial nodular)

Idiopathic

Gangrene

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

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

Deep venous thrombosis: diagnosis

Hi Yield [ID 896]

DVT:
Dilated superficial veins/ Discoloration/ Doppler ultrasound
Venography is gold standard
Tenderness of Thigh and calf
Knowledge Level 3, System: Cardiovascular
Rinku Uberoi UNIBE

Disseminated Intravascular Coagulation: causes

Hi Yield [ID 1529]

DIC:
Delivery **TEAR** (obstetric complications)
Infections (gram negative)/ Immunological
Cancer (prostate, pancreas, lung, stomach)
Obstretical complications are **TEAR:**
Toxemia of pregnancy
Emboli (amniotic)
Abrutio placentae
Retain fetus products
Knowledge Level 5, System: Cardiovascular
Khawaja Atif Farooq Rawalpindi Medical College, Islamabad, Pakistan (Gujranwala)

Fat embolism: findings

Hi Yield [ID 1224]

"**Fat, Bat, Fract**":
Fat in urine, sputum
Bat-wing lung x-ray
Fracture history
Also, fracture of **FEMur** causes **Fat Emboli**.
Knowledge Level 3, System: Cardiovascular
Robert O'Connor & Rinku Uberoi

Heart failure causes

Hi Yield [ID 1079]

"**HEART MAy DIE**":
Hypertension
Embolism
Anemia
Rheumatic heart disease
Thyrototoxicosis (incl. pregnancy)
Myocardial infarct
Arrythmia
Y
Diet & lifestyle
Infection
Endocarditis
Knowledge Level 3, System: Cardiovascular
The Cashman University of Queensland, Australia

Hypertension: secondary hypertension causes

[ID 200]

CHAPS:
Cushing's syndrome
Hyperaldosteronism [aka Conn's syndrome]
Aorta coarctation
Phaeochromocytoma
Stenosis of renal arteries
Note: only 5% of hypertension cases are secondary, rest are primary.
Knowledge Level 6, System: Cardiovascular
Anonymous Contributor

Kawasaki disease: diagnostic criteria

Hi Yield [ID 1586]

CHILD:

5 letters=5 days, >5 years old, 5 out of 6 criteria for diagnosis:

Conjunctivitis (bilateral)

Hyperthermia (fever) >5 days

Idiopathic polymorphic rash

Lymphadenopathy (cervical)

Dryness & redness of (i)lips & month (ii)palms & soles [2 separate criteria]

Knowledge Level 3, System: Cardiovascular

Wen Sun Lum University of Calgary, Canada

Kawasaki disease: features

Hi Yield [ID 1034]

Disease name: a Kawasaki motorcycle.

Usually young children, epidemic in Japan: Japanese child rides the motorcycle.

Conjunctival, oral erythema: red eyes, mouth.

Fever: thermometer.

Erythema of palms, soles: red palms, soles.

Generalized rash: rash dots.

Cervical lymphadenitis: enlarged cervical nodes with inflammation arrows.

Vasculitis of arteries: inflammation arrows on arteries.

Cardiovascular sequelae [20%]: inflammation arrows on cardiac arteries.

Treat with aspirin: aspirin headlight.

See diagram.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin



MI: complications

Hi Yield [ID 512]

HAS CRAPPED:

Heart failure/ Hypertension

Arrhythmia

Shock

Cardiac Rupture

Aneurysm

Pericarditis

Pulmonary Emboli

DVT

Knowledge Level 5, System: Cardiovascular

Leo University College London

MI: post-MI complications

Hi Yield [ID 2789]

ACT RAPID:

Arrhythmias (SVT, VT, VF)

Congestive cardiac failure

Tamponade/ Thromboembolic disorders

Rupture (ventricle, septum, papillary muscle)

Aneurysm (ventricle)

Pericarditis

Infarction (a second one)

Death/ Dressler's syndrome

Knowledge Level 2, System: Cardiovascular

Dr. Huw Davies

MI: sequence of elevated enzymes after MI

Hi Yield [ID 589]

"Time to CALL 911":

From first to appear to last:

Troponin

CK-MB

AST

LDH1

Knowledge Level 2, System: Cardiovascular

Marco Foramiglio Centro de Ciências Médicas e Biológicas - PUC/SP- Sorocaba/SP - Brazil

Pericarditis: findings

Hi Yield [ID 1222]

PERICarditis:

Pulsus paradoxus

ECG changes

Rub

Increased JVP

Chest pain [worse on inspiration, better when lean forward]

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Pick's disease: location, action, epidemiology

Hi Yield [ID 1126]

See figure.

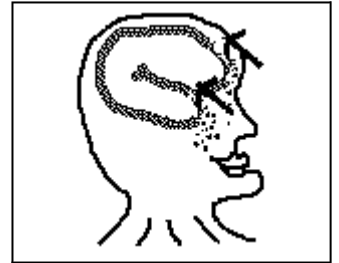
Pick axes are **Picking** away at the old woman's cerebral cortex, causing cortical atrophy.

2 pick axes on her brain: frontal lobe and anterior 1/3 of temporal.

An old woman, since epidemiology is elderly & more common in women.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin



Takayasu's disease is Pulseless disease

Hi Yield [ID 150]

"Can't **Tak'a ya pulse**" (Can't take your pulse):

Takayasu's disease known as Pulseless disease, since pulse is weakened in the upper extremities.

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Thrombotic thrombocytopenic purpura: signs

[ID 1564]

FAT RN:

Fever

Anemia

Thrombocytopenia

Renal problems

Neurologic dysfunction

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

TTP: clinical features

Hi Yield [ID 2102]

Thrombosis and thrombocytopenia **PARTNER** together:

Platelet count low

Anemia (microangiopathic hemolytic)

Renal failure

Temperature rise

Neurological deficits

ER admission (as it is an emergency)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Virchow's triad (venous thrombosis)

Hi Yield [ID 1009]

"**VIR**chow":

Vascular trauma

Increased coagulability

Reduced blood flow (stasis)

Knowledge Level 2, System: Cardiovascular

Rinku Uberoi UNIBE

Von Hippel-Lindau: signs and symptoms

Hi Yield [ID 1065]

HIPPEL:

Hemanigoblastomas

Increased renal cancer

Pheochromocytoma

Port-wine stains

Eye dysfunction

Liver, pancreas, kidney cysts

Bare bones version: **H**ippel-**L**indau, with H and L as above.

Knowledge Level 4, System: Cardiovascular

Robert O'Connor University College Dublin

Addison's disease: features

Hi Yield [ID 897]

ADDISON:

Autoimmune

DIC (meningococcus)

Destruction by cancer, infection, vascular insufficiency

Iatrogenic

Sarcoidosis, granulomatous such as TB histiomycosis

hypotension/ **h**ypotatremia

Nelson's syndrome [post adrelectomy, increased ACTH]

Knowledge Level 3, System: Endocrine

Samuel Atom Baek-Kim

Cushing syndrome

Hi Yield [ID 667]

CUSHING:

Central obesity/ **C**ervical fat pads/ **C**ollagen fiber weakness/ **C**omedones (acne)

Urinary free cortisol and glucose increase

Striae/ **S**uppressed immunity

Hypercortisolism/ **H**ypertension/ **H**yperglycemia/ **H**irsutism

Iatrogenic (Increased administration of corticosteroids)

Noniatrogenic (Neoplasms)

Glucose intolerance/ **G**rowth retardation

Knowledge Level 2, System: Endocrine

Rinku Uberoi

Goitre: differential

[ID 1610]

GOITRE:

Goitrogens

Onset of puberty

Iodine deficiency

Thyrotoxicosis/ **T**umor/ **T**hyroiditis [Hashimoto's]

Reproduction [pregnancy]

Enzyme deficiencies

Knowledge Level 3, System: Endocrine

Robert O'Connor University College Dublin

Hirsutism vs. virilism

Hi Yield [ID 2839]

Hirsutism: **H**air on body like a male.

Virilism: **V**oice and rest of secondary sexual characteristics like a male.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Hypercalcemia: symptoms of elevated serum levels

[ID 161]

"Bones, Stones, Groans, Moans":

Bones: pain in bones

Stones: renal

Groans: pain

Psychic moans/ Psychological overtones: confused state

Knowledge Level 3, System: Endocrine

Anonymous Contributor

Multiple endocrine neoplasia III: components

Hi Yield [ID 960]

MEN III is a disease of **3 M's**:
Medullary thyroid carcinoma
Medulla of adrenal (pheochromocytoma)
Mucosal neuroma
Knowledge Level 4, System: Endocrine
Anonymous Contributor

Pheochromocytoma: 3 most common symptoms

Hi Yield [ID 247]

"**PHE**ochromocytoma":
Palpitations
Headache
Edisodic sweating (diaphoresis)
Knowledge Level 4, System: Endocrine
Anonymous Contributor

Thyroid carcinoma: features, prognosis of most popular

Hi Yield [ID 283]

Most Popular is **P**apillary.
Clinical features:
Papillae (branching)
Palpable lymph nodes
"Pupil" nuclei (Orphan Annie)
Psammoma bodies within lesion (often)
Also, has a **P**ositive **P**rognosis (10 year survival rate: 98%).
Knowledge Level 4, System: Endocrine
Anonymous Contributor

Thyroid storm characteristics

[ID 627]

"**Storm HITS girls cAMP**":
Thyroid **storm** due to:
Hyperthyroidism
Infection or **I**llness at childbirth
Trauma
Surgery
girls: Thyroid storm more common in females.
cAMP: Tx involves high dose of beta blockers (beta receptors work via cAMP)
Alternatively: "**S#IT storm**": **S**urgery, **H**yperthyroidism, **I**nfection/ **I**llness, **T**rauma.
Knowledge Level 4, System: Endocrine
Sung H. Kim & Lior Greenberg

Baldness risk factors

[ID 780]

"**Daddy Doesn't Deny Getting Hair Implants**":
Diet
Disease
Drugs
Genes
Hormones
Injury to the scalp
Knowledge Level 4, System: Integumental
Anonymous Contributor

Diabetic ketoacidosis: I vs. II

Hi Yield [ID 694]

ket**ONE** bodies are seen in type **ONE** diabetes.
Knowledge Level 2, System: Integumental
Anonymous Contributor

Lichen planus characteristics

[ID 196]

Planus has 4 **P**'s:
Peripheral
Polygonal
Pruritus
Purple
Knowledge Level 3, System: Integumental
Anonymous Contributor

11 B's:

Signs:

- Bloody urine**
- Bilateral pain** [vs. stones, which are usually unilateral pain]
- Blood pressure up**
- Bigger kidneys**
- Bumps palpable**
- Complications:
- Berry aneurysm**
- Biliary cysts**
- Bicuspid valve** [prolapse and other problems]

Accelerators:

- Boys**
 - Blacks**
 - Blood pressure high**
- Knowledge Level 5, System: Kidney/Urine
Robert O'Connor University College Dublin

Gout vs. pseudogout: crystal lab findings

Hi Yield [ID 1288]

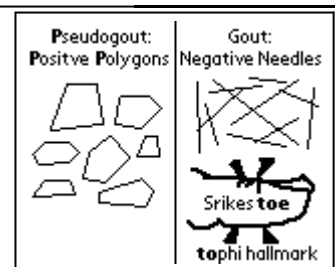
Pseudogout crystals are:

- Positive birefringent**
- Polygon shaped**

Gout therefore is the negative needle shaped crystals.

