

### Welcome to the HELP PANCE/PANRE review! We look forward to assisting you in your path to a successful PANCE or PANRE. Please take some time to review the information below:



#### In this packet you will find:

- Notes pages for all of our topics
  - PANCE PANRE GUIDE
  - PANCE PANRE Review Articles
    - Links to free resources

#### You will also need:

- Evaluation page for the topics and instructors
  - Overall course evaluation

#### Disclaimer:

PLEASE NOTE: The following presentation is solely for educational purposes. Clinicians are cautioned to adhere to their local protocols and to seek medical consultation as indicated as care standards often change quickly and may vary by region. You are encouraged to confirm the information in this presentation with other sources, particularly drug product inserts, as changes can occur at any time. The author and publisher assume no liability with respect to accuracy, completeness or application of the information in this presentation.



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#### **Online access:**

We have purchased a 30 day online subscription on your behalf starting the first day of the conference. Instructions on how to extend this access if you should wish to, will be provided during the conference.



#### How to get online:

Go to www.helpcampus.com

#### Use these instructions to sign in:

Your Username is the email you used to sign up for this course
Your Password is the first initial of your first name + last name - all lowercase
(example: Joe Smith = jsmith) Note: passwords are case sensitive

#### Need more time? Extend your online access before your initial 30 day subscription expires:

- 1. Log in
- 2. Click on "Extend access" tab in the top menu



3. Get 30 more days access for \$74.95





# PANCE/PANRE Guide

#### Welcome to the HELP PANCE review!

We are excited to be your partner on your road to success. This guide will serve as your personal assistant as you prepare for your exam.



#### A few basic principles before you get started:

#### 300/240

The PANCE is comprised of 300 questions, the PANRE of 240 questions. There is a vast amount of information you must be familiar with in order to pass with so few questions for so many topics.

#### 70-80% of 70-80%.

Your goal is to be come familiar with a minimum of 70-80% of each body system and 70-80% of the topics you study. You must have this type of broad based approach to succeed.

#### Lean, mean and efficient.

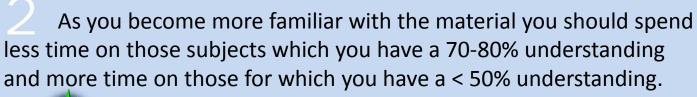
In order to achieve the broad based familiarity you need, you must ensure that your study time is focused on achieving this goal. Let's look at the two ways in which you can ensure your study time is spent wisely.



#### 2 ways to ensure you cover what you need

You must ensure you study those body systems which comprise the bulk of the PANCE or PANRE. For example it would be unwise to study Hematology (3%) before Cardiology (16% of the exam). In fact, the top 4 systems (Cardiology, Pulmonary, Gastrointestinal and Musculoskeletal) comprise nearly half the entire exam. This means you must become proficient in these areas before moving on to any other. We suggest you review the body systems in the order below.

Cardiovascular	16
Pulmonary	12
Gastrointestinal/Nutritional	10
Musculoskeletal	10
EENT(Eyes, Ears, Nose and Throat)	9
Neurologic System	6
Genitourinary	6
Endocrine	6
Psychiatry/Behavioral	6
Dermatologic	5
Reproductive	8
Hematologic	3
Infectious Diseases	3





#### How we review the information

For each body system you review you should follow the steps below.

1



#### **REMIND**

The main presentations are designed to bring all the points you need to succeed and has been constructed to remind you of core knowledge from your education or clinical practice.

**EXACTLY** what you need to know, all in one place.

7

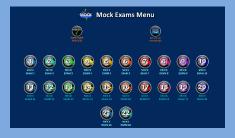


#### **REVIEW**

We have sorted the NCCPA blueprint into topics which can be contrasted and compared. Following each section you will find a Section Synopsis table. Many times it is the subtle differences between similar topics which empower you to chose properly on your exam.

3





#### **REAFFIRM**

We provide access to our online system with your live course. In order to ensure you truly have a good understanding of the material we suggest you use these testing tools.

Use over 2800 Cram Cards and over 1400 mock PANCE PANRE questions to gauge your true progress.





