

**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! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Defining the Heart and Terms
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Coronary Artery Disease Your thoughts here
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	Acute Coronary Syndrome
<input type="radio"/> Got it! <input type="radio"/> Remember it! <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!



# Psychiatry Notes

## Section 1

### PSYCHIATRIC ASSESSMENT and THERAPY

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

#### Psych Medications

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

#### Psychotherapies

#### 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



# Psychiatry Notes

## Section 2

### ANXIETY DISORDERS



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

#### **Anxiety Disorders**

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

#### **Generalized Anxiety Disorder**

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

#### **Panic Disorder**

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

#### **Phobia**

#### **Open Notes Area**



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

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# Psychiatry Notes

## Section 3

### TRAUMA STRESS DISORDERS

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

#### Acute Stress Disorder

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

#### PTSD

#### Open Notes Area



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

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# Psychiatry Notes

## Section 4

### CHILDHOOD ONSET DISORDERS

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

#### Oppositional Defiance Disorder

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

#### Conduct Disorder

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

#### ADHD

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

#### Tourette Syndrome

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

#### Autistic Spectrum Disorder

#### Open Notes Area



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

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# Psychiatry Notes

## Section 5

### EATING DISORDERS



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

#### **Anorexia Nervosa**

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

#### **Bulimia Nervosa**

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

#### **Binge Eating Disorder**

#### **Open Notes Area**



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

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# Psychiatry Notes

## Section 6

### MOOD DISORDERS



<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Adjustment Disorder</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Grief Reaction</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Bipolar I</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Bipolar II</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Cyclothymia</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Major Depression</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>Persistent Depressive Disorder</b>
<input type="radio"/> Got it! <input type="radio"/> Remember it! <input type="radio"/> Hit the Books!	<b>PMDD</b>



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

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# Psychiatry Notes

## Section 7

### PERSONALITY DISORDERS



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

#### **Histrionic Personality Disorder**

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

#### **Schizotypal Personality Disorder**

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

#### **Borderline Personality Disorder**

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

#### **Narcissistic Personality Disorder**

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

#### **Antisocial Personality Disorder**

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

#### **OCD**

#### **Open Notes Area**



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

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# Psychiatry Notes

## Section 8

### DELUSIONAL DISORDER and SCHIZOPHRENIA

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

#### Delusional Disorder

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

#### Schizophrenia



# Psychiatry Notes

## Section 9

### SOMATOFORM DISORDERS

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

#### Somatoform Disorder

#### 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  
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# Psychiatry Notes

## Section 10

### SUBSTANCE ABUSE and WITHDRAWAL VIOLENT BEHAVIORS

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

#### Dependence vs. Addiction

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

#### Substance Abuse

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

#### Overdose Treatment

#### Open Notes Area



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

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# Psychiatry Notes

## Section 11

### SUBSTANCE ABUSE and WITHDRAWAL VIOLENT BEHAVIORS

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

#### Child Abuse

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

#### Elder Abuse

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

#### Domestic Violence

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

#### Suicide Risk Factors

#### Open Notes Area



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

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