Also, gout classically strikes great **Toe**, and its hallmark is **Tophi**.

Knowledge Level 1, System: Kidney/Urine
Robert O'Connor University College Dublin

**Gout: factors that can precipitate an attack of acute gouty arthritis**

Hi Yield [ID 345]

DARK:

- Diuretics**
- Alcohol**
- Renal disease**
- Kicked (trauma)**

And, the attack occurs most often at night [thus "dark"].

Knowledge Level 4, System: Kidney/Urine
Marc Miller Sackler School of Medicine

Gout: major features

Hi Yield [ID 1854]

GOUT:

- Great toe**
- One joint (75% monoarticular)**
- Uric acid increased (hence urolithiasis)**
- Tophi**

Knowledge Level 1, System: Kidney/Urine
Dr. Harsh Sharma BJ Medical College

Hematuria: urethral causes

Hi Yield [ID 2069]

NUTS:

- Neoplasm**
- Urethritis**
- Tumour**
- Stone**

Knowledge Level 2, System: Kidney/Urine
Sushant Varma University of Sheffield, UK

Nephritic syndrome: glomerular diseases commonly presenting as nephritic syndrome

Hi Yield [ID 2109]

PARIS:

Post-streptococcal

Alport's

RPGN

IgA nephropathy

SLE

Alternatively: **PIG ARMS** to include Goodpasture's [one cause of RPGN], Membranoproliferative [only sometimes included in the classic nephritic list].

Knowledge Level 3, System: Kidney/Urine

Knightmare Howard University College of Medicine

Nephrotic syndrome: hallmark findings

Hi Yield [ID 1644]

"Protein LEAC":

Proteinuria

Lipid up

Edema

Albumin down

Cholesterol up

In nephrotic, the **proteins leak** out.

Knowledge Level 2, System: Kidney/Urine

Anonymous Contributor

Renal failure (chronic): consequences

[ID 1612]

ABCDEFG:

Anemia

-due to less EPO

Bone alterations

-osteomalacia

-osteoporosis

-von Recklinghausen

Cardiopulmonary

-atherosclerosis

-CHF

-hypertension

-pericarditis

D vitamin loss

Electrolyte imbalance

-sodium loss/gain

-metabolic acidosis

-hyperkalemia

Feverous infections

-due to leukocyte abnormalities and dialysis hazards

GI disturbances

-haemorrhagic gastritis

-peptic ulcer disease

-intractable hiccups

Knowledge Level 3, System: Kidney/Urine

Plussind Siriraj Medical University, Thailand

Renal failure: causes

Hi Yield [ID 1080]

AVID GUT:

Acute tubular necrosis

Vascular obstruction

Infection

Diffuse intravascular coagulation

Glomerular disease

Urinary obstruction

Tubulointerstitial nephritis

Knowledge Level 3, System: Kidney/Urine

Daniel Clarke University of Queensland

Anemia: TIBC finding to differentiate iron deficiency vs. chronic disease

Hi Yield [ID 2183]

TIBC levels at the:

Top=Iron deficiency.

Bottom=Chronic disease.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

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

Leukemias: acute vs. chronic rules of thumb

Hi Yield [ID 1538]

ABCDE:

Acute is:

Blasts predominate

Children

Drastic course

Elderly

Few WBC's (so **F**evers)

Chronic is all the opposites:

Mature cells predominate

Middle aged

Less debilitating course

Elevated WBC's, so not a history of fevers and infections

Knowledge Level 2, System: Lymphoid

Anonymous Contributor

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

Sarcoidosis summarized

Hi Yield [ID 601]

SARCOIDOSIS:

Schaumann calcifications

Asteroid bodies/ [ACE] increase/ **A**nergy

Respiratory complications/ **R**enal calculi/ **R**estrictive lung disease/ **R**estrictive cardiomyopathy

Calcium increase in serum and urine/ **C**D4 helper cells

Ocular lesions

Immune mediated noncaseating granulomas/ [Ig] increase

Diabetes insipidus/ [**D** vit.] increase/ **D**yspnea

Osteopathy

Skin (Subcutaneous nodules, erythema nodosum)

Interstitial lung fibrosis/ **I**L-1

Seventh CN palsy

Knowledge Level 4, System: Lymphoid

Rinku Uberoi UNIBE

Wiskott-Aldrich syndrome: symptom triad

Hi Yield [ID 592]

"**PET WASP**":

Pyrogenic infections

Eczema

Thrombocytopenia

WASP is the name of the causative agent: Wiskott-Aldrich Syndrome Protein.

Alternatively: Wiskott=Hot, Aldrich=Itch, Syndrom=Throm.

Knowledge Level 2, System: Lymphoid

Robert O'Connor University College Dublin

Duchenne vs. Becker Muscular Dystrophy

[ID 428]

Duchenne Muscular Dystrophy (DMD) : Doesn't Make Dystrophin.
Becker Muscular Dystrophy (BMD): Badly Made Dystrophin (a truncated protein).
Knowledge Level 4, System: Muscle
Robert O'Connor University College Dublin

McArdle's syndrome

Hi Yield [ID 948]

MCARDLES:

Myoglobinuria
Cramping after exercise
Accumulated glycogen
Recessive inheritance
Deficiency of muscle phosphorylase
Lactate levels fail to rise
Elevated creatine kinase
Skeletal muscle only
Knowledge Level 5, System: Muscle
Samuel Atom Baek-Kim

Alzheimer's disease (AD): associations, findings

Hi Yield [ID 1950]

AD:

Associations:
Aluminum toxicity
Acetylcholine deficiencies
Amyloid B
Apolipoprotein gene E
Altered nucleus basalis of Meynert
Down's
Findings:
Actin inclusions (Hirano bodies)
Atrophy of brain
Amyloid plaques
Aphasia, Apraxia, Agitation
DNA-coiled tangles
Dementia, Disoriented, Depressed
Knowledge Level 6, System: Nervous
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Gujranwala, Pakistan

Cerebral palsy: general features

[ID 1061]

PALSY:

Paresis
Ataxia
Lagging motor development
Spasticity
Young
Knowledge Level 2, System: Nervous
Robert O'Connor University College Dublin

Lou Gehrig's is both upper and lower motor neuron signs

Hi Yield [ID 1059]

LoU = Lower & Upper.
Knowledge Level 1, System: Nervous
Robert O'Connor University College Dublin

Parkinsonism: essential features

Hi Yield [ID 539]

TRAPS:

Tremor (resting tremor)
Rigidity
Akinesia
Postural changes (stooped)
Stare (serpentine stare)
To remember what kind of tremor and postural change, can look at letter that follows in TRAPS: Tremor is Resting, Posture is Stooped.
Knowledge Level 1, System: Nervous
Anonymous Contributor

Pyrogenic meningitis: likeliest bug in age group

Hi Yield [ID 1014]

"Explaining Hot Neck Stiffness":

In order from birth to death:

E. coli [infants]

Haemophilus influenzae [older infants, kids]

Neisseria meningitis [young adults]

Streptococcus pneumoniae [old folks]

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Tabes Dorsalis morphology

Hi Yield [ID 797]

DORSALIS:

Dorsal column degeneration

Orthopedic pain (Charcot joints)

Reflexes decreased (deep tendon)

Shooting pain

Argyll-Robertson pupils

Locomotor ataxia

Impaired proprioception

Syphilis

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Tuberous sclerosis: presenting features

Hi Yield [ID 826]

"Zits, Fits, Deficits":

Fits: seizures

Deficits: neurological deficits

Knowledge Level 4, System: Nervous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Wernicke-Korsakoff's psychosis: findings

Hi Yield [ID 400]

COAT RACK:

Wernicke's encephalopathy (acute phase):

Confusion

Ophthalmoplegia

Ataxia

Thiamine tx.

Korsakoff's psychosis (chronic phase):

Retrograde amnesia

Anterograde amnesia

Confabulation

Korsakoff's psychosis

Knowledge Level 2, System: Nervous

HBV Morehouse School of Medicine

Edwards' syndrome: characteristics

Hi Yield [ID 2146]

EDWARDS:

Eighteen (trisomy)

Digit overlapping flexion

Wide head

Absent intellect (mentally retarded)

Rocker-bottom feet

Diseased heart

Small lower jaw

Knowledge Level 2, System: Other/Miscellaneous

Monika Kiripolsky Vanderbilt University School of Medicine

Fragile X syndrome: features

Hi Yield [ID 2151]

FEMALES

FMR1 gene

Exhibits anticipation

Macro-orchidism

Autism

Long face with large jaw

Everted eyes

Second most common cause of genetic mental retardation

Knowledge Level 1, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Fragile-X syndrome: features

Hi Yield [ID 1726]

DSM-4:

Discontinued chromosome staining

Shows anticipation

Male (male more affected)

Mental retardation (2nd most common genetic cause)

Macrogathia

Macroorchidism

Knowledge Level 4, System: Other/Miscellaneous

Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Turner syndrome: components

Hi Yield [ID 579]

CLOWNS:

Cardiac abnormalities (specifically Coarctation)

Lymphoedema

Ovaries underdeveloped (causing sterility, amenorrhea)

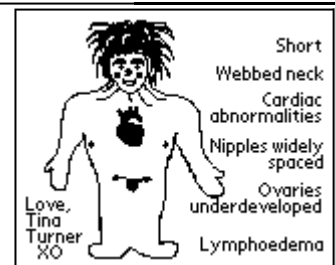
Webbed neck

Nipples widely spaced

Short

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Bronchial obstruction: consequences

Hi Yield [ID 1077]

APPLE BABE:

Atelectasis

Pleural adhesions

Pleuritis

Lipid pneumonia

Effusion->organisation->fibrosis

Bronchiectasis

Abscess

Broncho and lobar pneumonia

Emphysema

Knowledge Level 6, System: Pulmonary

BB University of Queensland, Australia

COPD: 4 types and hallmark

Hi Yield [ID 851]

ABCDE:

Asthma

Bronchiectasis

Chronic bronchitis

Dyspnea [hallmark of group]

Emphysema

Alternatively: replace **Dyspnea** with **Decreased FEV1/FVC ratio**.

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin

COPD: blue bloater vs. pink puffer diseases

Hi Yield [ID 2396]

emphysema has letter **P** (and not B) so **Pink Puffer**.

chronic **Bronchitis** has letter **B** (and not P) so **Blue Bloater**.

Knowledge Level 1, System: Pulmonary

Harsh Sharma BJMC, Pune, India

Emphysema: types, most important feature of each

Hi Yield [ID 823]

"Cigarettes Is Primary Problem":

Types:

Centrilobular

Irregular

Pancinar

Paraseptal

Most important feature for each type (in order as above):

Cigarettes

Inflammation healed to scar

Protease inhibitor deficiency (α 1-antitrypsin)

Pneumothorax

"Cigarettes is primary problem" used since cigarettes is most common cause of emphysema.

Keeping P's straight: **Pan** is **antitrypsin**.