#### Cardiology Notes Section 1 **Coronary Artery Disease**



O Got it! O Remember it! O Hit the Books!	Defining the Heart and Terms
O Got it! O Remember it! O Hit the Books!	Coronary Artery Disease
O Got it! O Remember it! O Hit the Books!	Acute Coronary Syndrome
O Got it! O Remember it! O Hit the Books!	Angina
O Got it! O Remember it! O Hit the Books!	Acute Myocardial Infarction
O Got it! O Remember it! O Hit the Books!	Treating ACS
Open Notes Area	

Open Notes Area



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O Got it!

O Remember it!



# Cardiology Notes Section 2 Heart Failure

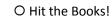


O Got it! O Remember it! O Hit the Books!	Heart Failure
O Got it! O Remember it! O Hit the Books!	Systolic Left Heart Failure
O Got it! O Remember it! O Hit the Books!	Diastolic Left Heart Failure
O Got it! O Remember it! O Hit the Books!	Right Heart Failure
O Got it! O Remember it! O Hit the Books!	High Output CHF
O Got it! O Remember it! O Hit the Books!	Cardiogenic Shock
Open Notes Area	





O Remember it!







# Cardiology Notes Section 3 Hypertension



O Got it! O Remember it! O Hit the Books!	Hypertension
O Got it! O Remember it! O Hit the Books!	Hypertension Treatment
O Got it! O Remember it! O Hit the Books!	Hypertension Medications
O Got it! O Remember it! O Hit the Books!	Hypertensive Emergency
O Got it! O Remember it! O Hit the Books!	Orthostatic Hypotension



# Cardiology Notes Section 4 Syncope



O Got it!
O Remember it
O Hit the
Books!

Syncope



O Got it!
O Remember it!

O Hit the Books!



#### Cardiology Notes

#### Section 5

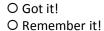




O Got it! O Remember it! O Hit the Books!	Pericarditis
O Got it! O Remember it! O Hit the Books!	Aortic Aneurysm/Dissection
O Got it! O Remember it! O Hit the Books!	Pericardial Tamponade
O Got it! O Remember it! O Hit the Books!	Endocarditis
O Got it! O Remember it! O Hit the Books!	Acute Rheumatic Fever
Open Notes Area	

Open Notes Area





O Hit the Books!





#### Cardiology Notes Section 6 Congenital Heart Disorders



O Got it! O Remember it! O Hit the Books!	Defining Heart Sounds
O Got it! O Remember it! O Hit the Books!	Atrial Septal Defect (ASD)
O Got it! O Remember it! O Hit the Books!	Coarctation of the Aorta
O Got it! O Remember it! O Hit the Books!	Patent Ductus Arteriosus
O Got it! O Remember it! O Hit the Books!	Ventricular Septal Defect
O Got it! O Remember it! O Hit the Books!	Tetralogy of Fallot
O Got it! O Remember it! O Hit the Books!	Transposition
O Got it! O Remember it! O Hit the Books!	Eisenmenger Syndrome  Chack if you feel you have the level of understanding needed to pass your evan



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



#### Cardiology Notes Section 7 Valve Disorders



O Got it! O Remember it! O Hit the Books!	Adult Heart Murmurs
O Got it! O Remember it! O Hit the Books!	MRTAPS
O Got it! O Remember it! O Hit the Books!	Aortic Stenosis
O Got it! O Remember it! O Hit the Books!	Aortic Regurgitation
O Got it! O Remember it! O Hit the Books!	Mitral Stenosis
O Got it! O Remember it! O Hit the Books!	Mitral Regurgitation
O Got it! O Remember it! O Hit the Books!	Mitral Valve Prolapse
O Got it! O Remember it! O Hit the Books!	Tricuspid Stenosis



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

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# Cardiology Notes Section 7 Valve Disorders



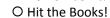
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O Got it! O Remember it! O Hit the Books!	Tricuspid Regurgitation
O Got it! O Remember it! O Hit the Books!	Pulmonary Regurgitation
O Got it! O Remember it! O Hit the Books!	Pulmonary Stenosis
O Got it! O Remember it! O Hit the Books!	Valve Replacement
Onen Notes Area	

**Open Notes Area** 





O Remember it!







