

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

Bowel components

[ID 1175]

"Dublin Sisters Ceramic Red Colored Jewelry Apparently Illegal":

2-4 letters of each component:

Duodenum

Sigmoid

Cecum

Rectum

Colon

Jejunum

Appendix

Ileum

Knowledge Level 1, System: Alimentary

Frank Hopkins

Diaphragm apertures

[ID 272]

"3 holes, each with 3 things going through it":

Aortic hiatus: aorta, thoracic duct, azygous vein.

Esophageal hiatus: esophagus, vagal trunks, left gastric vessels.

Caval foramen: inferior vena cava, right phrenic nerve, lymph nodes.

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

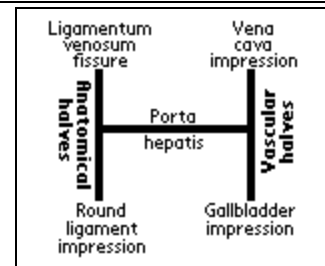
Anonymous Contributor

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

[ID 114]

There's a **H**epatic "**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



Hi Yield [ID 72]

Meckel's diverticulum details

- 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 **di**verticulum is the thing with all the **twos**.

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

Murphy's point organ [for Irish]

[ID 61]

"Murphy was an Irishman (and Murphy is a classic Irish surname), and Ireland=green":

Green organ in body is gallbladder, so Murphy's point is the gall bladder.

Knowledge Level 3, 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 **C**arotid
- 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 663]

"Send **The Lord** to **Say A Prayer**":

From proximal to distal:

- Superior thoracic
- Thoracacromial
- Lateral thoracic
- Subscapular
- Anterior circumflex humeral
- Posterior circumflex humeral

Knowledge Level 3, System: Cardiovascular
Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Axillary artery branches

[ID 852]

"**S**uzy **T**hompkins **L**oves **S**ex, **A**lcohol, and **P**ot":

From proximal to distal:

Superior thoracic

Thoracacromial

Lateral thoracic

Subscapular

Anterior circumflex humeral

Posterior circumflex humeral

Knowledge Level 3, System: Cardiovascular

Karl Boston U. School of Medicine

Axillary artery branches

[ID 1208]

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

Superior thoracic

Thoracoacromiol

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 is medial to biceps tendon

[ID 1577]

"**B**AMBI":

Brachial **A**rtery is **M**edial to **B**iceps **I**n elbow.

Knowledge Level 1, System: Cardiovascular

Christopher Jordan UAG-EDU

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

Branches of Internal Iliac Artery

[ID 3160]

"**I** Love **G**oing **P**laces **I**n **M**y **V**ery **O**wn **U**nderwear":

Ileolumbar

Lateral sacral

Gluteal (superior and inferior)

Pudendal (internal)

Inferior vesicle (uterine in females)

Middle rectal

Vaginal

Obturator

Umbilical

Knowledge Level 5, System: Cardiovascular

Joe and Betsy Sophie Davis School of Medicine

Cardiac valves: order in circuit

[ID 2895]

"**T**RI before you **B**I":

Tricuspid valve is located in left heart and **B**icuspid valve is located in right heart. Blood flows through the **t**ricuspid **b**efore **b**icuspid.

Knowledge Level 1, System: Cardiovascular

Chris Gilbreth Cleveland Chiropractic College, Kansas City

Carotid sheath contents

[ID 669]

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

I See (I.C.) = Internal Carotid artery

10 = CN 10 (Vagus nerve)

CC = Common Carotid artery

IV = Internal Jugular Vein

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)

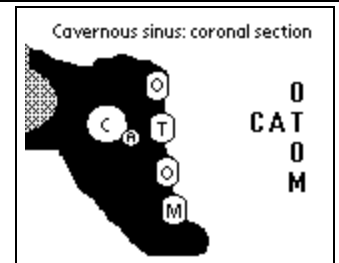
Carotid artery

Abducent nerve (VI)

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

Knowledge Level 4, System: Cardiovascular

Jonathan Vafai New York University School of Medicine



Coelic 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

Descending abdominal aorta: seven divisions

[ID 448]

"Sometimes Intestines Get Really Stretched Causing Leakage":

Suprarenals [paired]

Inferior mesenteric

Gonadal [paired]

Renals [paired]

Superior mesenteric

Celiac

Lumbar [paired]

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

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

External carotid artery branches

[ID 404]

"Sister Lucy's Powdered Face Often Attracts Silly Medicos":

Before entering the parotid gland:
Superior thyroid
Lingual
Posterior auricular
Facial
Occipital
Ascending pharyngeal
Ends as:
Superficial temporal and
Maxillary bifurcating in the in the parotid gland
Knowledge Level 2, System: Cardiovascular
Dr. Deepu Sudhakaran Dept of Surgery, Royal Adelaide Hospital

External carotid artery branches

[ID 446]

"Some Angry Lady Figured Out PMS":

Superior thyroid
Ascending pharyngeal
Lingual
Facial
Occipital
Posterior auricular
Maxillary
Superficial temporal
Knowledge Level 2, System: Cardiovascular
Anonymous Contributor

External carotid artery branches

[ID 831]

StApLE OPIS:
Superior thyroid
Ascending pharyngeal
Lingual
External maxillary (facial)
Occipital
Posterior auricular
Internal maxillary
Superficial temporal
Knowledge Level 2, System: Cardiovascular
Michael S. Florencio, DMD University of Perpetual College of Medicine, Las Pinas, Philippines

External carotid artery branches

[ID 842]

"Some Aberdeen Ladies F#ck, Others Prefer Manual Stimulation":

From inferior to superior:

Superior thyroid

Ascending pharyngeal

Lingual

Facial

Occipital

Posterior auricular

Maxillary

Superficial temporal

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

External carotid artery branches

[ID 1030]

"So Long For Acting Old Parenting Means Stability":

Superior thyroid

Lingual

Facial

Ascending pharyngeal

Occipital

Posterior auricular

Maxillary

Superficial temporal

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

External carotid artery branches

[ID 1033]

"Some Aggressive Lovers Find Odd Positions More Stimulating":

Superior thyroid

Ascending pharyngeal

Lingual

Facial

Occipital

Posterior auricular

Maxillary

Superficial temporal

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

External carotid artery branches

[ID 1256]

"Sally Ate Lots Of Fresh Produce March Through September":

Superior thyroid

Ascending laryngeal

Lingual

Occipital (O before F is an extremely common variation)

Facial

Posterior auricular

Maxillary

Transverse facial

Superficial temporal

Knowledge Level 2, System: Cardiovascular

Johns Hopkins Class of 2004

External carotid artery branches

[ID 1558]

"She Lay Flaccid As Olaf's Penis Slipped In":

From caudal to cephalad:

Superior thyroid

Lingual

Facial

Ascending pharyngeal

Occipital

Posterior auricular

Superficial temporal

(Internal) maxillary

Knowledge Level 2, System: Cardiovascular

T. H. Lee UCLA School of Medicine

External carotid artery branches

[ID 1799]

"Suzy Always Lays Flat On Pillows Making Sex Terrific":

Superior thyroid

Ascending pharyngeal

Lingual

Facial

Occipital

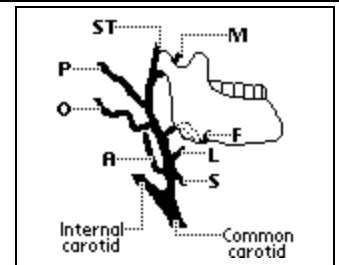
Posterior auricular

Maxillary

Superficial Temporal

Knowledge Level 2, System: Cardiovascular

Ally-Khan Somani University of Toronto, Faculty of Medicine



External jugular vein: tributaries

[ID 3114]

PAST:

Posterior external jugular vein

Anterior jugular vein

Suprascapular vein

Transverse cervical vein

Knowledge Level 3, System: Cardiovascular

Dalia Rashdan Ain Shams University School of Dentistry

Female pelvic organs' blood supply

[ID 267]

"3 organs, each get 2 blood supplies":

Uterus: uterine, vaginal.

Rectum: middle rectal, inferior rectal [inferior rectal is the end of pudendal].

Bladder: superior vesical, inferior vesical.

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Femoral artery deep branches

[ID 2415]

"Put My Leg Down Please":

Profundus femoris (deep femoral artery)

Medial circumflex femoral artery

Lateral circumflex femoral artery

Descending genicular arteries

Perforating arteries

Knowledge Level 2, System: Cardiovascular

Gene Lee Emory School of Medicine

Femoral hernia: epidemiology

[ID 997]

FEMoral hernias are more common in **FEM**ales.

Knowledge Level 1, 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

Femoral triangle: arrangement of nerve, artery, vein

[ID 11]

VAN:

From medial to lateral:

Vein

Artery

Nerve

Nerve/Artery/Vein are all called Femoral.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Femoral triangle: contents

Hi Yield [ID 1142]

NAVY:

In order from lateral to medial:

Nerve

Artery

Vein

Y of the groin

Alternatively: Y = **Y**-fronts [male underwear].

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Heart valve sequence

[ID 1938]

"**Try Pulling My Aorta**":

Tricuspid

Pulmonary

Mitral

Aorta

Knowledge Level 1, System: Cardiovascular

Michael Franco Melbourne University, Australia

Heart valves

[ID 484]

"**Toilet Paper My A\$\$**":

From right to left:

Tricuspid

Pulmonic

Mitral

Aortic

Knowledge Level 1, System: Cardiovascular

Jim Colburn Indiana University Medical Center

Heart valves: order in circuit

[ID 3053]

"First learn a **T**ricycle, then learn a **B**icycle":

Flow through **T**ricuspid first, then **B**icuspid.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

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)/ **D**eferential artery (male)
Knowledge Level 4, System: Cardiovascular
Anonymous Contributor

Internal iliac artery: posterior branch

[ID 801]

PILS:

Posterior branch
Iliolumbar
Lateral sacral
Superior gluteal
Knowledge Level 5, 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

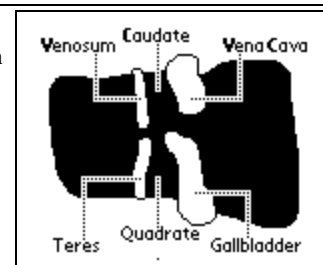
[ID 270]

"**VC** goes with **VC**":

The **V**enosum and **C**audate is on same side as **V**ena **C**ava [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** Piss Drunk But Stupid Drunk I Prefer, Must Phone Alcoholics Anonymous":

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**delaîne has varicose veins" [The saphenous veins are important for varicose veins]:

Medial maleolus, Anterior to maleolus, and Great saphenous go together.

Then the opposites of these go together: **Small** saphenous is **posterior** to the **lateral** maleolus.

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

Subclavian artery branches

[ID 2451]

"Very Tired **I**ndividuals **S**ip **S**trong Coffee **S**erved **D**aily":

Vertebral artery

Thyrocervical trunk

---Inferior thyroid

---Superficial cervical

---Suprascapular

Costocervical

---Superior intercostal

---Deep cervical

Knowledge Level 1, System: Cardiovascular

Gene Lee Emory School of Medicine

Superior thyroid artery branches

[ID 136]

"**May I** Softly Squeeze Charlie's Girl?":

Muscular

Infrahyoid

Superior laryngeal

Sternomastoid

Cricothyroid

Glandular

Knowledge Level 7, System: Cardiovascular

Anonymous Contributor

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 662]

"California Police Department":

Clavicular
Acromial
Pectoral
Deltoid

Knowledge Level 6, System: Cardiovascular
Michael A. Chaplin SUNY-HSCB Downstate College of Medicine

Thoracoacromial artery branches

[ID 1207]

ABCD:

Acromial
Breast (pectoral)
Clavicular
Deltoid

Knowledge Level 6, System: Cardiovascular
Anonymous contributor UCLA School of Medicine

Ulnar nerve to ulnar artery and radial nerve to radial artery relations

[ID 90]

Think "peripheral nerves":

The ulnar nerve is "ulnar" to the ulnar artery.

Radial nerve is "radial" to the radial artery.

Knowledge Level 7, System: Cardiovascular
Anonymous Contributor

Thyroid: isthmus location

Hi Yield [ID 97]

"Rings **2,3,4** make the **isthmus floor**":

Isthmus overlies tracheal rings **2,3,4**

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

Thyroids: relative sizes

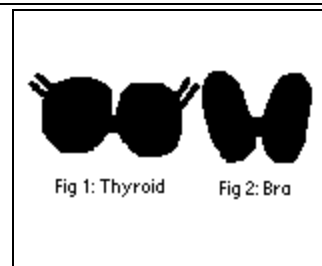
[ID 275]

Thyroid looks like a bra (see picture).

Breasts are bigger in women, so thyroid bigger in women.

Pregnant women have biggest breasts of all, so they have the biggest thyroids.

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



Scalp layers

[ID 258]

SCALP:

From superficial to deep:

Skin
Connective tissue
Aponeurosis
Loose areolar tissue
Pericranium

Knowledge Level 1, System: Integumental
Anonymous Contributor

Kidney hilums at transpyloric plane [L1]

[ID 76]

L-1 goes through hilum of only **1** kidney, and it's the **Left** one.

Knowledge Level 8, System: Kidney/Urine

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

Leino- definition

[ID 75]

"**Leino**" rhymes with "**spleen-o**":

Therefore leino- means something to do with the spleen.

Knowledge Level 1, System: Lymphoid

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** geoses":

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

Knowledge Level 5, System: Lymphoid

Anonymous Contributor

Thoracic duct: which half of upper body does it drain

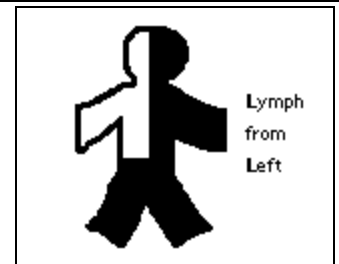
[ID 98]

Know drains all of lower body, but was it the right or the left part of the upper body?

Answer: its **Lymph** from the **Left** of the upper body.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin



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

Adductor magnus innervation

[ID 255]

"**AM SO!**":

Adductor **M**agnus innervated by **S**ciatic and **O**bturator.

Knowledge Level 3, System: Muscle

Robert O'Connor University College Dublin

Anterior forearm muscles: superficial group

[ID 273]

There are five, like five digits of your hand.

Place your thumb into your palm, then lay that hand palm down on your other arm, as shown in diagram.

Your 4 fingers now show distribution: spells **PFPF** [pass/fail, pass/fail]:

Pronator teres

Flexor carpi radialis

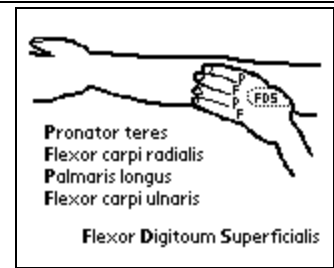
Palmaris longus

Flexor carpi ulnaris

Your thumb below your 4 fingers shows the muscle which is deep to the other four: Flexor digitorum superficialis.

Knowledge Level 3, System: Muscle

Robert O'Connor University College Dublin



Anterior forearm muscles: superficial group

[ID 1117]

"Pimps F*ck Prostitutes For Fun":

Pronator teres

Flexor carpi radialis

Palmaris longous

Flexor carpi ulnaris

Flexor digitorum superficialis

Knowledge Level 3, System: Muscle

Rob

Biceps brachii muscle: origins

[ID 1876]

"You walk **shorter** to a street **corner**. You ride **longer** on a **superhighway**.":

Short head originates from **cor**acoid process.

Long head originates from the **supra**glenoid cavity.

Knowledge Level 1, System: Muscle

Rommel L. de los Reyes College of Physical Therapy - Pamantasan ng Lungsod ng Maynila (University of the City of Manila)

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 el**B**ow:

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 **M**edial, 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**L**ongissimus**S**pinalisAlternatively: "**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

Erector spinae muscles

[ID 2108]

"I Like Standing":

From lateral to medial

Iliocostalis**L**ongissimus**S**pinalis

Knowledge Level 7, System: Muscle

Wayne Feder

Erector spinae muscles: order

[ID 2551]

Spinalis is on the **s**pine (most medial).**I**liocostalis is on the **r**ibs (most lateral).And it's a **L**ong (**L**ongissimus) way between the spine and the ribs!

Knowledge Level 5, System: Muscle

Nikki Stamp Student, Faculty of Medicine and Dentistry, University of Western Australia

Extensor expansion location in the hand

[ID 93]

The e**X**tensor e**X**pansion is on the pro**X**imal phalyn**X**.

Knowledge Level 6, System: Muscle

Robert O'Connor University College Dublin

Extrinsic muscles of tongue [for pro soccer fans]

[ID 421]

"Paris St. Germain's Hour":**P**alatoglossus**S**tyloglossus**G**enioglossus**H**yoglossus

PSG is a French soccer team (foreign), hence extrinsic comes to mind.

Knowledge Level 3, System: Muscle

Evren Tufan Istanbul University Medical Student

Eye rotation by oblique muscles

[ID 1416]

"I Love S&M":**I**nferior oblique: **L**ateral eye rotation.**S**uperior oblique: **M**edial eye rotation.

Knowledge Level 1, System: Muscle

CS Eddleman Medical Student, Texas Tech SOM

Femoral triangle: boundaries

[ID 2776]

"So I May Always Love Sally":**S**uperiorly: **I**nguinal ligament**M**edially: **A**dductor longus**L**aterally: **S**artorius

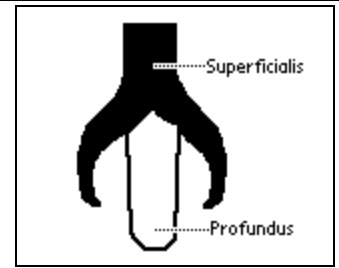
Knowledge Level 3, System: Muscle

Anonymous Contributor

Flexor digitorum muscles: how they insert onto fingers

[ID 89]

A little rhyme:
Superficialis **S**plits in two,
To **P**ermit **P**rofundus **P**assing through.
Knowledge Level 7, System: Muscle
Anonymous Contributor



Hip: lateral rotators

[ID 657]

"**P**iece **G**oods **O**ften **G**o **O**n **Q**uilts":

Piriformis
Gemellus superior
Obturator internus
Gemellus inferior
Obturator externus
Quadratus femoris
Knowledge Level 4, System: Muscle
Anonymous Contributor

Hip: lateral rotators

[ID 833]

"**P**lay **G**olf **O**r **G**o **O**n **Q**uaaludes":

From top to bottom:

Piriformis
Gemellus superior
Obturator internus
Gemellus inferior
Obturator externus
Quadratus femoris
Alternatively: "**P-GO-GO-Q**".
Knowledge Level 4, System: Muscle
Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

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

Interossei muscles: number of palmars vs. dorsals

[ID 96]

"**3** on the **P**, **4** on the **Dor**":

There are **3** Palmar, and **4** Dorsal interossei.

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

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**roneus longus

p**E**roneus brevis

p**E**roneus terius

Inversion muscles:

t**I**bialis anterior

t**I**bialis posterior

Knowledge Level 6, System: Muscle

Robert O'Connor University College Dublin

Leg: anterior muscles of leg

[ID 916]

"Tom's **H**airy **A**ND **D**irty **P**enis":

T: Tibialis anterior

H: extensor **H**ollicis longus

AN: anterior tibial **A**rtery & deep fibular **N**erve

D: extensor **D**igitorum longus

P: **P**eroneus tertius [aka fibularis tertius]

Knowledge Level 1, System: Muscle

Anonymous Contributor

Leg: anterior muscles of leg

[ID 1347]

"The **H**ospitals **A**re **N**ot **D**irty **P**laces":

T: Tibialis anterior

H: extensor **H**allucis longus

A: anterior tibial **A**rtery

N: deep fibular **N**erve

D: extensor **D**igitorum longus

P: **P**eroneus tertius [aka fibularis tertius]

Knowledge Level 1, System: Muscle

Hemant Ekbote/Amit Dixit Mgm's medical college India

Lower limb peripheral nerve injurys

Hi Yield [ID 2175]

"**D**rop into a **D**E**e**P **P**IT and **s**huffle your way out":

Foot **D**rop results from **D**orsiflexors and **E**vertors paralysis, due to common **P**eroneal nerve lesion.

Plantarflexion and **I**nversion impairment due to **T**ibial nerve lesion, results in a **s**huffling gait.

Knowledge Level 1, System: Muscle

Monica Therese Cating University of the Philippines College of Medicine

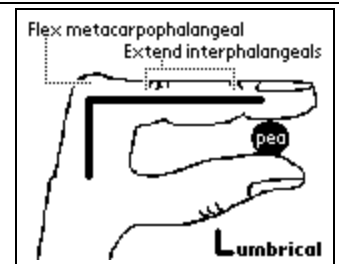
Lumbricals action

[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: medial to lateral arrangement

[ID 2747]

"Serve And Volley Next Ball":

Semimembranosus/ Semitendinosus

Artery

Vein

Nerve

Biceps femoris

Lateral and medial heads of Gastrocnemius are inferior borders.

Knowledge Level 3, System: Muscle

Tympany W. Quintosh Saba University School of Medicine

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 **Tendinosus** is on **Top**.

Knowledge Level 3, System: Muscle

Anonymous Contributor

Psoas major: innervation

[ID 1090]

If you hit **L2, 3, 4**

Psoas gets **sore!**

Knowledge Level 2, System: Muscle

Usman Ahmad KMC

Pterygoid muscles: function of lateral vs. medial

[ID 70]

"Look at how your jaw ends up when saying first syllable of '**Lateral**' or '**Medial**'":

"**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

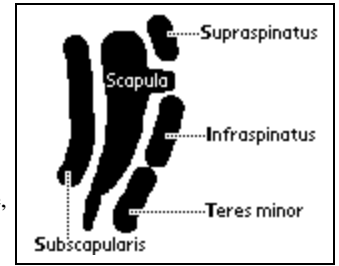
Teres **minor**

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

Supination vs. pronation: which is more powerful

[ID 121]

Screws were designed to be tightened well by majority of people.

"**Righty tighty**": to tighten screws you turn to the right.

Majority of people are right-handed.

Turning right-hand to the right is supination.

Knowledge Level 7, System: Muscle

Robert O'Connor University College Dublin

Ansa cervicalis nerves

[ID 1042]

"**GH**ost **TH**ought **SO**meone **ST**upid **SH**ot **I**rene":

Geniohyoid

Thyrohyoid

Superior **O**moxyoid

Sternohyoid

Sternohyoid

Inferior omoxyoid

Knowledge Level 6, System: Nervous

Anonymous Contributor

Autonomics to the gut

[ID 439]

"The **PARA**sympathetics follow a rule of **TWO**" [pair = two]:

The vagus does the top, the sacral splanchnics the outflow tract.

"The sympathetics follow a rule of threes":

Greater, lesser, least splanchnic nerves go to the celiac, superior and inferior mesenteric ganglion.

Knowledge Level 2, System: Nervous

Anonymous Contributor

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 organization

Hi Yield [ID 580]

"**The Castrated Dog Turns Rabid**":

From lateral to medial:

Terminal branches

Cords

Divisions

Trunks

Roots

Knowledge Level 1, System: Nervous

Chip Louisiana State University Medical Center

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

Brachial plexus: numbers of each section

Hi Yield [ID 2741]

It is the same backwards and forwards:

5-3-2-3-5:

5 Rami

3 Trunks

2 Divisions

3 Cords

5 Terminal nerves

Knowledge Level 1, System: Nervous

Melissa L. Toth UMDNJ School of Osteopathic Medicine, Stratford, NJ

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

Carpal tunnel syndrome causes

Hi Yield [ID 126]

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

Carpal tunnel syndrome: causes

Hi Yield [ID 1770]

TRAMP:

Trauma (occupational)

Rheumatoid arthritis

Acromegaly

Myxoedema

Pregnancy

Alternatively: **ARMPIT** to include **Idiopathic**.

Knowledge Level 3, System: Nervous

Isae Kilonzo University College Cork, Ireland

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

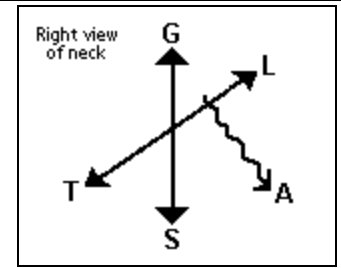
Supraclavicular

Transverse cervical

See diagram.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



CN VII innervated muscles (branchial arch 2 derivatives)

[ID 305]

"Imagine someone making the **facial** expression to say 'PSS...':

Facial expression muscles

Posterior belly of digastric

Stapedius

Stylohyoid

Knowledge Level 3, System: Nervous

Christian Erickson Duke University

Deep tendon reflexes: root supply

Hi Yield [ID 185]

"1,2,3,4,5,6,7,8":

S1-2: ankle

L3-4: knee

C5-6: biceps, supinator

C7-8: triceps

Knowledge Level 2, System: Nervous

Anonymous Contributor

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

Dermatome C6 location

Hi Yield [ID 91]

Stick **arm out like crucifixion** stance. Curl your **thumb** and forefinger into an "OK" symbol while keeping your other fingers straight.

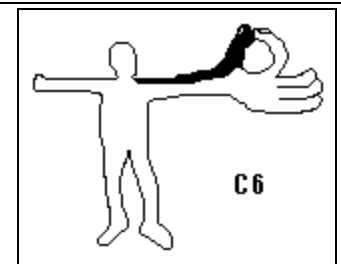
Your hand should now look like a **6** shape.

So C6 dermatome is your **thumb** and top of **arm** (reason for crucifix stance).

See diagram.

Knowledge Level 5, System: Nervous

Anonymous Contributor



Dermatome C7 location

Hi Yield [ID 568]

C7 gives **the finger to heaven** (as in middle finger).

Knowledge Level 5, System: Nervous

Jules Bristol University

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

Ear: bones of inner ear

[ID 1403]

Take a Hammer: Malleus

Hit an Indian Elephant: Incus

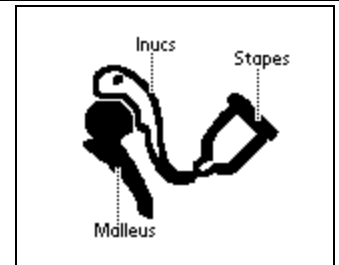
It puts its foot in a stirrup: Stapes

Describes the shape, and relative position (from out to in) of the inner ear bones.

Alternatively: "**M**ailing **I**ncludes **S**tamps".

Knowledge Level 1, System: Nervous

Robert Lueken and Frank Hopkins Eastern Virginia Medical School



Extraocular muscles cranial nerve innervation

Hi Yield [ID 572]

"**LR6SO4 rest 3**":

Lateral **R**ectus is **6**th

Superior **O**blique is **4**th

rest are all **3**rd cranial nerve

Knowledge Level 2, System: Nervous

Atul Singh Detroit Medical Center

Extraocular muscles: movements

[ID 2811]

"**O**bliq**L**iques cause **l**ateral rotation of eyeball":

Obliques cause lateral, all other rectii are medial rotators of the eyeball.

Action of the **o**bliques is **o**pposite to their names.

Action of the **r**ectii is **r**ightly fitting to their names.

Both superiors cause intorsion and both inferiors cause extorsion.

Knowledge Level 3, System: Nervous

Varsha RMC, Loni, India

Face muscles: large muscle groups' cranial innervation

[ID 71]

Mandibular nerve: **M**astication.

Facial nerve: **F**acial expression.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Facial nerve branches

[ID 825]

"**T**wo **Z**ombies **B**uggered **M**y **C**at":

From superior to inferior:

Temporal branch

Zygomatic branch

Buccal branch

Mandibular branch

Cervical branch

Alternatively: "**T**wo **Z**ulus **B**it **M**y **C**at".

Alternatively: "**T**wo **Z**ebra**S** **B**it **M**y **C**occyx".

Alternatively: "**T**o **Z**anzibar **B**y **M**otor **C**ar".

Alternatively: "**T**all **Z**ulus **B**ear **M**any **C**hildren".

Knowledge Level 1, System: Nervous

Anonymous Contributor and Rohan hall Universtiy of Otago, NZ and Anatomist

Facial nerve: branches after Stylomastoid foramen

[ID 863]

"**T**en **Z**ulus **B**uggered **M**y **C**at (Painfully)":

From superior to inferior:

Temporal branch

Zygomatic branch

Buccal branch

Mandibular branch

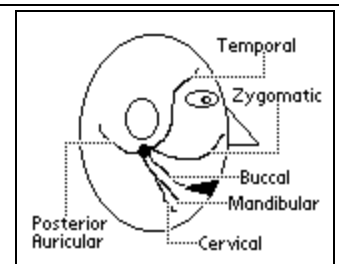
Cervical branch

(**P**osterior auricular nerve)

Alternatively: "**P**assing **T**hrough **Z**anzibar **B**y **M**otor **C**ar" (**PA** for Posterior Auricular).

Knowledge Level 1, System: Nervous

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



Horner's syndrome components

Hi Yield [ID 889]

SPAM:

Sunken eyeballs/ Sympathetic plexus (cervical) affected

Ptosis

Anhidrosis

Miosis

Knowledge Level 1, System: Nervous

Samuel Atom Baek-Kim

Horner's syndrome components

Hi Yield [ID 1823]

"HORNY PAM"

Horner's is:

Ptosis

Anhidrosis

Miosis

Knowledge Level 1, System: Nervous

Ocean University of Texas Medical Branch

Lacrimal nerve course

[ID 757]

"Lacrimal's story of 8 L's":

Lacrimal nerve runs on Lateral wall of orbit above Lateral rectus, then Lets communicating branch join in, then supplies Lacrimal gland, then

Leaves it and supplies Lateral upper eye Lid!

Knowledge Level 4, System: Nervous

Usman Ahmad KMC

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 and ulnar nerves: common features

[ID 274]

Each supply 1/2 of flexor digitorum profundus.
 Each supplies 2 lumbricals.
 Each has a palmar cutaneous nerve that pops off prematurely.
 Each supplies an eminence group of muscles [ulnar: hypothenar. median: thenar].
 Each enters forearm through two heads [ulnar: heads of flexor carpi ulnaris. median: heads of pronator teres].
 Each has no branches in upper arm.
 Each makes two fingers claw when cut at wrist.
 Each supplies a palmaris [median: palmaris longus. ulnar: palmaris brevis].
 Knowledge Level 6, System: Nervous
 Robert O'Connor University College Dublin

Median nerve: hand muscles innervated

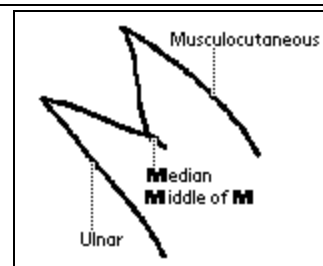
[ID 36]

"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]

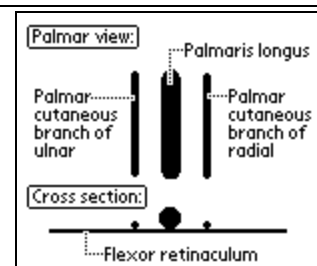
The **Median** nerve is the **Middle** of a giant capital "**M**" formed by the musculocutaneous and ulnar nerves.
 Knowledge Level 2, System: Nervous
 Robert O'Connor University College Dublin



Palmaris longus: location, relative to wrist nerves

[ID 125]

"The **Palmaris** between **two Palmars**":
Palmaris longus is between the **Palmar** cutaneous branch of Ulnar nerve and **Palmar** cutaneous branch of Median nerve.
 Knowledge Level 7, 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 Puts it up. Sympathetic Spurts it out".

Alternatively: "Point and Shoot": Parasympathetic Points it, Sympathetic Shoots out the semen.

Erection and Ejaculation (Emission).