Knowledge Level 4, System: Pulmonary

Robert O'Connor University College Dublin

Interstitial lung disease: causes

Hi Yield [ID 1035]

SARCOIDI:

Sarcoidosis

Allergic reaction

Radiation

Connective tissue disease

Occupational exposure

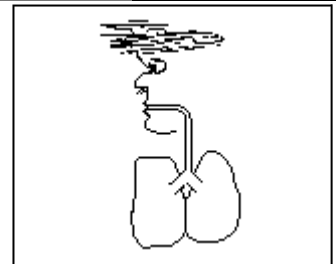
Infection

Drugs

Idiopathic

Knowledge Level 6, System: Pulmonary

Will Herrington UCL Hospital



Nasopharyngeal malignant cancers

Hi Yield [ID 1138]

NASOPharyngeal:

Nasophayngeal

Adenocarcinoma

Squamous cell carcinoma

Olfactory neuroblastoma

Plasmacytoma

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin

Pancoast tumor: relationship with Horner's syndrome

Hi Yield [ID 1185]

"**Horner** has a **MAP** of the **Coast**":

A pan**Coast** tumor is a cancer of the lung apex that compresses the cervical sympathetic plexus, causing **Horner's** syndrome, which is

MAP:

Miosis

Anhidrosis

Ptosis

Knowledge Level 1, System: Pulmonary

Derek Obayashi Chicago Medical School

Pneumothorax: presentation

Hi Yield [ID 1505]

P-THORAX:

Pleuretic pain

Trachea deviation

Hyperresonance

Onset sudden

Reduced breath sounds (& dyspnea)

Absent fremitus

X-ray shows collapse

Knowledge Level 3, System: Pulmonary

Robert O'Connor University College Dublin

Pulmonary embolism: risk factors

[ID 243]

TOM SCHREPFER:

Trauma
Obesity
Malignancy
Surgery
Cardiac disease
Hospitalization
Rest [bed-ridden]
Elderly
Past history
Fracture
Estrogen [pregnancy, post-partum]
Road trip
Knowledge Level 2, System: Pulmonary
Anonymous Contributor

Respiratory distress syndrome in infants: major risk factors

[ID 630]

PCD (Primary Ciliary Dyskinesia, a cause of Respiratory distress syndrome):

Prematurity
Cesarean section
Diabetic mother
Knowledge Level 4, System: Pulmonary
Shebrain Cairo University

TB: features

Hi Yield [ID 1149]

TB is characterised by 4 C's:

Caseation
Calcification
Cavitation
Cicatrization
Knowledge Level 3, System: Pulmonary
Sameh Shehata Asst. Prof of Surgery, Faculty of Medicine, University of Alexandria, Egypt

Breast cancer: risk assessment

Hi Yield [ID 924]

"Risk can be assessed by **History ALONE**":

History (family, previous episode)
Abortion/ Age (old)
Late menopause
Obesity
Nulliparity
Early menarche
Knowledge Level 3, System: Reproductive
Lau Yue Young Geoffrey Hong Kong University

Endometrial carcinoma: risk factors

Hi Yield [ID 1025]

ENDOMET:

Elderly
Nulliparity
Diabetes
Obesity
Menstrual irregularity
Estrogen therapy
hyperTension
Knowledge Level 5, System: Reproductive
Robert O'Connor University College Dublin

Polycystic ovary: morphology, presentation

Hi Yield [ID 1026]

Morphology is **poly-C**:

Cysts

Capsule thickened

Cortical stromal fibrosis

Clinical presentation is **OVARY**:

Obese

Virilism or hirsutism

Amenorrhoea

Reproductive problem [infertile]

Young woman

Knowledge Level 3, System: Reproductive

Robert O'Connor University College Dublin

Scrotum masses

[ID 1583]

SHOVE IT:

Spermatocele

Hydrocele/ Haematocele

Orchitis

Varicocele

Epidymal cyst

Indirect inguinal hernia

Torsion/ Tumor

Knowledge Level 3, System: Reproductive

Sushant Varma Medical student, University of Sheffield, UK

Carcinomas having tendency to metastasize to bone

Hi Yield [ID 372]

"Kinds Of Tumors Leaping Primarily To Bone":

Kidneys

Ovaries

Testes

Lungs

Prostate

Thyroid

Breasts

Alternatively: "Promptly" instead of "Primarily".

Alternatively: "**BLT2** with a **Kosher Pickle**".

Knowledge Level 3, System: Skeletal

Anonymous Contributor

Histiocytosis X: hallmark finding

Hi Yield [ID 1276]

"Birbeck's rackets is **X**":

Tennis rackets under electron microscope is Histiocystosis X.

Consider 2 tennis rackets in an X formation.

See diagram.

Knowledge Level 1, System: Skeletal

Robert O'Connor University College Dublin



Marble bone disease: signs and symptoms

Hi Yield [ID 1078]

MARBLES:

Multiple fractures

Anemia

Restricted cranial nerves

Blind & deaf

Liver enlarged

Erlenmeyer flask deformity

Splenomegaly

Eponymous name: **Marbles** = **Albers-Schonberg** (anagram).

Knowledge Level 3, System: Skeletal

Robert O'Connor University College Dublin

Paget's disease of bone: signs and symptoms

Hi Yield [ID 351]

Four L's:

Larger hat size

Loss of hearing: due to compression of nerve

Leontiasis ossea (lion-like face)

Light-headed (Paget's steal)

Knowledge Level 2, System: Skeletal

Marc Miller Sackler School of Medicine

PEDIATRICS

Duodenal atresia vs. Pyloric stenosis: site of obstruction

Hi Yield [ID 1397]

Duodenal Atresia: Distal to Ampulla of Vater.

Pyloric stenosis: Proximal to it.

Knowledge Level 5, System: Alimentary

Rinku Uberoi

Pyloric stenosis (congenital): presentation

Hi Yield [ID 1897]

Pyloric stenosis is 3 P's:

Palpable mass

Paristalsis visible

Projectile vomiting (2-4 weeks after birth)

Knowledge Level 3, System: Alimentary

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

Vitamin toxicities: neonatal

Hi Yield [ID 2245]

Excess vitamin **A:** Anomalies (teratogenic)

Excess vitamin **E:** Enterocolitis (necrotizing enterocolitis)

Excess vitamin **K:** Kernicterus (hemolysis)

Knowledge Level 7, System: Alimentary

Anonymous Contributor

Cyanotic congenital heart diseases

Hi Yield [ID 1746]

5 T's:

Truncus arteriosus

Transposition of the great arteries

Tricuspid atresia

Tetrology of Fallot

Total anomalous pulmonary venous return

Knowledge Level 5, System: Cardiovascular

Vince Yamashiroya

Cyanotic heart diseases: 5 types

Hi Yield [ID 1707]

Use your five fingers:

1 finger up: Truncus Arteriosus (**1** vessel)

2 fingers up: Dextroposition of the Great Arteries (**2** vessels transposed)

3 fingers up: Tricuspid Atresia (**3=Tri**)

4 fingers up: Tetralogy of Fallot (**4=Tetra**)

5 fingers up: Total Anomalous Pulmonary Venous Return (**5=5** words)

Knowledge Level 3, System: Cardiovascular

Jeff Simmons University of Alabama School Of Medicine

Hemolytic-Uremic Syndrome (HUS): components

[ID 1758]

"Remember to decrease the **RATE** of IV fluids in these patients":

Renal failure

Anemia (microangiopathic, hemolytic)

Thrombocytopenia

Encephalopathy (TTP)

Knowledge Level 6, System: Cardiovascular

Vince Yamashiroya

Haematuria: differential in children

Hi Yield [ID 2202]

ABCDEFGHIJK:

Anatomy (cysts, etc)
Bladder (cystitis)
Cancer (Wilm's tumour)
Drug related (cyclophosphamide)
Exercise induced
Factitious (Munchausen by proxy)
Glomerulonephritis
Haematology (bleeding disorder, sickle cell)
Infection (UTI)
Injury (trauma)
Kidney stones (hypercalciuria)
Knowledge Level 4, System: Kidney/Urine
S. Jibodh University College Dublin

Perez reflex

Hi Yield [ID 2073]

Eliciting the **PEREz** reflex will make the baby **PEE**.
Knowledge Level 7, System: Kidney/Urine
Anonymous Contributor

Cerebral palsy (CP): most likely cause

Hi Yield [ID 2821]

CP: Cerebral Palsy
Child Premature
The premature brain is more prone to all the possible insults.
Knowledge Level 1, System: Nervous
Anonymous Contributor

Pediatric milestones in development

Hi Yield [ID 2345]

1 year:
-**single** words
2 years:
-**2** word sentences
-understands **2** step commands
3 years:
-**3** word combos
-repeats **3** digits
-rides **tricycle**
4 years:
-draws **square**
-counts **4** objects
Knowledge Level 4, System: Nervous
Rinku Uberoi

Sturge-Weber syndrome: hallmark features

Hi Yield [ID 575]

Sturge-Weber:
1. **Seizures**
2. **PortWine** stain
Knowledge Level 4, System: Nervous
Ramon Salazar

Guthrie card: diseases identified with it

[ID 836]

"**Guthrie Cards Can Help Predict Bad Metabolism**":
Galactosaemia
Cystic fibrosis
Congenital adrenal hyperplasia
Hypothyroidism
Phenylketonuria
Biotinidase deficiency
Maple syrup urine disease
Knowledge Level 4, System: Other/Miscellaneous
Logan Mitchell Dunedin Medical School, New Zealand

Measles: complications

Hi Yield [ID 476]

"MEASLES COMP" (complications):

Myocarditis
Encephalitis
Appendicitis
Subacute sclerosing panencephalitis
Laryngitis
Early death
Shits (diarrhoea)
Corneal ulcer
Otitis media
Mesenteric lymphadenitis
Pneumonia and related (bronchiolitis-bronchitis-croup)
Knowledge Level 4, System: Other/Miscellaneous
Joshua Goh Unimas: Universiti Malaysia Sarawak

Russell Silver syndrome: features

[ID 1661]

ABCDEF:
Asymmetric limb (hemihypertrophy)
Bossing (frontal)
Clinodactyly/ Cafe au lait spots
Dwarf (short stature)
Excretion (GU malformation)
Face (triangular face, micrognathia)
Knowledge Level 6, System: Other/Miscellaneous
Anthony Chan Chinese University of Hong Kong

Williams syndrome: features

[ID 1649]

WILLIAMS:
Weight (low at birth, slow to gain)
Iris (stellate iris)
Long philtrum
Large mouth
Increased Ca⁺⁺
Aortic stenosis (and other stenoses)
Mental retardation
Swelling around eyes (periorbital puffiness)
Knowledge Level 7, System: Other/Miscellaneous
Anthony Chan Chinese University of Hong Kong

Cough (chronic): differential

Hi Yield [ID 1759]

When cough in nursery, rock the "**CRADLE**":
Cystic fibrosis
Rings, slings, and airway things (tracheal rings)/ Respiratory infections
Aspiration (swallowing dysfunction, TE fistula, gastroesophageal reflux)
Dyskinetic cilia
Lung, airway, and vascular malformations (tracheomalacia, vocal cord dysfunction)
Edema (heart failure)
Knowledge Level 6, System: Pulmonary
Vince Yamashiroya