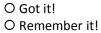
# Cardiology Notes Section 8 Cardiomyopathy



O Got it! O Remember it! O Hit the Books!	Cardiomyopathy
O Got it! O Remember it! O Hit the Books!	Dilated Cardiomyopathy
O Got it! O Remember it! O Hit the Books!	Hypertrophic Cardiomyopathy
O Got it! O Remember it! O Hit the Books!	Restrictive Cardiomyopathy
O Got it! O Remember it! O Hit the Books!	Constrictive Cardiomyopathy
Open Notes Area	









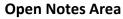




# Cardiology Notes Section 9 Arterial Disorders



O Got it! O Remember it! O Hit the Books!	Arterial Embolism/Thrombus
O Got it! O Remember it! O Hit the Books!	Giant Cell Arteritis
O Got it! O Remember it! O Hit the Books!	Peripheral Artery Disease







O Remember it!







# Cardiology Notes Section 10 Venous Disorders



O Got it! O Remember it! O Hit the Books!	Phlebitis/Thrombophlebitis
O Got it! O Remember it! O Hit the Books!	Varicose Veins
O Got it! O Remember it! O Hit the Books!	Venous Insufficiency
O Got it! O Remember it! O Hit the Books!	Venous Thrombus

**Open Notes Area** 





O Remember it!

O Hit the Books!





# Dermatology Notes Section 1 ECZEMATOUS DISORDERS



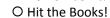
O Got it! O Remember it! O Hit the Books!	Atopic Dermatitis
O Got it! O Remember it! O Hit the Books!	Seborrheic Dermatitis
O Got it! O Remember it! O Hit the Books!	Contact Dermatitis
O Got it! O Remember it! O Hit the Books!	Stasis Dermatitis
O Got it! O Remember it! O Hit the Books!	Dyshidrotic Dermatitis
O Got it! O Remember it! O Hit the Books!	Lichen Simplex Chronicus
Open Notes Area	

**Open Notes Area** 



O Got it!

O Remember it!





# Dermatology Notes Section 2 PAPULOSQUAMOUS DISORDERS



(i)	
O Got it! O Remember it! O Hit the Books!	Drug Eruptions
O Got it! O Remember it! O Hit the Books!	Lichen Planus
O Got it! O Remember it! O Hit the Books!	Pityriasis Rosea
O Got it! O Remember it! O Hit the Books!	Psoriasis
Owen Natura Avera	

**Open Notes Area** 





O Remember it!







# Dermatology Notes Section 3 DESQUAMATION DISORDERS



4	
O Got it! O Remember it! O Hit the Books!	Bullous Pemphigoid
O Got it! O Remember it! O Hit the Books!	Erythema Multiforme
O Got it! O Remember it! O Hit the Books!	Stevens-Johnson Syndrome
O Got it! O Remember it! O Hit the Books!	Toxic Epidermal Necrolysis
Onen Notes Area	

**Open Notes Area** 





O Remember it!
O Hit the Books!





# Dermatology Notes Section 4 ACNEIFORM DISORDERS



O Got it! O Remember it! O Hit the Books!	Acne Vulgaris
O Got it! O Remember it! O Hit the Books!	Rosacea
O Got it! O Remember it! O Hit the Books!	Perioral Dermatitis



# Dermatology Notes Section 5 KERATOSES



O Got it! O Remember it! O Hit the Books!	Actinic Keratosis
O Got it! O Remember it! O Hit the Books!	Seborrheic Keratosis

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!



# Dermatology Notes Section 6 INSECT/PARASITIC DISORDERS



(3)	
O Got it! O Remember it! O Hit the Books!	Scabies
O Got it! O Remember it! O Hit the Books!	Lice
O Got it! O Remember it! O Hit the Books!	Spider Bites

**Open Notes Area** 





O Remember it!







# Dermatology Notes Section 7 NEOPLASTIC DISORDERS



<u></u>	
O Got it! O Remember it! O Hit the Books!	Squamous Cell Carcinoma
O Got it! O Remember it! O Hit the Books!	Basal Cell Carcinoma
O Got it! O Remember it! O Hit the Books!	Melanoma 1
O Got it! O Remember it! O Hit the Books!	Melanoma 2
O Got it! O Remember it! O Hit the Books!	Melanoma 3
O Got it! O Remember it! O Hit the Books!	Kaposi Sarcoma
Open Notes Area	





O Remember it!

O Hit the Books!





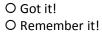
# Dermatology Notes Section 8 VIRAL SKIN DISORDERS



O Got it! O Remember it! O Hit the Books!	Condyloma Acuminatum
O Got it! O Remember it! O Hit the Books!	Herpes Simplex
O Got it! O Remember it! O Hit the Books!	Varicella-Zoster
O Got it! O Remember it! O Hit the Books!	Molluscum Contagiosum
O Got it! O Remember it! O Hit the Books!	Verrucae
Open Notes Area	

Open Notes Area





O Hit the Books!





