

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





PA Excel
www.paexcel.com

PANCE PANRE

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



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PANCE PANRE



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!

Check if you feel you have the level of understanding needed to pass your exam
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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!

Check if you feel you have the level of understanding needed to pass your exam
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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!

Check if you feel you have the level of understanding needed to pass your exam
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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!

Check if you feel you have the level of understanding needed to pass your exam
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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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