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, Double Dip Cherries And Peanuts Preferably Included":

In order of their innervation, proximal to distal:

Triceps

Anconeus

Brachioradialis

ext. Carpi radialis longus

ext. Carpi radialis brevis

Supinator

ext. Digitorum

ext. Digiti minimi

ext. Carpi ulnaris

Abductor poll. longus

ext. Poll. brevis

ext. P poll. longus

ext. Indicis

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/ Greater 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 Cord Until 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: **O**bturator

Anterior compartment: **F**emoral

Posterior compartment: **S**ciatic

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]

"**S**tanding **R**oom **O**nly":

Superior orbital fissure is **V**1

foramen **R**otundum is **V**2

foramen **O**vale is **V**3

Knowledge Level 1, System: Nervous

Anonymous Contributor

V3 innervated muscles

Hi Yield [ID 463]

"**M**y **A**\$\$ **M**eets **T**he **T**oilet":

Mylorhyoid

Anterior digastric

Muscles of **M**astication

Tensor veli palatini

Tensor tympani

Knowledge Level 2, System: Nervous

Anonymous Contributor

V3 innervated muscles (branchial arch 1 derivatives)

Hi Yield [ID 304]

"**M.D. My TV**":

Mastication [masseter, temporalis, pterygoids]

Digastic [anterior belly]

Mylorhyoid

tensor **T**ympati

tensor **V**eli palatini

Knowledge Level 2, System: Nervous

Christian Erickson Duke University

V3: sensory branches

[ID 1024]

"**B**uccaneers **A**re **I**nferior **L**inguists":

Buccal

Auriculotemporal

Inferior alveolar

Lingual

Knowledge Level 5, System: Nervous

Jennifer Chuang University of Vermont School of Medicine

Vagal nerve: path into thorax

[ID 1783]

Vagus nerve, unlike phrenic, continues through diaphragm with esophagus--it is "**Not Left Behind**":

The **left** vagus is **anterior**, right is posterior [behind].

Knowledge Level 4, System: Nervous

Anonymous Contributor University of Arizona College of Medicine

Vagus nerve: path into thorax

[ID 449]

"**I Left my Aunt in Vegas**":

Left Vagus nerve goes **Anterior** descending into the thorax.

Knowledge Level 4, System: Nervous

Anonymous Contributor

Anatomical planes: coronal, horizontal, sagittal

[ID 262]

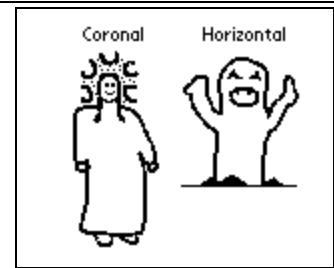
Coronal: A classic painting/stained glass window of a saint/angel has a **corona** radiating around the person's head. The plane of the glass/page is cutting their head in the coronal plane.

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



[ID 1257]

Ankle: anterior compartment of leg contents

"The **H**amptons **A**re Never **D**ull **P**arties":

From medial malleolus:

Tibialis anterior tendon

(Extensor) **H**allacus longus

Artery (anterior tibial)

Nerve (deep peroneal)

(Extensor) **D**igitorum

Peroneus tertius

Knowledge Level 3, System: Other/Miscellaneous

Jonhs Hopkins Class of 2004

Cubital fossa contents

[ID 45]

"**N**-**M**AN":

From lateral to medial:

Nerve

Muscle

Artery

Nerve

Specifics are radial Nerve, biceps Muscle tendon, brachial Artery, median Nerve.

Knowledge Level 2, System: Other/Miscellaneous

Peter Stefanides University College Dublin

Cubital fossa contents

[ID 631]

"**M**y **B**ottoms **T**urned **R**ed":

From medial to lateral:

Median nerve

Brachial artery

Tendon of biceps

Radial nerve

Knowledge Level 2, System: Other/Miscellaneous

Dell Piero University Malaya Medical School, Malaysia

Cubital fossa contents

[ID 1271]

"**R**eally **N**eed **B**ooze **T**o **B**e **A**t **M**y **N**icest":

From lateral to medial:

Radial Nerve

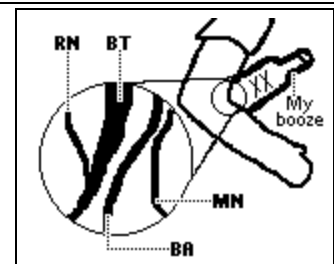
Biceps Tendon

Brachial Artery

Median Nerve

Knowledge Level 2, System: Other/Miscellaneous

Anonymous Contributor



Cubital fossa contents

[ID 1283]

MBBR:

From medial to lateral:

Median nerve

Brachial artery

Biceps tendon

Radial nerve

Knowledge Level 2, System: Other/Miscellaneous

Dr. Atif Farooq Rawalpindi Medical College, Pakistan

Diaphragm apertures: spinal levels

Hi Yield [ID 2657]

"Come Enter the Abdomen:

Vena Cava [8]

Esophagus [10]

Aorta [12]

Knowledge Level 2, System: Other/Miscellaneous

Phillip Snider (originally by Sherry Roles) Med student: Arizona College of Osteopathic Med

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

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

conjunct **T**endon

Knowledge Level 1, System: Other/Miscellaneous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

Internal pudendal branches

[ID 2503]

"**I Pee Pee But Don't Dump!**":

Inferior rectal

Posterior scrotal (or labial)

Perineal

Bulb

Deep artery

Dorsal artery

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

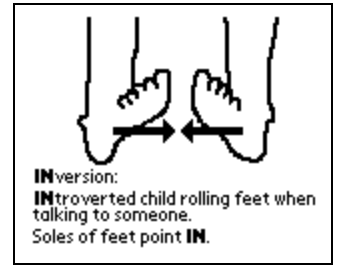
Inversion vs. eversion direction in the foot

[ID 103]

Little **INtroVERted** boys **roll their feet in** when talking to girls.
Also, can just watch which way the sole of the foot goes: does it face in or out?

See diagram.

Knowledge Level 2, System: Other/Miscellaneous
Robert O'Connor University College Dublin



L4 landmark: 2 items

[ID 186]

"**B4U**" [before you]:

Bifurcation of aorta

L4

Umbilicus

Knowledge Level 2, System: Other/Miscellaneous
Anonymous Contributor

Mediastinums: 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

Obturator canal: relations of structures

[ID 756]

"Who's flying in the top of Obturator canal? **Obviously Not A Vein!**":

Obturator

Nerve

Artery

Vein

Knowledge Level 2, System: Other/Miscellaneous
Usman Ahmad KMC

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 organs (major)

[ID 1676]

"**AC/DC Rocker Kids Party Down**":

Ascending Colon

Descending Colon

Rectum

Kidneys

Pancreas

Duodenum

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

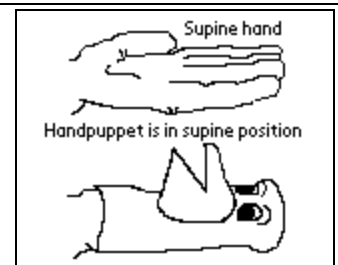
[ID 1]

Know **SUP**ination is your hand while carrying a bowl of **SOUP**. Your face follows where your palm is facing [i.e. up]. Put a handpuppet on your hand while hand is in supination and the puppet will be the supine position.

See diagram.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



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

Bronchi: which one is more vertical

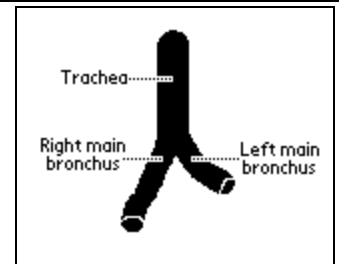
Hi Yield [ID 12]

"Inhale a **bite**, goes down the **right**":

Inhaled objects more likely to lodge in right bronchus, since it is the one that is more vertical.

Knowledge Level 4, System: Pulmonary

Robert O'Connor University College Dublin



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

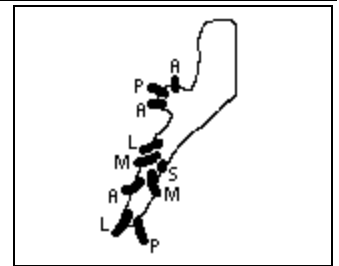
Anterior basal

Lateral basal

Posterior basal

Knowledge Level 7, System: Pulmonary

Derek Bell University of Queensland



Bronchopulmonary segments of the left lung

[ID 1782]

"Astute **Anatomists** Share **Inside** Secrets About **Lungs**":

Apiciposterior (S1+2)

Anterior (S3)

Superior (S4)

Inferior (S5)

Superior (S6)

Anteromedial basal (S7+8)

Lateral basal (S9)

Knowledge Level 7, System: Pulmonary

Gregory Allen Loma Linda University

Cricoaartenoids: abductor vs. adductor

Hi Yield [ID 2610]

When aliens **abduct** you, they **Probe** you.

Posterior cricoarytenoids **abduct**. Lateral therefore is adduct by default.

Knowledge Level 1, System: Pulmonary

Anonymous Contributor

Horner's syndrome: components

Hi Yield [ID 2829]

PAM:

Ptosis

Anhydrosis

Miosis

Knowledge Level 1, System: Pulmonary

C. Lu University of Glasgow

Lung lobes: one having lingula, lobe numbers

Hi Yield [ID 3100]

Lingula is on Left.

The lingula is like an atrophied lobe, so the left lung must have 2 "other" lobes, and therefore right lung has 3 lobes.

Knowledge Level 1, System: Pulmonary

Teresa Myers Student, UNC

Lung lobes: segments of right middle lobe

[ID 192]

"**ML=ML**":

Segments of **M**iddle **L**obe are **M**edial & **L**ateral.

Knowledge Level 8, System: Pulmonary

Anonymous Contributor

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

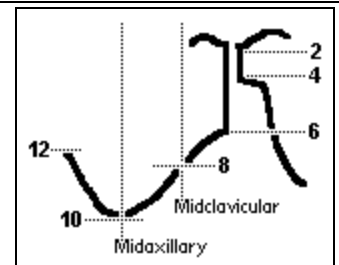
Rib**10**: midaxillary line

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 Voicebox":

Vestibular fold

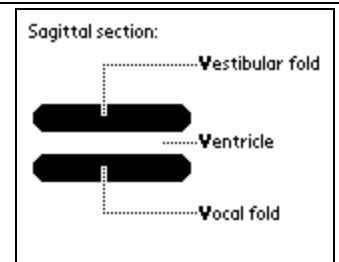
Ventricle

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

Scrotum layers

[ID 1227]

"Some Days Eddie Can Irritate People Very Thouroughly":

Skin

Dartos layer

External spermatic fascia

Cremaster muscle

Internal spermatic fascia

Parietal tunica vaginalis

Visceral tunica vaginalis

Tunica albuginea

Knowledge Level 2, System: Reproductive

Eddie Amores Columbia University

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 pathway through male reproductive tract

[ID 878]

"STaRT DEEP--VD!":

Sperm duct system progression, from smallest to largest:

ST: Seminiferous Tubules

RT: Rete Testes

DE: Ductus Efferentes

EP: Epididymis

VD: Vas Deferens

Knowledge Level 2, System: Reproductive

Lior Greenberg and Tomer Maoz Technion Faculty of Medicine, Haifa, Israel

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 288]

"**3** arteries, **3** nerves, **3** other things":

3 arteries: testicular, ductus deferens, cremasteric.

3 nerves: genital branch of the genitofemoral, cremasteric, autonomic.

3 other things: ductus deferens, pampiniform plexus, lymphatics.

Note some argument about this: Moore doesn't put in cremasteric nerve, Lumley puts in inguinal...

Knowledge Level 2, System: Reproductive

Anonymous Contributor

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: supracondylar

Knowledge Level 1, System: Skeletal

Ritesh Patel M.D.

Carpal bone having the hook

[ID 88]

The **Hamate** has the **Hook**.

Knowledge Level 3, System: Skeletal

Anonymous Contributor

Carpal bones

[ID 334]

"**Scottish Lads Take Prostitutes To The Caledonian Hotel**":

Proximal row, then distal row:

Scaphoid

Lunate

Triquetrum

Pisiform

Trapezium

Trapezoid

Capate

Hamate

Alternatively: "**Students Like Taking Prostitutes To The Carelton Hotel**".

Knowledge Level 1, System: Skeletal

Fred Reid Undergrad at St-Andrews, UK

Carpal bones

[ID 381]

"She Looks Too Pretty; Try To Catch Her":

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

Scaphoid

Lunate

Triquetrium

Pisiform

Trapezium

Trapezoid

Capate

Hamate

Alternatively: "She Likes To Play; Try To Catch Her".

Knowledge Level 1, System: Skeletal

Anurag Gupta Dept of Surgery, Royal Adelaide Hospital, Australia

Carpal bones

[ID 384]

"She Licks Toms Prick; Her Cu*t's Too Tight":

Scaphoid

Lunate

Triquetrum

Pisiform

Hamate

Capitate

Trapezoid

Trapezium

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Carpal bones

[ID 414]

"Some Lovers Try Positions That They Can't Handle":

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

Scaphoid

Lunate

Triquetrium

Pisiform

Trapezium

Trapezoid

Capate

Hamate

Alternatively: "Scared Lovers..."

Alternatively: "Senior Lecturers..."

Knowledge Level 1, System: Skeletal

Jason Mounts and Anonymous Contributor Medical College of Georgia and Cambridge

Carpal bones

[ID 455]

"Her C#nt's Too Tight So Lubricate The Penis":

Anticlockwise:

Hamate

Capate

Trapezoid

Trapezium

Scaphoid

Lunate

Triquetral

Pisiform

Knowledge Level 1, System: Skeletal

Dr. Smirkenheimer Viewbank University

Carpal bones

[ID 461]

"Happy Cat Tom Took Pie To Little Sister":

Hamate

Capitate

Trapezoid

Trapezium

Pisiform

Triquetral

Lunate

Scaphoid

Knowledge Level 1, System: Skeletal

Nirab Kayastha Chuvash State University Medical Institute, Russia

Carpal bones

[ID 552]

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

Proximal row, lateral-to-medial:

Scaphoid

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

[ID 1162]

"The **boat** sailed to the **moon** with **3 pEas** in a **rOw**, at the wheel was **Captain Hook**":

Carpal bones in order of occurrence:

Boat is scaphoid. Moon is lunate. 3 is triquetrum. Peas is pisiform (stressing the E sound for trapezium). Row is trapezoid (stressing the O for trapezoid). Captain is capitate. Hook is hamate (hamate has the hook).

Knowledge Level 1, System: Skeletal

Caoimhín P. Connell Industrial Hygienist

Carpal bones (multangular names)

[ID 1791]

"Never Lower Tillie's Pants. Mother May Come Home.":

Navicular

Lunate

Triquetrum

Pisiform

greater **M**ultangular (trapezium)

lesser **M**ultangular (trapezoid)

Capitate

Hamate

Knowledge Level 1, System: Skeletal

Martin Herman Le Bonheur Children's Medical Center

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**, Trapezi**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:

Scaphoid

Lunate

Triquetrium

Pisiform

Hamate

Capate

Trapezoid

Trapezium

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Carpum and tarsum

[ID 567]

"SCIT":

(Artum) Superior Carpum

(Artum) Inferior Tarsum

Knowledge Level 1, System: Skeletal

Michelangelo Penzo Cardiology Dept, Vicenza Hospital - Italy

Cartilage derivatives of 1st pharyngeal arch (mandibular)

[ID 834]

"IM 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 146]

"Old Pygmies From Thailand Eat Skulls":

Occipital

Parietal

Frontal

Temporal

Ethmoid

Sphenoid

Note: 'skull-eating pygmies' helps remind that mnemonic is for the skull.

Alternatively: "Old People From Texas Eat Spiders".

Alternatively: "Prostitutes Offer Free Sex To Everyone".

Knowledge Level 1, System: Skeletal

Anonymous Contributor

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

Cranial bones

[ID 1121]

"Fraternity Parties Occasionally Teach Spam Etiquette":

The first two letters of each bone:

Frontal

Parietal

Occipital

Temporal

Sphenoid

Ethmoid

Knowledge Level 1, System: Skeletal

Frank Hopkins

Cruciate ligaments: insertions

Hi Yield [ID 2081]

PAMS APPLES:

Posterior [passes] **A**nterior [inserts] **M**edially.

Anterior [passes] **P**osteriorly [inserts] **L**aterally.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Elbow joint: capitulum vs. trochlea

[ID 3259]

CUTER:

Capitulum: **U**lnar

Trochlea: **R**adial

Knowledge Level 1, System: Skeletal

Anonymous Contributor

Elbow joint: radius vs. ulna ends

[ID 2936]

CRAzy **TUL**ips:

Capitalum = **U**Lnar

Trochlear = **R**Adius

Knowledge Level 1, System: Skeletal

Borum Suh

Facial bones

[ID 535]

"Virgil Can Not Make My Pet Zebra Laugh!":

Vomer

Conchae

Nasal

Maxilla

Mandible

Palatine

Zygomatic

Lacrimal

Knowledge Level 3, System: Skeletal

Rita Warren State University of New York

Fibula vs. tibia: which is the bigger one

[ID 100]

People talk of telling just a "little white lie", or a "**little fib**":

Therefore, the fibula is smaller.

Alternatively: **TIB**ia is the **Thicker Inner Bone**.

Alternatively: "Little lat FIB, big fat TIB".

Knowledge Level 1, System: Skeletal

Dr. Rabidrashikys and Robert O'Connor UWCM and University College Dublin

Foramen ovale contents

[ID 599]

MALE:

Mandibular nerve
Accessory meningeal artery
Lesser petrosal nerve
Emissary veins

Alternatively: also include **M**otor root of Trigeminal and **M**iddle meningeal vein under 'M'.

Knowledge Level 6, System: Skeletal

Dr. Rajesh Gadhiya and Dalia Rashdan Not Specified and Ain Shams University School of Dentistry

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

Foramen spinosum: location on base of skull

[ID 66]

Foramen **spinosum** is adjacent to the **spine** of sphenoid.

Knowledge Level 4, System: Skeletal

Robert O'Connor University College Dublin

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]

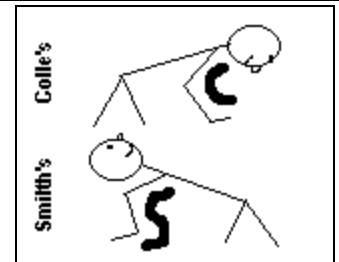
Colle's fracture: arm in fall position makes a 'C' shape.

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



Hip posterior dislocation: most likely arrangement for one

[ID 13]

"Hitting the brake pedal before the accident":

You are sitting, so hip is **flexed**, and **adducted** and **medially rotated** so can move your foot away from the gas pedal over to the brake pedal.

Note: car accidents are most likely cause of posterior dislocation because in this position.

Knowledge Level 8, System: Skeletal

Anonymous Contributor

Hyoid bone: muscle attachments

[ID 352]

"Christ, **H**e **D**idn't **S**crew **G**irls **M**uch. **T**hat's **O**bvious, **S**tupid":

The first sentence is for 6 muscles attaching superiorly, the second sentence is for 3 muscles attaching inferiorly.

Both sentences are in order from lateral to medial:

Constrictor (middle)

Hyglossus

Digastric

Stylohyoid

Geniohyoid

Myooid

Thyrohyoid

Omooid

Sternohyoid
Knowledge Level 5, System: Skeletal
Anonymous Contributor

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 **diSC**.
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

Menisci attachments in knee

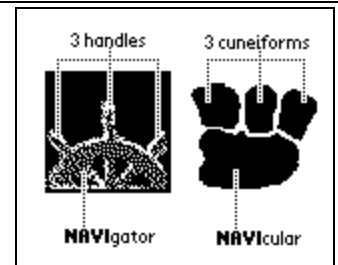
[ID 279]

"Each meniscus has something attached to it":
The medial meniscus has the medial collateral ligament.
The lateral meniscus is attached to the popliteal muscle.
Knowledge Level 6, System: Skeletal
Anonymous Contributor

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



Orbit: bones of medial wall

[ID 655]

"**My Little Eye Sits** in the orbit":
Maxilla (frontal process)
Lacrimal
Ethmoid
Sphenoid (body)
Knowledge Level 7, System: Skeletal
Usman Ahmad

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

Superior orbital fissure: structures passing through

[ID 454]

"Lonely Fat Teenage Virgins Rarely Like Swallowing And Never Ingest":

Lacrimal nerve

Frontal nerve

Trochlear nerve

Vein: ophthalmic

Ring: tendinous

From the ring, arises:

Lateral rectus

Superior division III

Abducent nerve

Nasociliary nerve

Inferior division III

Knowledge Level 4, System: Skeletal

Dr. Smirkenheimer Viewbank University

Superior orbital fissure: structures passing through

[ID 1001]

"Live Free To See Absolutely No Insult":

Lacrimal nerve

Frontal nerve

Trochlear nerve

Superior branch of oculomotor nerve

Abducent nerve

Nasociliary nerve

Inferior branch of oculomotor nerve

Knowledge Level 4, System: Skeletal

Anonymous Contributor

Tarsal bones

[ID 1352]

"**T**ransverse **C**ity (is) **N**oted (for) **M**ichigan's **L**ovely **C**herries":

Talus

Calcaneus

(new row)

Navicular

(new row)

Medial **I**ntermediate cuneiforms

Lateral cuneiform

Cuboid

Knowledge Level 3, System: Skeletal

Scott Strom Michigan State University College of Osteopathic Medicine

Tarsal bones

[ID 1408]

"**T**all **C**alifornian **N**avy **M**edical **I**nterns **L**ay **C**utie":

In order (right foot, superior to inferior, medial to lateral):

Talus

Calcaneus

Navicular

Medial cuneiform

Intermediate cuneiform

Lateral cuneiform

Cuboid

Knowledge Level 3, System: Skeletal

Frank Hopkins

Tarsal tunnel: contents

[ID 1182]

"**T**iny **D**ogs **A**re **N**ot **H**unters":

From superior to inferior:

T: Tibialis posterior

F: flexor **D**igitorum longus

A: posterior tibial **A**rtery

N: tibial **N**erve

H: flexor **H**allucis longus

Knowledge Level 5, System: Skeletal

Anonymous Contributor Baylor College of Medicine

Tibia vs. fibula: which is lateral

[ID 8]

The Fibu**L**A is **L**ateral.

Knowledge Level 1, System: Skeletal

Anonymous Contributor

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

[ID 2095]

"**A** **G**irl **b**etween **T**wo **S**argeants":

Gracilis is **b**etween

Sartorius and

Semitendonosus

Knowledge Level 4, System: Skeletal

Beenish Dow Medical College

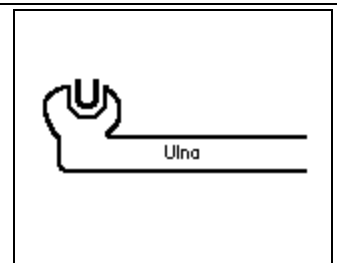
Ulna bone: quick recognition in oral exam

[ID 120]

The **U**lnar bone has a "**U**" at the end where it goes over the trochlea.

Knowledge Level 1, System: Skeletal

Robert O'Connor University College Dublin



Vertebrae: number of facets a typical thoracic has

[ID 99]

Typical Thoracic has Ten facets.

Knowledge Level 7, System: Skeletal

Anonymous Contributor

Vertebrae: recognizing a thoracic from lumbar

[ID 80]

Examine vertebral body shape:

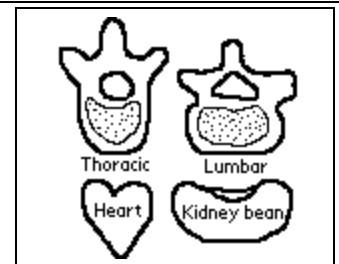
Thoracic is **heart-shaped** body since your **heart** is in your **thorax**.

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

See diagram.

Knowledge Level 3, System: Skeletal

Robert O'Connor University College Dublin



Vertebrae subtypes

[ID 1333]

"Certain Doctors Luv Saddling Coeds":

From superior to inferior:

Cervical

Dorsal

Lumbar

Sacrum

Coccyx

Knowledge Level 1, System: Skeletal

Frank Hopkins

Wrist: radial side vs. ulnar side

[ID 81]

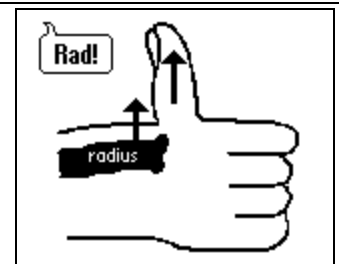
Make a fist with your thumb up in the air and say "**Rad!**".

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

Anesthesia: quick check

[ID 2481]

SOAP:

Suction

Oxygen

Airway

Pharmacology

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

Anesthetics equipment check

[ID 3291]

MISMADE:

Machine check

IV supplies

Suction

Monitors

Airways

Drugs

Equipment

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

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

AIDS Dementia Complex (ADC): features

[ID 1685]

AIDS:

Atrophy of cortex

Infection/ Inflammation

Demyelination

Six months death

Knowledge Level 8, System: Nervous

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

Autistic disorder: features

[ID 1994]

AUTISTICS:

Again and again (repetitive behavior)

Unusual Abilities

Talking (language) delay

IQ subnormal

Social development poor

Three years onset

Inherited component [35% concordance]

Cognitive impairment

Self injury

Knowledge Level 5, System: Nervous

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

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

Depression: symptoms

Hi Yield [ID 1889]

BAD CRISES:

Behavioural change (slowing down or agitation)

Appetite change (weight loss or weight gain in the young)

Depressed look (looking down)

Concentration decrease (does not do serial 7s well)

Ruminations (constant negative thoughts, hopelessness good indicator of suicidality)

Interest (reduced interest in what is normally pleasurable)

Sleep change (insomnia or hypersomnia, sleeping early, waking up at night, waking up feeling tired)

Energy change (fatigue)

Suicide

Knowledge Level 2, System: Nervous

Peter Loa Medical Student at Adelaide University

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

HM: this classic patient's lesion

[ID 416]

HM had **H**ippocampus **M**issing.
Hippocampus and surrounding areas were removed surgically: prevented formation of new memories.
Knowledge Level 7, System: Nervous
Anonymous Contributor

Middle adolescence (14-17 years): characteristics

[ID 1990]

HERO:
Heterosexual crushes/ **H**omosexual 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

REM: features

[ID 1717]

REM:
Rapid pulse/ **R**espiratory rate
Erection
Mental activity increase/ **M**uscle paralysis
Knowledge Level 6, System: Nervous
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Sleep stages: features

Hi Yield [ID 1204]

DElta waves during **DE**epest sleep (stages 3 & 4, slow-wave).
dREaM during **RE**M sleep.
Knowledge Level 3, System: Nervous
Anonymous Contributor

Keober-Ross dying process: stages

[ID 1692]

"**D**eath **A**lways **B**ring**S** **G**reat **A**cc**E**ptance":
Denial
Anger
Bargaining
Grieving
Acceptance
Knowledge Level 3, System: Other/Miscellaneous
Sung H. Kim and Samuel Atom Baek-Kim Tuckahoe, NY

Reinforcement schedules: variable ratio

Hi Yield [ID 2221]

SLOT machines show **SLOWesT** extinction.
Knowledge Level 1, System: Other/Miscellaneous
Sung Hoon Kim El Paso, TX

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(propranalol, methylDopa, SSRI, etc.)
Ethanol
Diabetes mellitus
Knowledge Level 4, System: Reproductive
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan, Gujranwala

Male Erectile Dysfunction (MED): drugs causing it

[ID 2034]

"**STOP** erection":
SSRI (fluoxetine)
Thioridazone
methylDopa
Propranalol
Knowledge Level 1, 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 excercises [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

Catabolism steps of branched chain amino acids

[ID 652]

"Truck hit the **Ox** to **Death**":

Transamination

Oxidative decarboxylation

Dehydrogenation

Knowledge Level 6, System: Alimentary

Usman Ahmad

Essential amino acids

Hi Yield [ID 128]

PVT. TIM HALL:

Phe

Val

Thr

Trp

Ile

Met

His

Arg

Leu

Lys

Pvt. is short for Private in the military.

Arg and His are considered semiessential.

Alternatively: "MATT VIL PHLy".

Knowledge Level 3, System: Alimentary

Dr. Kishore Chandki MGM Medical College, Indore, India

Essential amino acids

Hi Yield [ID 442]

"**PVT. TIM HALL** always **arg**ues, 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 **C**ause **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**hosphoglycerate

2-**P**hosphoglycerate (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

Niacin deficiency: signs and symptoms

Hi Yield [ID 1456]

The famous 4 D's:

Diarrhoea

Dermatitis

Dementia

Death (if untreated)

Knowledge Level 1, System: Alimentary

Dr. Atif Farooq Rawalpindi Medical College, Pakistan, Gujranwala

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]

"**I**ndirect reacting bilirubin = **U**nconjugated 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

Vitamins: which are fat soluble

Hi Yield [ID 1343]

"The **FAT** cat is in the **ADEK** (attic)":

Fat soluble vitamins are **A,D,E,K**.

Knowledge Level 2, System: Alimentary

Presley Ross Medicine

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/ Angiokeratomas

Burning pain in extremities/ **BUN** increased in serum/ **Boys**

Renal failure

YX genotype (male, X linked recessive)

Sphingolipidoses

Knowledge Level 3, System: Cardiovascular

Rinku Uberoi UNIBE

Heme synthesis: amino acid precursors to basic unit of porphyrins, heme (pyrrole ring)

[ID 2051]

"Dracula wants to **Suck** a **Co-ed's** blood [think **heme**] with his **Glystening** teeth!":

Succinyl CoA and **Glycine** are precursor amino acids to pyrrole rings, which is the basic unit of porphyrins and **heme**.

Knowledge Level 5, System: Cardiovascular

Christian Garaycochea Medical student

Hemoglobin binding curve: causes of shift to right

Hi Yield [ID 2561]

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

CO2

Acid

2,3-DPG (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 anemia: mutation

[ID 1320]

"**HbS** isn't **Very Good**":

At **Sixth** position of **HB beta chain**, **Valine** is present instead of **Glutamic acid**.

Knowledge Level 5, System: Cardiovascular

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

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

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 **Beta** receptors--> increases **Cyclic AMP**

Knowledge Level 1, System: Endocrine

Usman Ahmad

Galactosaemia: enzyme deficiency

Hi Yield [ID 1995]

GALIPUT:

Galactose 1 Phosphate Uridyl Transferase.

There is an assay called the Galiput test for this.

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Glucagon function

[ID 753]

"Mr. **Gluc** has **Gone** to the **cAMP** to bring **out** some **Glucose**":

Glucagon elevates glucose by cAMP mechanism.

Knowledge Level 1, System: Endocrine

Usman Ahmad KMC

Hyperglycemia: 3 classic signs and symptoms

[ID 2712]

DKA:

Dehydrated

Ketoacidosis

Acetone breath

Knowledge Level 1, System: Endocrine

Chris B.

