

**Remember you have all the information in this review online. These pages are blank intentionally. Note taking is specifically for you to write what you personally need to focus on. Use the online to reference all presentations.**

## Suggested Note taking

Multiple studies have shown hand written notes provide superior retention

Copying over the information we have given you will provide little true retention

All the information is available in your PANCE Nuggets online resources

You should ONLY be writing specific points that are specific to your personal understanding of a subject.

It is more important to pay attention to the specific PANCE strategies and point we are sharing with you than looking at the information which you already have.

Focus on associations and relationships more than just data

## Note taking

We suggest you download and print our notes book or electronically take notes on the PDF:

| Cardiology 1 Notes  |   |
|---|---|
| Section 1   |   |
| Coronary Artery Disease   |   |
| <input type="radio"/> Got it!<br><input type="radio"/> Remember it!<br><input type="radio"/> Hit the Books! | Defining the Heart and Terms                  |
| <input type="radio"/> Got it!<br><input type="radio"/> Remember it!<br><input type="radio"/> Hit the Books! | Coronary Artery Disease<br>Your thoughts here |
| <input type="radio"/> Got it!<br><input type="radio"/> Remember it!<br><input type="radio"/> Hit the Books! | Acute Coronary Syndrome                       |
| <input type="radio"/> Got it!<br><input type="radio"/> Remember it!<br><input type="radio"/> Hit the Books! | Angina  |
| <input type="radio"/> Got it!   | Acute Myocardial Infarction                   |

✓ Don't rewrite what is on the screen

✓ For an image you have access to, just write the section and look it up in your PANCE Nuggets

✓ Only you know what you don't know: Write it here!

✓ When a speaker clears something up for you: Write that new thought, process here!



# OB/GYN Notes

## Section 1

### Menstruation Related Disorders



- Got it!
- Remember it!
- Hit the Books!

#### Menstruation

- Got it!
- Remember it!
- Hit the Books!

#### Premenstrual Syndrome

- Got it!
- Remember it!
- Hit the Books!

#### Dysmenorrhea

- Got it!
- Remember it!
- Hit the Books!

#### Toxic Shock Syndrome

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

Check if you feel you have the level of understanding needed to pass your exam  
Check if the material triggers underlying memory but you need to review more  
Check if you do not recall this subject and you need to relearn the information

# OB/GYN Notes

## Section 2

### LACK OF MENSES



- Got it!
- Remember it!
- Hit the Books!

#### Primary Amenorrhea

- Got it!
- Remember it!
- Hit the Books!

#### Secondary Amenorrhea

- Got it!
- Remember it!
- Hit the Books!

#### Menopause

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 3

### GYN BLEEDING



- Got it!
- Remember it!
- Hit the Books!

#### Leiomyoma

- Got it!
- Remember it!
- Hit the Books!

#### Endometriosis

- Got it!
- Remember it!
- Hit the Books!

#### Endometrial Cancer

- Got it!
- Remember it!
- Hit the Books!

#### Dysfunctional Uterine Bleeding

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 4

### OVARIAN DISORDERS

- Got it!
- Remember it!
- Hit the Books!

#### PCOS

- Got it!
- Remember it!
- Hit the Books!

#### Ovarian Neoplasms

- Got it!
- Remember it!
- Hit the Books!

#### Ovarian Torsion



# OB/GYN Notes

## Section 5

### CERVICAL DISORDERS

- Got it!
- Remember it!
- Hit the Books!

#### Cervical Dysplasia

- Got it!
- Remember it!
- Hit the Books!

#### Cervical Carcinoma

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 6

### VAGINAL DISORDERS

- Got it!
- Remember it!
- Hit the Books!

#### **Candida Vaginitis**

- Got it!
- Remember it!
- Hit the Books!

#### **Bacterial Vaginosis**

- Got it!
- Remember it!
- Hit the Books!

#### **Atrophic Vaginitis**

- Got it!
- Remember it!
- Hit the Books!

#### **Vulvar Neoplasm**

#### **Open Notes Area**



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 7

### GYN PROLAPSE



- Got it!
- Remember it!
- Hit the Books!

#### Uterine Prolapse

- Got it!
- Remember it!
- Hit the Books!

#### Cystocele

- Got it!
- Remember it!
- Hit the Books!

#### Rectocele

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 8

### BREAST DISORDERS



- Got it!
- Remember it!
- Hit the Books!

#### **Mastitis**

- Got it!
- Remember it!
- Hit the Books!

#### **Breast Abscess**

- Got it!
- Remember it!
- Hit the Books!

#### **Fibroadenoma**

- Got it!
- Remember it!
- Hit the Books!

#### **Fibrocystic Breast Disease**

- Got it!
- Remember it!
- Hit the Books!

#### **Breast Cancer**

- Got it!
- Remember it!
- Hit the Books!

#### **Galactorrhea**

#### **Open Notes Area**



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 9

### CONTRACEPTION and INFERTILITY



- Got it!
- Remember it!
- Hit the Books!

#### Contraceptive Methods

- Got it!
- Remember it!
- Hit the Books!

#### Emergency Contraception

- Got it!
- Remember it!
- Hit the Books!

#### Infertility

- Got it!
- Remember it!
- Hit the Books!

#### Preconception Counseling

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 10

### LABOR and DELIVERY

- Got it!
- Remember it!
- Hit the Books!

#### Prenatal Diagnosis/Care

- Got it!
- Remember it!
- Hit the Books!

#### Normal Labor and Delivery

- Got it!
- Remember it!
- Hit the Books!

#### Shoulder Dystocia

- Got it!
- Remember it!
- Hit the Books!

#### Fetal Distress

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 11

### COMPLICATED PREGNANCY

- Got it!
- Remember it!
- Hit the Books!

#### Rh Incompatibility

- Got it!
- Remember it!
- Hit the Books!

#### Multiple Gestation

- Got it!
- Remember it!
- Hit the Books!

#### Hypertension Disorders in Pregnancy

- Got it!
- Remember it!
- Hit the Books!

#### Preeclampsia /Eclampsia

- Got it!
- Remember it!
- Hit the Books!

#### Gestational Diabetes

- Got it!
- Remember it!
- Hit the Books!

#### Premature Rupture of Membranes

- Got it!
- Remember it!
- Hit the Books!

#### Incompetent Cervix

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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# OB/GYN Notes

## Section 12

### BLEEDING in PREGNANCY

- Got it!
- Remember it!
- Hit the Books!

#### Ectopic Pregnancy

- Got it!
- Remember it!
- Hit the Books!

#### Gestational Trophoblastic Disease

- Got it!
- Remember it!
- Hit the Books!

#### Abortion

- Got it!
- Remember it!
- Hit the Books!

#### Abruptio Placentae

- Got it!
- Remember it!
- Hit the Books!

#### Placenta Previa

- Got it!
- Remember it!
- Hit the Books!

#### Post Partum Hemorrhage

#### Open Notes Area



- Got it!
- Remember it!
- Hit the Books!

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