# Dermatology Notes Section 9 BACTERIAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Cellulitis/Erysipelas
O Got it! O Remember it! O Hit the Books!	Furuncle/Carbuncle
O Got it! O Remember it! O Hit the Books!	Impetigo

**Open Notes Area** 





O Remember it!

O Hit the Books!





# Dermatology Notes Section 10 FUNGAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Candidiasis
O Got it! O Remember it! O Hit the Books!	Dermatophytoses
O Got it! O Remember it! O Hit the Books!	Tinea Pedis
O Got it! O Remember it! O Hit the Books!	Tinea Versicolor
Owen Netes Aves	

**Open Notes Area** 





O Remember it!







# Dermatology Notes Section 11 OTHER DERM DISORDERS



O Got it! O Remember it! O Hit the Books!	Acanthosis Nigricans
O Got it! O Remember it! O Hit the Books!	Burns
O Got it! O Remember it! O Hit the Books!	Hidradenitis Suppurativa
O Got it! O Remember it! O Hit the Books!	Lipomas/Epithelial Inclusion Cysts
O Got it! O Remember it! O Hit the Books!	Melasma
O Got it! O Remember it! O Hit the Books!	Decubitus Ulcers
O Got it! O Remember it! O Hit the Books!	Vitiligo
O Got it! O Remember it! O Hit the Books!	Urticaria



O Got it!

O Remember it!

O Hit the Books!

PA Excel



# Dermatology Notes Section 11 OTHER DERM DISORDERS



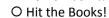
Alopecia
Paronychia
Onychomycosis
P

**Open Notes Area** 





O Remember it!





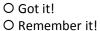
### Dermatology Notes Section 12 DERMATOLOGIC INFECTIOUS DISORDERS



O Got it! O Remember it! O Hit the Books!	Erythema Infectiosum
O Got it! O Remember it! O Hit the Books!	Measles (Rubeola)
O Got it! O Remember it! O Hit the Books!	Rubella
O Got it! O Remember it! O Hit the Books!	Varicella (Chickenpox)
O Got it! O Remember it! O Hit the Books!	Scarlet Fever
Open Notes Area	







O Remember it!
O Hit the Books!





# EKG Notes Section 1 BASIC RHYTHMS



O Got it! O Remember it! O Hit the Books!	Calculating Rate
O Got it! O Remember it! O Hit the Books!	Checking the ECG for Rhythm
O Got it! O Remember it! O Hit the Books!	Dealing with an Arrhythmia Question
O Got it! O Remember it! O Hit the Books!	Basic Rhythms
Open Notes Area	

**Open Notes Area** 





O Remember it!







# EKG Notes Section 2 HEART BLOCKS



<u> </u>	
O Got it! O Remember it! O Hit the Books!	First Degree Heart Block
O Got it! O Remember it! O Hit the Books!	Second Degree Heart Block
O Got it! O Remember it! O Hit the Books!	Third Degree Heart Block
O Got it! O Remember it! O Hit the Books!	Sick Sinus Syndrome
Onen Notes Area	

**Open Notes Area** 





O Remember it!







#### **EKG Notes**

#### Section 3 PREMATURE BEATS and BUNDLE BRANCH BLOCKS



O Got it! O Remember it! O Hit the Books!	Premature Beats
O Got it! O Remember it! O Hit the Books!	RBBB
O Got it! O Remember it! O Hit the Books!	LBBB



### EKG Notes Section 4 ATRIAL RHYTHMS



O Got it! O Remember it! O Hit the Books!	PSVT
O Got it! O Remember it! O Hit the Books!	Atrial Fibrillation
O Got it! O Remember it! O Hit the Books!	Atrial Flutter



O Got it!

O Remember it!

O Hit the Books!





### EKG Notes Section 5 WPW and LONG QT



O Got it! O Remember it! O Hit the Books!	WPW
O Got it! O Remember it! O Hit the	Long QT Syndrome



### EKG Notes Section 6 VENTRICULAR RHYTHMS



O Got it! O Remember it! O Hit the Books!	Ventricular Tachycardia
O Got it! O Remember it! O Hit the Books!	Ventricular Fibrillation
O Got it! O Remember it! O Hit the Books!	Torsades de Pointes

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!



