

**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!





# Rheumatology Notes

## Section 1

### INFLAMMATORY DISORDERS and OSTEOPOROSIS



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

#### **Osteoarthritis**

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

#### **Osteoporosis**

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

#### **Fibromyalgia**

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

#### **Gout**

#### **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



# Rheumatology Notes

## Section 2

### RHEUMATOLOGICAL DISORDERS 1



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Rheumatoid Arthritis**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Juvenile Rheumatoid Arthritis**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Psoriatic Arthritis**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Polyarteritis Nodosa**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Dermatomyositis/ Polymyositis**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Polymyalgia Rheumatica**

☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

#### **Reactive Arthritis**

**Open Notes Area**



☐ Got it!  
☐ Remember it!  
☐ Hit the Books!

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# Rheumatology Notes

## Section 3

### RHEUMATOLOGICAL DISORDERS 2



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

#### Systemic Lupus Erythematosus

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

#### Systemic Lupus Erythematosus

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

#### Scleroderma

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

#### Sjögren's

Open Notes Area



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

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