Croup: symptoms

Hi Yield [ID 1125]

3 S's:
Stridor
Subglottic swelling
Seal-bark cough
Knowledge Level 1, System: Pulmonary
Robert O'Connor University College Dublin

Cystic fibrosis: exacerbation of pulmonary infection

Hi Yield [ID 1762]

CF PANCREAS:

Cough (increase in intensity and frequent spells)
Fever (usually low grade, unless severe bronchopneumonia is present)
Pulmonary function deterioration
Appetite decrease
Nutrition, weight loss
CBC (leukocytosis with left shift)
Radiograph (increase overaeration, peribronchial thickening, mucus plugging)
Exam (rales or wheezing in previously clear areas, tachypnea, retractions)
Activity (decreased, impaired exercise intolerance, increased absenteeism)
Sputum (becomes darker, thicker, and more abundant, forming plugs)
Knowledge Level 7, System: Pulmonary
Vince Yamashiroya

Cystic fibrosis: presenting signs

Hi Yield [ID 1761]

CF PANCREAS:

Chronic cough and wheezing
Failure to thrive
Pancreatic insufficiency (symptoms of malabsorption like steatorrhea)
Alkalosis and hypotonic dehydration
Neonatal intestinal obstruction (meconium ileus)/ Nasal polyps
Clubbing of fingers/ Chest radiograph with characteristic changes
Rectal prolapse
Electrolyte elevation in sweat, salty skin
Absence or congenital atresia of vas deferens
Sputum with Staph or Pseudomonas (mucoid)
Knowledge Level 7, System: Pulmonary
Vince Yamashiroya

Breast feeding: benefits

Hi Yield [ID 2002]

ABCDEFGH:

Infant:
Allergic condition reduced
Best food for infant
Close relationship with mother
Development of IQ, jaws, mouth
Mother:
Economic
Fitness: quick return to pre-pregnancy body shape
Guards against cancer: breast, ovary, uterus
Hemorrhage (postpartum) reduced
Knowledge Level 3, System: Reproductive
Anthony Chan

Septic Arthritis: most common cause

[ID 1646]

Staphylococcus Aureus is the most common cause of
Septic Arthritis in the pediatric population.
Knowledge Level 5, System: Skeletal
Anonymous Contributor

PHARMACOLOGY

Hepatic necrosis: drugs causing focal to massive necrosis

[ID 409]

"Very Angry Hepatocytes":
Valproic acid
Acetaminophen
Halothane
Knowledge Level 6, System: Alimentary
Calvin Sy University of Pittsburgh School of Medicine

Adrenoceptors: vasomotor function of alpha vs. beta

Hi Yield [ID 2144]

ABCD:

Alpha = Constrict.

Beta = Dilate.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Antiarrhythmics: class III members

Hi Yield [ID 2043]

BIAS:

Bretylum

Ibutilide

Amiodarone

Sotalol

Knowledge Level 1, System: Cardiovascular

Dr. Harsh Sharma and Robert O'Connor BJMC, Pune, India and University College Dublin

Beta blockers with intrinsic sympathomimetic activity

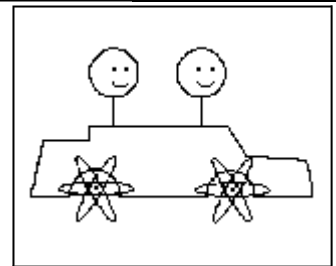
[ID 1534]

Picture **diabetic** and **asthmatic** kids riding away on a **cart** that rolls on **pinwheels**.

Pindolol and **Carteolol** have high and moderate ISA respectively, making them acceptable for use in some diabetics or asthmatics despite the fact that they are non-selective beta blockers.

Knowledge Level 7, System: Cardiovascular

David Shprecher Lake Erie College of Osteopathic Medicine



Beta-blockers: main contraindications, cautions

[ID 518]

ABCDE:

Asthma

Block (heart block)

COPD

Diabetes mellitus

Electrolyte (hyperkalemia)

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Beta-blockers: nonselective beta-blockers

Hi Yield [ID 1725]

"**Tim Pinches His Nasal Problem**" (because he has a runny nose...):

Timolol

Pindolol

Hismolol

Naldolol

Propranolol

Knowledge Level 2, System: Cardiovascular

Hugo M. Rodriguez, MD University of Virginia Roanoke-Salem Program

Captopril (an ACE inhibitor): side effects

Hi Yield [ID 515]

CAPTOPRIL:

Cough

Angioedema/ Agranulocystosis

Proteinuria/ Potassium excess

Taste changes

Orthostatic hypotension

Pregnancy contraindication/ Pancreatitis/ Pressure drop (first dose hypertension)

Renal failure (and renal artery stenosis contraindication)/ Rash

Indomethacin inhibition

Leukopenia/ Liver toxicity

Knowledge Level 2, System: Cardiovascular

Dr. Chetan Wasekar MBBS KEM Hospital

Enoxaprin (prototype low molecular weight heparin): action, monitoring

[ID 1657]

Eno**X**aprin only acts on factor **Xa**.
Monitor **Xa** concentration, rather than APTT.
Knowledge Level 7, System: Cardiovascular
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

HMG-CoA reductase inhibitors (statins): side effects, contraindications, interactions

Hi Yield [ID 2025]

HMG-CoA:

Side effects:

Hepatotoxicity

Myositis [aka rhabdomyolysis]

Contraindications:

Girl during pregnancy/ **G**rowing children

Interactions:

Coumarin/ **C**yclosporine

Knowledge Level 4, System: Cardiovascular

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Hypertension: treatment

Hi Yield [ID 2627]

ABCD:

ACE inhibitors/ **A**ngII antagonists (sometimes **A**lpha agonists also)

Beta blockers

Calcium antagonists

Diuretics

Knowledge Level 1, System: Cardiovascular

Mr. LW Mason 4th Year Medical Student

Patent ductus arteriosus: treatment

Hi Yield [ID 1191]

"Come **I**n and **C**lose the door":

Indomethacin is used to **C**lose PDA.

Knowledge Level 2, System: Cardiovascular

Milixa Fortuna UAG Medical Student

Propranolol and related '-olol' drugs: usage

[ID 246]

"**olol**" is just two backwards lower case b's.

Backward b's stand for "**beta b**locker".

Beta blockers include acebut**olol**, betax**olol**, bisop**rolo**l, oxpre**no**l**ol**, propra**no**l**ol**.

Knowledge Level 1, System: Cardiovascular

Robert O'Connor University College Dublin

Thrombolytic agents

Hi Yield [ID 1902]

USA:

Urokinase

Streptokinase

Alteplase (tPA)

Knowledge Level 2, System: Cardiovascular

Dr. Harsh Sharma BJMC, Pune, India

Warfarin: action, monitoring

[ID 432]

WePT:

Warfarin works on the **e**xtrinsic pathway and is monitored by **P**T.

Knowledge Level 3, System: Cardiovascular

Marcus James Fidel Medical Student, University of New Mexico

Warfarin: metabolism

[ID 901]

SLOW:

Has a **s**low onset of action.

A quic**K** Vitamin **K** antagonist, though.

Small lipid-soluble molecule

Liver: site of action

Oral route of administration.

Warfarin

Knowledge Level 2, System: Cardiovascular

Samuel Atom Baek-Kim

Gynaecomastia-causing drugs

[ID 1798]

DISCOS:

Digoxin

Isoniazid

Spironolactone

Cimetidine

Oestrogens

Stilboestrol

Knowledge Level 4, System: Endocrine

Nasseri University of Sheffield

K+ increasing agents

[ID 2088]

K-BANK:

K-sparing diuretic

Beta blocker

ACEI

NSAID

K supplement

Knowledge Level 3, System: Endocrine

Anthony Chan

Propylthiouracil (PTU): mechanism

Hi Yield [ID 1617]

It inhibits **PTU**:

Peroxidase/ Peripheral deiodination

Tyrosine iodination

Union (coupling)

Knowledge Level 4, System: Endocrine

Dr. Atif Farooq Khawaja and Mediha Farooq Rawalpindi Medical College, Pakistan/ Gujranwala

Steroid side effects

Hi Yield [ID 1526]

CUSHINGOID:

Cataracts

Ulcers

Skin: striae, thinning, bruising

Hypertension/ Hirsutism/ Hyperglycemia

Infections

Necrosis, avascular necrosis of the femoral head

Glycosuria

Osteoporosis, obesity

Immunosuppression

Diabetes

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Steroids: side effects

Hi Yield [ID 483]

BECLOMETHASONE:

Buffalo hump

Easy bruising

Cataracts

Larger appetite

Obesity

Moonface

Euphoria

Thin arms & legs

Hypertension/ Hyperglycaemia

Avascular necrosis of femoral head

Skin thinning

Osteoporosis

Negative nitrogen balance

Emotional liability

Knowledge Level 4, System: Endocrine

Rob Cambridge University

Lupus: drugs inducing it

[ID 530]

HIP:

Hydralazine

INH

Procanimide

Knowledge Level 6, System: Integumental
Hodge/Gupta LSU Medicine Firml

Diuretics: thiazides: indications

Hi Yield [ID 2091]

"**CHIC** to use thiazides":

CHF

Hypertension

Inspidous

Calcium calculi

Knowledge Level 3, System: Kidney/Urine
Anonymous Contributor

Nitrofurantoin: major side effects

Hi Yield [ID 482]

NitroFurAntoin:

Neuropathy (peripheral neuropathy)

Fibrosis (pulmonary fibrosis)

Anemia (hemolytic anemia)

Knowledge Level 4, System: Kidney/Urine
Joshua Goh Unimas: University Malaysia Sarawak

Osmotic diuretics: members

[ID 772]

GUM:

Glycerol

Urea

Mannitol

Knowledge Level 4, System: Kidney/Urine
Robert O'Connor University College Dublin

SIADH-inducing drugs

Hi Yield [ID 2086]

ABCD:

Analgesics: opioids, NSAIDs

Barbiturates

Cyclophosphamide/ Chlorpromazine/ Carbamazepine

Diuretic (thiazide)

Knowledge Level 3, System: Kidney/Urine
Anthony Chan

Sulfonamide: major side effects

Hi Yield [ID 774]

Sulfonamide side effects:

Steven-Johnson syndrome

Skin rash

Solubility low (causes crystalluria)

Serum albumin displaced (causes newborn kernicterus and potentiation of other serum albumin-binders like warfarin)

Knowledge Level 3, System: Lymphoid
Robert O'Connor University College Dublin

Vir-named drugs: use

[ID 771]

"**-vir** at start, middle or end means for **virus**":

Drugs: **Abacavir**, **Acyclovir**, **Amprenavir**, **Cidofovir**, **Denavir**, **Efavirenz**, **Indavir**, **Invirase**, **Famvir**, **Ganciclovir**, **Norvir**, **Oseltamivir**, **Penciclovir**, **Ritonavir**, **Saquinavir**, **Valacyclovir**, **Viracept**, **Viramune**, **Zanamivir**, **Zovirax**.