#### **EKG Notes** Section 7 NON-MYOCARDIAL EKG CHANGES



O Got it!	
O Remember it!	
O Hit the	
Books!	

**Pericarditis** 

**Pulmonary Embolism** 

O Got it! O Remember it! O Hit the Books!



#### **EKG Notes** Section 8 MYOCARDIAL INFARCTION



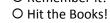
O Got it! O Remember it! O Hit the Books!

**Myocardial Infarction** 

**Open Notes Area** 



O Got it! O Remember it!



Excel



### Endocrinology Notes Section 1 THYROID DISORDERS



O Got it! O Remember it! O Hit the Books!	Hypothyroidism
O Got it! O Remember it! O Hit the Books!	Hyperthyroidism
O Got it! O Remember it! O Hit the Books!	Thyroiditis
O Got it! O Remember it! O Hit the Books!	Thyroid Neoplastic Disease



### Endocrinology Notes Section 2 PARATHYROID DISORDERS



O Got it! O Remember it! O Hit the Books!	Hypoparathyroidism
O Got it! O Remember it! O Hit the Books!	Hyperparathyroidism



O Got it!

O Remember it!

O Hit the Books!





#### **Endocrinology Notes** Section 3 CORTISOL DISORDERS



O Got it! O Remember it! O Hit the Books!	Corticoadrenal insufficiency
O Got it! O Remember it! O Hit the Books!	Cushing Syndrome

Section 4

#### **Endocrinology Notes** GROWTH HORMONE DISORDERS



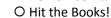
O Got it! O Remember it! O Hit the Books!	Dwarfism
O Got it! O Remember it! O Hit the Books!	Acromegaly

**Open Notes Area** 



O Got it!

O Remember it!





# Endocrinology Notes Section 5 OTHER ENDOCRINIE DISORDERS



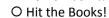
O Got it! O Remember it! O Hit the Books!	Diabetes Insipidus	
O Got it! O Remember it! O Hit the Books!	Pituitary Adenoma	
O Got it! O Remember it! O Hit the Books!	Gynecomastia	
O Got it! O Remember it! O Hit the Books!	Multiple Endocrine Neoplasm	

**Open Notes Area** 





O Remember it!







#### **Endocrinology Notes** Section 6 DIABETES



Ži.	The state of the s
O Got it! O Remember it! O Hit the Books!	Diabetes Diagnosis
O Got it! O Remember it! O Hit the Books!	Diabetes Type 1
O Got it! O Remember it! O Hit the Books!	Diabetes Type 2
O Got it! O Remember it! O Hit the Books!	Gestational Diabetes
O Got it! O Remember it! O Hit the Books!	Acute Hyperglycemic States
O Got it! O Remember it! O Hit the Books!	Non-insulin Diabetes Treatment
O Got it! O Remember it! O Hit the Books!	Insulin
Open Notes Area	



O Got it!

O Remember it!

O Hit the Books!





#### Endocrinology Notes Section 7 HYPERLIPIDEMIA



O Got it!
O Remember it!
O Hit the
Books!

Hyperlipidemia

**Open Notes Area** 





O Remember it! O Hit the Books!





# ENT Section 1 EAR DISORDERS



	\#\
O Got it! O Remember it! O Hit the Books!	Acute Otitis Media
O Got it! O Remember it! O Hit the Books!	Chronic Otitis Media
O Got it! O Remember it! O Hit the Books!	Barotrauma
O Got it! O Remember it! O Hit the Books!	Tympanic Membrane Perforation
O Got it! O Remember it! O Hit the Books!	Cholesteatoma
O Got it! O Remember it! O Hit the Books!	Dysfunction of Eustachian Tube
O Got it! O Remember it! O Hit the Books!	Foreign Body (Ear)
O Got it! O Remember it! O Hit the Books!	Hearing Loss
	O Got it! Check if you feel you have the level of understanding needed to pass your exam



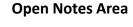
- O Got it!
- O Remember it!
- O Hit the Books!
- PA Excel



### ENT Section 1 EAR DISORDERS



O Got it! O Remember it! O Hit the Books!	Hematoma of External Ear
O Got it! O Remember it! O Hit the Books!	Otomastoiditis
O Got it! O Remember it! O Hit the Books!	Otitis Externa







O Remember it!