Insulin: function

Hi Yield [ID 172]

INsul**IN** stimulates **2** things to go

IN 2 cells: Potassium and Glucose.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Collagen concisely covered

[ID 600]

COLLAGEN:

C-terminal propeptide (procollagen)/ **C**ovalent **C**ross links/ **C** vitamin/ **C**onnective tissue/ **C**artilage/ **C**hondroblasts/ **C**opper Cofactor (**C**ovalent **C**ross linking)

Outside the cell is where collagen normally functions/ **O**steoblasts/ **O**steogenesis imperfecta

Lysyl hydroxylase/ **L**ysyl oxidase (oxidatively deaminates lysyl and hydroxylysyl residues to form collagen cross links, last biosynthesis step)

Long triple helical fibers/ **L**igaments

Alpha chains/ **A**ttached by **H** bonds form triple helix/ **A**scorbate for hydroxylation of lysyl and prolyl residues of pro-**A**lpha chains (posttranslational modification)

Gly in every third position/ **G**lycosylation of hydroxyl group of hydroxylysine with **G**lucose and **G**alactose; **G**olgi allows procollagen to **G**O outside of cell

Extracellular matrix/ **E**ye (cornea, sclera)/ **E**hlers-Danlos Syndrome

N-terminal propeptide (procollagen)/ **N**onhelical terminal extensions

Note: Procollagen **L**EAV**E**s the cell to be **c**L**E**AV**E**d by procollagen peptidases

Knowledge Level 7, System: Integumental

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

Creatine phosphate: amino acid precursors

[ID 2049]

"Nice GAMS!":

Glycine

Arginine

Methionine

Gam is slang for a person's leg, especially an attractive female's leg: "Nice gams = nice legs!"

Creatine phosphate is a muscle energy store, and spontaneously converts to creatinine which is excreted in the urine in direct proportion to muscle mass: clinically useful, such as in MS Dx.

Knowledge Level 5, System: Muscle

Christian Garaycochea medical student

AcetylCoA and acetoacetylCoA: amino acids forming them

[ID 558]

"A Lighter Lease" (A LyTr LeIs):

A=AcetylCoA or Acetoacetyl CoA

Ly=Lysine

Tr=Tryptophan

Le=Leucine

Is=Isoleucine

Knowledge Level 6, System: Other/Miscellaneous

Dr. Waqas H. Sheikh BVI Co.

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 318]

"Oh Citric Acid Is Of (course) A SiLly STupid Funny Molecule":

Oxaloacetate

Citrate

Aconitate

Isocitrate

Oxalosuccinate

Alpha-ketoglutarate

Succinyl-CoA

Succinate

Fumarate

Malate

SiLly and sTupid used to differentiate succinyl and succinate

Knowledge Level 1, System: Other/Miscellaneous

Citric acid cycle compounds

Hi Yield [ID 656]

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

Citrate

Isocitrate

alpha Ketoglutarate

Succinyl CoA

Succinate

Fumerate

Malate

Oxaloacetate

Knowledge Level 1, System: Other/Miscellaneous

Ramon Ter-Oganesyan and Rebecca University of California Irvine

Citric acid cycle compounds

Hi Yield [ID 1368]

"Oh! Can I Keep Some Succinate For Myself?":

Oxaloacetate

Citrate

Isocitrate

Ketoglutarate

Succinyl coA

Succinate

Fumarate

Malate

Knowledge Level 1, System: Other/Miscellaneous

Serene NUS, Singapore

Citric acid cycle compounds

Hi Yield [ID 1929]

"Our City Is Kept Safe And Sound From Malice":

Oxaloacetate

Citrate

Isocitrate

alpha-Ketoglutarate

Succinyl-CoA

Succinate

Fumarate

Malate

Knowledge Level 1, System: Other/Miscellaneous

Borels

Citric acid cycle compounds

Hi Yield [ID 1962]

"Can I Ask Sharon Stone For My Orgasm?":

Citrate

Isocitrate

Alpha-Ketoglutarate

Succinyl CoA

Succinate

Fumerate

Maleate

Oxaloacetate

Knowledge Level 1, System: Other/Miscellaneous

Arun Mathews The Royal College of Surgeons in Ireland

Dicarboxylic acids (alpha, omega) C2 through C10: common names

[ID 130]

"Oh My, Such Good Apple Pie, Sweet As Sugar!":

Oxalic
Malonic
Succinic
Glutaric
Adipic
Pimelic
Suberic
Azelaic
Sebacic

Knowledge Level 8, System: Other/Miscellaneous
Anonymous Contributor

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

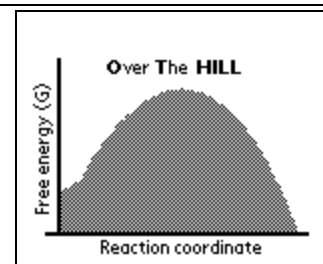
Hi Yield [ID 2054]

"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]

"**K**ISS and **K**ICK till you're **S**ICK of **S**EX" (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

Golgi complex: functions

[ID 890]

"Golgi **Distributes A SPAM**":

Distributes proteins and lipids from ER

Add mannose onto specific lysosome proteins

Sulfation of sugars and selected tyrosine

Proteoglycan assembly

Add O-oligosugars to serine and threonine

Modify N-oligosugars on asparagine

Knowledge Level 3, System: Other/Miscellaneous

Samuel Atom Baek-Kim

Malate-aspartate shuttle

[ID 989]

"**MAD** commute":

Malate in.

Alpha-ketoglutarate and **D** (Aspartate) out.

Knowledge Level 5, System: Other/Miscellaneous

Samuel

Metabolic acidosis (normal anion-gap): causes

[ID 2001]

With hyperkalemia: **RAISE** K+:

RTA type 4

Aldosterone or mineralocorticoid deficiency

Iatrogenic: NH₄Cl, HCl

"**Stenosis**": obstructive uropathy

Early uremia

With hypokalemia: **ReDUCE** K+:

Renal TA type 1 and 2

Diarrhoea

Urine diversion into gut

Carbonate anhydrase inhibitor

Ex-hyperventilation

Knowledge Level 2, System: Other/Miscellaneous

Anthony Chan

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

Mitochondrial DNA (mt DNA) properties

[ID 637]

"**mt DNA**".

mt stands for:

Maternal Transfer

Mutates Tremendously (high mutation rate)

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

Na/K pump action

Hi Yield [ID 491]

(Sing loudly to the chorus of "Kiss Him Goodbye"): "**Na, Na, Na -- out! Na, Na, Na -- out! K, K goes...inside!**"

Action of pump is 3 Na out and 2 K in

Knowledge Level 1, System: Other/Miscellaneous

Graham Austin University of Georgia, Cell Bio Dept

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 Kross**, 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

Nitric oxide: amino acid precursor

[ID 2050]

When the dentist works on your teeth, you say, "**AAArg! (Arginine)**" before he administers **Nitric Oxide (NO)** to take the pain away.

Other players necessary for NO synthesis: NO synthase, Ca⁺⁺, NADPH.

Knowledge Level 5, System: Other/Miscellaneous

Christian Garaycochea Medical student

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]

"**Tangier**ene 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

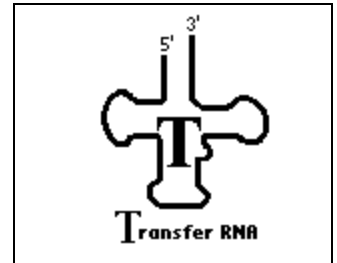
tRNA: molecular shape

[ID 142]

Fortunately, tRNA (Transfer RNA) is shaped like a capital T.

See diagram.

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

**BIOLOGY****Cell cycle**

[ID 507]

"George Sucked Gina's Mammary":

G1-S-G2-M.

Knowledge Level 1, System: Other/Miscellaneous
Josh Kunken Undergrad, Univ of Calif., Berkeley

Mitosis: events at 4 stages

[ID 506]

Prophase, Metaphase, Anaphase, Telophase:

Prophase: Chromosomes and spindles are **Produced**.

Metaphase: chromosomes **MetAlign** themselves.

Anaphase: [**Ana**] divorced or separated.

Telophase: **Tell-O**'Brien his daughter cells are ready.

Knowledge Level 1, System: Other/Miscellaneous
Josh Kunken Undergrad, Univ of Calif., Berkeley

CARDIOLOGY**Anti-arrhythmics: for AV nodes**

[ID 2508]

"Do Block AV":

Digoxin

B-blockers

Adenosine

Verapamil

Knowledge Level 1, System: Cardiovascular

Azira Azmi University of Otago

Aortic regurgitation: causes

[ID 3074]

CREAM:

Congenital

Rheumatic damage

Endocarditis

Aortic dissection/ **A**ortic 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]

"**B**etablockers **A**cting **E**xclusively **A**t **M**yocardium"

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

CHF: causes of exacerbation

[ID 3059]

A SMITH PEAR:

Anemia

Salt/ Stress/ Stopping meds

MI

Infection/ Ischemia

Thyroid (high/low)

HTN

Pericarditis

Endocarditis (valve disease)

Arrhythmia

Rx (beta blocker, etc)

Knowledge Level 6, System: Cardiovascular

Andrew Mackie, PA Rhode Island Hospital

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]

"**W**ILLIAM **M**aRRo**W**":

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

ECG: T wave inversion causes

[ID 2090]

INVERT:

Ischemia

Normality [esp. young, black]

Ventricular hypertrophy

Ectopic foci [eg calcified plaques]

RBBB, **LBBB**

Treatments [digoxin]

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

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**":

Symphatoadrenal 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

Heart failure: signs

[ID 3194]

TAPED TORCH:

Tachycardia

Ascites

Pulsus alternans

Elevated jugular venous pressure

Displaced apex beat

Third heart sound

Oedema

Right ventricular heave

Creptitations or wheeze

Hepatomegaly (tender)

Knowledge Level 6, System: Cardiovascular

Sandeep Samrat Sharma Armed Forces Medical College

Heart murmurs

Hi Yield [ID 1682]

"h**ARD ASS MRS. MSD**":

h**ARD**: Aortic **Regurg** = **Diastolic**

ASS: Aortic **Stenosis** = **Systolic**

MRS: **Mitral Regurg** = **Systolic**

MSD: **Mitral Stenosis** = **Diastolic**

Knowledge Level 1, System: Cardiovascular

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

Jugular venous pressure (JVP) elevation: causes

Hi Yield [ID 1087]

HOLT: Grab Harold Holt around the neck and throw him in the ocean:

Heart failure

Obstruction of vena cava

Lymphatic enlargement - supraclavicular

Intra-Thoracic pressure increase

Knowledge Level 3, System: Cardiovascular

Daniel Clarke University of Queensland

JVP: wave form

Hi Yield [ID 2022]

ASK ME:

Atrial contraction

Systole (ventricular contraction)

Klosure (closure) of tricusps, so atrial filling

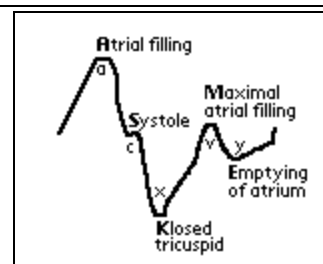
Maximal atrial filling

Empying 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 850]

ROAMBAL:

Reassure

Oxygen

Aspirin

Morphine (diamorphine)

Beta blocker

Arthroplasty

Lignocaine

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

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 regurgitation

Hi Yield [ID 1710]

When you hear holosystolic murmurs, think "MR-THEM ARE holosystolic murmurs".

Knowledge Level 1, System: Cardiovascular

James Noble Emory University School of Medicine

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: locations and descriptions

[ID 1535]

"**MRS A\$\$**":

MRS: Mitral Regurgitation--**S**ystolic

A\$\$: Aortic Stenosis--**S**ystolic

The other two murmurs, Mitral stenosis and Aortic regurgitation, are obviously diastolic.

Knowledge Level 2, System: Cardiovascular

Alex Gitelman SUNY Downstate

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

[ID 2767]

MR PV TRAPS:

Mitral

Regurgitation and

Prolapse

VSD

Tricuspid

Regurgitation

Aortic and

Pulmonary

Stenosis

Knowledge Level 4, System: Cardiovascular

Ugonna Duru Yale University School Of Medicine

Murmurs: systolic types

[ID 341]

SAPS:

Systolic

Aortic

Pulmonic

Stenosis

Systolic murmurs include aortic and pulmonary stenosis.

Similarly, it's common sense that if it is aortic and pulmonary stenosis it could also be mitral and tricuspid regurgitation].

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

Murmurs: systolic vs. diastolic

Hi Yield [ID 967]

PASS: Pulmonic & Aortic Stenosis=Systolic.

PAID: Pulmonic & Aortic Insufficiency=Diastolic.

Knowledge Level 1, System: Cardiovascular

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

Murmurs: systolic vs. diastolic

Hi Yield [ID 980]

Systolic murmurs: **MR AS: "MR. ASner"**.

Diastolic murmurs: **MS AR: "MS. ARden"**.

The famous people with those surnames are Mr. Ed Asner and Ms. Jane Arden.

Knowledge Level 1, System: Cardiovascular

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

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: Jones 5 major criteria

Hi Yield [ID 2866]

STREP:

Sydenhams chorea

Transient migratory arthritis

Rheumatic subcutaneous nodules

Erythema marginatum

Pancarditis (endocarditis, myocarditis, pericarditis)

STREP, since Rheumatic fever is caused by group A strep.

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Rheumatic fever: Jones criteria

Hi Yield [ID 1933]

Major criteria: **CANCER:**

Carditis

Arthritis

Nodules

Chorea

Erythema

Rheumatic anamnesis

Minor criteria: **CAFE PAL:**

CRP increased

Arthralgia

Fever

Elevated ESR

Prolonged PR interval

Anamnesis of rheumatism

Leucocytosis

Knowledge Level 3, System: Cardiovascular

AAG Student

Rheumatic fever: Jones major criteria

Hi Yield [ID 2104]

JONES:

Joints (migrating polyarthritis)

Obvious, the heart (carditis, pancarditis, pericarditis, endocarditis or valvulitis)

Nodes (subcutaneous nodules)

Erythema marginatum

Sydenham's chorea

Knowledge Level 3, System: Cardiovascular

Anonymous Contributor

Rheumatic fever: Revised Jones criteria

Hi Yield [ID 1764]

JONES PEACE:

Major criteria:

Joints: migratory

O (heart shaped) Carditis: new onset murmur

Nodules, subcutaneous: extensor surfaces

Erythema marginatum

Sydenham's chorea

Minor criteria:

PR interval, prolonged

ESR elevated

Arthralgias

CRP elevated

Elevated temperature (fever)

Need 2 major or 1 major and 2 minor criteria, plus evidence of recent GAS infection (throat cx, rapid antigen test, or rising strep antibody titer).

Knowledge Level 3, System: Cardiovascular

Vince Yamashiroya

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

Sino-atrial node: innervation

[ID 1713]

Sympathetic acts on Sodium channels (SS).

Parasympathetic acts on Potassium channels (PS).

Knowledge Level 9, System: Cardiovascular

Anonymous Contributor

Sinus bradycardia: aetiology

[ID 1913]

"SINUS BRADICARDIA" (sinus bradycardia):

Sleep

Infections (myocarditis)

Neap thyroid (hypothyroid)

Unconsciousness (vasovagal syncope)

Subnormal temperatures (hypothermia)

Biliary obstruction

Raised CO2 (hypercapnia)

Acidosis

Deficient blood sugar (hypoglycemia)

Imbalance of electrolytes

Cushing's reflex (raised ICP)

Aging

Rx (drugs, such as high-dose atropine)

Deep anaesthesia

Ischemic heart disease

Athletes

Knowledge Level 8, System: Cardiovascular

Dr. Sonali Vadi

Sinus tachycardia

[ID 3058]

TACH FEVER:

Tamponade/ Thyrotoxicosis

Anemia

CHF

Hypotension

Fever

Excrutiating pain

Volume depletion

Exercise

Rx (Theo, Dopa, Epi, etc)

Knowledge Level 3, System: Cardiovascular

Andrew Mackie, PA Rhode Island Hospital

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

Anion vs. cation charge

[ID 480]

ANion is A Negative ion.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Benzene ring: effects of substituents on further additions

[ID 523]

"Benzene likes to **ROMP**. We **HOPED** she's be safe, but now she's knocked up. **ADOPT** or **WEDD'M?**":**ROMP:** Substituents in order: **R**-group, **O**rtho, **M**eta, **P**ara.**HOPED:** Halogens are **O**rtho, **P**ara, **E**lectron withdrawing, **D**eactivating.**ADOPT:** Additive substituents **D**irect **O**rtho & **P**ara.**WEDD'M:** **W**ithdrawing **E**lectrons **D**eactivates, **D**irects **M**eta.

Knowledge Level 4, System: Other/Miscellaneous

Sabra

Benzene ring: order of substituents

[ID 259]

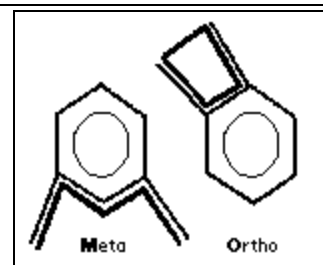
Meta: the two sticks representing functional groups make a capital letter **M** with the ring.**Otho:** can close the top of the functional groups and make a boxy capital letter **O**.

See diagram.

Remaining one must therefore be para.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Benzene ring: order of substituents

[ID 522]

"Benzene likes to **ROMP**":

From R group moving around the ring:

R group

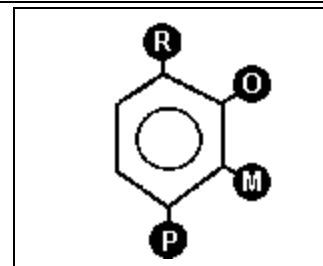
Ortho

Meta

Para

Knowledge Level 1, System: Other/Miscellaneous

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



[ID 566]

Benzene ring: order of substituents

"Oh My Penis!":

Putting R at top and moving around the ring:

Ortho

Meta

Para

Penis is the one pointing down, like the penis of a man pointing downwards.

Knowledge Level 1, System: Other/Miscellaneous

Ricky Lee

Cathode: what happens during electrolysis

[ID 1020]

Current Carries Cations to the Cathode for reduCtion.

Knowledge Level 1, System: Other/Miscellaneous

Andreas Efstathiades

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]

"Zame Zide. Epposite.":

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

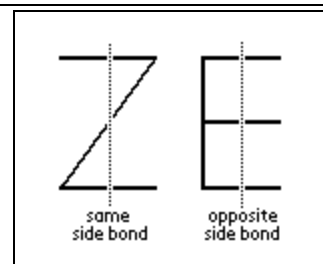
Cis/trans (geometric) isomer nomenclature

[ID 1148]

The letter "Z" is written in a zigzag way. If you draw a vertical line splitting it down the middle then its the same halves (same sides of double bond). The letter "E" is written differently so a vertical line splits it into different halves (different sides of double bond).

Knowledge Level 1, System: Other/Miscellaneous

Peter J. Kos



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]

"**Good Honey Tastes Sweet**":

$(\Delta)G = H - T(\Delta)S$

Knowledge Level 1, System: Other/Miscellaneous

Ken Evans Saskatchewan Health, Acute and Emergency Services

Orbital names before alphabetical order begins

[ID 155]

"**Sober People Don't Find Good In Killing**":

Orbital names for electrons are **S,P,D,F,G,I,K**. After that, alphabetical order begins.

Knowledge Level 8, System: Other/Miscellaneous

Anonymous Contributor

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 **C**A**T**hode.

Knowledge Level 1, System: Other/Miscellaneous

Susan Monash (Peninsula) Undergrad

Oxidation vs. reduction: electron gain/loss

[ID 158]

"**LEO** the lion says **GER**":

Lose **E**lectrons = **O**xidation.

Gain **E**lectrons = **R**eduction.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Oxidation vs. reduction: electron gain/loss

[ID 315]

OIL RIG:

Oxidation **I**s **L**oss (of electrons).

Reduction **I**s **G**ain (of electrons).

Knowledge Level 1, System: Other/Miscellaneous

Fred Reid Undergrad at St-Andrews, UK

DERMATOLOGY

Albinism: type I vs. II classification

[ID 261]

"**One** has **None**. **Two** **Accumulates**":

Type I: have no pigment.

Type II: No pigment at birth, but accumulates as person ages.

Knowledge Level 3, System: Integumental

Robert O'Connor University College Dublin

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

Cutaneous inflammation patterns

[ID 1085]

"Pus of Pig Valve"

Remove the vowels: **PSFPGVLV**:

Psoiaform

Spongiotic (eczematous)

Folliculitis

Panniculitis

Granulomatous

Vasculopathic

Lichenoid

Vessiculobullous

Knowledge Level 3, System: Integumental

Daniel Clarke University of Queensland

Generalized skin hyperpigmentation: causes

Hi Yield [ID 923]

"With generalized, none of skin is **SPARED**":

Sunlight

Pregnancy

Addison's disease

Renal failure

Excess iron (haemochromatosis)

Drugs (eg busulphan)

Knowledge Level 9, System: Integumental

Lau Yue Young Geoffrey HKU

Malignant melanoma: 3 sites with poor prognosis

[ID 208]

BANS:

Back of Arm

Neck

Scalp

Knowledge Level 6, System: Integumental

Anonymous Contributor

Nodules: painful cutaneous nodules causes

[ID 2856]

BENGAL CO.:

Blue rubber bleb nevus

Eccrine spiradenoma

Neurilemmoma/ Neuroma

Glomus tumor

Angiolipoma/ **A**ngioleiomyoma/ **A**ngiosarcoma

Leiomyoma

Cutaneous endometriosis/ **C**alcinosis cutis

Osteoma cutis

Knowledge Level 5, System: Integumental

Jaggi Rao University of Alberta

Psoriasis: pathophysiology

[ID 1601]

PSORIASIS:

Pink Papules/ **P**laques/ **P**inpoint bleeding (Auspitz sign)/ **P**hysical injury (Koebner phenomenon)/ **P**ain

Silver Scale/ **S**harp margins

Onycholysis/ **O**il spots

Rete Ridges with **R**egular elongation

Itching

Arthritis/ **A**bscess (Munro)

Stratum corneum with nuclei, neutrophils

Immunologic

Stratum granulosum absent/ **S**tratum Spinosum thickening

Knowledge Level 6, System: Integumental

Rinku Uberoi New York Hospital

Raynaud's phenomenon: causes

[ID 2857]

COLD HAND:

Cryoglobulins/ Cryofibrinogens

Obstruction/ Occupational

Lupus erythematosus, other connective tissue disease

Diabetes mellitus/ Drugs

Hematologic problems (polycythemia, leukemia, etc)

Arterial problems (atherosclerosis)

Neurologic problems (vascular tone)

Disease of unknown origin (idiopathic)

Knowledge Level 5, System: Integumental

Jaggi Rao University of Alberta

White patch of skin: differential

Hi Yield [ID 1390]

"Vitiligo PATCH":

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

Foregut derivatives

Hi Yield [ID 2452]

"Little Embryo People Do Like Swallowing, Producing Gas":

Lungs

Esophagus

Pancreas

Duodenum (proximal)

Liver

Stomach

Pancreas

Gall bladder

Knowledge Level 2, System: Alimentary

Jason Wild Georgetown School of Medicine

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

Tetralogy of Fallot

Hi Yield [ID 607]

"**IHOP**-International House of Pancakes":

Interventricular septal defect

Hypotrophy of right ventricle

Overriding aorta

Pulmonary stenosis

Knowledge Level 1, System: Cardiovascular

Bradey T. Kleman Wright State University School of Medicine

Tetralogy of Fallot

Hi Yield [ID 1785]

PROVe:

Pulmonary stenosis

Right ventricular hypertrophy

Overriding aorta

Ventricular septal defect

Knowledge Level 1, System: Cardiovascular

Young Byun Emory Med

Vasculogenesis vs. angiogenesis

[ID 199]

"**V**ascu is **n**ew. **A**ngi is **p**re":

Vasculogenesis is **n**ew vessels developing in situ from existing mesenchyme.

Angiogenesis is vessels develop from sprouting off **p**re-existing arteries.

Knowledge Level 8, System: Cardiovascular

Robert O'Connor University College Dublin

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

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

Vitelline duct: closure time

[ID 1075]

Vitelline duct normally closes around week VI of intrauterine life.

Knowledge Level 6, System: Other/Miscellaneous

Anonymous Contributor

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

Lung development phases

[ID 175]

"Every Premature Child Takes Air":

Embryonic period

Pseudoglandular period

Canalicular period

Terminal sac period

Alveolar period

Knowledge Level 8, System: Pulmonary

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

Woffian duct (mesonephric duct) derivatives.

Hi Yield [ID 1266]

Gardener's SEED:

Female:

Gartner's duct, cyst

Male:

Seminal vesicles

Epididymis

Ejaculatory duct

Ductus deferens

Knowledge Level 4, System: Reproductive

Anonymous Contributor

EMERGENCY MEDICINE

Activated charcoal: contraindications

[ID 1752]

CHEMICAL Camp:

Cyanide

Hydrocarbons

Ethanol

Metals

Iron

Caustics

Airway unprotected

Lithium

CAMphor

Potassium

Knowledge Level 8, System: Alimentary

Vince Yamashiroya

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

Asystole: treatment

Hi Yield [ID 2491]

"Have some asystole "**TEA**":

Transcutaneous pacing

Epi

Atropine

Knowledge Level 7, System: Cardiovascular

Brenda L. Snyder, RN, CEN, PHRN George Washington University Hospital, Washington, D.C.

Atrial fibrillation: causes of new onset

Hi Yield [ID 1732]

THE ATRIAL FIBS:

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

Chest pain treatment, for nurses

[ID 2710]

"**MOVE** your patient!":

Monitor: put patient on cardiac monitor

Oxygen: put patient on O2

Venous: gain large bore venous access

EKG: 12 lead EKG

Knowledge Level 1, System: Cardiovascular

R. Stilts, S.N. Senior Nursing Student

Endotracheal tube deliverable drugs

[ID 1405]

O NAVEL:

Oxygen

Naloxone

Atropine

Ventolin (albuterol)

Epinephrine

Lidocaine

If you can't get IV access established, and have necessity to administer resuscitative meds, remember you have the airway and can give the above drugs.

Drug delivery is enhanced if diluted with 10cc NS and rapid introduced for aerosolization.

Alternatively, bare bone version is **ALE**, as above.

Knowledge Level 7, System: Cardiovascular

Robert Lueken and Marc Eastern Virginia Medical School

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/ Tricuspid regurgitation/ Tamponade (cardiac)

Knowledge Level 5, System: Cardiovascular

Dr. Mohsin Maqbool Bahawal-Victoria Hospital, Bahawalpur

JVP: raised JVP: extra-cardiac causes

[ID 2919]

FAT PEA:

Fever
Anaemia
Thyrototoxicosis
Pregnancy
Exercise
A-V fistula

These are in addition to all the cardiac ones (pericardial effusion, RHF, tricuspid stenosis, SVC obstruction, etc).

Knowledge Level 3, System: Cardiovascular

Rajeev Peravali Year 3 Medical student, Birmingham University, UK

Malaria: complications of falciparum malaria

[ID 1900]

CHAPLIN:

Cerebral malaria/ Coma
Hypoglycemia
Anaemia
Pulmonary edema
Lactic acidosis
Infections
Necrosis of renal tubules (ATN)

Knowledge Level 7, System: Cardiovascular

Dr. Harsh Sharma BJMC, Pune, India

MI: immediate treatment

Hi Yield [ID 1944]

DOGASH:

Diamorphine
Oxygen
GTN spray
Asprin 300mg
Streptokinase
Heparin

Knowledge Level 2, System: Cardiovascular

Ken Hodson Medical Student, University of Bristol

Pain history checklist

Hi Yield [ID 2016]

OLDER SAAB:

Onset
Location
Description (what does it feel like)
Exacerbating factors
Radiation
Severity
Associated symptoms
Alleviating factors

Before (ever experience this before)

Knowledge Level 6, System: Cardiovascular

Lissa Bird, NREMT-P

PEA/Asystole (ACLS): etiology

Hi Yield [ID 2505]

ITCHPAD:

Infarction
Tension pneumothorax
Cardiac tamponade
Hypovolemia/ Hypothermia/ Hypo-, Hyperkalemia/ Hypomagnesemia/ Hypoxemia
Pulmonary embolism
Acidosis
Drug overdose

Knowledge Level 4, System: Cardiovascular

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

Pulseless Electrical Activity (PEA): checklist

[ID 2282]

PEA:

Pulses check

Epinephrine

Atropine

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

Shock: general features

[ID 3205]

CHORD ITEM:

Cold, clammy skin

Hypotension

Oliguria

Rapid, shallow breathing

Drowsiness, confusion

Irritability

Tachycardia

Elevated or reduced central venous pressure

Multi-organ damage

Knowledge Level 4, System: Cardiovascular

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

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= Epinephrine

Little= Lidocaine

Big= Bretylium

Momma= MgSO₄

Poppa= Procainamide

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

V-fib/pulseless v-tach (new ACLS as of 2001)

Hi Yield [ID 2490]

"EVAL My Pumper":

Epinephrine

Vasopressin

Amiodarone (class IIb--better for heart failure)

Lidocaine (indeterminate - better for young, healthy or persistent)

MgSO₄ (IIb for hypomagnesemic state or torsades)

Procainamide (IIIb for intermittent/recurrent VF/VT)

Knowledge Level 7, System: Cardiovascular

Brenda L. Snyder, RN, CEN, PHRN George Washington University Hospital, Washington, D.C.

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*~~c~~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

Coma: differential

[ID 3086]

UNCONSCIOUS:

Units of insulin

Narcotics

Convulsions

Oxygen

Nonorganic

Stroke

Cocktail

ICP

Organism

Urea

Shock

Knowledge Level 2, System: Nervous

Tom Hiser Clear Lake Emergency Medical Corps

ICU confusion causes

[ID 1351]

ICU CONFUSION:

ICU psychosis

Cardiac output low [hypotension, post cardiac arrest]

Uncontrolled temperature [hypo/hyperthermia]

Convulsion [post ictal]

Oxygen [hypoxia, hypercarbia]

Nociception [pain]

Full bladder

Uremia

Sugar [hypo/hyperglycemia]

Infection

Opiates

Natremia [hypo/hyper]

Knowledge Level 8, System: Nervous

Dr. Sonali Vadi

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

Organophosphates poisoning symptoms

Hi Yield [ID 1325]

MILES:

Miosis

Increased urinary frequency

Lacrimation

Enuresis

Salivation

Knowledge Level 4, System: Nervous

Anonymous Contributor

Organophosphates poisoning: symptoms

Hi Yield [ID 1790]

DUMBBELS:

Diarrhea

Urination

Miosis

Bradycardia

Bronchospasm

Emesis

Lacrimation

Salivation

Knowledge Level 5, System: Nervous

Martin Herman Le Bonheur Children's Medical Center

Seizures: differential

[ID 3221]

SICK DRIFTER:

Substrates (sugar, oxygen)

Isoniazid overdose

Cations (Na, Ca, Mg)

Kids (ecclampsia)

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

Rum (alcohol withdrawal)

Illnesses (chronic seizure disorder or other chronic disorder)

Fever (meningitis, encephalitis, abscess)

Trauma (epidural, subdural, intraparenchymal hemorrhage)

Extra: toxicologic (**TAIL**: Theo, ASA, Isoniazid, Lithium) and 3 **Anti**'s: (**Ant**ihistamine overdose, **Anti**depressant overdose, **Anti**convulsants (too high dilantin, tegretol) or benzo withdrawal.

Rat poison (organophosphates poisoning)

Knowledge Level 1, System: Nervous

Joseph Rogers, MD Duke University

Unconsciousness: differential

Hi Yield [ID 2607]

FISH SHAPED:

Fainted

Illness/ Infantile febrile convulsions

Shock

Head injuries

Stroke (CVE)

Heart problems

Asphyxia

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

Coma: conditions to exclude as cause

[ID 157]

MIDAS:

Meningitis

Intoxication

Diabetes

Air (respiratory failure)

Subdural/ Subarachnoid hemorrhage

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Malignant hyperthermia treatment

[ID 221]

"Some **Hot Dude Better Give Iced Fluids Fast!**" (Hot dude = hyperthermia):

Stop triggering agents

Hyperventilate/ **H**undred percent oxygen

Dantrolene (2.5mg/kg)

Bicarbonate

Glucose and insulin

IV Fluids and cooling blanket

Fluid output monitoring/ **F**urosemide/ **F**ast heart [tachycardia]

Knowledge Level 3, System: Other/Miscellaneous

Resuscitation: basic steps

[ID 204]

ABCDE:

Airway

Breathing

Circulation

Drugs

Environment

Knowledge Level 1, System: Other/Miscellaneous

Mohamed Azim, MD Pediatric Surgeon, Alexandria University, Egypt

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

Anonymous Contributor

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

Trauma: motor vehicle accident considerations

[ID 2489]

I AM SCARED:

Impact (head-on, rear-end, t-bone, rollover, rotational etc.)