Knowledge Level 1, System: Lymphoid
Robert O'Connor University College Dublin

4-Aminopyradine (4-AP) use

[ID 768]

"**4-AP** is **For AP**":

For **AP** (action potential) propagation in **Multiple Sclerosis**.

Knowledge Level 7, System: Nervous
Robert O'Connor University College Dublin

Anticholinergic side effects

Hi Yield [ID 1958]

"Know the **ABCD'S** of anticholinergic side effects":

Anorexia

Blurry vision

Constipation/ **C**onfusion

Dry Mouth

Sedation/ **S**tasis of urine

Knowledge Level 1, System: Nervous

Youngrin Kim University of Rochester School of Medicine and Dentistry

Antimuscarinics: members, action

Hi Yield [ID 1187]

"**I**nhibits **P**arasympathetic **A**nd **S**weat":

Ipratropium

Pirenzepine

Atropine

Scopolamine

Muscarinic receptors at all parasympathetic endings sweat glands in sympathetic.

Knowledge Level 3, System: Nervous

Derek Obayashi Chicago Medical School

Aspirin: side effects

Hi Yield [ID 1349]

ASPIRIN:

Asthma

Salicyalism

Peptic ulcer disease/ **P**hosphorylation-oxidation uncoupling/ **PPH**/ **P**latelet disaggregation/ **P**remature closure of PDA

Intestinal blood loss

Reye's syndrome

Idiosyncrasy

Noise (tinnitus)

Knowledge Level 4, System: Nervous

Dr. Chetan Wasekar, MBBS KEM Hospital

Benzodiazepines: ones not metabolized by the liver (safe to use in liver failure)

[ID 1566]

LOT:

Lorazepam

Oxazepam

Temazepam

Knowledge Level 3, System: Nervous

Lorne Basskin Butler University College of Pharmacy and Health Sciences

Benzodiazepenes: antidote

Hi Yield [ID 776]

"**B**en is **o**ff with the **f**lu":

Benzodiazepine effects **o**ff with **F**lumazenil.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Benzodiazepenes: drugs which decrease their metabolism

[ID 875]

"**I**m **O**verly **C**alm":

Isoniazid

Oral contraceptive pills

Cimetidine

These drugs increase calming effect of BZDs by retarding metabolism.

Knowledge Level 3, System: Nervous

Anonymous Contributor

Benzodiazepines: actions

Hi Yield [ID 464]

"**B**en **S**CAMs Pam into sedation **n**ot by **b**rain but by muscle":

Sedation

anti-**C**onvulsant

anti-**A**nxiety

Muscle relaxant

Not by brain: No antipsychotic activity.

Knowledge Level 2, System: Nervous

Sung H. Kim

Beta 1 selective blockers

Hi Yield [ID 2148]

"**BEAM ONE** up, Scotty":

Beta 1 blockers:

Esmolol

Atenolol

Metoprolol

Knowledge Level 1, System: Nervous

Anonymous Contributor

Botulism toxin: action, related bungarotoxin

Hi Yield [ID 229]

Action: "**Botulism Bottles** up the Ach so it can't be the released":

Related bungarotoxin: "**Botulism** is related to **Beta Bungarotoxin** (beta-, not alpha-bungarotoxin--alpha has different mechanism).

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Cholinergics (eg organophosphates): effects

Hi Yield [ID 388]

If you know these, you will be "**LESS DUMB**":

Lacrimation

Excitation of nicotinic synapses

Salivation

Sweating

Diarrhea

Urination

Micturition

Bronchoconstriction

Knowledge Level 4, System: Nervous

Anonymous Contributor

Delirium-causing drugs

[ID 617]

ACUTE CHANGE IN MS:

Antibiotics (biaxin, penicillin, ciprofloxacin)

Cardiac drugs (digoxin, lidocaine)

Urinary incontinence drugs (anticholinergics)

Theophylline

Ethanol

Corticosteroids

H2 blockers

Antiparkinsonian drugs

Narcotics (esp. meperidine)

Geriatric psychiatric drugs

ENT drugs

Insomnia drugs

NSAIDs (eg indomethacin, naproxin)

Muscle relaxants

Seizure medicines

Knowledge Level 7, System: Nervous

Muhammad Asif Iqbal Resident, SLU, MO

Direct sympathomimetic catecholamines

Hi Yield [ID 769]

DINED:

Dopamine

Isoproterenol

Norepinephrine

Epinephrine

Dobutamine

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Inhalation anesthetics

Hi Yield [ID 534]

SHINE:

Sevoflurane

Halothane

Isoflurane

Nitrous oxide

Enflurane

If want the defunct **Methoxyflurane** too, make it **MoonSHINE**.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

ipratropium: action

[ID 231]

Atropine is buried in the middle: ipr**Atropium**, so it behaves like Atropine.

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Lead poisoning: presentation

[ID 517]

ABCDEFG:

Anemia

Basophilic stripping

Colicky pain

Diarrhea

Encephalopathy

Foot drop

Gum (lead line)

Knowledge Level 8, System: Nervous

Anonymous Contributor

Lithium: side effects

Hi Yield [ID 531]

LITH:

Leukocytosis

Insipidus [diabetes insipidus, tied to polyuria]

Tremor/ Teratogenesis

Hypothyroidism

Knowledge Level 3, System: Nervous

Robert O'Connor and Rinku Uberoi

MAOIs: indications

Hi Yield [ID 2059]

MAOIS:

Melancholic [classic name for atypical depression]

Anxiety

Obesity disorders [anorexia, bulimia]

Imagined illnesses [hypochondria]

Social phobias

Listed in decreasing order of importance.

Note MAOI is inside **MeAnchOIc**.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Methyldopa: side effects

[ID 487]

METHYLDOPA:

Mental retardation

Electrolyte imbalance

Tolerance

Headache/ Hepatotoxicity

psYcological upset

Lactation in female

Dry mouth

Oedema

Parkinsonism

Anaemia (haemolytic)

Knowledge Level 5, System: Nervous

Yazeed A. Oqaili King Saud University Medical College

Monoamine oxidase inhibitors: members

Hi Yield [ID 1186]

"PIT of despair":

Phenelzine

Isocarboxazid

Tranlycypromine

A pit of despair, since MAOs treat depression.

Knowledge Level 3, System: Nervous

Derek Obayashi Chicago Medical School

Morphine: effects

Hi Yield [ID 1174]

MORPHINES:

Miosis

Orthostatic hypotension

Respiratory depression

Pain suppression

Histamine release/ Hormonal alterations

Increased ICT

Nausea

Euphoria

Sedation

Knowledge Level 6, System: Nervous

Dr. Chetan Wasekar, MBBS KEM Hospital

Morphine: effects at mu receptor

Hi Yield [ID 1837]

PEAR:

Physical dependence

Euphoria

Analgesia

Respiratory depression

Knowledge Level 2, System: Nervous

Robert Copeland Howard University College of Medicine

Narcotic antagonists

Hi Yield [ID 533]

The Narcotic Antagonists are NAloxone and NAltrexone.

Important clinically to treat narcotic overdose.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Parkinsonism: drugs

Hi Yield [ID 1812]

SALAD:

Selegiline

Anticholinergics (trihexyphenidyl, benhexol, ophenadrine)

L-Dopa + peripheral decarboxylase inhibitor (carbidopa, benserazide)

Amantadine

Dopamine postsynaptic receptor agonists (bromocriptine, lisuride, pergolide)

Knowledge Level 3, System: Nervous

Dr. Harsh Sharma

Phenytoin: adverse effects

Hi Yield [ID 1796]

PHENYTOIN:

P-450 interactions

Hirsutism

Enlarged gums

Nystagmus

Yellow-browning of skin

Teratogenicity

Osteomalacia

Interference with B12 metabolism (hence anemia)

Neuropathies: vertigo, ataxia, headache

Knowledge Level 6, System: Nervous

Ram Mohan SVRR Hospital Tirupathi, India

Physostigmine vs. neostigmine

[ID 1434]

LMNOP:

Lipid soluble

Miotic

Natural

Orally absorbed well

Physostigmine

Neostigmine, on the contrary, is:

Water soluble

Used in myasthenia gravis

Synthetic

Poor oral absorption

Knowledge Level 3, System: Nervous

Manpreet Saini GMC Amritsar

Pupils in overdose: morphine vs. amphetamine

Hi Yield [ID 156]

"MORPHINE: **Fine**. AMPHETAMINE: **Fat**":

Morphine overdose: pupils constricted (**fine**).

Amphetamine overdose: pupils dilated (**fat**).

Knowledge Level 2, System: Nervous

Anonymous Contributor

Serotonin syndrome: components

Hi Yield [ID 2273]

Causes **HARM**:

Hyperthermia

Autonomic instability (delirium)

Rigidity

Myoclonus

Knowledge Level 4, System: Nervous

Anonymous Contributor

Sodium valproate: side effects

[ID 493]

VALPROATE:

Vomiting

Alopecia

Liver toxicity

Pancreatitis/ Pancytopenia

Retention of fats (weight gain)

Oedema (peripheral oedema)

Appetite increase

Tremor

Enzyme inducer (liver)

Knowledge Level 4, System: Nervous

Joshua Goh Unimas: University Malaysia Sarawak

SSRIs: side effects

Hi Yield [ID 532]

SSRI:

Serotonin syndrome

Stimulate CNS

Reproductive disfunctions in male

Insomnia

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Succinylcholine: action, use

[ID 248]

Succinylcholine gets **Stuck** to Ach receptor, then **Sucks** ions in through open pore.

You **Suck** stuff in through a mouth-tube, and drug is used for intubation.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Tricyclic antidepressants: members worth knowing

Hi Yield [ID 2236]

"I have to hide, the **CIA** is after me":

Clomipramine

Imipramine

Amitriptyline

If want the next 3 worth knowing, the **DND**is also after me:

Desipramine

Nortriptyline

Doxepin

Knowledge Level 5, System: Nervous

Dr. Enrique Cifuentes University Autonomus of Guadalajara

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

Vigabatrin: mechanism

Hi Yield [ID 1578]

Vi-GABA-Tr-In:

Via **GABA** Transferase **Inhibition**

Knowledge Level 2, System: Nervous

Anonymous Contributor

Antibiotics contraindicated during pregnancy

Hi Yield [ID 1250]

MCAT:

Metronidazole

Chloramphenicol

Aminoglycoside

Tetracycline

Knowledge Level 1, System: Other/Miscellaneous

Kyongbin Baek

Busulfan: features

Hi Yield [ID 2198]

ABCDEF:

Alkylating agent

Bone marrow suppression s/e

CML indication

Dark skin (hyperpigmentation) s/e

Endocrine insufficiency (adrenal) s/e

Fibrosis (pulmonary) s/e

Knowledge Level 3, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Cancer drugs: time of action between DNA->mRNA

Hi Yield [ID 2195]

ABCDEF:

Alkylating agents

Bleomycin

Cisplatin

Dactinomycin/ Doxorubicin

Etoposide

Flutamide and other steroids or their antagonists (eg tamoxifen, leuprolide)

Knowledge Level 2, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

Etoposide: action, indications, side effect

Hi Yield [ID 1193]

"e**TOP**side":

Action:

Inhibits **TOP**oisomerase II

Indications:

Testicular carcinoma

Oat cell carcinoma of lung

Prostate carcinoma

Side effect:

Affects **TOP** of your head, causing **alopecia**

Knowledge Level 5, System: Other/Miscellaneous

Milixa Fortuna UAG Medical Student

Metabolism enzyme inducers

Hi Yield [ID 299]

"**Randy's Black Car Goes Putt Putt and Smokes**":

Rifampin

Barbiturates

Carbamazepine

Grisoefulvin

Phenytoin

Phenobarb

Smoking cigarettes

Knowledge Level 4, System: Other/Miscellaneous

Brad

Morphine: side-effects

Hi Yield [ID 2550]

MORPHINE:

Myosis

Out of it (sedation)

Respiratory depression

Pneumonia (aspiration)

Hypotension

Infrequency (constipation, urinary retention)

Nausea

Emesis

Knowledge Level 1, System: Other/Miscellaneous

Tony Duffy Medical Student Glasgow

Therapeutic index: formula

Hi Yield [ID 2032]

TILE:

TI = **LD50** / **ED50**

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Torsades de Pointes: drugs causing

[ID 2269]

APACHE:

Amidarone

Procinamide

Arsenium

Cisapride

Haloperidol

Eritromycin

Knowledge Level 7, System: Other/Miscellaneous

Flavio Nacul Federal University of Rio de Janeiro

Zero order kinetics drugs (most common ones)

Hi Yield [ID 462]

"**PEAZ** (sounds like pees) out a constant amount":

Phenytoin

Ethanol

Aspirin

Zero order

Someone that pees out a constant amount describes zero order kinetics (always the same amount out)

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor UHS-COM

Asthma drugs: leukotriene inhibitor action

Hi Yield [ID 2241]

zAfirlukast: Antagonist of lipoxygenase
zIlueton: Inhibitor of LT receptor
Knowledge Level 3, System: Pulmonary
Mumtaz Ali Shah 2000 graduate, Khyber Medical College, Pakistan

Beta-1 vs Beta-2 receptor location

[ID 34]

"You have **1 heart** and **2 lungs**":
Beta-1 are therefore primarily on **heart**.
Beta-2 primarily on **lungs**.
Knowledge Level 1, System: Pulmonary
Anonymous Contributor

Respiratory depression inducing drugs

Hi Yield [ID 1980]

"**STOP** breathing":
Sedatives and hypnotics
Trimethoprim
Opiates
Polymyxins
Knowledge Level 2, System: Pulmonary
Dr. Harsh Sharma BJMC, Pune, India

Ribavirin: indications

Hi Yield [ID 2101]

RIBavirin:
RSV
Influenza B
Arenaviruses (Lassa, Bolivian, etc.)
Knowledge Level 1, System: Pulmonary
Robert O'Connor University College Dublin

TB: antibiotics used

Hi Yield [ID 1581]

STRIPe:
STreptomycin
Rifampicin
Isoniazid
Pyrizinamide
Ethambutol
Knowledge Level 2, System: Pulmonary
Sushant Varma Medical student, University of Sheffield, UK

Zafirlukast, Montelukast, Cinalukast: mechanism, usage

Hi Yield [ID 648]

"Zafir-**luk-ast**, Monte-**luk-ast**, Cina-**luk-ast**":
Anti-**Luk**otrienes for **Asthma**.
Dazzle your oral examiner: Zafir**luk**ast antagonizes leukotriene-**4**.
Knowledge Level 3, System: Pulmonary
Oisin and Robert O'Connor UCC and University College Dublin

Teratogenic drugs: major non-antibiotics

Hi Yield [ID 1433]

TAP CAP:
Thalidomide
Androgens
Progestins
Corticosteroids
Aspirin & indomethacin
Phenytoin
Knowledge Level 2, System: Reproductive
Manpreet GMC Amritsar

Tetracycline: teratogenicity

Hi Yield [ID 876]

TEtracycline is a
TEratogen that causes staining of
TEeth in the newborn.
Knowledge Level 1, System: Reproductive

Antirheumatic agents (disease modifying): members

Hi Yield [ID 2035]

CHAMP:
Cyclophosphamide
Hydroxychloroquine and chloroquine
Auranofin and other gold compounds
Methotrexate
Penicillamine
Knowledge Level 2, System: Skeletal
Robert O'Connor University College Dublin

Auranofin, aurothioglucose: category and indication

Hi Yield [ID 2036]

Aurum is latin for "gold" (gold's chemical symbol is **Au**).
Generic Aur- drugs (**Auranofin**, **Aurothioglucose**) are gold compounds.
If didn't learn yet that gold's indication is rheumatoid arthritis, **AUR- Acts Upon Rheumatoid**.
Knowledge Level 2, System: Skeletal
Robert O'Connor University College Dublin

PHYSICS

Ideal gas law

[ID 190]

"**Pure Virgins Never Really Tire**":
PV=nRT
Knowledge Level 1, System: Other/Miscellaneous
Anonymous Contributor

Ohm's Law

[ID 169]

"**Virgins Are Rare**":
Volts = Amps x Resistance
Note: can then rearrange to more common form **Resistance = Volts / Amps**.
Knowledge Level 2, System: Other/Miscellaneous
Anonymous Contributor

Work: formula

[ID 2286]

"**Lots of Work gets me Mad!**":
Work = Mad:
M=Mass
a=acceleration
d=distance
Knowledge Level 1, System: Other/Miscellaneous
Fox Man

PHYSIOLOGY

Carotid sinus vs. carotid body function

Hi Yield [ID 2615]

carotid **S**inu**S**: measures pre**S**Sure.
carotid **bO**2dy measures **O**2.
Knowledge Level 2, System: Cardiovascular
Omar Boissard, MD INTEC

Einthoven's Triangle: organization

[ID 287]

Corners are at RA (right arm), LA (left arm), LL (left leg).

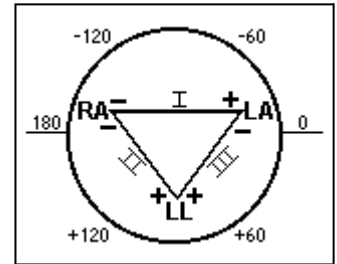
Number of L's at a corner tell how many + signs are at that corner [eg LL is ++].

Sum of number of L's of any 2 corners tells the name of the lead [eg LL-LA is lead III].

For reference axes, the **negative angle** hemisphere is on the half of the triangle drawing that has all the **negative signs**; **positive angle** hemisphere contains only **positive signs**.

See diagram.

Knowledge Level 3, System: Cardiovascular
Robert O'Connor University College Dublin



Hb-oxygen dissociation curve shifts: effect, location

[ID 1391]

Left shift: causes **L**oading of O₂ in Lungs.

Right shift: causes **R**elease of O₂ from Hb.

Knowledge Level 3, System: Cardiovascular

Dr. Khawaja Atif Farooq Rawalpindi Medical College, Horizon Medical Institute, Pakistan

Heart electrical conduction pathway

Hi Yield [ID 2314]

"If patient's family are all having **Heart** attacks, you must **SAVE HIS KIN!**"

SA node --->

AV node --->

His (bundle of) -->

Pur**KIN**je fibers

Knowledge Level 1, System: Cardiovascular

Carlo Adan, MPH University of Michigan

Intrinsic vs. extrinsic pathway tests

Hi Yield [ID 431]

"**PeT PiTT**bull":

PeT: **PT** is for extrinsic pathway.

PiTTbull: **PTT** is for intrinsic pathway.

Knowledge Level 3, System: Cardiovascular

Marcus James Fidel Medical Student, University of New Mexico

PGI₂ vs. TxA₂ coagulation function

Hi Yield [ID 254]

TxA₂ **A**ggregates platelets.

PGI₂ **I**nhibits aggregation.

Note: full name of PGI₂ is prostaglandin I₂ or prostacyclin, full name of TxA₂ is thromboxane A₂.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Adrenal cortex layers and products

Hi Yield [ID 180]

"**Go Find Rex, Make Good Sex**":

Layers:

Glomerulosa

Fasiculata

Reticulata

Respective products:

Mineralcorticoids

Glucocorticoids

Sex hormones

Alternatively for layers: **GFR** (Glomerular Filtration Rate, convenient since adrenal glands are atop kidney).

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Adrenal gland: functions

Hi Yield [ID 1098]

ACTH:

Adrenergic functions

Catabolism of proteins/ **C**arbohydrate metabolism

T cell immunomodulation

Hyper/ **H**ypotension (blood pressure control)

Knowledge Level 1, System: Endocrine

The Cashman University of Queensland, Australia

Diabetes Insipidus: diagnosing subtypes

Hi Yield [ID 556]

After a desmopression injection:
Concentrated urine = Cranial.
No effect = Nephrogenic.
Knowledge Level 5, System: Endocrine
Robert O'Connor University College Dublin

Hyperthyroidism: signs and symptoms

Hi Yield [ID 1046]

THYROIDISM:

Tremor
Heart rate up
Yawning [fatigability]
Restlessness
Oligomenorrhea & amenorrhea
Intolerance to heat
Diarrhea
Irritability
Sweating
Muscle wasting & weight loss
Knowledge Level 6, System: Endocrine
Robert O'Connor University College Dublin

Pituitary hormones

Hi Yield [ID 152]

FLAGTOP:

Follicle stimulating hormone
Luteinizing hormone
Adrenocorticotropic hormone
Growth hormone
Thyroid stimulating hormone
Oxytocin
Prolactin
Alternatively: **GOAT FLAP** with the second 'A' for Anti-diuretic hormone/vasopressin
Note: there is also melanocyte secreting hormone and Lipotropin, but they are not well understood.
Knowledge Level 2, System: Endocrine
Anonymous Contributor

Progesterone: actions

Hi Yield [ID 647]

PROGESTE:

Produce cervical mucous
Relax uterine smooth muscle
Oxytocin sensitivity down
Gonadotropin [FSH, LH] secretions down
Endometrial spiral arteries and secretions up
Sustain pregnancy
Temperature up / Tissue development
Excitability of myometrium down
Knowledge Level 4, System: Endocrine
Robert O'Connor University College Dublin

Balance organs

[ID 183]

Utricule and Saccule keep US balanced.
Knowledge Level 2, System: Nervous
Anonymous Contributor

Temperature control: cerebral regions

[ID 841]

"High Power Air Conditioner":
Heating = Posterior hypothalamus [hypothalamus].
Anterior hypothalamus [hypothalamus] = Cooling.
Knowledge Level 5, System: Nervous
Gilvano Amorim Oliveira Universidade de Santo Amaro São Paulo/Brasil

Urination: autonomic control

[ID 618]

"When you pee, it's **PISs**":

Parasympathetic **I**nhibits **S**ympathetic.

Knowledge Level 1, System: Nervous

Muhammad Asif Iqbal Resident, SLU, MO

Alkalosis vs. acidosis: directions of pH and HCO₃

[ID 1598]

ROME:

Respiratory= **O**pposite:

pH is high, PCO₂ is down (Alkalosis).

pH is low, PCO₂ is up (Acidosis).

Metabolic= **E**qual:

pH is high, HCO₃ is high (Alkalosis).

pH is low, HCO₃ is low (Acidosis).