Excel

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# ENT Section 2 VERTIGO



O Got it! O Remember it! O Hit the Books!	Tinnitus
O Got it! O Remember it! O Hit the Books!	Vertigo
O Got it! O Remember it! O Hit the Books!	Benign Paroxysmal Positional Vertigo
O Got it! O Remember it! O Hit the Books!	Meniere's Disease
O Got it! O Remember it! O Hit the Books!	Labyrinthitis
O Got it! O Remember it! O Hit the Books!	Vestibular Neuronitis
O Got it! O Remember it! O Hit the Books!	Acoustic Neuroma
Open Notes Area	



O Got it!

O Remember it!

O Hit the Books!





### ENT Section 3 SINUS and NASAL DISORDERS

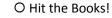


O Got it! O Remember it! O Hit the Books!	Sinusitis-Adult
O Got it! O Remember it! O Hit the Books!	Sinusitis-Pediatric
O Got it! O Remember it! O Hit the Books!	Allergic Rhinitis
O Got it! O Remember it! O Hit the Books!	Epistaxis
O Got it! O Remember it! O Hit the Books!	Nasal Foreign Body
O Got it! O Remember it! O Hit the Books!	Nasal Polyps
Open Notes Area	





O Remember it!







### ENT Section 4 PHARYNGITIS



O Got it! O Remember it! O Hit the Books!	Pharyngitis
O Got it! O Remember it! O Hit the Books!	Peritonsillar Abscess
O Got it! O Remember it! O Hit the Books!	Infectious Mononucleosis
O Got it! O Remember it! O Hit the Books!	Epiglottitis
O Got it! O Remember it! O Hit the Books!	Laryngitis
Open Notes Area	

**Open Notes Area** 





O Remember it!

O Hit the Books!





### ENT Section 5 SALIVARY GLAND DISORDERS



Al .	
O Got it! O Remember it! O Hit the Books!	Salivary Gland Disease
O Got it! O Remember it! O Hit the Books!	Sialadenitis
O Got it! O Remember it! O Hit the Books!	Sialolithiasis
O Got it! O Remember it! O Hit the Books!	Mumps

**Open Notes Area** 





O Remember it!







# ENT Section 6 MOUTH and JAW



O Got it! O Remember it! O Hit the Books!	Diseases of the Teeth and Gums
O Got it! O Remember it! O Hit the Books!	Oral Lesions
O Got it! O Remember it! O Hit the Books!	Trismus
Open Notes Area	





O Remember it!







### ENT Section 7 NECK DISORDERS



O Got it! O Remember it! O Hit the Books!	Head & Neck Neoplasms
O Got it! O Remember it! O Hit the Books!	Thyroid Gland Neoplastic Process
O Got it! O Remember it! O Hit the Books!	Branchial Cleft Cyst
O Got it! O Remember it! O Hit the Books!	Thyroglossal Duct Cyst
O Got it! O Remember it! O Hit the Books!	Lymphadenopathy
Onen Notes Area	

Open Notes Area





O Remember it!
O Hit the Books!





# Eye Notes Section 1 EYELID DISORDERS



O Got it! O Remember it! O Hit the Books!	Blepharitis
O Got it! O Remember it! O Hit the Books!	Chalazion
O Got it! O Remember it! O Hit the Books!	Hordeolum
O Got it! O Remember it! O Hit the Books!	Ectropion/Entropion
O Got it! O Remember it! O Hit the Books!	Dacryoadenitis
O Got it! O Remember it! O Hit the Books!	Orbital Cellulitis
Open Notes Area	





O Remember it!

O Hit the Books!





# Eye Notes Section 2 GLAUCOMA



O Got it! O Remember it! O Hit the Books!	Open Angle Glaucoma
O Got it! O Remember it! O Hit the Books!	Acute Angle Closure Glaucoma

**Open Notes Area** 





O Remember it!







#### Eye Notes Section 3 CONJUCTIVAL and CORNEAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Conjunctivitis
O Got it! O Remember it! O Hit the Books!	Bacterial Conjunctivitis
O Got it! O Remember it! O Hit the Books!	Viral Conjunctivitis
O Got it! O Remember it! O Hit the Books!	Allergic Conjunctivitis
O Got it! O Remember it! O Hit the Books!	Corneal Abrasion/Ulcer
O Got it! O Remember it! O Hit the Books!	Foreign Body (Eye)
O Got it! O Remember it! O Hit the Books!	Pterygium
Open Notes Area	



O Got it!