Auto vs. pedestrian, bike, motorcycle (start @ speed >10mph)

Medical history (cardiac, coagulation, liver, immuno, obese, prego)

Speed (>50 mph?)

Compartment intrusion (>12 inches?)

Age (<5 or >55 y.o.?)

Restraints (lap & shoulder, either, airbag, infant or child seat?)

Ejection/ Extrication (eject=25x greater death, extr>20min)

Death (at scene, same vehicle, other)

Knowledge Level 6, System: Other/Miscellaneous

Brenda L. Snyder, RN, CEN, PHRN George Washington University Hospital, Washington, D.C.

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

ARDS: full differential

[ID 2907]

CARDS? HOPE ITS NOT ARDS:

CNS disorders

Aspiration (gastric)

Radiation

Drugs (heroin, morphine, barbiturates, etc)

Smoke, toxic gas inhalation

Hypotension, shock

Oxygen toxicity

Pancreatitis

Emboli

Infection, sepsis

Transfusion reaction

Surgery (esp. cardiac)

Near drowning

Obstetrical emergencies (eg eclampsia, HELLP)

Thermal injuries/ burns

Altitude sickness

Renal failure

DIC

SLE

Knowledge Level 7, System: Pulmonary

Fahed Al-Daour

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

Decompression sickness

[ID 1273]

Boyle's law: volume of gas is inversely proportionate to its pressure.

Therefore, **BOYLE**:

Breathe (as you ascend)

Or

Your

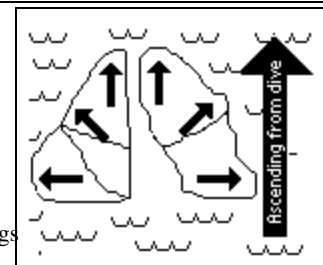
Lung

Explodes

Breathe as you ascend after scuba diving, since the pressure decreases on surfacing, so the gas volume in lungs increases.

Knowledge Level 8, System: Pulmonary

Mohamed Azim, MD Assistant lecturer, Pediatric surgery, Alexandria University, Egypt



Dyspnea: differential

Hi Yield [ID 3220]

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

Endotracheal tube: troubleshooting

[ID 2734]

DOPEY:

Displaced: esophagus, right mainstem, back of throat, etc

Obstructed: secretions, blood, mucus plug, kink, etc

Pneumothorax

Equipment: malfunctions, O2, ETT, BVM, ventilator, monitor

You: your approach, technique: missing something?

Knowledge Level 5, System: Pulmonary

Brenda L. Snyder, RN, CEN, PHRN George Washington University Hospital, Washington, D.C.

Pneumothorax: causes

[ID 3079]

SIT, 3 A's, 3 C's:

Spontaneous (often tall thin men)

Iatrogenic

Trauma

Asthma

Alveolitis

AIDS

COPD

Carcinoma

Cystic fibrosis

Knowledge Level 4, System: Pulmonary

Jamal Khan Birmingham University Medical Student

Fall: potential causes

[ID 459]

CLADE SPADE:

Cardiovascular/ **C**erebrovascular

Locomotor (skeletal, muscular, neurological)

Ageing (increased body sway, decreased reaction time)

Drugs (esp. antihypertensives, antipsychotics)

Environmental

Sensory deficits (eg. visual problems)

Psychological/ **P**sychiatric (depression)

Acute illness

Dementia

Epilepsy

Knowledge Level 4, System: Skeletal

Harris-Davies-Tamblyn Adelaide Medical School

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

Oralpharangeal 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)

HallucinosiS (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

Suicide risk factors in order of risk

[ID 1415]

SOARS:

Top 6 risk factors in order of highest to lowest risk:

Serious previous attempt

Older than 45

Alcohol

Rage history

Sex (male)

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Accuracy of test: sensitivity vs. specificity

Hi Yield [ID 344]

sensitivity of a test: related to the rate of false Negatives.

specificity of a test: related to the rate of false Positives.

Alternatively written:

sensitive: No Non-Negatives.

specific: Puny Pseudo-Positives.

Knowledge Level 2, System: Other/Miscellaneous

Fred Reid Undergrad at St-Andrews, UK

Audit process

[ID 591]

"As She Opened, Colin Inserted Excitedly":

Aim

Setting standards

Observe practice

Compare with standards

Implement change

Evaluate

Knowledge Level 8, System: Other/Miscellaneous

Andrew Booshan

Error: type I (alpha) vs. type II (beta)

Hi Yield [ID 2026]

Type I (Alpha) Error:

"There Is An Effect" where in reality there is none.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

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: Initiate Infection In Interval.

Prevalence: Population's Percentage Positive.

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

Pi: value to 31 decimal places

[ID 159]

"How I want a drink, alcoholic of course, after the heavy chapters involving quantum mechanics. One is, yes, adequate even enough to produce some fun and pleasure for an instant, miserably brief":

The number of letters in each subsequent word of these two sentences give the value of pi to 3.141592653589793238462643383279

Alternatively: If only want first 6 decimal places, use the sentence "How I wish I could calculate Pi! "

Knowledge Level 8, System: Other/Miscellaneous

Anonymous Contributor

Poisson distribution formula

[ID 188]

MNEMONIC: M to the Nth power times **E** to the **Minus nth Over N factorial**

Formula is: $((m^n) * (e^{-n})) / n!$

Note: the factorial (!) at the end is an inverted lowercase letter **i**.

Knowledge Level 7, System: Other/Miscellaneous

Anonymous Contributor

Prevention: primary vs. secondary vs. tertiary

Hi Yield [ID 1409]

Primary: Predisposing factors decreased.

Secondary: **S**everity decreased.

Tertiary: **T**herapy, **T**raining.

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

Reliability

Hi Yield [ID 2213]

Random **E**rror

REduces

REliability (**RE**producibility)

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

Cigarette smoke: major carcinogens

[ID 1922]

PANT:

Polynuclear aromatic hydrocarbons

Aromatic amines

Nitrosamines

Tar

Nicotine and **C**arbon monoxide are **N**on-Carcinogenic.

Knowledge Level 4, System: Pulmonary

Dr. Harsh Sharma BJMC, Pune, India

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 695]

"Charcot's Triad is 3 C's":

Color change (jaundice)

Colic (biliary) pain, aka RUQ pain

Chills and fever

Knowledge Level 3, System: Alimentary

Rinku Uberoi UNIBE

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

Cirrhosis: differential: common and rarer

[ID 3071]

Common causes are **ABC**:

Alcohol

B (Hepatitis)

C (Hepatitis)

Rarer are also **ABC**:

Autoimmune

Biliary cirrhosis

Copper (Wilson's)

Knowledge Level 3, System: Alimentary

Jamal Khan Birmingham University Medical Student

Constipation: causes

[ID 3063]

DOPED:

Drugs (eg opiates)

Obstruction (eg IBD, cancer)

Pain

Endocrine (eg hypothyroid)

Depression

Knowledge Level 2, System: Alimentary

Jamal Khan Birmingham University Medical Student

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

Dry mouth: differential

[ID 2728]

"DRI":

2 of each:

Drugs/ **D**ehydration

Renal failure/ **R**adiotherapy

Immunological (Sjogren's)/ **I**ntense emotions

Knowledge Level 5, System: Alimentary

Anil Pandit Manipal College of Medical Sciences, Pokhara, Nepal

Dysphagia: causes

[ID 3070]

MOON:

Mouth lesions

Obstruction

Oesophageal stricture

Neurological (eg stroke, Guillain-Barre, achalasia)

Knowledge Level 2, System: Alimentary

Jamal Khan Birmingham University Medical Student

Dysphagia: differential

[ID 2722]

DISPHAGIA:

Disease of mouth and tonsils/ Diffuse oesophageal spasm/ Diabetes mellitus

Intrinsic lesion

Scleroderma

Pharyngeal disorders/ Palsy-bulbar-MND

Achalasia

Heart: eft atrium enlargement

Goitre/ myesthenia Gravis/ mediastinal Glands

Infections

American trypanosomiasis (chagas disease)

Knowledge Level 4, System: Alimentary

Anil Pandit, Manipal College of Medical Sciences, Pokhara, Nepalmanipal

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

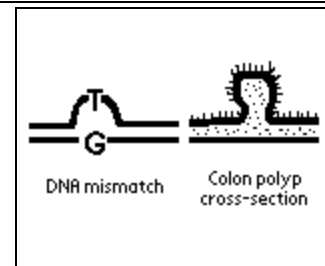
Hereditary Nonpolyposis Colorectal Cancer (HNPCC) cause is DNA mismatch repair

[ID 253]

DNA mismatch causes a bubble in the strand where the two nucleotides don't match. This looks like the ensuing polyps that arise in the colon.

See diagram.

Knowledge Level 7, System: Alimentary
Anonymous Contributor



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

Pancreatitis: Ranson criteria for pancreatitis: at admission

Hi Yield [ID 999]

"GA LAW" (GA is abbreviation for the U.S. state of Georgia):

Glucose >200

AST >250

LDH >350

Age >55 y.o.

WBC >16000

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Pancreatitis: Ranson criteria for pancreatitis: initial 48 hours

[ID 1000]

"C & HOBBS" (Calvin and Hobbes):

Calcium < 8

Hct drop > 10%

Oxygen < 60 mm

BUN > 5

Base deficit > 4

Sequestration of fluid > 6L

Knowledge Level 2, System: Alimentary

Anonymous Contributor

Splenomegaly: causes

[ID 3066]

CHINA:

Congestion/ Cellular infiltration

Haematological (eg haemolytic anaemia, Sick cell)

Infection/ Infarction (eg malaria, GF, CMV)

Neoplasia (eg CML, lymphoma, other myeloproliferative)

Autoimmune

Knowledge Level 3, System: Alimentary

Jamal Khan Birmingham University Medical Student

Ulcerative colitis: complications

[ID 620]

"PAST Colitis":

Pyoderma gangrenosum

Ankylosing spondylitis

Sclerosing pericholangitis

Toxic megacolon

Colon carcinoma

Knowledge Level 4, System: Alimentary

Ritu Garg

Ulcerative colitis: definition of a severe attack

[ID 2719]

A STATE:

Anemia less than 10g/dl

Stool frequency greater than 6 stools/day with blood

Temperature greater than 37.5

Albumin less than 30g/L

Tachycardia greater than 90bpm

ESR greater than 30mm/hr

Knowledge Level 6, System: Alimentary

Anil Pandit Manipal College of Meedical Sciences, Pokhara, Nepal

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

Whipple's disease: clinical manifestations

[ID 2147]

SHELDA:

Serositis

Hyperpigmentation of skin

Eating less (weight loss)

Lymphadenopathy

Diarrhea

Arthritis

Knowledge Level 6, System: Alimentary

Pedro Tulio Universidade Federal do Rio de Janeiro, Brazil

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

Liver failure: decompensating chronic liver failure differential

[ID 2742]

HEPATICUS:

Haemorrhage

Electrolyte disturbance

Protein load/ Paracetamol

Alcohol binge

Trauma

Infection

Constipation

Uraemia

Sedatives/ Shunt/ Surgery

Knowledge Level 5, System: Integumental

Jude McSharry University College Hospital Galway

Splenomegaly: causes

[ID 2852]

CHIMP:

Cysts

Haematological (eg CML, myelofibrosis)

Infective (eg viral (IM), bacterial)

Metabolic/ Misc (eg amyloid, Gauchers)

Portal hypertension

Knowledge Level 1, System: Lymphoid

Mel

GENETICS

Achondroplasia dwarfism: inheritance pattern

[ID 426]

Achondroplasia Dwarfism is Autosomal Dominant.

Knowledge Level 6, System: Endocrine

Robert O'Connor University College Dublin

APKD: genetics

[ID 959]

ADult Polycystic Kidney Disease is

Autosomal

Dominant

Also, "Polycystic kidney" has **16** letters and is due to a defect on chromosome **16**.

Knowledge Level 5, System: Kidney/Urine

Anonymous Contributor

Bartter syndrome: inheritance

[ID 1310]

BARtter syndrome is autosomal recessive (**AR**).

Knowledge Level 8, System: Kidney/Urine

Anonymous Contributor

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

Tumor suppressor vs. proto-oncogene mutations: recessive vs. dominant

[ID 252]

"Recess Suppress":

Tumor **suppressor** mutations are **recessive**.

Proto-oncogenes are opposite (dominant).

Knowledge Level 3, 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=**D**NA

Northern=**R**NA

Western=**P**rotein

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 Sally 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]

Z is sleeping (inactive).

B form is therefore active DNA.

Knowledge Level 2, System: Other/Miscellaneous
Robert O'Connor University College Dublin

Down syndrome features: complete

Hi Yield [ID 865]

"My CHILD HAS PROBLEM!":

Congenital heart disease/ Cataracts

Hypotonia/ Hypothyroidism

Incur 5th finger/ Increased gap between 1st and 2nd toe

Leukemia risk x2/ Lung problem

Duodenal atresia/ Delayed development

Hirshsprung's disease/ Hearing loss

Alzheimer's disease/ Alantoaxial instability

Squint/ Short neck

Protruding tongue/ Palm crease

Round face/ Rolling eye (nystagmus)

Occiput flat/ Oblique eye fissure

Brushfield spot/ Brachycephaly

Low nasal bridge/ Language problem

Epicanthic fold/ Ear folded

Mental retardation/ Myoclonus

Knowledge Level 9, System: Other/Miscellaneous

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

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

Hardy-Weinberg equilibrium: causes for deviations from it

[ID 147]

"Maggie May Does Not Smoke":

Mutations

Migration

Drift

Non-random mating

Selection

Knowledge Level 8, 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/ Stubby 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



Marfan syndrome features

Hi Yield [ID 642]

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: purines

Hi Yield [ID 2365]

"AGUA PURa":

Adenine and GUanine are PURines.

"Agua pura" is spanish for "pure water".

Knowledge Level 1, System: Other/Miscellaneous

Patricia Sanchez INTEC University, Santo Domingo, Dominican Republic

Nucleotides: purines vs. pyrimidines

[ID 1228]

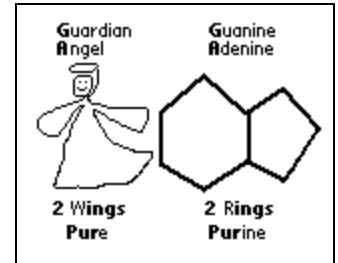
"Guardian Angels are Pure, with two Wings":

G and A are Purines, with two Rings.

See diagram.

Knowledge Level 1, System: Other/Miscellaneous

V. Coleman University of Washington SOM, Seattle



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

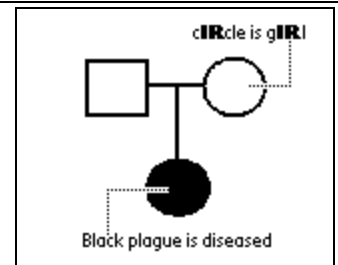
[ID 113]

Gender: The cIRcle 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



Pyrimidines nucleotides

Hi Yield [ID 320]

"CUT the PY" (cut the pie):

Cytosine

Uracil

Thiamine

are the PYrimidines

Knowledge Level 1, System: Other/Miscellaneous

Ken Evans Saskatchewan Health, Acute and Emergency Services

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.

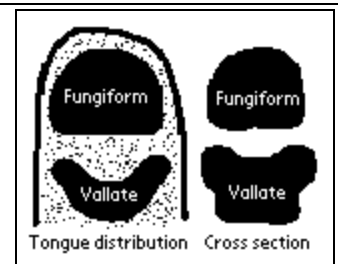
Fungiform: top is **round** so it is towards the **round** end of the tongue.

See diagram.

Note vallate is also sometimes called circumvallate.

Knowledge Level 6, System: Alimentary

Robert O'Connor University College Dublin



Erythropoiesis stages

[ID 1264]

"Powerful **B**usinesses **P**ollute **O**ur **R**eeling **E**nvironment":

Proerythroblast

Basophilic erythroblast

Polychromatic erythroblast

Orthochromatophilic erythroblast

Reticulocyte

Erythrocyte

Knowledge Level 3, System: Cardiovascular

Samuel Atom Haek-Kim

Vascular endothelium: simplified cross-section

Hi Yield [ID 2165]

LIMA:

Lumen

Intima

Media

Adventitia

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Adrenal cortex layers [for Florida Gator fans]

[ID 490]

"Gator Football **Rocks!**":

From outside inwards:

Glomerulosa

Fasciculata

Reticularis

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Pancreatic exocrine cells: nuclei

[ID 282]

A cells are indented around the capital **A**.

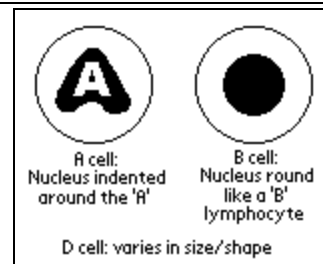
B cells have a round nucleus like a **B** lymphocyte.

See diagram.

D cells have **D**ifferent shapes and sizes.

Knowledge Level 4, System: Endocrine

Anonymous Contributor



Pituitary: anterior pituitary products: acidophilic vs basophilic

[ID 1165]

Acidophilic:

GPA:

Growth hormone

Prolactin

Acidophilic

Basophilic:

B-FLAT

Basophilic

FSH

LH

ACTH

TSH

Knowledge Level 5, System: Endocrine

Anonymous Contributor

Epidermis layers

[ID 441]

"Come, Let's Get Sun Burned":

From superficial to deep:

Corneum

Lucidum

Granulosum

Spinosum

Basale [Germinativum]

Alternatively: "Can Lori Get Some Gas?"

Alternatively: "Can Little Girls Speak German?"

Alternatively: "Can Larry Get Some Beer?"

Knowledge Level 1, System: Integumental

Marcus Lee and Jon Markley and Twinkle and Lea Riche and Anonymous Contributor IMU and Medical student and Nursing Student

Epidermis layers

[ID 665]

"Bad Skin Gets Little Calluses":

From deep to superficial:

Basale

Spinosum

Granulosum

Lucidum

Corneum

Knowledge Level 1, System: Integumental

Anonymous Contributor

Epidermis layers

[ID 795]

"Bull S#it Grandma Likes C*ck!":

In order from deep to superficial:

Basale

Spinosum

Granulosum

Lucidum

Corneum

Knowledge Level 1, System: Integumental

Anonymous Contributor

Epidermis layers [for Star Trek fans]

[ID 294]

"Brent Spiner Gained Lieutenant Commander":

From deep to superficial:

Basale

Spinosum

Granulosum

Lucidum

Corneum

Knowledge Level 1, System: Integumental

Anonymous Contributor

Hair: 4 layers of germinal matrix product

[ID 1062]

"Mary Can't C*ck Suck":

From centre to periphery:

Medulla

Cortex

Cuticle

Sheaths

Knowledge Level 2, System: Integumental

Anonymous Contributor

Basophil morphology

[ID 77]

Basophil has **Big Blue Balls** (granules).
Knowledge Level 3, System: Lymphoid
Anonymous Contributor

Basophil vs. eosinophils: effect for allergic persons

[ID 2619]

Basophils are "**Bad-o-phils**" because they contribute to our allergic reactions.
Eosinophils are "**Easy-on-me-phils**" because they counteract our allergic reactions.
Knowledge Level 4, System: Lymphoid
Andrew Hammer

Leukocytes: granulated and agranulated

[ID 762]

"**BEN** Loves Money":
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

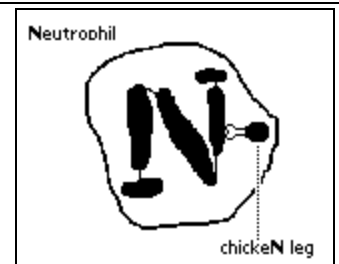
[ID 910]

"**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



White blood cell relative concentrations

[ID 385]

"**Never Let Monkeys Eat Bananas**":
From greatest to least:
Neutrophils (65%)
Lymphocytes (25%)
Monocytes (6%)
Eosinophils (3%)
Basophils (1%)
Alternatively: "**Nine Little Monkeys Eating Bananas**".
Alternatively: "**Noone Likes My Educational Background**".
Alternatively: "**Never Let Mamma Eat Beans**".
Can remember that **Eosinophils** is **3%**, by the mirror image of **E** is **3**.
Knowledge Level 1, System: Lymphoid
Anonymous Contributor and Dr. Atif Farooq and Anonymous Contributor University of Sydney, Australia and Rawalpindi Medical College, Islamabad, Pakistan and Nurse

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**.

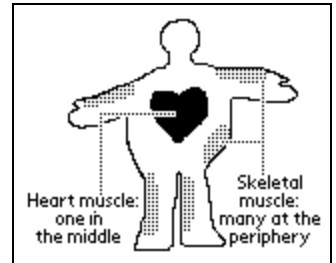
Skeletal muscles are at **periphery** of body, so nuclei are at **periphery**.

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 fiber: types

[ID 1822]

Type 1:

"**1 slow fat red ox**":

-**slow** twitch

-**lipid** accumulation

-**red** fibers

-**oxidative**

Type 2:

"**2 fast skinny white breasts**":

-**fast** twitch

-**low lipid**

-**white** fibers, like chicken **breasts**

Knowledge Level 3, System: Muscle

Ocean University of Texas Medical Branch

Muscle sarcomere bands

[ID 379]

"**Zee Intelligent Animal Has Muscle**":

From the Z disk, working inward, remembering symmetry:

Z I A H M H A I Z.

Alternatively: "**Zoe Is A Horny Momma**".

Knowledge Level 1, System: Muscle

Jeremy Smith and Josh Kunken GSU Undergrad and University of California, Berkeley

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:

DArk band is the **A** band.

Light 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

Cochlea chambers: ones with perilymph vs. endolymph

[ID 51]

Per**I**- ones also end with **T**: vestibul**I** and tympan**I**.

Therefore, perilymph is in scala vestibuli and scala tympani, and the endolymph is in the scala media.

Knowledge Level 6, System: Nervous

Robert O'Connor University College Dublin

Organ of corti: location

[ID 3246]

The organ of **CO**rti
is inside the **CO**chlea.
Knowledge Level 3, System: Nervous
Rinku Uberoi Willsey Institute

Schwann cell only myelinates 1 axon

Hi Yield [ID 1139]

Sch**W**ANN = sounds like **ONE**.
A single **Schwann** cell only myelinates **one** PNS axon.
Knowledge Level 1, System: Nervous
Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Collagen: location of types

[ID 3159]

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

Extracellular matrix components

[ID 2983]

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

Epiphyseal plate: zones

[ID 3263]

"**Real People Have Career Opportunities**":
Resting zone
Proliferative zone
Hypertrophic zone
Calcified cartilage zone
Ossification zone
Knowledge Level 2, System: Skeletal
Gonzalo Baylor College of Medicine

IMMUNOLOGY

Chrug-Strauss syndrome: symptoms and signs

Hi Yield [ID 3054]

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

Graves disease: etiology

[ID 2319]

In **Graves** disease, the thyroid-stimulating immunoglobulins are of the **IgG** 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

Acute inflammation features

[ID 249]

SLIPR:

Swelling

Loss of function

Increased heat

Pain

Redness

"What a **cute** pair of **slippers**" can be used to tie acute inflammation to SLIPR.

Knowledge Level 1, System: Lymphoid

Robert O'Connor University College Dublin

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 Alone, or IgA.

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 Acute [inflammation].

C3b: Bonds Bacteria [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

Dendritic cell: function

[ID 2590]

DENDRITIC CELL:

Disguised in host tissue (but still have same function!)
ECF ingestion
Nothing left to chance (ensures an immune response)
Derived from bone marrow
Regulates the immune response
Induces an immune response (makes it unique among antigen presenting cells)
Transfers information from the ECF into the cell
Immune tolerance (increases it)
Co-ordinates the adaptive and innate immune systems
Captures and processes antigen
Expresses lymphocyte costimulatory molecules
Long processes extend from cell (stellate shaped)
Lives in lymphoid tissue
Secretes cytokine to initiate immune response
Knowledge Level 3, System: Lymphoid
Dave Colbert Faculty of Medicine, University of Western Australia

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 Glomerulonephritis and Pnuemonitits.
From autoantibodies attacking Glomerular and Pulmonary basement membranes.
Knowledge Level 3, System: Lymphoid
Robert O'Connor University College Dublin

Histamine: features

[ID 1453]

HISTAMINE:
HCL production
Inflammation
Strong vasodilator
Therapeutic vaue none
Allergy
Mast cells
Neurotransmitter/ Narrow airways
IgE
Knowledge Level 4, System: Lymphoid
Dr. Atif Farooq Rawalpindi Medical College, Pakistan, Gujranwala

HLA-B27 associated diseases

[ID 1338]

PAIR:
Psoriasis
Ankylosing spondylitis
Inflammatory bowel disease
Reiter's syndrome
Knowledge Level 6, System: Lymphoid
Atif Farooq Khawaja Rawalpindi Medical College, Horizon Medical Institute, Pakistan

HLA-DR genetic predisposition immune disease examples

[ID 629]

HLA-DR:

Hashimoto's disease

Leukemia/ Lupus

Autoimmune adrenalitis/ Anemia (pernicious)

Diabetes insipidous

Rheumatoid arthritis

Knowledge Level 8, System: Lymphoid

Robert O'Connor and Dr. Chetan Wiskar

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. II: T cell interaction

Hi Yield [ID 105]

The "**=8**" equation:

2x4=8, and **1x8=8**.

MHC II goes with **CD4**.

MHC I goes with **CD8**.

Knowledge Level 1, System: Lymphoid

Anonymous Contributor

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 st MHC use	Fungi	Viruses
CD type interaction	CD4+	CD8+
2 nd MHC use	Bacteria	Cancer cells

MHC: loci creating class I vs. II

[ID 2089]

Class **1** has **1** letter:

HLA I is **HLA-A**, **HLA-B**, **HLA-C**.

Class **2** has **2** letters:

HLA II is **HLA-DP**, **HLA-DQ**, **HLA-DR**.

Knowledge Level 6, System: Lymphoid

Anonymous Contributor

Passive vs. active immunity

[ID 961]

"Pay for Passive, Active Ages":

Passive: Pay for a shot of antibodies for fast results following exposure to Rabies, etc.

Active: Slow onset ("**aging**") and memory.

Knowledge Level 1, System: Lymphoid

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

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**econdary

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

Abdominal pain: medical causes

[ID 1803]

"**ABDOMENAL PANE**" [abdominal pain]:

Acute rheumatic fever

Blood [purpura, a/c hemolytic crisis]

DKA

cOllagen vascular disease

Migraine [abdominal migraine]

Epilepsy [abdominal epilepsy]

Nephron [uremia]

Abdominal angina

Lead

Porphyria

Arsenic

NSAID's

Enteric fever

Knowledge Level 8, System: Alimentary

Dr. Sonali Vadi

Haemobilia: features

[ID 1806]

MOB:

Melaena

Obstructive jaundice

Biliary colic

Knowledge Level 3, System: Alimentary

Dr. Harsh Sharma

Ileus: causes

Hi Yield [ID 1997]

MD SPUGERS:

Mesenteric ischemia

Drugs (see below)

Surgical (post-op)

Peritonitis/ Pancreatitis (sentinel loop)

Unresolved mechanical obstruction (eg mass, intussusception, blockage)

Gram negative sepsis

Electrolyte imbalance (eg hypokalemia)

Retroperitoneal bleed or hematoma

Spinal or pelvic fracture

Drugs are Aluminum hydroxide, Ba⁺⁺, Ca carbonate, opiates, TCA, verapamil.

Knowledge Level 6, System: Alimentary

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

ACEI: contraindications

Hi Yield [ID 2565]

PARK:

Pregnancy

Allergy

Renal artery stenosis

K increase (hyperkalemia)

Knowledge Level 4, System: Cardiovascular

Anthony Chan

ADP: role in platelet aggregation

[ID 1016]

ADP = Aggregation from the **D**ense bodies of **P**latelets.

Knowledge Level 5, System: Cardiovascular

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Anemia: non-megaloblastic causes of macrocytic anemia

Hi Yield [ID 2511]

HAND LAMP:

Hypothyroidism

Aplastic anaemia

Neonates

Drugs

Liver disease

Alcohol

Myelodysplasia

Pregnancy

Knowledge Level 3, System: Cardiovascular

Philip Robinson Wellington School of Medicine, Otago University

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 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

Haemoptysis: causes

[ID 2904]

CAVITATES:**CHF**

Airway disease, bronchiectasis

Vasculitis/ Vascular malformations

Infection (eg TB)

Trauma

Anticoagulation

Tumour

Embolism

Stomach

Knowledge Level 6, System: Cardiovascular

Fahed Al-Daour

HbA2: concentration in normal blood

[ID 1331]

HbA2:

Concentration of HbA2 is 2% in normal adult blood.

Knowledge Level 1, System: Cardiovascular

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

Macrocytic anemia: causes

Hi Yield [ID 1859]

ABCDEF:

Alcohol + liver disease

B12 deficiency

Compensatory reticulocytosis (blood loss and hemolysis)

Drug (cytotoxic and AZT)/ Dysplasia (marrow problems)

Endocrine (hypothyroidism)

Folate deficiency/ Fetus (pregnancy)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

Metabolic acidosis: causes

Hi Yield [ID 1660]

USED CAR:

Ureteroenterostomy

Saline hydration

Endocrinopathies (hyperparathyroid, hyperthyroid, Addison's)

Diarrhea/ DKA/ Drugs

Carbonic anhydrase inhibitors

Ammonium chloride

Renal tubular acidosis

Alternatively: **USED CARP**, to include **P**arenteral nutrition/ **P**ancreatic fistula.