Knowledge Level 5, System: Pulmonary

Anonymous Contributor

Compliance of lungs factors

[ID 529]

COMPLIANCE:

Collagen deposition (fibrosis)

Ossification of costal cartilages

Major obesity

Pulmonary venous congestion

Lung size

Increased expanding pressure

Age

No surfactant

Chest wall scarring

Emphysema

All but L/A/E decrease compliance.

Knowledge Level 5, System: Pulmonary

Robert O'Connor University College Dublin

V/Q gradient in lung

Hi Yield [ID 886]

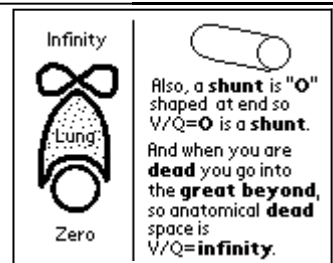
Infinity, a lung and a zero stack nicely.

V/Q is lowest at bottom, highest at top.

See diagram.

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin



Prolactin and oxytocin: functions

Hi Yield [ID 3247]

PROlactin stimulates the mammary glands to **P**ROduce milk.

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

Knowledge Level 1, System: Reproductive

Rinku Uberoi Willsey Institute

Osteoblast vs. osteoclast

Hi Yield [ID 2383]

Osteo**B**last **B**uilds bone.

Osteo**C**last **C**onsumes bone.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

PODIATRY

Blue toe (microembolic toe)

Hi Yield [ID 939]

CAVEMAN:

Cholesterol embolizations

Atrial fib with electricity or digitoxin

Valvular problems

Endocarditis

Mural thrombosis

Aneurysm/ AV fistula

Nothing

Knowledge Level 3, System: Cardiovascular

Samuel Atom Baek-Kim

TIA: internal carotid vs. vertebrasilar

Hi Yield [ID 1400]

MD vs. DPM

Internal carotid:

Monocular blindness (amaurox fugax)

Dominant hemisphere (aphasia)

The weakness or numbness is still less in the legs.

Vertebrobasilar:

Diplopia/ Double blindness

Paralysis (quadriplegia)

Motor weakness (ipsilateral)

Ataxia is characteristic in vertebrasilar lesions.

Knowledge Level 1, System: Cardiovascular

Samuel Atom Baek-Kim Tuckahoe, New York

Diabetic neuropathy types

[ID 1407]

DPM:

Distal, symmetric, polyneuropathy

Proximal diabetic neuropathy

Mononeuritis multiplex

Knowledge Level 1, System: Endocrine

Samuel Atom Baek-Kim Tuckahoe, New York

Arthritides: the six classifications

[ID 882]

"Round COINS":

Rheumatoid diseases (inflammation of synovium)

Crystal depositions (gout, pseudogout)

Osteoarthritis

Infections

Neuropathy

SLE, mixed scleroderma

Knowledge Level 1, System: Skeletal

Samuel Atom Baek-Kim

Charcot's joints: common disorders

Hi Yield [ID 881]

"Come See A Handsome DPM":

Congenital insensitivity to pain

Syringomyelia/ Spina bifida

Alcoholism

Hansen's disease

Diabetes mellitus

Peripheral nerve injury

Menigomyelocele

Knowledge Level 1, System: Skeletal

Samuel Mae Baek-Kim

PSYCHIATRY

Depression

[ID 1888]

UNHAPPINESS:

Understandable (such as bereavement, major stresses)

Neurotic (high anxiety personalities, negative parental upbringing)

Hypochondriasis

Agitation (usually organic causes such as dementia)

Pseudodementia

Pain

Importuning (whingeing, complaining)

Nihilistic

Endogenous

Secondary (ie cancer at the head of the pancreas, bronchogenic cancer)

Syndromal

Knowledge Level 5, System: Nervous

Peter Loa Medical Student at Adelaide University

Mania: cardinal symptoms

[ID 2456]

DIG FAST:

Distractibility

Indiscretion (DSM-IV's "excessive involvement in pleasurable activities")

Grandiosity

Flight of ideas

Activity increase

Sleep deficit (decreased need for sleep)

Talkativeness (pressured speech)

Knowledge Level 1, System: Nervous

Anonymous Contributor

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

Schizophrenia: negative features

Hi Yield [ID 239]

4 A's:

Ambivalence

Affective incongruence

Associative loosening

Autism

Knowledge Level 1, System: Nervous

Anonymous Contributor

Substance dependence: features (DSM IV)

Hi Yield [ID 2004]

"**WITH**Draw **IT**":

3 of 7 within 12 month period:

Withdrawal

Interest or **I**mportant activities given up or reduced

Tolerance

Harm to physical and psychosocial known but continue to use

Desire to cut down, control

Intended time, amount exceeded

Time spent too much

Knowledge Level 3, System: Nervous

Anthony Chan

Conduct disorder vs. Antisocial personality disorder

Hi Yield [ID 1070]

Conduct disorder is seen in **Children**.
Antisocial personality disorder is seen in **Adults**.
Knowledge Level 3, System: Other/Miscellaneous
Anonymous Contributor

Depression: symptoms and signs (DSM-IV criteria)

Hi Yield [ID 1136]

AWESOME:

Affect flat

Weight change (loss or gain)

Energy, loss of

Sad feelings/ Suicide thoughts or plans or attempts/ Sexual inhibition/ Sleep change (loss or excess)/ Social withdrawal

Others (guilt, loss of pleasure, hopeless)

Memory loss

Emotional blunting

Knowledge Level 9, System: Other/Miscellaneous

Muhammad Firdaus, MD Private Practice

Erikson's developmental stages

Hi Yield [ID 969]

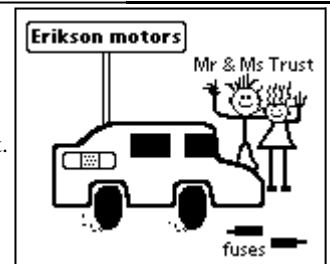
"The sad tale of Erikson Motors":

The stages in order by age group:

Mr. **Trust** and Ms**Trust** had an **auto** they were **ashamed** of. She took the **initiative** to find the **guilty** party. She found the **industry** was **inferior**. They were making cars with **dents** [identity] and **rolling fuses** [role confusion]. Mr. **N.T. Macy** [intimacy] **isolated** the problem, **General TVT** **absorbed** the cost. In the end, they found the tires were just **gritty** and they should have used **de- spare!**

Knowledge Level 1, System: Other/Miscellaneous

VTF SN, NHCC, Texas



Parasomnias: time of onset

Hi Yield [ID 1071]

Sleep terrors and **S**leepwalking occur during **S**low-wave sleep (stages 3 & 4).

Nightma**RE** occurs during **REM** sleep (and is **RE**membered).

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

Psychiatric review of symptoms

[ID 1839]

"**D**epressed **P**atients **S**eem **A**nxious, **S**o **C**laim **P**sychiatrists":

Depression and other mood disorders (major depression, bipolar disorder, dysthymia)

Personality disorders (primarily borderline personality disorder)

Substance abuse disorders

Anxiety disorders (panic disorder with agoraphobia, obsessive-compulsive disorder)

Somatization disorder, eating disorders (these two disorders are combined because both involve disorders of bodily perception)

Cognitive disorders (dementia, delirium)

Psychotic disorders (schizophrenia, delusional disorder and psychosis accompanying depression, substance abuse or dementia)

Knowledge Level 3, System: Other/Miscellaneous

Michael Waddell University of Wisconsin Medical School

RADIOLOGY / ONCOLOGY

Esophageal cancer: risk factors

[ID 1022]

ABCDEF:

Achalasia

Barret's esophagus

Corrosive esophagitis

Diverticuliis

Esophageal web

Familial

Knowledge Level 6, System: Alimentary

Lau Yue Young Geoffrey HKU

Pituitary endocrine functions often affected by pituitary-associated tumor

Hi Yield [ID 332]

"Go Look For the Adenoma Please":

Tropic hormones affected by growth tumor are:

GnRH

LSH

FSH

ACTH

Prolactin function

Knowledge Level 5, System: Endocrine

Anonymous Contributor

Anterior mediastinal masses

[ID 540]

4 T's:

Teratoma

Thymoma

Testicular-type

T-cell / Hodgkin's lymphoma

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Head CT scan: evaluation checklist

[ID 371]

"Blood Can Be Very Bad":

Blood

Cistern

Brain

Ventricles

Bone

Knowledge Level 2, System: Nervous

Anonymous Contributor

Dermatomyositis or polymyositis: risk of underlying malignancy

[ID 242]

Risk is **30%** at age **30**.

Risk is **40%** at age **40**, and so on.

Knowledge Level 6, System: Other/Miscellaneous

Anonymous Contributor

Prognostic factors for cancer: general

[ID 1107]

PROGNOSIS:

Presentation (time & course)

Response to treatment

Old (bad prog.)

Good intervention (i.e. early)

Non-compliance with treatment

Order of differentiation (>1 cell type)

Stage of disease

Ill health

Spread (diffuse)

Knowledge Level 2, System: Other/Miscellaneous

Cashman, Reidy, Motty, BB University of Queensland, Australia

T2 vs. T1 MRI scan

[ID 1724]

"**WW 2**" (World War II):

Water is **White** in a **T2** scan.

Conversely, a **T1** scan shows fat as being whiter.

Knowledge Level 2, System: Other/Miscellaneous

Jason Galarneau Flinders University School of Medicine, South Australia

Chest radiograph: checklist to examine

[ID 605]

"**Pamela Found Our Rotation Particularly Exciting; Very Highly Commended Mainly 'Cus She Arouses'**":

Patient details

Film details

Objects (eg. lines, electrodes)

Rotation

Penetration

Expansion

Vessels

Hila

Costophrenic angles

Mediastinum

Cardiothoracic Ratio

Soft tissues and bones

Air (diaphragm, pneumothorax, subcut. emphysema)

Knowledge Level 4, System: Pulmonary

Andrew Booshan

Chest X-ray interpretation

[ID 2900]

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

Chest X-ray: cavitating lesions differential

[ID 2626]

"If you see **HOLES** on chest X-ray, they are **WEIRD**":

Wegener's syndrome

Embolic (pulmonary, septic)

Infection (anaerobes, pneumocystis, TB)

Rheumatoid (necrobiotic nodules)

Developmental cysts (sequestration)

Histiocytosis

Oncological

Lymphangiomyomatosis

Environmental, occupational

Sarcoid

Alternatively: L=Left atrial myxoma

Knowledge Level 6, System: Pulmonary

LW Mason, and Anonymous Contributor 4th Year Medical Student and Not Specified

Lung cancer: main sites for distant metastases

Hi Yield [ID 1906]

BLAB:

Bone

Liver

Adrenals

Brain

Knowledge Level 1, System: Pulmonary

Ian Silver Queen's University School of Medicine, Kingston, ON, Canada

Lung cancer: notorious consequences

Hi Yield [ID 2256]

SPEECH:

Superior vena cava syndrome

Paralysis of diaphragm (Phrenic nerve)

Ectopic hormones

Eaton-Lambert syndrome

Clubbing

Horner syndrome/ Hoarseness

Knowledge Level 1, System: Pulmonary

Rinku Uberoi

Upper lobe shadowing: causes

Hi Yield [ID 931]

BREASTS:

Beryllium

Radiation

Extrinsic allergic alveolitis

Ankylosing spondylitis

Sarcoidosis

TB

Siliconosis

Knowledge Level 4, System: Reproductive

A Bywaters

Elbow ossification centers, in sequence

[ID 1750]

CRITOE:

Capitellum

Radial head

Internal epicondyle

Trochlea

Olecranon

External epicondyle

In order: appear at **1, 3, 5, 7, 9, 11** years; each closes 2 years later.