O Remember it!

O Hit the Books!





# Eye Notes Section 4 VISUAL LOSS



O Got it! O Remember it! O Hit the Books!	Cataract
O Got it! O Remember it! O Hit the Books!	Retinopathy
O Got it! O Remember it! O Hit the Books!	Retinal Artery Occlusion
O Got it! O Remember it! O Hit the Books!	Retinal Vein Occlusion
O Got it! O Remember it! O Hit the Books!	Retinal Detachment
O Got it! O Remember it! O Hit the Books!	Macular Degeneration
O Got it! O Remember it! O Hit the Books!	Optic Neuritis
Open Notes Area	





O Remember it!

O Hit the Books!





#### Eye Notes - Section 5 TRAUMA and INTRACEREBRAL EYE DISORDERS



O Got it! O Remember it! O Hit the Books!	Hyphema
O Got it! O Remember it! O Hit the Books!	Blowout Fracture
O Got it! O Remember it! O Hit the Books!	Papilledema

**Open Notes Area** 





O Remember it!







### Gastroenterology Notes Section 1 ESOPHAGITIS



O Got it! O Remember it! O Hit the Books!	Non-Infectious Esophagitis
O Got it! O Remember it! O Hit the Books!	Infectious Esophagitis



#### Gastroenterology Notes Section 2 ESOPHAGEAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Motility disorders
O Got it! O Remember it! O Hit the Books!	Strictures
O Got it! O Remember it! O Hit the Books!	Esophageal Neoplasms

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!





#### Gastroenterology Notes Section 3 ESOPHAGEAL BLEEDING DISORDERS



O Got it! O Remember it! O Hit the Books!	Mallory- Weiss Tear
O Got it! O Remember it! O Hit the Books!	Varices

**Open Notes Area** 

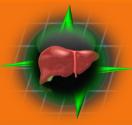




O Remember it!

O Hit the Books!





# Gastroenterology Notes Section 4 GASTRIC DISORDERS



<u></u>		
O Got it! O Remember it! O Hit the Books!	GERD	
O Got it! O Remember it! O Hit the Books!	Peptic Ulcer Disease	
O Got it! O Remember it! O Hit the Books!	Gastritis	
O Got it! O Remember it! O Hit the Books!	Gastroparesis	
O Got it! O Remember it! O Hit the Books!	Gastric Cancer	
	Open Notes Area	

Open Notes Area





O Remember it!

O Hit the Books!





# Gastroenterology Notes Section 5 GALLBLADDER DISORDERS



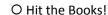
O Got it! O Remember it! O Hit the Books!	Cholelithiasis	
O Got it! O Remember it! O Hit the Books!	Cholecystitis	
O Got it! O Remember it! O Hit the Books!	Acute Cholecystitis	
O Got it! O Remember it! O Hit the Books!	Cholangitis	
O Got it! O Remember it! O Hit the Books!	Gallbladder Cancer	
	Open Notes Area	

Open Notes Area





O Remember it!







# Gastroenterology Notes Section 6 HEPATITIS



O Got it! O Remember it! O Hit the Books!	Hepatitis	
O Got it! O Remember it! O Hit the Books!	Hepatitis A	
O Got it! O Remember it! O Hit the Books!	Hepatitis B	
O Got it! O Remember it! O Hit the Books!	Hepatitis C	
O Got it! O Remember it! O Hit the Books!	Hepatitis D and E	
O Got it! O Remember it! O Hit the Books!	Chronic Hepatitis	
	Open Notes Area	





O Remember it!

O Hit the Books!





# Gastroenterology Notes Section 7 HEPATIC DISORDERS



2	
O Got it! O Remember it! O Hit the Books!	Wilsons Disease
O Got it! O Remember it! O Hit the Books!	Liver Cancer
O Got it! O Remember it! O Hit the Books!	Cirrhosis
O Got it! O Remember it! O Hit the Books!	Primary Sclerosing cholangitis
O Got it! O Remember it! O Hit the Books!	Primary Biliary Cirrhosis
O Got it! O Remember it! O Hit the Books!	Non-Alcoholic Steatohepatitis
O Got it! O Remember it! O Hit the Books!	Hereditary Hemochromatosis
Open Notes Area	





O Remember it!