Knowledge Level 4, System: Cardiovascular

J.J.H. and Vince Yamashiroya Good Samaritan Hospital and Not Specified

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:

Hyperalimentation

Acetazolamide (carbonic anhydrase inhibitors)

RTA

Diarrhea

Ureterosigmoidostomy

Pancreatic fistula

Knowledge Level 5, System: Cardiovascular

James Reeves Emory University School of Medicine

NSAIDs: contraindications

Hi Yield [ID 2564]

NSAID:

Nursing and pregnancy

Serious bleeding

Allergy/ Asthma/ Angioedema

Impaired renal function

Drug (anticoagulant)

Knowledge Level 2, System: Cardiovascular

Anthony Chan

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

Sickle cell disease complications

[ID 747]

SICKLE:

Strokes/ Swelling of hands and feet/ Spleen problems

Infections/ Infarctions

Crises (painful, sequestration, aplastic)/ Cholelithiasis/ Chest syndrome/ Chronic hemolysis/ Cardiac problems

Kidney disease

Liver disease/ Lung problems

Erection (priapism)/ Eye problems (retinopathy)

Knowledge Level 5, System: Cardiovascular

Rinku Uberoi UNIBE

Toxicity/ sepsis: signs

[ID 1858]

6 T's:

Tachycardia

Tachypnea

Tremors

Toxic look

Tiredness

Temperature (fever)

Knowledge Level 4, System: Cardiovascular

Malik Tariq Rahim King Edward Medical College, Lahore, Pakistan

Ulcers: types

Hi Yield [ID 2039]

VAN:

Venous/ Vasculitic

Arterial

Neuropathic

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor University of Sydney, Australia

Acromegaly symptoms

Hi Yield [ID 2555]

ABCDEF:

Arthralgia/ Arthritis

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 Gender disorder (Klinefelter)

Young boy (pubertal)*

Neonate*

Estrogen

Cirrhosis/ Cimetidine/ Ca Channel blockers

Old age*

Marijuana

Alcoholism

Spironolactone

Tumors (Testicular & adrenal)

Isoniazid/ Inhibition of testosterone

Antineoplastics (Alkylating Agents)/ Antifungal(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:**

Pheochromocytoma

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

Thyroid storm: initial management

[ID 1730]

PCP'S:

PTU - 1 gm po

Corticosteroids

Propranolol

SSKI

Knowledge Level 6, System: Endocrine

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

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**propriate 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

Splenomegaly: causes

[ID 3047]

HICCUPS:

Haematological

Infective : Kala azar, malaria, enteric fever

Congestive: CCF, constrictive pericarditis, IVC thrombosis, Hepatic vein thrombosis, portal vein thrombosis and splenic vein thrombosis

Collagen diseases: SLE, Felty's syndrome

Unknown etiology: tropical splenomegaly

Primary malignancies (secondaries are rare)

Storage diseases: Gaucher's disease, Niemann Pick

Knowledge Level 2, System: Lymphoid

Saurav Pokharel MBBS Student, Final year

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

Lead poisoning (chronic): features

[ID 1923]

ABCDEFGHI:

Anaemia/ Anorexia/ Arthralgia/ Abortion/ Atrophy of optic nerve

Basophilic stippling of RBC (punctate basophilia)/ Burtonian line on gums

Colic/ Constipation/ Coproporphyrin excess in urine/ Cerebroedema

Drop (wrist, foot)

Encephalopathy/ Emaciation

Foul smell of breath/ Failure of kidneys/ Fanconi syndrome

Gonadal dysfunction/ Gout-like picture

High BP/ Headache/ Hallucination/ Hyperaesthesia

Impotence/ Insomnia/ Irritability

Knowledge Level 8, System: Nervous

Dr. 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

Thickened nerves: causes

[ID 1808]

HANDS:

Hansen's (leprosy)

Amyloidosis

Neurofibromatosis

Diabetes mellitus

Sarcoidosis

Knowledge Level 7, System: Nervous

Dr. Harsh Sharma

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

Ducket John's: major criteria

[ID 1339]

ACNES:

Arthritis

Carditis

Nodule (subcutaneous)

Erythema marginatum

Sydenham chorea

Knowledge Level 3, System: Other/Miscellaneous

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

Fall: differential

[ID 2791]

I SAVED PANGS:

Illness
Syncope
Accident
Vision
Epilepsy (or other fit)
Drugs
Psychiatric (eg dementia)
Anaemia
Neurological (Parkinsons, cerebellar, neuropathy)
Glucose (hypoglycemia)
Stroke
Knowledge Level 5, System: Other/Miscellaneous
Steve

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/ **T**esticular torsion
Knowledge Level 3, System: Other/Miscellaneous
Sushant Varma Medical student, University of Sheffield, UK

Sports injuries: course of action

[ID 235]

RICE:

Rest

Ice

Compression

Elevation

RICE especially for fractures, sprains, muscle strains, contusions

Alternatively: I=Immobilization, C=Cold compresses.

Knowledge Level 1, System: Other/Miscellaneous

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

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 brochopulmonary 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

Caplan syndrome: characteristics

[ID 2479]

CAPlan:

Coal worker pneumoconiosis

Arthritis

Pulmonary nodule

Knowledge Level 6, System: Pulmonary

Anonymous Contributor

Chronic cough: full differential

[ID 2901]

GASPS AND COUGH:**GORD**

Asthma

Smoking, chronic bronchitis

Post-infection

Sinusitis, post-nasal drip

ACE inhibitor

Neoplasm

Diverticulum

Congestive heart failure

Outer ear

Upper airway obstruction

GI-airway fistula

Hypersensitivity

Knowledge Level 7, System: Pulmonary

Fahed Al-Daour

Clubbing: respiratory causes

[ID 1589]

ABCDEF:

Abscess (lung)

Bronchiectasis (including CF)

Cancer (lung)

Decreased oxygen (hypoxia)

Empyema

Fibrosing alveolitis

Knowledge Level 3, System: Pulmonary

Anonymous Contributor

Dyspnea: causes

[ID 2903]

SHE PANTS:

Stress, anxiety

Heart disease

Emboli

Pulmonary disease

Anaemia

Neuromuscular disease

Trachea obstruction

Sleep disorder

Knowledge Level 1, System: Pulmonary

Fahed Al-Daour

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 pneumoconiosis

Ankylosing spondylitis

Radiation

Lower lobe:

Systemic sclerosis

Cryptogenic fibrosing alveolitis

Asbestosis

Rheumatoid arthritis

Knowledge Level 4, System: Pulmonary

Anthony Chan

Respiratory disease: hand signs

[ID 1585]

CASH:

Clubbing

Asterixis

Small muscle wasting

HPOA

Knowledge Level 5, System: Pulmonary

Sushant Varma Medical student, University of Sheffield, UK

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

Extraspinal tumour

Spondylolisthesis

Ankylosing spondylitis

Lumbar disk increase

Intraspinal 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

Eviseration/ **E**cchymosis

Rebound tenderness: infection

Masses

Knowledge Level 2, System: Alimentary

Lyssa Lenske Mount Saint Mary's College BSN Program

Alcohol abuse screening questions

[ID 139]

CAGE:

1. Ever felt it necessary to **C**ut down on drinking?

2. Has anyone ever said they felt **A**nnoyed by your drinking?

3. Ever felt **G**uilty about drinking?

4. Ever felt a need to have a morning drink as an **E**ye opener?

Knowledge Level 3, System: Alimentary

Anonymous Contributor

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

Branham sign: definition

[ID 2278]

BRAnham sign:

BRAdycardia after compression or excision of a large AV fistula.

Knowledge Level 8, System: Cardiovascular

Anonymous Contributor

Heart auscultation sites: ribs

[ID 3236]

Apt. M 225A:

Aortic valve

Pulmonary valve

Tricuspid valve

Mitral valve

In order they correspond with the following landmarks:

2nd intercostal space (right)

2nd intercostal space (left)

5th intercostal space (left)

Apex (still the 5th intercostal space)

Knowledge Level 1, System: Cardiovascular

John Medical school

Heart valve auscultation sites

Hi Yield [ID 543]

"All Patients Take Meds":

Reading from top left:

Aortic

Pulmonary

Tricuspid

Mitral

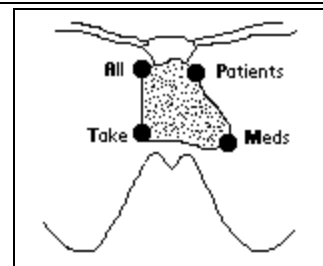
See diagram.

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



Heart valve auscultation sites

Hi Yield [ID 1784]

"All People Try Marijuana":

Aortic

Pulmonic

Tricuspid

Mitral

Knowledge Level 1, System: Cardiovascular

Leah Harris Tufts University School of Medicine

Eyes: abbreviations for the eyes

[ID 405]

You look **OUt** with **Both** eyes.
Take the **Right** dose so you won't **OD** [overdose].
The only one that is **Left** is **OS**.
Both eyes=OU, Right eye=OD, Left eye=OS.
Knowledge Level 7, System: Nervous
Deborah Belty, RN, MS Tulsa Community College

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 withdrawl)
Knowledge Level 1, System: Nervous
Rinku Uberoi and Robert O'Connor

Mental state examination: stages in order

[ID 2150]

"Assessed **Mental State To Be Positively Clinically Unremarkable**":
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 339]

OPQRSTU:
Onset of pain (time, duration)
Palliative factors for pain
Quality of pain (throbbing, stabbing, dull, etc.)
Region of body affected
Severity of pain (usually scale of 1-10)
Timing of pain (after exercise, in evening, etc.)
U: How does it affect 'U' in your daily life?
May wish to expand to **OPPQRRSTTUVW**, with the extra letters representing:
Provocative factors
Radiation (how does pain spread)
Treatments tried
Deja **Vu**: Has this happened before?
Worry: What do you think or fear that it is?
Knowledge Level 1, System: Nervous
Midnight Medic and Robert Lueken and Michael Waddell Paramedic in Texas and Eastern Virginia Medical School and University of Wisconsin Medical School

Pain history checklist

[ID 457]

"On Days Feeling Low Character, Run A Seven Pace Race":

Onset

Duration

Frequency

Location

Character

Radiation

Severity

Precipitating factors

Relieving factors

Knowledge Level 1, System: Nervous

Carrie Davis, RNC, MSN, WHNP Obici Health System

Pain history checklist

[ID 497]

ASK LAST:

Aggravating/ **A**lleviating

Severity

Karacter

Location

Associated symptoms

Setting

Timing

Knowledge Level 1, System: Nervous

Miguel Gonzalez Chicago Medical School

Pain history checklist

[ID 501]

SOCRATES:

Site

Onset

Character

Radiation

Alleviating factors/ **A**ssociated 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 Mckeon Cambridge and Smt. NHL Medical College, Ahmedabad and RFUCMS

Pain history checklist

[ID 843]

LOST WAR:

Location

Onset

Severity

Time

Worsening factors

Alleviating factors

Radiation

Knowledge Level 1, System: Nervous

Jane Day Nottingham Medical School

Pain history checklist

[ID 966]

CHLORIDE:

CHaracter (stabbing, throbbing, etc.)

Location

Onset

Radiation

Intensity

Duration

Exacerbating and alleviating factors

Knowledge Level 1, System: Nervous

Anonymous Contributor Student

Pain history checklist

[ID 1527]

MR. C T FARADS:

Main site

Radiation

Character

Timing

Frequency

Associated factors

Relieving factors

Aggravating factors

Duration

Severity

Knowledge Level 1, System: Nervous

Anonymous Contributor

Pain history checklist

[ID 1781]

CLITORIS:

Character

Location

Intensity

Timing

Onset

Radiating

Irritating and relieving factors

Symptoms associated

Knowledge Level 1, System: Nervous

Nick Rukin Birmingham Medical School, UK

Pain history checklist

[ID 2008]

COLDER BARS:

Character

Onset

Location

Duration

Exacerbating factors

Radiation

Before (ever happened before)

Associated symptoms

Relieving factors

Severity

Knowledge Level 1, System: Nervous

Marcus Chia University of Sydney Medical Program

Pain history checklist

[ID 2083]

SO CRAP:

Site

Onset

Character

Radiates to

Associated symptoms/ Alleviating and exacerbating factors

Periodicity

Knowledge Level 1, System: Nervous

Polly Weston Bristol University Med School

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

[ID 1141]

CIMETIDINE:

Congenital

Infection/ Inflammatory

Metabolic

Endocrine

Trauma

Iatrogenic

Degenerative

Idiopathic

Neoplastic

Everything else

Knowledge Level 1, System: Other/Miscellaneous

Chng Chiaw Ling NUS, Singapore

Differential diagnosis checklist

[ID 342]

"A VITAMIN C"

A and C stand for Acquired and Congenital

VITAMIN stands for:

Vascular

Inflammatory (Infectious and non-Infectious)

Trauma/ Toxins

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.

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

Differential diagnosis checklist

[ID 1840]

DIRECTION:

Drugs
Infection
Rheumatologic
Endocrine
Cardiovascular
Trauma
Inflammatory
Other
Neoplasm

Knowledge Level 1, System: Other/Miscellaneous
Michael Waddell University of Wisconsin Medical School

Family history (FH)

[ID 1830]

BALD CHASM:

Blood pressure (high)
Arthritis
Lung disease
Diabetes
Cancer
Heat 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

Health related behavior (HRB) topics: history taking

[ID 1890]

"Healthy **SEEDS**":

Substances (alcohol, tobacco, IV drugs?)

Environment (hazards at home or work? feel safe?)

Exercise (what do you do? how often do you do it?)

Diet (any special diet?)

Sex (active with m/f/both? >1 partner? safe sex? STD history? difficulty with arousal or orgasm? history of abuse?)

I find this order works well: patients most expect to be asked about alcohol and they least want to talk about their STD history, but taking a solid HRB history first reassures them that it's all part of good medical care.

Knowledge Level 4, System: Other/Miscellaneous

Patrick Lee UCSF Medical School

History taking -past medical history

[ID 2825]

ABCDEFGHI:

Asthma

Blood pressure (say: 'blood pressure problems')

CVA (say: 'stroke')

Diabetes mellitus (say: 'diabetes')

Epilepsy

Fever, rheumatic

Gastrointestinal (jaundice)

Heat attack

Infection (TB)

Knowledge Level 1, System: Other/Miscellaneous

Dave Gale Sheffield University Medical School

History, HCFA components for E+M coding

[ID 2110]

Q LSD MCAT:

Quality

Location

Severity

Duration

Modifying factors

Context

Associated signs and symptoms

Timing

Knowledge Level 1, System: Other/Miscellaneous

Robert P Lemmon III, MD Village Family Medicine

History: quick EMS medical history checklist

[ID 338]

SAMPLE:

Signs/ **S**ymptoms

Allergies

Medications

Pertinent history

Last oral intake

Events preceding this incident

Knowledge Level 1, System: Other/Miscellaneous

Midnight Medic Paramedic in Texas

Medical history: disease checklist

[ID 407]

MJ THREADS:

Mycocardial infarction

Jaundice

Tuberculosis

Hypertension

Rheumatic fever/ **R**heumatoid 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

Pathologic classification

[ID 1881]

NIT DIT FIT:

Neoplastic

Infectious

Traumatic

Degenerative/ Drugs

Immune

Toxic

Vascular

Inflammatory

Totally obscure

Knowledge Level 1, System: Other/Miscellaneous

Darren Markland University of Alberta

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

Patient's model of illness (illness history)

[ID 3016]

"DC REF Fears Similar Decision At ER":

Definition

Cause

Reasoning

Effect

Future

Fears and concerns

Similar experiences

Decision-making

Attempts at treatment

Expectations of treatment

Results

Knowledge Level 8, System: Other/Miscellaneous

Michael Huang School of Medicine, University of Melbourne, Australia

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

Pyrexia of Unknown Origin: history taking

[ID 1885]

SIT ON FRAD:

Sexual history

Immunisation status

Travel history

Occupational history

Nutrition (consumption of dairy products, etc.)

Family history

Recreational habits

Animal contacts (including ticks and other vectors)

Drug history

Knowledge Level 8, System: Other/Miscellaneous

Dr. Sonali Vadi

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]

Sign: something **I** can detect even if patient is unconscious.
SYMptom is something only **hYM** knows about.
Knowledge Level 1, System: Other/Miscellaneous
Anonymous Contributor

Sign vs. symptom

[ID 1246]

Remember Ace of Base's song that goes like this:
"I **Saw** the **Sign**, and it opened up my eyes".
The physician sees the signs.
Knowledge Level 1, System: Other/Miscellaneous
Lee

Surgical sieve

[ID 650]

VANISHED:

Vascular
Accident & trauma
Neoplastic
Inflammatory
Septic
Haematologic/ Hereditary
Endocrinological
Degenerative
Knowledge Level 1, System: Other/Miscellaneous
Anonymous Contributor University of Otago Medical School, New Zealand

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

Symptom attributes

[ID 509]

"FAST LQQ'S":

Factors that make it better/worse

Associated manifestations

Setting

Timing

Location

Quality

Quantity

Severity

Knowledge Level 1, System: Other/Miscellaneous

Ron Norman AECC

Symptom sieve

[ID 819]

"TIN CAN BED DIP POG":

Trauma

Infection

Neoplasm

Cardiac

Autoimmune

Neurological

Blood/ Bone

Endocrine

Disintegration/ Degeneration

Drugs

Iatrogenic/ Idiopathic

Psychological

Paediatric

Obstetric

Gynaecological

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Systems review: systems checklist

[ID 2683]

I PUNCH EAR:

Integumental

Pulmonary

Urogenital

Nervous

Cardiovascular

Hematolymphoid

Endocrine

Alimentary

Reproductive

Knowledge Level 1, System: Other/Miscellaneous

Beth Ann Young and Robert O'Connor Kent State Univeristy, Nursing Student and University College Dublin

Ascultation: crackles (rales)

[ID 898]

"PEBBles":

Pneumonia

Edema of lung

Bronchitis

Knowledge Level 2, System: Pulmonary

Samuel Atom Baek-Kim

Consolidations: sound

[ID 1801]

Consolidations
Conduct
Consonants
Clearly
Knowledge Level 5, System: Pulmonary
Elden Rand BAMC, San Antonio, TX

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

Clostridium difficile: disease caused

Hi Yield [ID 47]

"Difficult to be in a **Closet** with someone having **explosive foul smelling diarrhea**, because it would smell and there would be **no air** in there.

Clostridium Difficile causes **explosive foul smelling diarrhea** and is an anaerobe (**no air**).

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

E. coli: diseases caused in presence of virulence factors

Hi Yield [ID 887]

DUNG:

Diarrhea
UTI

Neonatal meningitis

Gram negative sepsis

Dung, since contract E. coli from **dung**-contaminated water.

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

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 diarrhea

Knowledge 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

Food poisoning: bugs inducing

Hi Yield [ID 2695]

"Eating Contaminated Stuff Causes Very Big Smelly Vomit":

E. coli O157-H7 [undercooked meat, esp. hamburgers]

Clostridium botulinum [canned foods]

Salmonella [poultry, meat, eggs]

Vibrio parahaemolyticus [seafood]

Bacillus cereus [reheated rice]

Staphylococcus aureus [meats, mayo, custard]

Clostridium perfringens [reheated meat]

Vibrio vulnificus [seafood]

Knowledge Level 1, System: Alimentary

Joel Camilo Universidad Iberoamericana (UNIBE), Santo Domingo, Dominican Republic

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

Nematodes: ones spreading by egg ingestion

[ID 2674]

"**ATE** eggs":

Ascaris Lumbricoides

Trichuris trichura

Enterobius vermicularis

spread by ingestion of eggs (vs skin invasion or insect bite)

Knowledge Level 6, System: Alimentary

Leena Alexander Texas, USA

Vibrio: motility

[ID 839]

"**Vibrio Vibrates**":

Vibrio is a genus of actively motile bacteria.

Knowledge Level 5, System: Alimentary

Anonymous Contributor

Endocarditis: causes of culture negative endocarditis

[ID 1952]

"With Negative Tests, Investigators Should Focus Attention Somewhere Meaningful":

Wrong diagnosis

Noninfectious endocarditis

Timing (cultures drawn at end of chronic course)

obligate **Intracellular** organisms

Slow growing fastidious organisms

Fungal infection

Antibiotic used previously

Subacute right-sided endocarditis

Mural endocarditis

Knowledge Level 7, System: Cardiovascular

David Lucey University College Dublin

Endocarditis: indications for surgery

[ID 1953]

PUS RIVER:

Prosthetic valve endocarditis (most cases)

Uncontrolled infection

Supportive 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 casta

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

Kidney transplant virus

[ID 623]

"**Borrowed Kidney**":

BK virus is associated with kidney transplants.

Knowledge Level 6, System: Kidney/Urine

Anonymous Contributor

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

Pseudomonas details

Hi Yield [ID 363]

See diagram of patient.

Patient: bug commonly infects nosocomial.

Oxygen tank: oxidase positive.

IV bag: has glucose and lactose, so its OK to give because its a nonlactose fermenter.

Why giving oxygen? Because it commonly caused pneumonia.

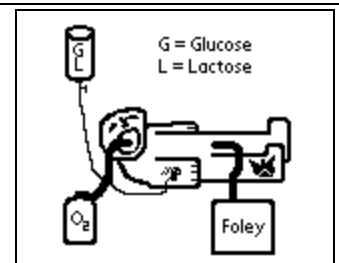
IV in the arm: supposed to signify sepsis.

The foley: UTI.

Burn on his foot: can infect burns.

Knowledge Level 2, System: Kidney/Urine

Anonymous Contributor



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

AIDS pathogens (T-cell suppression) worth knowing

Hi Yield [ID 2261]

"The Major Pathogens Concerning Complete T-Cell Collapse":

Toxoplasma gondii

M. avium intracellulare

Pneumocystis carinii

Candida albicans

Cryptococcus neoformans

Tuberculosis

CMV

Cryptosporidium parvum

Knowledge Level 4, System: Lymphoid

Robert Brown UTHSCSA MS2

Capsulated microbes

Hi Yield [ID 3213]

"Some Nasty Killers Have Some Capsule Protection":

Streptococcus pneumoniae

Neisseria meningitidis

Klebsiella pneumoniae

Haemophilus influenzae

Salmonella typhi

Cryptococcus neoformans

Pseudomonas aeruginosa

Knowledge Level 2, System: Lymphoid

Dr. Bijita Banerjee and Sabry Kamel University of Calcutta, West-Bengal, India and Not Specified

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

HIV infection: high-risk groups

[ID 1245]

HIV:

Homosexuals/ **H**emophiliacs

IV drug abusers

Knowledge Level 1, System: Lymphoid

Anonymous Contributor

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

Vaccines: types

[ID 2251]

STARK:

Subunit

Toxoid

Attenuated [live]

Recombinant

Killed [inactivated]

Knowledge Level 1, System: Lymphoid

Anonymous Contributor

Tetanus: treatment for infection

[ID 2311]

SAD RAT:

Sedation

Antitoxin

Debridement

Relaxant

Antibiotic

Tracheostomy

Knowledge Level 6, System: Muscle

Felix Fandiñola West Visayas State University, Philippines

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

Toxoplasma gondii: clinical features

Hi Yield [ID 1031]

Cat reservoir: a cat.

Bug name is Gondii: cat has a Gandi head.

Cat fecal origin: cat is in the litter box.

Causes brain infection, diagnosed by CAT scan: a "CAT" scan of Gandi's brain.

Toxic to eyes: Gandi has cat eyes.

Lymph nodes enlarged: large nodes around neck.

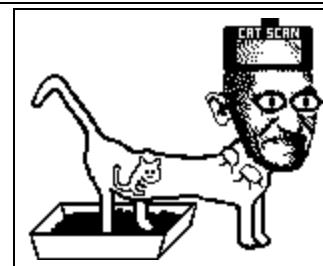
Affects fetus: small kitten in womb.

AIDS patient commonly: cat is very skinny, like an AIDS patient.

See diagram.

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin



Toxoplasma gondii: manifestations

Hi Yield [ID 2053]

"My Cat Eats Mice":

Mononucleosis-like illness
Chorioretinitis/ Congenital infection
Encephalitis
Myocarditis
Knowledge Level 3, System: Nervous
Anonymous Contributor

Trypanosoma brucei: disease caused

Hi Yield [ID 2120]

"I went on a **TRYP** to **AFRICA**":

TRYPanosome brucei causes **AFRICA**n sleeping sickness.
Knowledge Level 2, System: Nervous
Anonymous Contributor

Capsulated bacteria

Hi Yield [ID 2593]

"Some **Bacteria Have An Effective Paste** Surrounding Membrane Yielding **Pseudo Fort, Bypassing Killing**":

Strep pneumonia
Bacteroides
H. influenza
Anthrax (B. anthracis)
E. coli
Pasteurella
Salmonella
Menigitidis (N. Menigitidis)
Yersinia pestis
Pseudomonas
Francisella
Brucella
Klebsiella
Knowledge Level 3, System: Other/Miscellaneous
Michel Nawfal

Chlamydia: elementary vs. initial body location

[ID 2100]

Elementary: **Extracellular**
Initial: **Intracellular**
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 positive stain

Hi Yield [ID 1668]

Gram Positives

Stain **Purple** (violet-blue)

because of their thick **Peptidoglycan** layer

Knowledge Level 1, System: Other/Miscellaneous

JuP University of Washington

Gram staining: mechanism

[ID 1160]

"Murein gets the red out" [Allusion to an old eye-wash slogan]:

Peptidoglycan (aka murein) remains purple during Gram staining. The Gram negatives, devoid of murein, are red.

Thus, murein prevents redness and are purple (positive).

Knowledge Level 4, System: Other/Miscellaneous

Caoimhin P. Connell Industrial Hygienist

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.

Hemophilus: culture requirements

Hi Yield [ID 1591]

Read Hemophilus as "HemoFive":

Needs **Heme** with Factors **Five** and **Ten**.

Knowledge Level 3, System: Other/Miscellaneous

Dr. Atif Farooq Rawalpindi Medical College, Pakistan, Gujranwal

Listeria: motility

[ID 845]

Istanbul sounds like **Listambul** = **list** + **tumble**.

Listeria has **tumbling** motility.

Knowledge Level 5, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

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

Hi Yield [ID 1905]

Gonorrhoeae: **Glucose** fermenter only.

MeninGitis: **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 enveloped viruses

Hi Yield [ID 2177]

FORT ABC, Puerto Rico:

Flavivirus/ Filo

Orthomyxo

Retro

Toga

Arena

Bunya

Corona

Paramyxo

Rhabdo

Knowledge Level 1, System: Other/Miscellaneous

Sung Hoon Kim El Paso, TX

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

Staphylococci: novobiocin test to distinguish coagulase negative staphylococci

[ID 848]

Staph **epidermidis** stays away from the novobiocin disc like an **epidemic**.

Therefore, epidermidis is sensitive to novobiocin.

Staph **saprophyticus**, much friendlier, comes up to the disc and says, "**sap?**" [short for "whassup?", ie "what's up"].

Therefore, saprophyticus is novobiocin resistant.

Knowledge Level 5, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

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

Streptococcus pyogenes: antibody

[ID 891]

SPAM:

Streptococcus Pyogenes: Antibody to M protein.

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Typhus: Epidemic Typhus: etiologic agent, vector

[ID 2750]

ePidemic typhus:

Etiological agent: Rickettsia Prowazekii.

Vector: Pediculus corporis (human body louse).

This is in contrast to Endemic typhus.

Knowledge Level 1, System: Other/Miscellaneous

Joel Camilo Universidad Iberoamericana (UNIBE), Santo Domingo, Dominican Republic

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

Mycobacterium tuberculosis: culture identification

Hi Yield [ID 668]

"**Rough, Tough, Buff**":

Rough: colony isn't smooth but rough like breadcrumbs.

Tough: colony stuck to plate well, and tough to remove.

Buff: buff is a color, a cream/coffee shade.

Knowledge Level 1, System: Pulmonary

Anonymous Contributor

Pneumonia: acute pneumonia infiltrates from different causes

[ID 145]

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

Acute pneumonia caused by **Pyrogenic** 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 589]

"**Quell-lung**":

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

Lung: **S. pneumoniae** [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

Placenta-crossing organisms/ antenatal infections

[ID 2471]

STARCH:

Syphilis

Toxoplasmosis

AIDS (HIV)

Rubella

CMV

Herpes/ Hepatitis

Knowledge Level 1, System: Reproductive

Anonymous Contributor

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

Battle sign

[ID 1244]

Battle:

Behind Ear

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

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

Stroke: basic work up

[ID 3089]

The 3 P's:

Pump

Pipes

Plasma

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Stroke: young patient's likely causes

[ID 1399]

7 C's:

Cocaine

Consanguinity [familial such as neurofibromatosis and von Hippel-Lindau]

Cancer

Cardiogenic embol

hyperCoagulation

CNS infection [eg: HIV conditions]

Congenital arterial lesion

Knowledge Level 2, System: Cardiovascular

Samuel Atom Baek-Kim Tuckahoe, N.Y.

Proximal myopathy: differential

[ID 2744]

PEACH PODS:

Polymyositis

Endocrine: hyper, hypothyroidism, Cushing's syndrome, acromegaly

Alcohol

Carcinoma

HIV infection

Periodic hypokalemic paralysis

Osteomalacia

Drugs: steroids, statins

Sarcoidosis

Knowledge Level 6, System: Muscle

Anonymous Contributor

Babinski and LMN signs: conditions exhibiting them

[ID 479]

"D MASTS":

Diabetes

Motor neuron disease

Ataxia (friedrichs)

Subacute combined degeneration of cord

Tabo paresis

Syringobulbia

Knowledge Level 4, System: Nervous

G.S. Dutt

Balint's syndrome

[ID 2530]

SOOT:

Simultagnosia

Optic ataxia

Ocular apraxia

Tunnel vision

Knowledge Level 7, System: Nervous

Bobby Varkey SCTIMST

Benidict's syndrome: site affected

[ID 3088]

Benidict's test for sugar gives **red** precipitate.

Similarly, **Benidict's** syndrome affects **red** nucleus.

Knowledge Level 4, System: Nervous

Ram Mohan Svrr Tirupathi AP India

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 Boiselier, MD and Sung Kim Attending physician, ISSSTE, Juarez, Mexico

Huntington's: chromosome, involvement

Hi Yield [ID 2096]

HUNT 4 DATE:

HUNTINGton's on chromosome 4, with cauDATE nucleus involvement.

Knowledge Level 7, System: Nervous

Syed Medical doctor

Multiple sclerosis (MS): epidemiology

[ID 1066]

MS is a feminine title (**Ms.**) and is female predominant.
Knowledge Level 3, System: Nervous
Anonymous Contributor

Neurofibromatosis: diagnostic criteria (type-1)

Hi Yield [ID 1705]

CAFE SPOT:

Cafe-au-lait spots
Axillary, inguinal freckling

Fibroma

Eye: lisch nodules

Skeletal (bowing leg, etc)

Pedigree/ Positive family history

Optic Tumor (glioma)

Knowledge Level 3, System: Nervous

Hui-quan Zhao Children's Hospital Cincinnati

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 Jhavar 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]

"**B**reakfast is **f**ast, **D**inner is slow, both go **d**own":

Bobbing is **f**ast.

Dipping is **s**low.

In both, the initial movement is **d**own.

Knowledge Level 2, System: Nervous

Parameswaran Doctor

Perinaud's syndrome: clinical features

[ID 3087]

PERINAUD'S:

Pseudo 6th nerve palsy/ Penial region

Eyelid Retraction

Internuclear ophthalmoplegia

Nystagmus

Accommodation reflex present

Upward gaze palsy

Defective convergence/ Decerebrate rigidity

Skew deviation

Knowledge Level 3, System: Nervous

Ram Mohan Svrr Tirupathi AP India

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

Pin-point pupil causes

[ID 364]

Pin-Point Pupils are due to opioids and Pontine Pathology

Knowledge Level 3, System: Nervous

Anonymous Contributor

Pupillary dilatation (persistent): causes

[ID 1918]

3AM:

3rd nerve palsy

Anti-muscarinic eye drops (eg to facilitate fundoscopy)

Myotonic pupil (Holmes Adie pupil): most commonly in young women, with absent/delayed reaction to light and convergence, and of no pathological significance.