Knowledge Level 4, System: Skeletal

Vince Yamashiroya

Mole: signs of trouble

Hi Yield [ID 225]

ABCDE:

Asymmetry

Border irregular

Colour irregular

Diameter usually > 0.5cm

Elevation irregular

Knowledge Level 3, System: Skeletal

Oisín University College Cork

Neck sagittal x-ray: examination checklist

[ID 118]

ABCD:

Anterior: look for swelling

Bones: examine each bone for fractures

Cartilage: look for slipped discs

Dark spots: ensure not abnormally big, or could mean excess blood

Knowledge Level 1, System: Skeletal

Robert O'Connor University College Dublin

Osteoarthritis: x-ray signs

Hi Yield [ID 1916]

LOSS:

Loss of joint space

Osteophytes

Subcondral sclerosis

Subchondral cysts

Knowledge Level 1, System: Skeletal

Gajan Rajeswaran Final Year Medical Student, Imperial College School Of Medicine, London

SLE (Systemic Lupus Erythematosus) diagnosis

Hi Yield [ID 382]

"MD SOAP 'N HAIR":

Malar rash
Discoid rash
Serositis
Oral ulcer
Arthritis
Photosensitivity
Neurologic abnormality
Hematologic abnormality
ANA (+)
Immunologic abnormality
Renal involvement
Knowledge Level 3, System: Kidney/Urine
Anonymous Contributor

Felty's syndrome: components

Hi Yield [ID 1864]

SANTA:

Splenomegaly
Anaemia
Neutropenia
Thrombocytopenia
Arthritis (rheumatoid)
Knowledge Level 2, System: Lymphoid
Dr. Harsh Sharma BJMC, Pune, India

Carpal tunnel syndrome

Hi Yield [ID 2275]

TINel's sign:
TINgling sensation after
Tapping on
Traumatized nerve in carpal
Tunnel syndrome
Knowledge Level 5, System: Nervous
Anonymous Contributor

Henoch schonlein purpura: signs and symptoms

Hi Yield [ID 1765]

NAPA:

Nephritis
Arthritis, arthralgias
Purpura, palpable (especially on buttocks and lower extremities)
Abdominal pain (need to rule out intussusception)
Knowledge Level 4, System: Other/Miscellaneous
Vince Yamashiroya

Asthma: treatment

Hi Yield [ID 514]

ASTHMA:

Adrenergics
Steroids
Theophylline
Hydration
Mask [O₂ at 24%]
Antibiotics
Knowledge Level 4, System: Pulmonary
Anonymous Contributor

Arthritis: juvenile idiopathic: differential

[ID 1777]

ARTHRITIS:

Anxiety
Rickets and metabolic
Tumor
Hematological
Reactive arthritis
Immunological (SLE)
Trauma
Injury
Sepsis

Knowledge Level 4, System: Skeletal
Malik Tariq Rahim King Edward Medical College, Pakistan

Arthritis: seronegative spondyloarthropathies

Hi Yield [ID 2292]

PEAR:

Psoriatic arthritis
Enteropathic arthritis
Ankylosing spondylitis
Reiter's/ Reactive
Knowledge Level 1, System: Skeletal
Dave Hassan

Joint pain causes

[ID 236]

SOFTER TISSUE:

Sepsis
Osteoarthritis
Fractures
Tendon/muscle
Epiphyseal
Referred
Tumor
Ischaemia
Seropositive arthritides
Seronegative arthritides
Urate
Extra-articular rheumatism (such as polymyalgia)
Knowledge Level 4, System: Skeletal
Anonymous Contributor

Osteoporosis risk factors

Hi Yield [ID 1115]

ACCESS:

Alcohol
Corticosteroid
Calcium low
Estrogen low
Smoking
Sedentary lifestyle
Knowledge Level 1, System: Skeletal
Lum

SURGERY

Fistulas: conditions preventing closure

Hi Yield [ID 1664]

FRIEND:

Foreign body
Radiation
Infection/ Inflammation (Crohn)
Epithelialization
Neoplasia
Distal obstruction
Knowledge Level 4, System: Alimentary
Danny Rosin and Adam W. Beck, M.D. Unspecified and UT-Southwestern Hospital Systems

Oesophageal cancer risk factors

Hi Yield [ID 2085]

PC BASTARDS:

Plummer-Vinson syndrome

Coeliac disease

Barrett's

Alcohol

Smoking

Tylosis

Achalasia

Russia (geographical distribution)

Diet

Stricture

Knowledge Level 2, System: Alimentary

Dr. John Holme

GI bleeding: causes

Hi Yield [ID 1021]

ABCDEFGHI:

Angiodysplasia

Bowel cancer

Colitis

Diverticulitis/ Duodenal ulcer

Epitaxis/ Esophageal (cancer, esophagitis, varices)

Fistula (anal, aortaenteric)

Gastric (cancer, ulcer, gastritis)

Hemorrhoids

Infectious diarrhoea/ IBD/ Ischemic bowel

Knowledge Level 9, System: Cardiovascular

Lau Yue Young Geoffrey HKU

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

Melanoma sites

Hi Yield [ID 1262]

"Mel SEA" (Pronounced "Mel C" from the Spice Girls)

Melanoma sites, in order of frequency:

Skin

Eyes

Anus

Knowledge Level 3, System: Integumental

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Post-operative fever causes

Hi Yield [ID 41]

Six W's:

Wind: pulmonary system is primary source of fever first 48 hours, may have pneumonia

Wound: infection at surgical site

Water: check IV for phlebitis

Walk: deep venous thrombosis, due to pelvic pooling or restricted mobility related to pain and fatigue

Whiz: urinary tract infection if urinary catheterization

Wonder drugs: drug-induced fever

Knowledge Level 4, System: Lymphoid

Anonymous Contributor

Appendectomy: complications

Hi Yield [ID 1880]

WRAP IF HOT:

Wound infection

Respiratory (atelectasis, pneumonia)

Abscess (pelvic)

Portal pyemia

Ileus (paralytic)

Fecal fistula

Hernia (r. inguinal)

Obstruction (intestinal due to adhesions)

Thrombus (DVT)

Knowledge Level 2, System: Other/Miscellaneous

Sami Almusawa JUST

Post-operative complications (immediate)

Hi Yield [ID 350]

"Post-op **PROBS**":

Pain

Primarily haemorrhage

Reactionary haemorrhage

Oliguria

Basal atelectasis

Shock/ **S**epsis

Knowledge Level 2, System: Other/Miscellaneous

Jacob George University of Sheffield, UK

Compartment syndrome: signs and symptoms

Hi Yield [ID 2014]

5 P's:

Pain

Palor

Pulseless

Paresesthesia

Pressure (increased)

Knowledge Level 4, System: Skeletal

Michelle Zetoony Medical Student 2003, Philadelphia College of Osteopathic Medicine

UROLOGY / NEPHROLOGY

Dialysis: indications

Hi Yield [ID 1702]

AEIOU:

Acid-base problems (severe acidosis or alkalosis)

Electrolyte problems (hyperkalemia)

Intoxications

Overload, fluid

Uremic symptoms

Knowledge Level 6, System: Kidney/Urine

Malvinder S. Parmar, MD, FRCPC, FACP Timmins & District Hospital, Timmins, ON, Canada

Enlarged kidneys: causes

Hi Yield [ID 1838]

SHAPE:

Scleroderma

HIV nephropathy

Amyloidosis

Polycystic kidney disease

Endocrinopathy (diabetes)

Knowledge Level 5, System: Kidney/Urine

Dino Santoro University of Manitoba

Hematuria: differential

Hi Yield [ID 198]

"S#!T":

Stones/ Systemic disease (SLE)/ Structural lesions (UPJ obstruction)

Hematologic disease (sickle cell, coagulopathy)/ Hypercalciuria/ Hereditary (Alport nephritis)/ HSP/ HUS

Infectious and Immunologic (PSGN)/ IgA nephropathy (Berger nephritis)/ Interstitial disease (interstitial nephritis)/ Idiopathic conditions (thin glomerular basement membrane disease or benign familial hematuria)

Trauma/ Tumor/ TB/ Toxins

Knowledge Level 4, System: Kidney/Urine

Vince Yamashiroya

Hydronephrosis: differential

Hi Yield [ID 1611]

Unilateral is **PACT**:

Pelvic-uteric obstruction (congenital or acquired)

Aberrant renal vessels

Calculi

Tumours of renal pelvis

Bilateral is **SUPER**:

Stenosis of the urethra

Urethral valve

Prostatic enlargement

Extensive bladder tumour

Retro-peritoneal fibrosis

Knowledge Level 3, System: Kidney/Urine

Sushant Varma Medical student, University of Sheffield, UK

Nephrotic syndrome: causes for secondary nephrotic syndrome

[ID 233]

DAVID:

Diabetes mellitus

Amyloidosis

Vasculitis

Infections

Drugs

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Polycystic kidney: genetic marker

Hi Yield [ID 1892]

"**P**" is the **16th** letter of the alphabet.

Autosomal dominant **Polycystic kidney disease** is associated with abberation on the **16th** chromosome.

Knowledge Level 6, System: Kidney/Urine

Thomas B. Edmunds, Jr, MD Chief Resident at SUNY Stony Brook

Prostatism: initial symptoms

Hi Yield [ID 1850]

"Prostatism is initially **FUN**":

Frequency

Urgency

Nocturia

Knowledge Level 1, System: Kidney/Urine

Peter L University of Queensland Medical School

Pyelonephritis (acute): predisposing factors

[ID 489]

SCARRIN' UP:

Sex (females <40, males >40)

Catheterization

Age (infant, elderly)

Renal lesions

Reflux (vesciouteral)

Immunodeficient

NIDDM, IDDM

Urinary obstruction

Pregnant

Acute pyelonephritis heals by scarrin' up the area (pyelonephritic scar).

Knowledge Level 4, System: Kidney/Urine

Yazeed A.Oqaili King Saud University Medical College

Urinary incontinence: causes of acute and reversible

Hi Yield [ID 134]

DRIP:

Delirium

Restricted mobility/ **R**etention

Inflammation / **I**nfection/ **I**mpaction [fecal]

Pharmaceuticals / **P**olyuria

"Drip" is convenient since it is urinary incontinence, so urine only drips out.

Knowledge Level 3, System: Kidney/Urine

Anonymous Contributor

Testicular atrophy: differential

[ID 1620]

TESTES SHRINK:

Trauma

Exhaustional atrophy

Sequelae

Too little food

Elderly

Semen obstruction

Sex hormone therapy

Hypopituitarism

Radiation

Inflammatory orchitis

Not descended

Klinefelter's

Knowledge Level 4, System: Reproductive

Robert O'Connor University College Dublin