Knowledge Level 1, System: Nervous

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

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

Visual loss: persistent bilateral sudden onset visual loss differential

[ID 2571]

FLOP:

Functional

Leber's hereditary neuropathy

Occipital infarctions

Pituitary apoplexy

Knowledge Level 9, System: Nervous

Dr. Bobby Varkey SCTIMST

Whipple's disease: features [for neurologists]

[ID 2129]

A WHIPPLES DOOM

Arthralgias

Whipplei (organism)

Hypothalamic involvement

Intestinal involvement/ Intestinal biopsy required

PAS positive macrophages

PCR positivity

Lymphadenopathy

Extrapyramidal involvement

Sepran treat with

Dementia

Ocular abnormalities (vertical gaze palsy)

Oculomasticatory myorhythmia

Myoclonus

Knowledge Level 9, System: Nervous

Bobby Varkey SCTIMST

NEUROSCIENCES

Pituitary: which half is the adenohypophysis

[ID 73]

The Anterior pituitary is the Adenohypophysis.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Alzheimer's disease: common characteristics

[ID 3211]

ALZHEIMER'S:

Anterograde amnesia is usually first sign

Life expectancy increase shows more cases in recent years

Zapped (loss of) acetylcholinergic neurons

Hereditary disease

Entire hippocampus becomes affected

Identified by neurofibrillary tangles

Mutation in amyloid genes associated w/ disease

Entorhinal areas degenerate first

Retrograde amnesia ultimately develops

Senile plaques are formed at synapse

Knowledge Level 4, System: Nervous

David H. Chafey Ponce School of Medicine

Argyll-Robertson Pupil features

Hi Yield [ID 110]

Look at the math signs around the two parts of the name: **A-R**.
The A has no sign in front, which in math means +A (+ Accommodate).
There is a subtract sign in front of the R (- React).
Therefore, pupil can accommodate, but can't react.
Knowledge Level 1, System: Nervous
Robert O'Connor University College Dublin

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

Argyll-Robertson Pupil features

Hi Yield [ID 410]

Argyll Robertson Pupil is like a prostitute.
She/he will **acomodate**, but will **not react**.
Pupil still accomodates, but doesn't react to light.
Pupil is a common sign in syphilis, which is often carried by prostitutes.
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: D1 vs. D2 connections

[ID 2774]

D1 has **1** connection (Striatum-GPi/SNpr).
D2 has **2** connections (Striatum-GPe-GPi/SNpr).
Knowledge Level 7, System: Nervous
Christina Billcliffe Oxford University Medical School

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 **Broken**.

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

Cerebellar damage signs

Hi Yield [ID 434]

DASHING:

Dysdiadochokinesia

Ataxia

Speech

Hypotonia

Intention tremor

Nystagmus

Gait

Knowledge Level 3, System: Nervous

Anonymous Contributor

Cerebellar damage signs

Hi Yield [ID 1878]

DANISH:

Dysdiadochokinesia

Ataxia

Nystagmus

Intention tremor

Slurred speech

Hypotonia

Knowledge Level 3, System: Nervous

Grant Wilde and Kristian Mears University of Leicester and University of Nottingham, UK

Cerebellar damage symptoms

Hi Yield [ID 179]

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

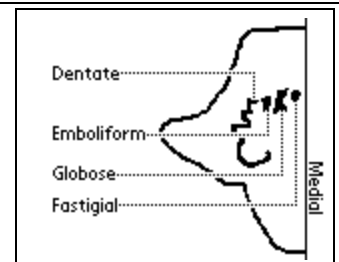
Globose

Fastigial

[Medial]

Knowledge Level 1, System: Nervous

Nick Loman St. Bart's/Royal London



Cerebellar deep nuclei

[ID 1421]

"Fat Girls Eat Doritos":

From medial to lateral:

Fastigial
Globose
Emboliform
Dentate

Knowledge Level 1, System: Nervous

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.

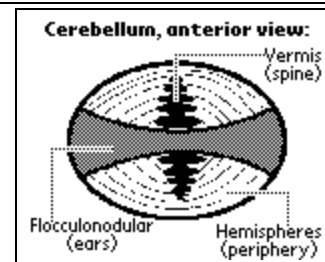
Flocculonodular lobe: flares out to the edges, just like **ears**.

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



Cerebellar peduncles: afferent vs efferent

[ID 1435]

SEMA:

Superior cerebellar peduncle

Efferent (fibres)

Middle cerebellar peduncle

Afferent (fibres)

Knowledge Level 9, System: Nervous

Durre Dow Medical College, Pakistan

Chemoreceptor trigger zone

[ID 148]

"Syringes Help Men On Drugs":

Serotonin

Histamine

Muscarinic

Opioids

Dopamine

Knowledge Level 7, System: Nervous

Anonymous Contributor

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

Hi Yield [ID 406]

"On Occasion, Old Tim Taylor Asks For Very Good Vagina And Head":

From I to XII:

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducens

Facial

Vestibulocochlear

Glossopharyngeal

Vagus

Accessory

Hypoglossal

Knowledge Level 1, System: Nervous

Daniel Clapton University of Tasmania

Cranial nerves

Hi Yield [ID 420]

"Our Officer Ordered To Touch And F#*k Virgin Girl's Vagina And Hip":

In ascending order:

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducens

Facial

Vestibulocochlear

Glossopharyngeal

Vagus

Accessory

Hypoglossal

Knowledge Level 1, System: Nervous

Dr. A. Manaf Pediatrician

Cranial nerves

Hi Yield [ID 424]

"One Of Our Trained Teachers Asked For A Good Vagina And Hymen":

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
Auditory
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Alternatively: "...Trained Tutors..."

Knowledge Level 1, System: Nervous

D. Suresh and Dr. M.S. Vishveshwara Freeman Health System and Consultant Oncologist, Bharath Cancer Hospital, Mysore, India

Cranial nerves

Hi Yield [ID 495]

"One Octopus Offered Two Toddlers And Five Virgins Great Valium And Hash":

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
V>estibulocochlear
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Knowledge Level 1, System: Nervous

Whit Fisher Georgetown Med

Cranial nerves

Hi Yield [ID 751]

"Old Opticians Operate To Try Adding Fortune And Getting Vegas Another Hotel!":

In order from 1 to 12:

Olfactory
Optic
Oculomotor
Trochlear
Trigeminal
Abducens
Facial
Auditory
Glossopharyngeal
Vagus
Accessory
Hypoglossal

Knowledge Level 1, System: Nervous

Melissa Student in California

Cranial nerves [for political Americans]

Hi Yield [ID 1154]

"Our Oval Office Tomorrow Teeters As Florida Adds George Versus Al's Handcounts":

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducent

Facial

Acoustic

Glossopharyngeal

Vagus

Accessory

Hypoglossal

Knowledge Level 1, System: Nervous

Chris Teng SUNY-HSCB Downstate College of Medicine, [Annual SUNY CN Contest Winner, 2000]

Cranial nerves [for those under stress]

Hi Yield [ID 386]

"Oh Once One Takes The Anatomy Final A Good Vacation Seems Heavenly":

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducens

Facial

Auditory

Glossopharyngeal

Vagus

Spinal root of the accessory

Hypoglossal

Knowledge Level 1, System: Nervous

Anonymous Contributor

Cranial nerves [for those with a vegetable fetish]

Hi Yield [ID 504]

"Oh Oh Oh To Touch And Feel Very Green Vegetables, Ah Heaven!":

Olfactory

Optic

Oculomotor

Trochlear

Trigeminal

Abducens

Facial

Vestibulocochlear

Glossopharyngeal

Vagus

Accessory

Hypoglossal

Knowledge Level 1, System: Nervous

Anonymous Contributor

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

Cranial nerves: sensory, motor or both [1950s style]

Hi Yield [ID 450]

"Some Say Marilyn Monroe But My Brother Says Bridget Bardot Mmm, Mmm!":

From I to XII:

Sensory

Sensory

Motor

Motor

Both

Motor

Both

Sensory

Both

Both

Motor

Motor

Knowledge Level 1, System: Nervous

Anonymous Contributor

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

Dorsal= afferent, Ventral= efferent and their functions

[ID 367]

"My friend DAVE got kicked in the behind and screamed":

Dorsal/Afferent component is the **sensation of pain** coming from the **rear**.

Ventral/Efferent component is the motor **action of screaming** (which is done at **front** of body).

Knowledge Level 1, System: Nervous

Anonymous Contributor

Dysphagia vs. dysphasia

[ID 310]

DysphaSia is for S^{peech}

DysphaGia is for your G^{ut} [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=Auditory. Lateral=Eye.

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

Can expand to **MALES** to remember **Lateral=Eye=Superior colliculus** (thus medial is inferior colliculus by default).

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Geniculate bodies: medial vs. lateral system

Hi Yield [ID 640]

"**Lateral=Light. Medial=Music.**":

Lateral geniculate body is for visual system.

Medial geniculate is for auditory system.

Knowledge Level 1, System: Nervous

Matt Morgan University of Utah School of Medicine

Geniculate bodies: paired to respective colliculi

Hi Yield [ID 1436]

SLIM:

Superior colliculi: **Lateral** geniculate body.

Inferior colliculi: **Medial** geniculate body.

Knowledge Level 1, System: Nervous

Durre Dow Medical College, Pakistan

Geniculocalcarine tract

[ID 2098]

Lower bank of calcarine sulcus is the **Lingual** gyrus: it receives input from **Lower** retinal quadrants.

Therefore, **Cuneus** is the **Upper** bank of calcarine sulcus: it receives input from **Upper** retinal quadrants.

Remember: lower retinal quadrants represent superior visual field quadrants and viceversa.

Knowledge Level 2, System: Nervous

Miruna Segarceanu UMF Carol Davila, Bucharest, Romania

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

Hypothalamus: feeding vs.satiety center

[ID 256]

"**Late** night **snack**":

LATEral is **snacking** [feeding] center.

Therefore, ventromedial is satiety center.

Knowledge Level 1, System: Nervous

Robert O'Connor University College Dublin

Hypothalamus: general functions

[ID 444]

"**TALE** of the hypothalamus":

Temperature

Appetite

Libido

Emotion

Knowledge Level 1, System: Nervous

Anonymous Contributor

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

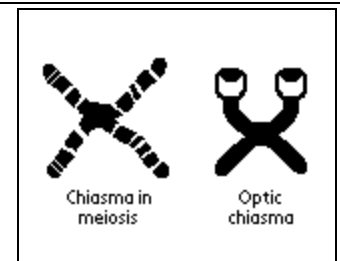
Optic chiasma: what it looks like if you're a genetics star

[ID 116]

The **optic chiasma** looks the same as a **chiasma in meiosis**, making it easy to spot on the dissected brain.

Knowledge Level 3, System: Nervous

Anonymous Contributor



Parasympathetic vs. sympathetic function

[ID 137]

Sympathetic nervous system: "**Fight or Flight**".

Parasympathetic nervous system: "**Rest and Digest**".

Knowledge Level 1, System: Nervous

Anonymous Contributor

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]

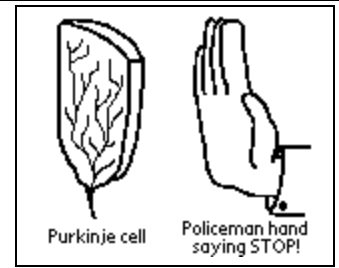
Shape of a purkinje cell in 3 dimensions is same as a policeman's hand saying "Stop".

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.

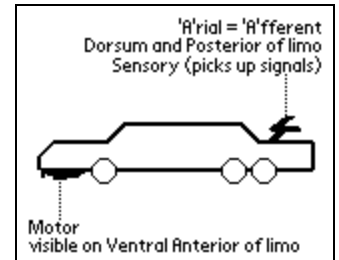
Note 1: 'A' is Afferent, and also, in a limo, the aerial on the top of the trunk has a capital 'A' shape.

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.

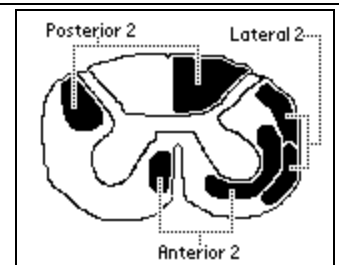
Note 2: For ipsilaterals: one never crosses, one crosses at the level then doubles back farther up. The ipsilateral that crosses at the level (ventral spinocerebellar) is the ipsilateral closest to the 2 anterior ones, which also cross at the level.

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



Temporal lobe: location of high vs. low frequency recognition

[ID 15]

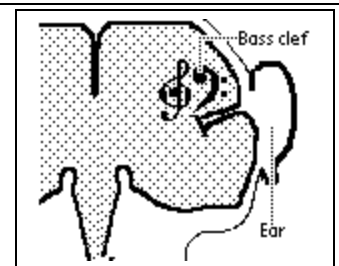
The **bass clef** looks like an **ear**.

Therefore, the **bass clef** [low frequency] is **closer to the ear**, and the treble clef [high frequency] is more medial.

See diagram.

Knowledge Level 8, 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)
Abstortion
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/ **M**iscalculation of gestational age/ **M**yeloschisis
Spina bifida cystica
Anencephaly/ **A**bdominal wall defect
Fetal death
Placental abruption
Knowledge Level 4, System: Reproductive
Rinku Uberoi UNIBE

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

Hi Yield [ID 1818]

TOLD:
Testicular tumours
Obituary (fetal death)
Liver: hepatomas
Defects (neural tube defects)
Knowledge Level 3, System: Reproductive
Isae Kilonzo University College Cork, Ireland

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

Fetus: cardinal movements of fetus

[ID 2691]

"Don't Forget I Enjoy Really Expensive Equipment":

Descent

Flexion

Internal rotation

Extension

Restitution

External rotation

Expulsion

Knowledge Level 1, System: Reproductive

Anonymous Contributor

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

Gestation period, oocytes, vaginal pH, menstrual cycle: normal numbers

[ID 846]

4 is the normal pH of the vagina.
40 weeks is the normal gestation period.
400 oocytes released between menarche and menopause.
400,000 oocytes present at puberty.
28 days in a normal menstrual cycle.
280 days (from last normal menstrual period) in a normal gestation period.
Knowledge Level 5, System: Reproductive
Anonymous Contributor

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]

HL, 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/ Extraparasympathetic effects

Sensitivity to light

Knowledge Level 6, System: Reproductive

Dr. Harsh Sharma BJMC, Pune, India

Ovarian cancer: risk factors

[ID 604]

"Blue FILM":

Breast cancer

Family history

Infertility

Low parity

Mumps

Knowledge Level 4, System: Reproductive

Sung H. Kim

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

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

Post-partum haemorrhage (PPH): causes

Hi Yield [ID 583]

4 'T's:

Tissue (retained placenta)
Tone (uterine atony)
Trauma (traumatic delivery, episiotomy)
Thrombin (coagulation disorders, DIC)
Knowledge Level 3, System: Reproductive
Nicholas Kelly

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

Spontaneous abortion: definition

[ID 871]

"Spontaneous abortion" has **less than 20** letters [it's exactly 19 letters].

Spontaneous abortion is defined as delivery or loss of products of conception at **less than 20** weeks gestation.

Knowledge Level 4, System: Reproductive

Rinku Uberoi

Vaginal pH

[ID 837]

Vagina has **4** labia and normal pH of vagina is about **4**.

Knowledge Level 4, System: Reproductive

Anonymous Contributor

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

Anopsia: quarantic anopsia: location of lesion

Hi Yield [ID 2601]

Upper: **Top**: Temporal lesions.

Lower: **Pits**: Parietal lesions.

Knowledge Level 1, System: Nervous

Sung Hoon Kim Wonkang Univ Medical school, South Korea

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

Corneal stromal dystrophies

[ID 2371]

"Marilyn Monroe Gets High in LA":

Macular: Mucopolysaccharide

Granular: Hyaline

Lattice: Amyloid

Knowledge Level 3, System: Nervous

Elise R. Leonard, M.D.

Dacryocystitis, dacryoadenitis: apparatus affected

Hi Yield [ID 2840]

Dacryocystitis, dacryadenitis:

Cry, so affects **lacrimal gland**.

Infection and inflammation, respectively.

Knowledge Level 1, System: Nervous

Anonymous Contributor

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

Choroidal neovascular membrane

[ID 3235]

HAMMAR:

Histoplasmosis

ARMD

Multifocal Choroiditis

Myopia

Angiod

Rupture of the choroid

Knowledge Level 5, System: Other/Miscellaneous

Anonymous Contributor

Periorbital cellulitis: etiology

[ID 3284]

SIGHT:

Sinusitis

Insect Bite

Globular/ Glandular Spread

Heme Spread

Trauma

Knowledge Level 5, System: Other/Miscellaneous

Gregory Gulick Nova Southeastern University College of Osteopathic Medicine

Nasopharyngeal cancer: classic symptoms

[ID 2806]

NOSE:

Neck mass

Obstructed nasal passage

Serous otitis media externa

Epistaxis and discharge

Knowledge Level 4, System: Pulmonary

Robert O'Connor University College Dublin

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

Forearm fractures: bone in Monteggia vs. Galeazzi

Hi Yield [ID 998]

Monteggia is fracture of ulna.

Therefore, Galeazzi is fracture of radius.

Knowledge Level 1, System: Skeletal

Dr R. Coleman Junior House Officer

Fracture: description

[ID 3164]

BLT LARD:

Bone

Location on bone

Type of fracture

Lengthening

Angulation

Rotation

Displacement

Knowledge Level 1, System: Skeletal

Brian Crownover Staff Family Physician, Offutt AFB, Nebraska

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

Infaction 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

PANICS:

Pain
Arthralgia
Nerve compression / Neural deafness
Increased bone density
Cardiac failure
Skull / Sclerotic vertebrae
Knowledge Level 3, System: Skeletal
Andrew Young UMDS

Sacroiliitis: causes

[ID 2927]

PUB CAR:

Psoriasis
Ulcerative colitis
Behcet's disease
Crohn's disease
Ankylosing spondylitis
Reiter's disease
Knowledge Level 4, System: Skeletal
Chris Brewer University of Birmingham Medical School

Salter Harris fracture classification

[ID 2632]

Salter Harris, modified to SALTR:

type 1: Slipped epiphysis
type 2: Above the eiphyseal plate
type 3: Lower than the eiphyseal plate
type 4: Through both above and below eiphyseal plate
type 5: Raised epiphysis, as in a compression injury

Salter Harris classification utilises visualising long bone distal portion with diaphysis superiorly placed and epiphysis inferiorly placed.

Knowledge Level 5, System: Skeletal
Anonymous Contributor

OTHER / MISCELLANEOUS**Syncope (fainting) treatment**

[ID 212]

If the face is **red**, raise the **head**.
If the face is **pale**, raise the **tail**.
Knowledge Level 2, System: Cardiovascular
Anonymous Contributor

Clinical essay plan

[ID 2007]

"During Exams Please Say Silently I Must Prepare F***ing Well":

Definition
Epidemiology
Pathology
Signs and Symptoms
Investigations
Management
Prognosis
Further Work
Knowledge Level 3, System: Other/Miscellaneous
Kit and Gaj University College London Medical School

Healthy lifestyle modification

[ID 1114]

DRAINS:

Diet
Reduce weight
Alcohol reduced
Improve circulation (exercise)
No other disease
Smoking stopped
Knowledge Level 1, System: Other/Miscellaneous
Lum

Hospice facets

[ID 641]

HOSPICE:

Home
Outpatient
Support groups
Pain medication/ Physical needs
Inpatient
Counseling
End-stage (terminal) illness/ Emotional needs
Knowledge Level 7, System: Other/Miscellaneous
Anonymous Contributor

Safety factors

[ID 2030]

SETUP:

Stop
Environment
Traffic
Unknown hazards
Protect yourself, patient, bystanders
Knowledge Level 1, System: Other/Miscellaneous
Robert Davis First aid facilitator

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

Colon cancer: risk factors

[ID 2369]

HULA:
Heridity/ Hereditary diseases
Ulcerative colitis
Low fibre, high fat diet
Adenomatous polyps
Knowledge Level 3, System: Alimentary
Anonymous Contributor

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

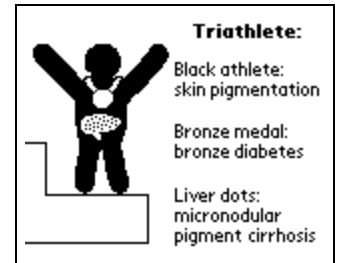
Biking: **B**ronze diabetes

Marathon: **M**icronodular pigment cirrhosis

See diagram for visual equivalent.

Knowledge Level 2, System: Alimentary

Robert O'Connor University College Dublin



Hepatocellular carcinoma: aetiology, features

[ID 1609]

ABC:

Aetiology:

Aflatoxins

Hep **B**

Cirrhosis

Features:

AFP increased (classic marker)

Bile-producing (DDx from cholangiocarcinoma)

Commonest primary liver tumor

Knowledge Level 4, 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 **Cobblestones** 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

Oral cancer risks

[ID 1500]

PATH LAB:

Plummer-vinson syndrome

Alcohol

Tobacco

Human papilloma virus

Leukoplakia

Asbestos

Bad oral hygiene

Knowledge Level 6, System: Alimentary

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

Pancreatitis: causes

Hi Yield [ID 1561]

PANCREATITIS:

Posterior

Alcohol

Neoplasm

Cholelithiasis

Rx (lasix, AZT)

ERCP

Abdominal surgery

Trauma

Infection (mumps)

Triglycerides elevated

Idiopathic

Scorpion bite

Knowledge Level 4, System: Alimentary

Anonymous Contributor

Pancreatitis: causes

Hi Yield [ID 1701]

BAD S#!T:

Biliary: gallstones, 1% of ERCP patients

Alcoholism/ Azotemia

Drugs

Scorpion bite/ Sea anenome/ SLE

Hyperlipidemia/ Hypercalcemia

Idiopathic/ Infectious (mumps, coxsackie, salmonella, ascariasis)

Tumor/ Trauma

The drugs are: penacillamine, furosemide, thiazides, ethacrynic acid, steroids, sulfas, ace inhibitors, N-SAIDs, erythromycin, estrogen.

Knowledge Level 3, System: Alimentary

Anonymous Contributor

Peptic ulcer: associated causative factors

[ID 1099]

SHAZAM:

Smoking

Hypercalcemia

Aspirin

Zollinger-Ellison

Acidity

MEN type I

These may work with *H. pylori* to promote ulceration, or may act alone.

Knowledge Level 5, System: Alimentary

Robert O'Connor University College Dublin

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

Atherosclerosis risk factors

Hi Yield [ID 477]

SHIFT MAID:

Smoking

Hypertension

(N)IDDM

Family history

Triglycerides & fats

Male

Age

Inactivity

Diet / Drink

Knowledge Level 2, System: Cardiovascular

Marcus McMillan Glasgow University

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

Deep venous thrombosis: genetic causes

[ID 651]

ALASCA:

Antithrombin III

Leiden (Factor V)

APC (Activated Protein C)

S-protein deficiency

C-protein deficiency

Antiphospholipid antibody

Knowledge Level 6, System: Cardiovascular

Anonymous Contributor University of Otago Medical School, New Zealand

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

Thyrotoxicosis (incl. pregnancy)

Myocardial infarct

Arrythmia

Y

Diet & lifestyle

Infection

Endocarditis

Knowledge Level 3, System: Cardiovascular

The Cashman University of Queensland, Australia

Hemolytic anemia types

[ID 1412]

SHEEP T!T:

Sickle cell

Hereditary splenocytosis

Enzyme deficiencies: [G6P, pyruvate kinase]

Erythroblastosis fetalis

Paroxysmal nocturnal hemoglobinuria

Trauma to RBCs

Immuno-hemolytics: [warm Ab, cold Ag]

Thalassemias: [alpha, beta]

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

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



Kawasaki's disease: features

Hi Yield [ID 1745]

FEAR ME:

Fever

Eye: perilimbal sparing conjunctival injection

Adenopathy: usually cervical

Rash

Mouth: red lips

Extremities: red hands and feet

Disease to be feared because of risk of coronary aneurysms.

Knowledge Level 3, System: Cardiovascular

Vince Yamashiroya

Macrocytic anaemia: differential

Hi Yield [ID 2536]

FAT RBC:

Fetus (pregnancy)

Alcohol

Thyroid disease (ie hypothyroidism)

Reticulocytosis

B12 and folate deficiency

Cirrhosis and chronic liver disease

Knowledge Level 5, System: Cardiovascular

Anonymous Contributor

MI: complications

Hi Yield [ID 512]

HAS CRAPPED:

Heart failure/ Hypertension

Arrhythmia

Shock

Cardiac Rupture

Aneurysm

Pericarditis

Pulmonary Emboli

DVT

MI: complications

Hi Yield [ID 1794]

"**LEAP** on the **MAP**":

LVF

Embolism (systemic)

Aneurysm (ventricular)

Progressive infarction

Mycocardial rupture

Arrhythmia

Pericarditis

Knowledge Level 1, System: Cardiovascular

Kevin Lau University of Hong Kong

MI: post-MI complications

Hi Yield [ID 2789]

ACT RAPID:

Arrhythmias (SVT, VT, VF)

Congestive cardiac failure

Tamponade/ **T**hromboembolic disorders

Rupture (ventricle, septum, papillary muscle)

Aneurysm (ventricle)

Pericarditis

Infarction (a second one)

Death/ **D**ressler's syndrome

Knowledge Level 2, System: Cardiovascular

Dr. Huw Davies

MI: sequence of elevated enzymes after MI

Hi Yield [ID 230]

"**C-AST-Le**" (castle):

CK-MB first

AST second

LDH third

Also: can use the last 'E' for **ESR**.

Knowledge Level 2, System: Cardiovascular

Anonymous Contributor

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.

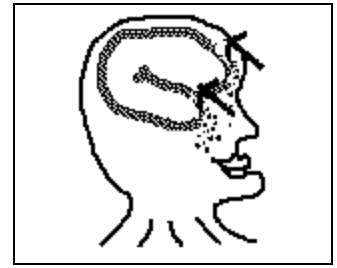
Pick axes are **Picking** away at the old woman's cerebral cortex, causing cortical atrophy.

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



Hi Yield [ID 1807]

Portal hypertension: features

ABCDE:

Ascites

Bleeding (haematemesis, piles)

Caput medusae

Diminished liver

Enlarged spleen

Knowledge Level 3, System: Cardiovascular

Dr. Harsh Sharma

Protein C, Protein S: function

[ID 1603]

C and **S** are:

Clot

Stoppers

These proteins inhibit coagulation.

Knowledge Level 5, System: Cardiovascular

Rinku Uberoi New York Hospital

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

Thrombus: possible fates

[ID 577]

DOPE:

Dissolution

Organization & repair

Propagation

Embolization

Knowledge Level 3, System: Cardiovascular

Robert O'Connor University College Dublin

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

hyp**O**tension/ **h**yp**O**natremia

Nelson's syndrome [post adrelectomy, increased ACTH]

Knowledge Level 3, System: Endocrine

Samuel Atom Baek-Kim

Adrenal disorders: Cushing's vs Addison's

Hi Yield [ID 1613]

Cushing: is **Gushing** cortisol.

In **Addison's**: patient's cortisol doesn't **Add up**.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Calcification: metastatic vs. dystrophic

[ID 827]

Metastatic: **M**etabolism imbalance.

Dystrophic: **D**amaged tissue.

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Cushing syndrome

Hi Yield [ID 667]

CUSHING:

Central obesity/ Cervical fat pads/ Collagen fiber weakness/ Comedones (acne)
Urinary free cortisol and glucose increase
Striae/ Suppressed immunity
Hypercortisolism/ Hypertension/ Hyperglycemia/ Hirsutism
Iatrogenic (Increased administration of corticosteroids)
Noniatrogenic (Neoplasms)
Glucose intolerance/ Growth retardation
Knowledge Level 2, System: Endocrine
Rinku Uberoi

Goitre: differential

[ID 1610]

GOITRE:

Goitrogens
Onset of puberty
Iodine deficiency
Thyrotoxicosis/ Tumor/ Thyroiditis [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: Hair on body like a male.
Virilism: Voice 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

Hypothyroidism/thyroiditis: manifestations and morphology

Hi Yield [ID 628]

"A SCHISM among the Axis during WWII":
Addison disease
Subacute thyroiditis
Cretinism/ Cold intolerance/ Constipation
Hashimoto's disease
Infectious-subacute thyroiditis
Silent thyroiditis
Myxedema coma

The Axis: Schmidt syndrome (when other endocrinology disorders accompany Hashimoto's disease) and "Hitler cells" (Hurthle cells, which are follicular epithelial cells with basophilic inclusions)
Knowledge Level 5, System: Endocrine
Sung H. Kim

MEN I (Multiple Endocrine Neoplasia) syndrome: components

Hi Yield [ID 874]

"Please Please Pay Attention To **peptic ulceration**, you **worms**":

Adenomas of:

Pituitary

Pancreatic islets

Parathyroid

Adrenal cortex

Thyroid, associated with **peptic ulceration**

Syndrome is called "**Wermer's syndrome**".

Knowledge Level 2, System: Endocrine

Anonymous Contributor

Multiple Endocrine Neoplasia (MEN) subtype classification

Hi Yield [ID 144]

Each subtype has 2 or 3 causes, plus something 1 or 2 more items.

MEN I is disease of 3 P's: [**P**ituitary, **P**arathyroid, **P**ancreas] plus one more: adrenal cortex.

MEN II is disease of 2 C's: [**C**arcinoma of thyroid, **C**atacholamines (pheochromocytoma)] plus two more: parathyroid for MEN IIa or mucocutaneous neuromas for MEN IIB (also called MEN III).

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: diagnostic rule

Hi Yield [ID 2040]

Rule of 10's:

10% ectopic

10% multiple

10% malignant

Knowledge Level 3, System: Endocrine

Anonymous Contributor University of Sydney, Australia

Pheochromocytoma: 3 most common symptoms

Hi Yield [ID 247]

"**PHE**ochromocytoma":

Palpitations

Headache

Edisodic sweating (diaphoresis)

Knowledge Level 4, System: Endocrine

Anonymous Contributor

Pheochromocytoma: common symptoms

[ID 1776]

5 P's:

Paroxysmal rise in BP

Palpitations

Perspiration

Pain in abdomen

PMV in urine

Knowledge Level 3, System: Endocrine

Malik Tariq Rahim King Edward Medical College, Pakistan

Thyroid carcinoma: features, prognosis of most popular

Hi Yield [ID 283]

Most Popular is Papillary.

Clinical features:

Papillae (branching)

Palpable lymph nodes

"Pupil" nuclei (Orphan Annie)

Psammoma bodies within lesion (often)

Also, has a Positive Prognosis (10 year survival rate: 98%).

Knowledge Level 4, System: Endocrine

Anonymous Contributor

Thyroid carcinoma: frequency

[ID 2997]

"Please Feel My A\$\$":

In order of most frequent to least frequent, and in order from least aggressive to most aggressive:

Papillary carcinoma

Follicular carcinoma

Medullary thyroid carcinoma

Anaplastic carcinoma

Knowledge Level 4, System: Endocrine

Medicine 2004 student University of Western Ontario

Thyroid storm characteristics

[ID 627]

"Storm HITS girls cAMP":

Thyroid storm due to:

Hyperthyroidism

Infection or Illness 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**": Surgery, Hyperthyroidism, Infection/ Illness, Trauma.

Knowledge Level 4, System: Endocrine

Sung H. Kim & Lior Greenberg

Thyrotoxicosis syndrome: signs and symptoms

Hi Yield [ID 1082]

"A Penny For Every Symptom That Hyperthyroidism Will Make Grossly Evident":

Anxiety

Palpitations/ Pulse rapid

Fatigability

Emotional lability

Sweating

Tremor

Heat intolerance

Weight loss with good appetite

Muscular weakness/ Menstrual changes

Goitre

Eye changes

Knowledge Level 3, System: Endocrine

Daniel Clarke University of Queensland

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

Melanoma vs. basal cell, squamous cell carcinoma: metastatic ability

Hi Yield [ID 1606]

Melanoma is more likely to
Metastasize.
Basal and squamous hardly ever metastasize.
Knowledge Level 1, System: Integumental
Anonymous Contributor

APKD: signs, complications, accelerators

Hi Yield [ID 1348]

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

Barter's syndrome: pathogenesis, major sign

[ID 1396]

Barter: "In exchange for giving away Na⁺,K⁺,Cl⁻, you can drop the blood pressure".
Knowledge Level 7, System: Kidney/Urine
Samuel Atom Baek-Kim Tuckahoe, New York

Calculi: types

[ID 1223]

CAICUli:
Calcium
Ammonium magnesium phosphate
Cystine
Uric acid
Knowledge Level 3, System: Kidney/Urine
Robert O'Connor University College Dublin

Gout vs. pseudogout: crystal lab findings

Hi Yield [ID 1288]

Pseudogout crystals are:

Positive birefringent

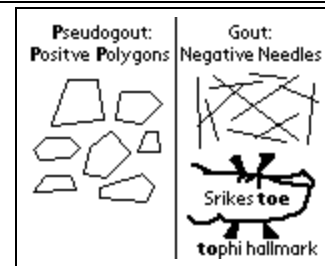
Polygon shaped

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

ABCDEFGF:

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

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

TIBC levels at the:

Top=**I**ron deficiency.

Bottom=**C**hronic disease.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

Apoptosis vs. necrosis

"**LIFELESS**" (since cells are dead):

Differences are in:

Leaky membranes

Inflammatory response

Fate

Extent

Laddering

Energy dependent

Swell or shrink

Stimulus

See attached table for apoptosis and necrosis properties for each of the above.

Knowledge Level 3, System: Lymphoid

Robert O'Connor University College Dublin

	Apoptosis	Necrosis
Leaky	No	Yes
Inflamm.	None	Usual
Fate	Swallowed by neighbours	Eaten by phagocytes
Extent	Single cell	Cell groups
Laddering	Yes	No
Energy dep.	Yes	No
Swell,shrink	Shrink	Swell
Stimulus	Physiologic Pathologic	Pathologic only

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

Hodgkin's lymphoma classification

[ID 195]

A: Asymptomatic

B: Bad

Knowledge Level 3, System: Lymphoid

Anonymous Contributor

Hypersplenism: criteria

[ID 1866]

"Hyper Splenism Ravages Cells":

Hypercellular or normal marrow

Splenomegaly

Response to splenectomy

Cytopenias

Knowledge Level 4, System: Lymphoid

Dr. Harsh Sharma BJMC, Pune, India

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

Microcytic anemia: causes

[ID 2836]

"Find Those Small Cells":

Fe deficiency

Thalassemia

Sideroblastic

Chronic disease

Knowledge Level 1, System: Lymphoid

K. Dang University of Toronto

Sarcoidosis summarized

Hi Yield [ID 601]

SARCOIDOSIS:

Schaumann calcifications

Asteroid bodies/ [ACE] increase/ Anergy

Respiratory complications/ Renal calculi/ Restrictive lung disease/ Restrictive cardiomyopathy

Calcium increase in serum and urine/ CD4 helper cells

Ocular lesions

Immune mediated noncaseating granulomas/ [Ig] increase

Diabetes insipidus/ [D vit.] increase/ Dyspnea

Osteopathy

Skin (Subcutaneous nodules, erythema nodosum)

Interstitial lung fibrosis/ IL-1

Seventh CN palsy

Knowledge Level 4, System: Lymphoid

Rinku Uberoi UNIBE

Symptoms of TTP/HUS

[ID 3093]

"Nasty Fever Ruined My Tubes":

Neurological symptoms

Fever

Renal failure

Microangiopathic hemolytic anemia

Thrombocytopenia

Knowledge Level 5, System: Lymphoid

Sol Shaftel University of Rochester School of Medicine

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

Alzheimer's disease: features

Hi Yield [ID 1852]

RONALD (Ronald Reagan, a famous victim):

Reduction of Ach
Old age
Neurofibrillary tangles
Atrophy of cerebral cortex (diffuse)
Language impairment
Dementia (MC in elderly)/ Down's syndrome
Knowledge Level 2, System: Nervous
Dr. Harsh Sharma BJMC, Pune, India

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

Dandy-Walker syndrome: components

[ID 1060]

"Dandy Walker Syndrome":

Dilated 4th ventricle
Water on the brain
Small vermis
Knowledge Level 4, 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

Multiple sclerosis (MS): pathology

Hi Yield [ID 1131]

MS attacks the **Myelin S**heath, resulting in plaques.
Knowledge Level 1, System: Nervous
Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Neuroblastoma: features

Hi Yield [ID 1058]

N-MYC:

Nuclei have "double minutes"

Malignant

Young

Catecholamine secreting

And hallmark is **n-myc** amplification.

Knowledge Level 3, 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

Parkinson's disease: symptoms

Hi Yield [ID 1032]

PQRST:

Paucity of expression

parQinson

Rigidity (cogwheel)

Stooped posture

Tremor at rest

If can't remember that Parkinson's tremor is the one that is "resting tremor", look at the last 3 letters: RST.

Knowledge Level 1, System: Nervous

Mitul SUNY, Stony Brook

Pick's disease: features

Hi Yield [ID 1948]

PICK:

Progressive degeneration of neurons

Intracytoplasmic Pick bodies

Cortical atrophy

Knife edge gyri

Knowledge Level 5, System: Nervous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

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

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 triad

[ID 357]

Syndrome in alcoholics, who love to "drink **CANs** of beer":

Confusion

Ataxia

Nystagmus

Knowledge Level 2, System: Nervous

Victor R. Carrion Zamoira Ponce School of Medicine

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

CREST syndrome: components

Hi Yield [ID 2076]

CREST:

Calcinosis

Raynaud's phenomena

Esophageal dysmotility

Sclerodactyly

Telangiectasia

Knowledge Level 1, System: Other/Miscellaneous

Andrew J. Vasil University of Minn Medical School

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

Kawasaki Disease Criteria

Hi Yield [ID 3219]

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

Conjunctivitis (non-exudative)

Rash (polymorphous non-vesicular)

Edema (or erythema of hands or feet)

Adenopathy (cervical, often unilateral)

Mucosal involvement (erythema or fissures or crusting)

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

Knowledge Level 2, System: Other/Miscellaneous

Eric J Ex

Necrosis: the 4 types

[ID 250]

"Life Can Get Complicated":

Liquifactive

Coagulation

Gangrene

Caseous

'Life' used since necrosis is 'death'.

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin

Turner syndrome: components

Hi Yield [ID 579]

CLOWNS:

Cardiac abnormalities (specifically Coartication)

Lymphoedema

Ovaries underdeveloped (causing sterility, amenorrhea)

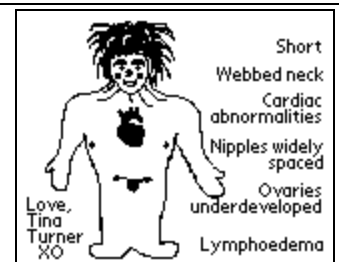
Webbed neck

Nipples widely spaced

Short

Knowledge Level 1, System: Other/Miscellaneous

Robert O'Connor University College Dublin



Whipple's disease: full features

[ID 1912]

WHIPPLES:

Weight loss

Hyperpigmentation of skin

Infection with tropheryma whippelii

PAS positive granules in macrophage

Polyarthritits

Lymphadenopathy

Enteric involvement

Steatorrhea

Knowledge Level 7, System: Other/Miscellaneous

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

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

Brochiectasis

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 (a1-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

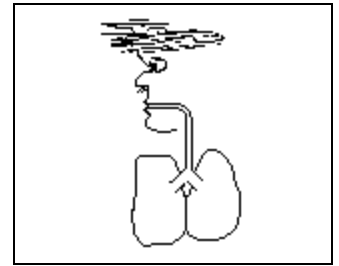
Infection

Drugs

Idiopathic

Knowledge Level 6, System: Pulmonary

Will Herrington UCL Hospital



Lung cancer: presentation

Hi Yield [ID 894]

ABCDE:

Snowball turned to Avalanche

Blood: hemoptysis

Cough

Distruption to airway in bronchus-->pneumonia

whEEzing

Knowledge Level 1, System: Pulmonary

Samuel Atom Baek-Kim

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

Pulmonary fibrosis: differential of both upper and lower lobes

[ID 2736]

BREAST SCAR:

Upper lobe:
Beryliosis
Radiation
Extrinsic allergic alveolitis
Ankylosing spondylitis
Sarcoidosis
TB
Lower lobe:
Systemic sclerosis
Cryptogenic fibrosing alveolitis
Asbestosis
Radiation
Knowledge Level 7, System: Pulmonary
Lyndon Mason 4th Year Medical Student

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

Endometrial carcinoma: risk factors

Hi Yield [ID 1741]

HONDA:

Hypertension

Obesity

Nulliparity

Diabetes

Age (increased)

Knowledge Level 5, System: Reproductive

Sarah

Gynecomastia: causes

Hi Yield [ID 1122]

DaLAS:

Digitalis

Leydig cell tumors

Alcohol

Sertoli cell tumors

Knowledge Level 2, System: Reproductive

Chris Jordan UAG

Herpes I and II: lab findings.

[ID 1048]

She's an odd chick: whenever she's in a restaurant, she always orders **Her Peas and Cow dry**.

Herpes I and II have **Cowdry** Type A inclusion bodies

Knowledge Level 7, System: Reproductive

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

Ovarian cancers: important types, by WHO classification

[ID 1674]

Surface:

"My Sister Began Experiencing Cancer":

Mucinous

Serous

Brenner

Endometrioid

Clear

Germ cell:

"Doctor Examined The Ovaries":

Dysgerminoma

Endometrial sinus

Teratoma

Ovarian choriocarcinoma

Sex cord:

"She Felt Grim":

Sertoli-Leydig

Fibroma

Granulosa-theca

Metastatic

"Killed":

Krukenberg

Polycystic ovarian disease: clinical features

Hi Yield [ID 2833]

OHIO:

Oligomenorrhea

Hirsutism

Infertility

Obesity

Knowledge Level 2, System: Reproductive

Preethi Yerram GMC, India

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:

Spermatocoele

Hydrocele/ Haematocoele

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

Carcinomas having tendency to metastasize to bone

Hi Yield [ID 658]

"Particular Tumours Love Killing Bone":

Prostate

Thyroid

Lung

Kidney

Breast

Knowledge Level 3, System: Skeletal

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

Histiocytosis X: hallmark finding

Hi Yield [ID 1276]

"Birbeck's rackets is X":

Tennis rackets under electron microscope is Histiocytosis 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

Osteomalacia: features

Hi Yield [ID 1985]

"Vit-D deficiency in **ADULT**":

Acetabuli protrusio

Decreased bone density

Under mineralization of osteoid

Looser's zone (pseudofracture)

Triradiate pelvis (females)

Knowledge Level 1, System: Skeletal

Dr. Harsh Sharma BJMC, Pune, India

Osteosarcoma: features

Hi Yield [ID 2117]

PEARL HARBOR:

Paget's disease (10-20%)*

Early age (10-20 yrs)

Around knee

Raised periosteum by expanding tumor: "**sunburst pattern**"

Lace-like architecture

Hyaline arteriosclerosis

Alkaline phosphatase increased

Retinoblastoma*

Boys, predominantly

Osteomyelitis DDx

Radiation*

Sunburst pattern was Japanese Navy emblem during WWII.

*: Predisposing factors.

Knowledge Level 4, System: Skeletal

Sung H. Kim El Paso, TX

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

Rheumatoid arthritis: features

[ID 1053]

RHEUMATOID:

Ragocytes/ Rheumatoid factor (anti-IgG)

HLA-DR4/ HLA-Dw4

ESR increase/ Extra-articular features (restrictive lung disease, subcutaneous nodules)

Ulnar deviation

Morning stiffness/ MCP joint

Ankylosis/ Atlantoaxial joint subluxation/ Autoimmune/ ANA

T-cells (CD4)/ TNF

Osteopenia

Inflammatory synovial tissue/ Idiopathic/ IL-1

Deformities (swan-neck, boutonniere)

Knowledge Level 5, System: Skeletal

Rinku S. Uberoi UNIBE

Seronegative spondyloarthopathy: diseases

[ID 1587]

RAPE:

Reiter's syndrome

Ankylosing spondylitis

Psoriatic arthritis

Enteropathic arthritis (IBD)

Knowledge Level 2, System: Skeletal

Wen Sun Lum University of Calgary, Canada

PEDIATRICS

Bilirubin: phototherapy

[ID 1570]

BiLirUbin absorbs light maximally in the

BLUe range.

Knowledge Level 6, System: Alimentary

Rinku Uberoi New York Hospital

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

Gastroschisis: usual location

Hi Yield [ID 2347]

GasTROscHIsis usually occurs on the

RIGHT side of the umbilicus.

(Unscramble the letters).

Knowledge Level 5, System: Alimentary

Anonymous Contributor

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**: **A**nomalies (teratogenic)

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

Excess vitamin **K**: **K**ernicterus (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

Cyanotic heart diseases: 5 types

Hi Yield [ID 1971]

5 T's:

Tetralogy of Fallot

Transposition of the great arteries

Truncus arteriosus

Tricuspid atresia, pulmonary a**T**resia

Total anomalous pulmonary venous drainage

Knowledge Level 3, System: Cardiovascular

Kok Fai Kong Final year student, University of Auckland

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)
In Jury (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

Ataxia-Telangiectasia (AT): common sign

[ID 1241]

AT:
Absent
Thymus
Knowledge Level 7, System: Nervous
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

Guthrie card: diseases identified with it

Hi Yield [ID 1328]

GUTHRIE:

Galactosaemia

Urine [maple syrup urine disease]

THyRoid [hypothyroidism]

Inborn Errors of metabolism [eg: PKU]

Knowledge Level 4, System: Other/Miscellaneous

Anonymous Contributor

Measles: complications

Hi Yield [ID 476]

"**MEASLES COMP**" (complications):

Myocarditis

Encephalitis

Appendicitis

Subacute sclerosing panencephalitis

Laryngitis

Early death

Sh!ts (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

Rubella: congenital signs

Hi Yield [ID 2259]

"**Rubber Ducky, I'm so blue!**" (like the "Rubber Ducky" song):

Rubber: Rubella

Ducky: Patent **Ductus** Arteriosus, VSD and pulmonary artery stenosis.

I'm: Eyes (cataracts, retinopathy, microphthalmia, glaucoma).

Blue: "**Blueberry Muffin**" rash (extramedullary hematopoiesis in skin +purpura)

Also, deafness, growth retardation, and some more.

Knowledge Level 4, System: Other/Miscellaneous

Lior Greenberg Technion Faculty of Medicine, Haifa, Israel

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

Short stature: differential

[ID 2843]

ABCDEFGF:

Alone (neglected infant)
Bone dysplasias (rickets, scoliosis, mucopolysaccharidoses)
Chromosomal (Turner's, Down's)
Delayed growth
Endocrine (low growth hormone, Cushing's, hypothyroid)
Familial
GI malabsorption (celiac, Crohn's)
Knowledge Level 2, System: Other/Miscellaneous
Anonymous Contributor

Vacterl syndrome: components

Hi Yield [ID 1317]

VACTERL:

Vertebral anomalies
Anorectal malformation
Cardiac anomaly
Tracheo-esophageal fistula
Exomphalos (aka omphalocele)
Renal anomalies
Limb anomalies
Knowledge Level 4, System: Other/Miscellaneous
Mohamed Azim Assistant lecturer, Pediatric surgery, Alexandria University, Egypt

WAGR syndrome: components

[ID 2075]

WAGR:

Wilm's tumor
Aniridia
Genital abnormalities
Mental retardation
Knowledge Level 6, System: Other/Miscellaneous
Andrew J. Vasil University of Minn Medical School

Weights of children with age

[ID 1748]

Newborn 3 kg
6 mos 6 kg (2x birth wt at 6 mos)
1 yr 10 kg (3x birth wt at 1 yr)
3 yrs 15 kg (odd yrs, add 5 kg until 11 yrs)
5 yrs 20 kg
7 yrs 25 kg
9 yrs 30 kg
11 yrs 35 kg (add 10 kg thereafter)
13 yrs 45 kg
15 yrs 55 kg
17 yrs 65 kg
Knowledge Level 6, System: Other/Miscellaneous
Vince Yamashiroya

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:

Economical

Fitness: quick return to pre-pregnancy body shape

Guards against cancer: breast, ovary, uterus

Hemorrhage (postpartum) reduced
Knowledge Level 3, System: Reproductive
Anthony Chan

Milk protein: women vs. cows

[ID 2553]

Woman: **W**hey (mostly)
Cow: **C**asein (mostly)
Knowledge Level 6, System: Reproductive
Anonymous Contributor

Dentition: eruption times of permanent dentition

[ID 1688]

"**Mama Is In Pain, Papa Can Make Medicine**":
1st **M**olar: **6** years
1st **I**ncisor: **7** years
2nd **I**ncisor: **8** years
1st **P**remolar: **9** years
2nd **P**remolar: **10** years
Canine: **11** years
2nd **M**olar: **12** years
3rd **M**olar: 18-25 years
Knowledge Level 7, System: Skeletal
Saurabh Sikka

Head circumference with age

[ID 1747]

Remember 3, 9, and multiples of 5:
Newborn **35** cm
3 mos **40** cm
9 mos **45** cm
3 yrs **50** cm
9 yrs **55** cm
Knowledge Level 6, System: Skeletal
Vince Yamashiroya

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

Amiodarone: action, side effects

[ID 1146]

6 P's:

Prolongs action potential duration

Photosensitivity

Pigmentation of skin

Peripheral neuropathy

Pulmonary alveolitis and fibrosis

Peripheral conversion of T4 to T3 is inhibited -> hypothyroidism

Knowledge Level 3, System: Cardiovascular

Archana

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

Antiarrhythmics: classification I to IV

Hi Yield [ID 1976]

MBA College

In order of class I to IV:

Membrane stabilizers (class I)

Beta blockers

Action potential widening agents

Calcium channel blockers

Knowledge Level 1, System: Cardiovascular

Dr. Harsh Sharma BJMC, Pune, India

Beta blockers with intrinsic sympathomimetic activity

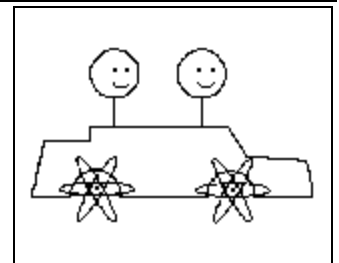
[ID 1534]

Picture **d**iabetic and **a**sthmatic kids riding away on a **c**art that rolls on **p**inwheels.

Pindolol and **C**arteolol 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: B1 selective vs. B1-B2 non-selective

Hi Yield [ID 2513]

A through **N**: **B1** selective: Acebutalol, Atenolol, Esmolol, Metoprolol.

O through **Z**: **B1, B2** non-selective: Pindolol, Propranolol, Timolol.

Knowledge Level 1, System: Cardiovascular

Amir Butt Quaid-e-Azam Medical College, Bahawalpur, Pakistan

Beta blockers: members

Hi Yield [ID 3095]

"The **NEPAL** Prime Minister":

Timolol

Nadolol

Esmolol

Pindolol

Atenolol

Labetalol

Propranolol

Metoprolol

Knowledge Level 2, System: Cardiovascular

Javaid H. Wani Spartan University School of Medicine, St. Lucia, W.I.

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

Beta-blockers: side effects

[ID 435]

"**BBC Loses Viewers In Rochedale**":

Bradycardia

Bronchoconstriction

Claudication

Lipids

Vivid dreams & nightmares

-ve Inotropic action

Reduced sensitivity to hypoglycaemia

Knowledge Level 4, System: Cardiovascular

Anonymous Contributor

Ca++ channel blockers: uses

Hi Yield [ID 779]

CA++ MASH:

Cerebral vasospasm/ CHF

Angina

Migranes

Atrial flutter, fibrillation

Supraventricular tachycardia

Hypertension

Alternatively: "**CHASM**":

Cerebral vasospasm / CHF

Hypertension

Angina

Supraventricular tachyarrhythmia

Migranes

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

Captopril (an ACE inhibitor): side effects

Hi Yield [ID 515]

CAPTOPRIL:

Cough

Angioedema/ Agranulocytosis

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

Clopidogrel: use

[ID 1355]

CLOPIdogrel is a drug that prevents **CL**ots, an **O**ral **P**latelet **I**nhibitor (**OPI**).
Knowledge Level 7, System: Cardiovascular
Rinku Uberoi

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 blocker**".
Beta blockers include acebut**olol**, betax**olol**, bisoprol**ol**, oxprenol**ol**, propranol**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 **extrinsic** pathway and is monitored by **PT**.

Knowledge Level 3, System: Cardiovascular

Marcus James Fidel Medical Student, University of New Mexico

Warfarin: metabolism

[ID 901]

SLOW:

Has a **slow** onset of action.

A quick **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

Corticosteroids: adverse side effects

Hi Yield [ID 2786]

CUSHINGS BAD MD:

Cataracts

Up all night (sleep disturbances)

Suppression of HPA axis

Hypertension/ buffalo **Hump**

Infections

Necrosis (avascular)

Gain weight

Striae

Bone loss (osteoporosis)

Acne

Diabetes

Myopathy, moon faces

Depression and emotional changes

Knowledge Level 6, System: Endocrine

Anita Dunn University of Toronto

Gynaecomastia-causing drugs

[ID 1798]

DISCOS:

Digoxin

Isoniazid

Spirolactone

Cimetidine

Oestrogens

Stilboestrol

Knowledge Level 4, System: Endocrine

Nasserri 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/ **P**eripheral 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/ **H**irsutism/ **H**yperglycemia

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/ **H**yperglycaemia

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 FirmI

Diuretics: thiazides: indications

Hi Yield [ID 2091]

"**CHIC** to use thiazides":

CHF

Hypertension

Insipidous

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

Prazocin usage

[ID 1521]

Prazocin sounds like an acronym of "praszz zour urine".

Therefore Prazocin used for urinary retention in BPH.

Knowledge Level 5, System: Kidney/Urine

Diljot Singh Bedi GMCH Chandigarh, India

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

Anesthesia: 4 stages

[ID 775]

"Anesthesiologists Enjoy **S & M**":

Analgesia

Excitement

Surgical anesthesia

Medullary paralysis

Knowledge Level 1, 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/ Confusion

Dry Mouth

Sedation/ Stasis of urine

Knowledge Level 1, System: Nervous

Youngin Kim University of Rochester School of Medicine and Dentistry

Antimuscarinics: members, action

Hi Yield [ID 1187]

"Inhibits Parasympathetic And Sweat":

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/ Phosphorylation-oxidation uncoupling/ **PPH**/ Platelet disaggregation/ **Premature** closure of PDA

Intestinal blood loss

Reye's syndrome

Idiosyncrasy

Noise (tinnitus)

Knowledge Level 4, System: Nervous

Dr. Chetan Wasekar, MBBS KEM Hospital

Atropine use: tachycardia or bradycardia

[ID 170]

"A goes with B":

Atropine used clinically to treat **Bradycardia**.

Knowledge Level 4, System: Nervous

Anonymous Contributor

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]

"**Ben is off** with the **flu**":

Benzodiazepine effects **off** with **Flumazenil**.

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 seduction **not by brain** but by muscle":

Sedation

anti-Convulsant

anti-Anxiety

Muscle relaxant

Not by brain: No antipsychotic activity.

Knowledge Level 2, System: Nervous

Sung H. Kim

Benzodiazepines: 3 members that undergo extrahepatic metabolism

[ID 3167]

"**O**utside **T**he **L**iver":

Oxazepam

Temazepam

Lorazepam

These undergo extrahepatic metabolism and do not form active metabolites.

Knowledge Level 8, System: Nervous

Anonymous Contributor

Beta 1 selective blockers

Hi Yield [ID 2148]

"**B**EAM **O**NE up, **S**cotty":

Beta **1** blockers:

Esmolol

Atenolol

Metoprolol

Knowledge Level 1, System: Nervous

Anonymous Contributor

Botulism toxin: action, related bungarotoxin

Hi Yield [ID 229]

Action: "**B**otulism **B**ottles up the Ach so it can't be released":

Related bungarotoxin: "**B**otulism is related to **B**eta **B**ungarotoxin (beta-, not alpha-bungarotoxin--alpha has different mechanism).

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

Bromocriptine [for USA gang members]

Hi Yield [ID 3055]

The **C**RYPTS are an LA street gang that likes to smoke **D**OPE.

Bromo**C**RYPTine is a **D**OPamine agonist.

Knowledge Level 1, System: Nervous

Mario Cruz Albany Medical College

Cholinergics (eg organophosphates): effects

Hi Yield [ID 388]

If you know these, you will be "**L**ESS **D**UMB":

Lacrimation

Excitation of nicotinic synapses

Salivation

Sweating

Diarrhea

Urination

Micturition

Bronchoconstriction

Delerium-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

Depression: 5 drugs causing it

[ID 398]

PROMS:

Propranolol
Reserpine
Oral contraceptives
Methyldopa
Steroids
Knowledge Level 6, System: Nervous
Sunu George

Direct sympathomimetic catecholamines

Hi Yield [ID 769]

DINED:

Dopamine
Isoproterenol
Norepinephrine
Epinephrine
Dobutamine
Knowledge Level 2, System: Nervous
Robert O'Connor University College Dublin

Epilepsy types, drugs of choice

Hi Yield [ID 1979]

"Military General Attacked Weary Fighters Pronouncing 'Veni Vedi Veci' After Crushing Enemies":

Epilepsy types:

Myoclonic
Grand mal
Atonic
West syndrome
Focal
Petit mal (absence)

Respective drugsy:

Valproate
Valproate
Valproate
ACTH
Carbamazepine
Ethosuximide

Knowledge Level 3, System: Nervous

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]

ABCDEFGF:

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

Lithium: side effects

Hi Yield [ID 1252]

LITHIUM:

Leukocytes Increased (leukocytosis)

Tremors

Hypothyroidism

Increased Urine

Moms beware (teratogenic)

Knowledge Level 6, System: Nervous

Marc Miller Sackler School of Medicine

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 **MelAnchOIc**.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Methyldopa: side effects

[ID 487]

METHYLDOPA:

Mental retardation

Electrolyte imbalance

Tolerance

Headache/ Hepatotoxicity

Psychological upset

Lactation in female

Dry mouth

Oedema

Parkinsonism

Anaemia (haemolytic)

Knowledge Level 5, System: Nervous

Yazeed A. Oqaili King Saud University Medical College

Migraine: prophylaxis drugs

[ID 1984]

"Very Volatile Pharmacotherapeutic Agents For Migraine Prophylaxis":

Verpamil

Valproic acid

Pizotifen

Amitriptyline

Flunarizine

Methysergide

Propranolol

Bare bones version [eg Lippincott's two], just Migraine Prophylaxis, as above.

Knowledge Level 8, System: Nervous

Dr. Harsh Sharma BJMC, Pune, India

Monoamine oxidase inhibitors: members

Hi Yield [ID 1186]

"PIT of despair":

Phenelzine

Isocarboxazid

Tranylcypromine

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

MPTP: mechanism, effect

Hi Yield [ID 1274]

MPTP:

Mitochondrial Parkinson's-Type Poison.

A mitochondrial poison that elicits a Parkinson's-type effect.

Knowledge Level 4, System: Nervous

Robert O'Connor University College Dublin

Muscarinic effects

Hi Yield [ID 1788]

SLUG BAM:

Salivation/ Secretions/ Sweating

Lacrimation

Urination

Gastrointestinal upset

Bradycardia/ Bronchoconstriction/ Bowel movement

Abdominal cramps/ Anorexia

Miosis

Knowledge Level 3, System: Nervous

John Nguyen University of Texas Medical Branch

Myasthenia gravis: edrophonium vs. pyridostigmine

Hi Yield [ID 964]

eDrophonium is for **D**iagnosis.

py**R**IDostigmine is to get **R**ID of symptoms.

Knowledge Level 4, System: Nervous

Samuel

Narcotic antagonists

Hi Yield [ID 533]

The Narcotic Antagonists are **N**Aloxone and **N**Altrexone.

Important clinically to treat narcotic overdose.

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Narcotics: side effects

Hi Yield [ID 777]

"**SCRAM** if you see a drug dealer":

Synergistic CNS depression with other drugs

Constipation

Respiratory depression

Addiction

Miosis

Knowledge Level 2, System: Nervous

Robert O'Connor University College Dublin

Nicotinic effects

Hi Yield [ID 1787]

MTWTF (days of week):

Mydriasis/ Muscle cramps

Tachycardia

Weakness

Twitching

Hypertension/ Hyperglycemia

Fasciculation

Knowledge Level 2, System: Nervous

John Nguyen University of Texas Medical Branch

Opioids: mu receptor effects

Hi Yield [ID 2161]

"MD CARES":

Miosis
Dependency
Constipation
Analgesics
Respiratory depression
Euphoria
Sedation
Knowledge Level 1, System: Nervous
Sung Hoon Kim El Paso, TX

Opioids: effects

Hi Yield [ID 603]

BAD AMERICANS:

Bradycardia & hypotension
Anorexia
Diminished pupillary size
Analgesics
Miosis
Euphoria
Respiratory depression
Increased smooth muscle activity (biliary tract constriction)
Constipation
Ameliorate cough reflex
Nausea and vomiting
Sedations
Knowledge Level 5, System: Nervous
Sung H. Kim

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

Phenobarbitone: side effects

[ID 347]

Children are annoying (hyperkinesia, irritability, insomnia, aggression).
Adults are dopy (sedation, dizziness, drowsiness).
Knowledge Level 4, System: Nervous
Afif El-khuffash Trinity College Dublin

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]

"Mor**PHINE**: **Fine**. Am**PHET**amine: **Fat**":

Mor**phine** overdose: pupils constricted (**fine**).

Am**phetamine** overdose: pupils dilated (**fat**).

Knowledge Level 2, System: Nervous

Anonymous Contributor

Reserpine action

[ID 222]

Reserpine depletes the **Reserves** of catecholamines [and serotonin].

Knowledge Level 3, System: Nervous

Robert O'Connor University College Dublin

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

Beta blockers with CYP2D6 polymorphic metabolism

[ID 1533]

"I **Met Tim Carver**, the metabolic polymorph":

The following beta blockers require dose adjustment due to CYP2D6 polymorphic metabolism:

Metoprolol

Timolol

Carvedilol

(in patients with lower or higher than normal CYP2D6 activity)

Knowledge Level 7, System: Other/Miscellaneous

David Shprecher Lake Erie College of Osteopathic Medicine

Bleomycin: action

Hi Yield [ID 232]

"**Bleo-Mycin Blows My** DNA to bits":

Bleomycin works by fragmenting DNA (blowing it to bits).

My DNA signals that its used for cancer (targeting self cells).

Knowledge Level 3, System: Other/Miscellaneous

Robert O'Connor University College Dublin

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

Cisplatin: major side effect, action

Hi Yield [ID 48]

"**Ci-Splat-In**":

Major side effect: **Splat** (vomiting sound)--vomiting so severe that anti-nausea drug needed.

Action: Goes **Into** the DNA strand.

Knowledge Level 5, System: Other/Miscellaneous

Anonymous Contributor

Disulfiram-like reaction inducing drugs

Hi Yield [ID 624]

"**PM PMT**" as in Pre Medical Test in the PM:

Procarbazine

Metronidazole

Cefo (**Perazone, Mandole, Tetan**).

Knowledge Level 4, System: Other/Miscellaneous

Prashant A. Mehta

Etoposide: action, indications, side effect

Hi Yield [ID 1193]

"**eTOP**oside":

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

Microtubules: drugs that act on microtubules.

Hi Yield [ID 3099]

"The MicroTubule Growth Voiding Chemicals":

Thiabendazole

Mebendazole

Taxol

Griseofulvin

Vincristine/ Vinblastine

Colchicine

Knowledge Level 5, System: Other/Miscellaneous

Javaid H. Wani, Ph.D. Spartan University School of Medicine

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

Quinolones [and Fluoroquinolones]: mechanism

Hi Yield [ID 1261]

"Topple the Queen":**Quinolone** interferes with **Topoisomerase II**.

Knowledge Level 3, System: Other/Miscellaneous

Samuel Atom Baek-Kim

Routes of entry: most rapid ways meds/toxins enter body

[ID 393]

"Stick it, Sniff it, Suck it, Soak it":

Stick = Injection

Sniff = inhalation

Suck = ingestion

Soak = absorption

Knowledge Level 5, System: Other/Miscellaneous

Anonymous Contributor

Therapeutic dosage: toxicity values for most commonly monitored medications

[ID 597]

"The magic 2s":Digitalis (.5-1.5) Toxicity = **2**.Lithium (.6-1.2) Toxicity = **2**.Theophylline (10-20) Toxicity = **20**.Dilantin (10-20) Toxicity = **20**.APAP (1-30) Toxicity = **200**.

Knowledge Level 7, System: Other/Miscellaneous

Anonymous Contributor

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:

Amiodarone

Procainamide

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

Pulmonary infiltrations inducing drugs

[ID 1981]

"**Go BAN Me!**":

Gold

Bleomycin/ Busulphan/ BCNU

Amiodarone/ Acyclovir/ Azathioprine

Nitrofurantoin

Melphalan/ Methotrexate/ Methysergide

Knowledge Level 7, System: Pulmonary

Dr. Harsh Sharma BJMC, Pune, India

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]

STRIFE:**ST**reptomycin**Rif**ampicin**Isoniazid****Py**rizinamide**Eth**ambutol

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: Zaf**ir**lukast antagonizes leukotriene-4.

Knowledge Level 3, System: Pulmonary

Oisín and Robert O'Connor UCC and University College Dublin

Sex hormone drugs: male

[ID 778]

"Feminine Males Need **Testosterone**":**F**luoxymesterone**M**ethyltestosterone**N**androlone**T**estosterone

Knowledge Level 3, System: Reproductive

Robert O'Connor University College Dublin

Teratogenic drugs

Hi Yield [ID 1972]

"W/ **TERATO**genic":**W**arfarin**T**halidomide**E**pileptic drugs: phenytoin, valproate, carbamazepine**R**etinoid**A**CE inhibitor**T**hird element: lithium**O**CP and other hormones (eg danazol)

Knowledge Level 3, System: Reproductive

Anthony Chan

Teratogenic drugs: major non-antibiotics

Hi Yield [ID 1433]

TAP CAP:**T**halidomide**A**ndrogens**P**rogestins**C**orticosteroids**A**spirin & indomethacin**P**henytoin

Knowledge Level 2, System: Reproductive

Manpreet GMC Amritsar

Tetracycline: teratogenicity

Hi Yield [ID 876]

TEtracycline is a**T**Eratogen that causes staining of**T**Eeth in the newborn.

Knowledge Level 1, System: Reproductive

Antirheumatic agents (disease modifying): members

Hi Yield [ID 2035]

CHAMP:

Cyclophosphamide

Hydroxycloquine 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 **R**heumatoid.

Knowledge Level 2, System: Skeletal

Robert O'Connor University College Dublin

PHYSICS

Electric units

[ID 520]

"Vaulting John Says: 'Ann Can Sing OVA'. What Just Sing? And Vault.":

Volts = Joules/Sec

Amps = Coulombs/Sec

Ohms = Volts/Amp

Watts = Joules/Sec=Amps x Volts

Knowledge Level 3, System: Other/Miscellaneous

Sabra

Ideal gas law

[ID 190]

"Pure Virgins Never Really Tire":

PV=nRT

Knowledge Level 1, System: Other/Miscellaneous

Anonymous Contributor

Ideal gas law [for All My Children fans]

[ID 521]

"Pine Valley is Not Real Time"

PV=nRt

Knowledge Level 1, System: Other/Miscellaneous

Sabra

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

Resistor colour codes

[ID 154]

"Bad Boys Rape Our Young Girls But Violet Gives Willingly - Get Some Now":

In ascending resistor value order:

Black: 0

Brown: 1

Red: 2

Orange: 3

Yellow: 4

Green: 5

Blue: 6

Violet: 7

Grey: 8

White: 9

Gold: 5%
Silver: 10%
None: 20%
Knowledge Level 8, System: Other/Miscellaneous
Anonymous Contributor

Visible spectrum colors in order

[ID 163]

ROY G. BIV

In order from low end of spectrum:

- Red
- Orange
- Yellow
- Green
- Blue
- Indigo
- Violet

Alternatively: "**Richard Of York Gained Battles In Vain**" (Richard III was an English king defeated in 1485).
Knowledge Level 3, 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

Gut intrinsic innervation: myenteric plexus vs. submucosal plexus function

Hi Yield [ID 885]

Myenteric: Motility.
Submucosal: Secretion and blood flow.
Knowledge Level 3, System: Alimentary
Robert O'Connor University College Dublin

Pepsin-producing cells

Hi Yield [ID 1358]

"**Chief** of **Pepsi-Cola**":

Chief cells of stomach produce **Pepsin**.

Knowledge Level 2, System: Alimentary
Dr. Atif Farooq Khawaja Rawalpindi Medical College, Horizon Medical Institute, Pakistan

Carotid sinus vs. carotid body function

Hi Yield [ID 2615]

carotid **SinuS**: measures **preSSure**.
carotid **bO2dy** measures **O2**.
Knowledge Level 2, System: Cardiovascular
Omar Boissard, MD INTEC

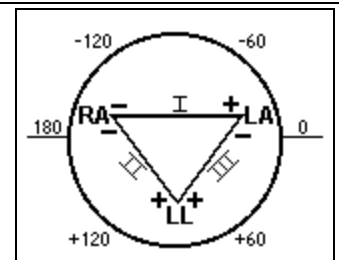
Einthoven's Triangle: organization

[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 **L**ungs.

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 **H**eart attacks, you must **S**AVe **HIS KIN**!"

SA node --->

AV node --->

His (bundle of) -->

Pur**KIN**je fibers

Knowledge Level 1, System: Cardiovascular

Carlo Adan, MPH University of Michigan

Heart valves: closure sequence

Hi Yield [ID 2563]

"**M**any **T**hings **A**re **P**ossible":

Mitral, **T**ricuspid, **A**ortic, **P**ulmonic

Knowledge Level 1, System: Cardiovascular

Desales University Physician Assistant Class of 2001

Heart valves: sequence of flow

[ID 394]

TRIPS BIAS:

TRicuspid

Pulmonary

Semilunar

Bicuspid

Aortic

Semilunar

Alternatively: "TRIPS, MI ASs!" (uses **M**itral instead of **B**icuspid)

Knowledge Level 1, System: Cardiovascular

Anonymous Contributor

Heart: -tropic definitions

[ID 296]

Lusitropic: **l**oose is relaxed. Definition: relax heart.

Inotropic: when heart wall **c**ontracts, moves **i**nward. Definition: contract heart.

Chronotropic: 'chrono-' means 'time'. Definition: heart rate (of SA node impulses).

Dromotropic: only one left, it must be conduction speed by default.

Knowledge Level 2, System: Cardiovascular

Robert O'Connor University College Dublin

Hemoglobin and myoglobin: binding strengths, sites

[ID 1329]

"**ABC**" of glycosylated Hb (Hb1c):

Glucose binds to **A**mino terminal of **B**eta **C**hain.

"**HbF** binds **F**orcefully":

HbF binds oxygen more forcefully than HbA, so Oxy-Hb dissociation curve shifts to left.

Stored blood is **SOS**:

Stored blood Hb binds to **O**xygen **S**trongly because of decrease in 2,3 BPG.

2,3 BPG binding site is **BBC**:

BPG binds to **B**eta **C**hain of Hb.

Myoglobin binding strength is **MOM**:

Myoglobin binds **O**xygen **M**ore strongly than Hb.

Knowledge Level 3, System: Cardiovascular

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

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 Aggregates platelets.

PGI2 Inhibits 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 cortex layers and products

Hi Yield [ID 412]

"**Get your Facts Right, Men are Glued to their Gonads**":

Glomerulosa

Fasiculata

Reticularis

Mineralocorticoids

Glucocorticoids

Gonadocorticoids [androgens]

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Adrenal cortex layers and products

Hi Yield [ID 553]

"**Get All Fat Chicks Right Away**":

Layers:

Glomerulosa

Fasiculata

Reticularis

Products:

Aldosterone

Cortisol

Androgens

Knowledge Level 1, System: Endocrine

Anonymous Contributor

Adrenal cortex layers and products

[ID 2056]

"**Great Attire And Fast Cars Are Really Sexy Attributes**":

Granulosa secretes **A**ldosterone in response to **A**ngiotensin II.

Fasiculata secretes **C**ortisol in response to **A**CTH.

Reticularis secretes **S**ex steroids in response to **A**CTH.

Knowledge Level 1, System: Endocrine

Fydor

Adrenal cortex layers and products

Hi Yield [ID 2201]

"Get My Freakin' Gun Right Away":

Glomerulosa: Mineralcorticoid (aldosterone)

Fasiculata: Glucocorticoid (cortisol)

Reticularis: Androgens

Knowledge Level 1, System: Endocrine

Thomas B. Edmunds, Jr Chief Urology Resident at SUNY @ Stony Brook

Adrenal gland: functions

Hi Yield [ID 1098]

ACTH:

Adrenergic functions

Catabolism of proteins/ Carbohydrate metabolism

T cell immunomodulation

Hyper/ Hypotension (blood pressure control)

Knowledge Level 1, System: Endocrine

The Cashman University of Queensland, Australia

Diabetes Insipidous: 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

Oestrogen: functions

Hi Yield [ID 2993]

OESTROGEN SUX:

Organ development (sex organs)

Endocrine: FSH and LH regulation

Secondary sex characteristics development

Tropic for pregnancy

Receptor synthesis (of progesterone, oestrogen, LH)

Osteoporosis decrease (inhibits bone reabsorption)

Granulosa cell development

Endocrine: increases prolactin secretion, but then blocks its effect

Nipple development

Sex drive increase

Uterine contractility increase

oXytocin sensitivity increase

Knowledge Level 3, System: Endocrine

David Colbert UWA Medicine

Oxytocin-producing nucleus of hypothalamus

[ID 653]

Paraventricular nucleus--> Parturition (childbirth is oxytocin's most important role).

Knowledge Level 7, System: Endocrine

Usman Ahmad

Pituitary hormones

Hi Yield [ID 152]

FLAGTOP:

Follicle stimulating hormone

Lutinizing hormone

Adrenocorticotropin 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

Pituitary: anterior hypophysis hormones

Hi Yield [ID 380]

FLATPiG:

FSH

LH

ACTH

TSH

Prolactin

ignore GH

Knowledge Level 1, System: Endocrine

Fropvd

Progesterone: actions

Hi Yield [ID 647]

PROGESTE:

Produce cervical mucous

Relax uterine smooth muscle

Oxycotin sensitivity down

Gonadotropin [FSH, LH] secretions down

Endometrial spiral arteries and secretions up

Sustain pregnancy

Temperature up / Tit development

Excitability of myometrium down

Knowledge Level 4, System: Endocrine

Robert O'Connor University College Dublin

Prostaglandins: dilatation abilities

[ID 904]

Prospectors keep mineshafts open:

Mineshaft 1: Patent ductus arteriosus.

Mineshaft 2: renal afferent arteriole dilatation.

Knowledge Level 1, System: Endocrine

Sameul Atom Baek-Kim

Skin vasoconstriction and temperature

[ID 3285]

When the skin needs to **CON**Serve heat, the

blood vessels of the skin **CON**strict.

When the skin is **CO**ld, the blood

vessels of the skin **CO**nstrict.

Knowledge Level 1, System: Integumental

Rinku Uberoi Willsey Institute

Muscle spindle: origin of primary vs. secondary endings

[ID 112]

"1 from 1, 2 from 2":

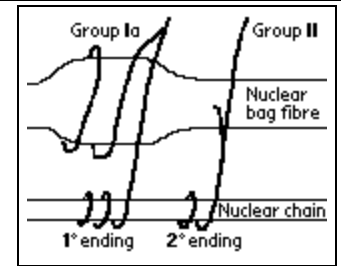
Primary ending is from Group Ia.

Secondary ending from Group II.

See diagram.

Knowledge Level 8, System: Muscle

Robert O'Connor University College Dublin



Balance organs

[ID 183]

Utricle and Saccule keep **US** balanced.

Knowledge Level 2, System: Nervous

Anonymous Contributor

Cochlea: inner vs. outer hair cell function

[ID 53]

"**Outer** cells are **Out** of the brain. **Inner** cells are **In**to the brain":

Outer hair cells are motor efferents to amplify signal.

Inner hair cells are sensory afferents that actually pick up the sound.

Knowledge Level 5, System: Nervous

Robert O'Connor University College Dublin

Electrical conductivity of tissues

[ID 3107]

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

In order of least conductive to most conductive:

Bones

Cartilage

Tendon

Skin

Muscle

Blood

Nerve

Knowledge Level 7, System: Nervous

Luz Ann M. Sabado Philippine Physical Therapy Association

MAO isoenzyme form locations

[ID 1145]

MAO-A in:

Adrenergic peripheral structures

Alimentary mucosa [intestine]

MAO-B in:

Brain

Blood platelets

Knowledge Level 7, System: Nervous

Archana

Mechanoreceptor types

[ID 785]

"**Frustrated Muscular Mechanics Rub Her P*ssy**":

Free nerve endings

Meisner's

Merkel's disc

Ruffini's

Hair end organ

Pacinian corpuscle

Knowledge Level 4, System: Nervous

Usman Ahmad KMC

Nervous stimulus: the 4 ways to classify

[ID 109]

"A **MILD** stimulus":

Modality

Intensity

Location

Duration

Knowledge Level 6, System: Nervous

Robert O'Connor University College Dublin

Rods vs. cone function

[ID 353]

RoD: Dim light.

Cones: Color.

Knowledge Level 1, System: Nervous

Anonymous Contributor

Temperature control: cerebral regions

[ID 841]

"High Power Air Conditioner":

Heating = Posterior hypothalamo [hypothalamus].

Anterior hypothalamo [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]

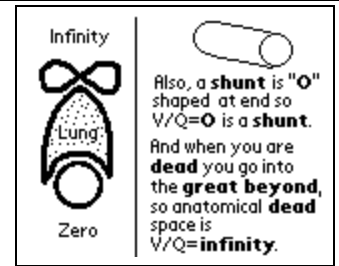
Infinity, a lung and a zero stack nicely.

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

See diagram.

Knowledge Level 1, System: Pulmonary

Robert O'Connor University College Dublin



VO₂ normal value is 250 mL/min

[ID 244]

"V₀₂" is the numbers, just need to rearrange the order.

V is roman numeral for 5, so rearrange to 2V₀, or 250 mL/min.

Knowledge Level 7, System: Pulmonary

Robert O'Connor University College Dublin

LH vs FSH: function in male

[ID 1427]

LH: Leydig cells stimulated to produce testosterone.

FSH: Spermatogenesis stimulated.

Knowledge Level 1, System: Reproductive

Dr. Atif Farooq Khawaja Rawalpindi Medical College, Pakistan

Prolactin and oxytocin: functions

Hi Yield [ID 3247]

PROlactin stimulates the mammary glands to PROduce milk.

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

Knowledge Level 1, System: Reproductive

Rinku Uberoi Willsey Institute

Osteoblast vs. osteoclast

Hi Yield [ID 2383]

OsteoBlast Builds bone.

OsteoClast Consumes 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

Peripheral vascular diseases

[ID 1004]

ABCDEF:

Atherosclerosis.

Buerger's disease (TAO)

Cyanosis/ Cold agglutinin/ Connective tissue disease (Raynaud's phenomenon)

Deep vein phlebothrombosis

Embolism

inFlammation of veins

Knowledge Level 3, System: Cardiovascular

Samuel Atom Baek-Kim

TIA: internal carotid vs. vertebrobasilar

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.

Vetebrobasilar:

Diplopia/ **D**ouble blindness

Paralysis (quadriplegia)

Motor weakness (ipsilateral)

Ataxia is characteristic in veterbrobasilar lesions.

Knowledge Level 1, System: Cardiovascular

Samuel Atom Baek-Kim Tuckahoe, New York

White toe (arterial insufficiency toe)

[ID 938]

5 P's:

Pale coloration

Pain (excruciating)

Paresthesia

Pulselessness

Warm compression and vasodilatory **P**atch to **P**roximal area

Knowledge Level 2, System: Cardiovascular

Samuel Atom Baek-Kim

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

Coritcal vs. subcortical brain disease

[ID 1346]

"**MD vs. DPM**":

Coritcal brain:

Memory

Discrimination (2 point)

Subcortical brain:

Devoid of seizure

Primary sensation through thalamus

Movement disorders (most)

Lower extremities manifestations are characteristic of the subcortical brain lesions.

Knowledge Level 2, System: Nervous

Samuel Atom Baek-Kim

Proprioception and stereognosis deficits: causes

[ID 1279]

D.P.M.:

Tabes **D**orsalis

Pernicious anemia

Mutiple sclerosis

Knowledge Level 2, System: Nervous

Samuel Atom Baek-Kim

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

Menigocele

Knowledge Level 1, System: Skeletal

Samuel Mae Baek-Kim

Skeletal disease: differential diagnosis

[ID 1028]

VITAMIN:

Vascular disease

Infection

Tumor

Arthritis

Metabolic bone disease

Injury

Neurodevelopmental disorders

Knowledge Level 1, System: Skeletal

Samuel Atom 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

Depression criteria/symptoms

Hi Yield [ID 2545]

A SAD FACES:

Appetite, weight changes

Sleep changes

Anhedonia

Dysphoria (low mood)

Fatigue

Agitation (psychomotor)

Concentration

Esteem

Suicide

Knowledge Level 1, System: Nervous

The Fifth Year Kids at Wgtn School of Medicine Wgtn School of Med, Univ. of Otago

Depression: major depression criteria

Hi Yield [ID 2649]

DEAD SWAMP:

Depressed mood most of the day

Energy loss or fatigue

Anhedonia

Death thoughts (recurrent), suicidal ideation or attempts

Sleep disturbances (insomnia, hypersomnia)

Worthlessness or excessive guilt

Appetite or weight change

Mentation decreased (ability to think or concentrate, indecisiveness)

Psychomotor agitation or retardation

Knowledge Level 1, System: Nervous

Dr. Mike de Beer GP

Depression: melancholic features (DSM IV)

[ID 2003]

MELANcholic:

Morning worsening of symptoms/ psychoMotor agitation, retardation/ early **Morning** wakening

Excessive guilt

Loss of emotional reactivity

ANorexia/ **AN**hedonia

Knowledge Level 5, System: Nervous

Anthony Chan

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]

"**WITHDRAW IT**":

3 of 7 within 12 month period:

Withdrawal

Interest or Important 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

Biological symptoms in psychiatry

[ID 1326]

SCALED:

Sleep disturbance

Concentration

Appetite

Libido

Energy

Diurnal mood variation

Knowledge Level 5, System: Other/Miscellaneous

Diablo Royal Free Hospital Medical School

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

Dementia: main causes

[ID 2063]

VITAMIN D VEST:

Vitamin deficiency (B12, folate, thiamine)

Intracranial tumour

Trauma (head injury)

Anoxia

Metabolic (diabetes)

Infection (postencephalitis, HIV)

Normal pressure hydrocephalus

Degenerative (Alzheimer's, Huntington's, CJD, etc)

Vascular (multi infarct dementia)

Endocrine (hypothyroid)

Space occupying lesion (chronic subdural haematoma)

Toxic (alcohol)

Knowledge Level 3, System: Other/Miscellaneous

Mark P UWCM, UK



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]

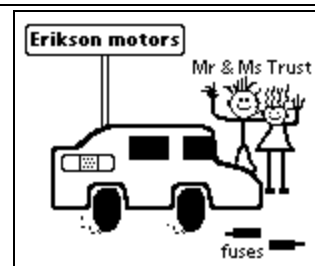
"The sad tale of Erikson Motors":

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 the should have used **de- spare!**

Knowledge Level 1, System: Other/Miscellaneous

VTF SN, NHCC, Texas



Parasomnias: time of onset

Hi Yield [ID 1071]

SLeepterrors and **SL**eeptalking occur during **SL**ow-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

TIGAN (Trimethobenzamide hydrochloride): indication

[ID 2652]

TIGAN:

This **I**s **G**ood **A**gainst **N**ausea

Knowledge Level 1, System: Alimentary

Sabrina

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

MR imaging/ spectroscopy: important metabolites

[ID 2093]

"Lying Lazy No Good Crooks Collected My insurance":

Lipid: abnormal

Lactate: abnormal

NAA

Glutamine/glutamate

Creatinine/phosphocreatinine

Choline containing compounds

Myoinositol

Knowledge Level 7, System: Nervous

Berlin Go

Chest radiograph: checklist to examine

Hi Yield [ID 1763]

ABCDEFGHI:

Aorta

Bronchus

Cord, spinal

Diaphragm (look for hyperinflation)

Eosphagus (look for foreign body)

Fracture (ribs)

Gas (look for pneumothorax)

Heart (look for cardiomegaly)

Iatrogenic (subclavian line, pacemakers)

Knowledge Level 3, System: Other/Miscellaneous

Vince Yamashiroya

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

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

Lymphangioliomyomatosis

Environmental, occupational

Sarcoid

Alternatively: **L**=**L**eft atrial myxoma

Knowledge Level 6, System: Pulmonary

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

Chest x-ray: differential diagnoses of shadow on the upper zones of lung fields

[ID 2398]

5 Ts:

Thymoma

Thyroid (retrosternal)

Tuberculosis

Terrible lymphoma

Teratoma

Knowledge Level 6, System: Pulmonary

Kok Fai Kong Final Year Medical Student, University of Auckland, New Zealand

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 (**P**hrenic nerve)

Ectopic hormones

Eaton-Lambert syndrome

Clubbing

Horner syndrome/ **H**oarseness

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

Siliconiosis

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

Oisin 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

RHEUMATOLOGY / ALLERGY**SLE (Systemic Lupus Erythematosus) diagnosis (ARA criteria)**

[ID 2820]

DAMP AS RHINO:

Discoid rash

ANA (+)

Malar rash

Photosensitivity

Arthritis

Serositis (pleural, pericardial)

Renal involvement

Hematologic abnormality

Immunologic abnormality

Neurologic abnormality (seizures, psychosis)

Oral / nasal ulcer, Observed

Knowledge Level 4, System: Integumental

Thomas K. Vaughan MD Madigan Army Medical Center, Washington

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

Ankylosing spondylitis: extra-articular manifestations

[ID 2917]

6 A's:

Atlanto-axial subluxation

Anterior uveitis

Apical lung fibrosis

Aortic incompetence

Amyloidosis (kidneys)

Autoimmune bowel disease (UC)

Knowledge Level 5, System: Skeletal

Matt Smith Birmingham Medical School

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

Gout: drugs and foods raising uric acid levels

[ID 3126]

Drugs are **FACT**:

Frusemide

Aspirin/ Alcohol

Cytotoxic drugs

Thiazide diuretics

Foods are **SALTS**:

Shellfish

Anchovies

Liver and kidney

Turkey

Sardines

Knowledge Level 5, System: Skeletal

Sushant Varma Junior Doctor

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

Pancreatitis: treatment

[ID 3125]

MACHINES:

Monitor vital signs

Analgesia/ Antibiotics

Calcium gluconate (if deemed necessary)

H2 receptor antagonist

IV access/ IV fluids

Nil by mouth

Empty gastric contents

Surgery if required/ Senior review

Knowledge Level 3, System: Alimentary

Sushant Varma Junior Doctor

Abdominal aortic aneurysm: genetic component

[ID 2293]

AAA (3 A's) is sometimes due to a defect in the gene encoding for type **III** procollagen.

Knowledge Level 6, System: Cardiovascular

Anonymous Contributor

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

Haematocele: etiology

[ID 2793]

3T's and 2 H's:

Tumor

Torsion

Trauma

Hydrocele as a complication

Haemophilia (blood diseases)

Knowledge Level 2, System: Cardiovascular

Zeinab Abd El Shafy About 6th year medical student, University of Alexandria, Egypt

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

Ulcers: edge types

[ID 3083]

F PURE:

Flat (eg venous)

Punched-out (eg trophic, arterial)

Undetermined (eg pressure, TB)

Rolled (eg BCC)

Everted (eg SCC)

Knowledge Level 2, System: Integumental

Jamal Khan Birmingham University Medical Student

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

Abdomen: inspection

[ID 3077]

5 S's:

Size

Shape

Scars

Skin lesions

Stoma

Knowledge Level 1, System: Other/Miscellaneous

Jamal Khan Birmingham University Medical Student

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

Disease description: organization of answer

[ID 2502]

"In A Surgeon's Gown, Physicians May Make Some Clinical Progress":

Incidence

Age

Sex

Geography

Predisposing factors

Macroscopic appearance

Microscopic appearance

Spread

Clinical features

Prognosis

Knowledge Level 3, System: Other/Miscellaneous

Anonymous Contributor

Fistulas: conditions preventing closure

[ID 538]

FETID:

Foreign body

Epithelialization

Tumor

Infection

Distal obstruction

Knowledge Level 5, System: Other/Miscellaneous

Anonymous Contributor

Inguinal mass: differential

[ID 2537]

"Hernias Very Much Like To Swell":

Hernias (inguinal, femoral)

Vascular (femoral aneurysm, sapheno varyx)

Muscle (psoas abscess)

Lymph nodes

Testicle (ectopic, undescended)

Spermatic cord (lipoma, hydrocoele)

Knowledge Level 4, System: Other/Miscellaneous

Josh Brostoff University of Birmingham Med School, UK

Oedema causes: generalised

[ID 868]

"HILARI IS SAVE" (Hilary):

Heart failure

Iatrogenic

Liver causes

Aldosterone increased/ ADH increased

Renal cause

Inadequate protein in blood (hypoalbuminaemia)

Causes for the inadequate protein in blood are:

Intake Inadequate (Kwashiorkor)

Secretion fro pancreas decreased (pancreatitis)

Synthesis decreased (liver failure)

Absorption decreased (Crohn's disease)

Vomit (pyloric stenosis)

Excretion increased (nephrotic)

Knowledge Level 6, System: Other/Miscellaneous

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

Oedema causes: localised

[ID 869]

ALIVE:

Allergic (angio-oedema)

Lymphatic (elephantiasis)

Inflammatory (infection, injury)

VENOUS (DVT, chronic venous insufficiency)

Knowledge Level 6, System: Other/Miscellaneous

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

Post-operative complications (immediate)

Hi Yield [ID 350]

"Post-op PROBS":

Pain

Primary haemorrhage

Reactionary haemorrhage

Oliguria

Basal atelectasis

Shock/ Sepsis

Knowledge Level 2, System: Other/Miscellaneous

Jacob George University of Sheffield, UK

Swollen leg: unilateral swelling causes

Hi Yield [ID 3081]

TV BAIL:

Trauma

Venous (varicose veins, DVT, venous insufficiency)

Baker's cyst

Allergy

Inflammation (cellulitis)

Lymphoedema

Knowledge Level 3, System: Other/Miscellaneous

Jamal Khan Birmingham University Medical Student

Scrotum: scrotum swelling differential

Hi Yield [ID 2651]

THE THEATRES:

Torsion

Hernia

Epididymitis, orchitis

Trauma

Hydrocoele, varicocele, hematoma

Edema

Appendix testes (torsion, hemorrhage)

Tumour

Recurrent leukemia

Epididymal cyst

Syphilis, TB

Knowledge Level 2, System: Reproductive

Noam Kurtis Sackler School of Medicine, Tel Aviv

Compartment syndrome: signs and symptoms

Hi Yield [ID 2014]

5 P's:

Pain

Palor

Pulseless

Paresthesia

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

Glomerular disease with a reduced complement level

[ID 2126]

PELICAN:

Post-streptococcal glomerulonephritis

Endocarditis (sub-acute)

Lupus erythematosus

Idiopathic membranoproliferative glomerulonephritis

Cryoglobulinemia

Abscess (visceral)

Nephritis

Knowledge Level 4, System: Kidney/Urine

Alexandre de Freitas Miranda Federal University of Rio de Janeiro -Brazil -RJ

Hematuria: differential

Hi Yield [ID 198]

"S#!T":

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

Hematologic disease (sickle cell, coagulopathy)/ **H**ypercalciuria/ **H**ereditary (Alport nephritis)/ **HSP/ HUS****I**nfectious and **I**mmunologic (PSGN)/ **I**gA nephropathy (Berger nephritis)/ **I**nterstitial disease (interstitial nephritis)/ **I**diopathic conditions (thin glomerular basement membrane disease or benign familial hematuria)**T**rauma/ **T**umor/ **TB/ T**oxins

Knowledge Level 4, System: Kidney/Urine

Vince Yamashiroya

Hydronephrosis: differential

Hi Yield [ID 1611]

Unilateral is **PACT**:**P**elvic-uteric obstruction (congenital or acquired)**A**bsent renal vessels**C**alculi**T**umours of renal pelvisBilateral is **SUPER**:**S**tenosis of the urethra**U**rethral valve**P**rostatic enlargement**E**xtensive bladder tumour**R**etro-peritoneal fibrosis

Knowledge Level 3, System: Kidney/Urine

Sushant Varma Medical student, University of Sheffield, UK

Metabolic waste products retention: clinical features

[ID 3204]

ABCDEFGHI:**A**pathy/ **A**norexia/ **A**nemia**B**leeding**C**onfusion/ **C**oma**D**izziness**E**mesis/ **E**dema of the lung**F**its**G**astrointestinal bleeding**H**iccups**I**nfection

Knowledge Level 4, System: Kidney/Urine

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

Nephrotic syndrome: causes for secondary nephrotic syndrome

[ID 233]

DAVID:**D**iabetes mellitus**A**myloidosis**V**asculitis**I**nfections**D**rugs

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 **P**olycystic 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, **I**DDM

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

Renal Cell Cancer (RCC): genetic marker

Hi Yield [ID 1891]

"RCC" equals **three**. Or, "C" is the **third** letter of the alphabet.

RCC is associated with genetic aberrations on the **third** chromosome (VHL gene)

Knowledge Level 5, System: Kidney/Urine

Thomas B. Edmunds, Jr, MD Chief Resident at SUNY Stony Brook

Renal failure: symptoms/signs

Hi Yield [ID 1084]

"**M**y **B**ig **N**ob **V**ibrates **G**ently **I**n **H**er **P**urulent **P**elvis":

Malaise

Breathlessness

Nausea

Vomiting

GI motility

Headache

Pruritis

Pigmentation

Knowledge Level 3, System: Kidney/Urine

Daniel Clarke University of Queensland

Renal tubular acidosis: type with common nephrocalcinosis

[ID 3101]

The **stONE** (nephrocalcinosis) is common in type **ONE**.

Knowledge Level 4, System: Kidney/Urine

Dr. Sharad Chandra Pediatrics

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

Urinary incontinence: differential

[ID 3000]

DIAPERS:

Delirium

Infection

Atrophic urethritis and vaginitis

Pharmaceuticals/ Psychologic

Excessive urine output

Restricted mobility

Stool impaction

Knowledge Level 4, System: Kidney/Urine

Cheah Soon Keat 4th year medical student, UNIMAS, Malaysia

Epididmyitis: bacterial causes

[ID 1511]

CENT:

Chlamydia trachomatis

E. coli

Nisseria gonorrhoeae

Tuberculos bacteria

Knowledge Level 2, System: Reproductive

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

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

Kleinfelter's

Knowledge Level 4, System: Reproductive

Robert O'Connor University College Dublin