O Hit the Books!





### Gastroenterology Notes Section 8 PANCREATITIS & APPENDICITIS



70		
O Got it! O Remember it! O Hit the Books!	Acute Pancreatitis	
O Got it! O Remember it! O Hit the Books!	Chronic Pancreatitis	
O Got it! O Remember it! O Hit the Books!	Pancreatic Cancer	
O Got it! O Remember it! O Hit the Books!	Appendicitis	
	Open Nates Aven	

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!

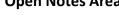




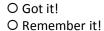
# Gastroenterology Notes Section 9 INTESTINAL DISORDERS



<u> </u>	
O Got it! O Remember it! O Hit the Books!	Constipation
O Got it! O Remember it! O Hit the Books!	Diverticular disease
O Got it! O Remember it! O Hit the Books!	Ulcerative Colitis
O Got it! O Remember it! O Hit the Books!	Crohn's Disease
O Got it! O Remember it! O Hit the Books!	Irritable Bowel Syndrome
Open Notes Area	

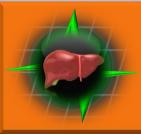






O Hit the Books!

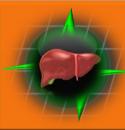




### Gastroenterology Notes Section 10 MESENTERIC DISORDERS



O Got it! O Remember it! O Hit the Books!	Acute Mesenteric Ischemia
O Got it! O Remember it! O Hit the Books!	Chronic Mesenteric Ischemia



#### Gastroenterology Notes Section 11 MALABSORPTIVE DISORDERS



O Got it! O Remember it! O Hit the Books!	Malabsorption
O Got it! O Remember it! O Hit the Books!	Celiac Sprue
O Got it! O Remember it! O Hit the Books!	Lactase Deficiency

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!





# Gastroenterology Notes Section 12 COLON DISORDERS



O Got it! O Remember it! O Hit the Books!	Colon Cancer	
O Got it! O Remember it! O Hit the Books!	Mechanical Obstruction	
O Got it! O Remember it! O Hit the Books!	Large Bowel Obstruction	
O Got it! O Remember it! O Hit the Books!	Fecal Impaction	
O Got it! O Remember it! O Hit the Books!	Toxic Megacolon	
Open Notes Area		

Open Notes Area

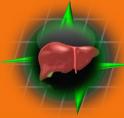




O Remember it!







#### Gastroenterology Notes Section 13 ANAL and RECTAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Pilonidal Cyst
O Got it! O Remember it! O Hit the Books!	Hemorrhoids
O Got it! O Remember it! O Hit the Books!	Rectal Cancer
O Got it! O Remember it! O Hit the Books!	Anal Cyst/Fistulas
O Got it! O Remember it! O Hit the Books!	Polyps
Open Notes Area	

Open Notes Area





O Remember it!

O Hit the Books!





#### Gastroenterology Notes

#### Section 14 HERNIAS



Miles and the second se	<u> </u>	
O Got it! O Remember it! O Hit the Books!	Hiatal Hernia	
O Got it! O Remember it! O Hit the Books!	Ventral Hernia	
O Got it! O Remember it! O Hit the Books!	Umbilical Hernia	
O Got it! O Remember it! O Hit the Books!	Inguinal Hernia	
Open Notes Area		

**Open Notes Area** 





O Remember it!

O Hit the Books!



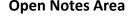


#### Gastroenterology Notes Section 15

DIARRHEA



O Got it! O Remember it! O Hit the Books!	Diarrhea
O Got it! O Remember it! O Hit the Books!	Traveler Diarrhea
O Got it! O Remember it! O Hit the Books!	C. Difficile
Open Notes Area	



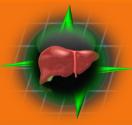




O Remember it!







#### Gastroenterology Notes Section 16 PEDIATRIC GI DISORDERS



75	
O Got it! O Remember it! O Hit the Books!	Phenylketonuria (PKU)
O Got it! O Remember it! O Hit the Books!	Pyloric Stenosis
O Got it! O Remember it! O Hit the Books!	Duodenal Atresia
O Got it! O Remember it! O Hit the Books!	Intussusception
Onen Netes Avec	

**Open Notes Area** 





O Remember it!







# Gastroenterology Notes Section 17 VITAMIN DEFICIENCIES



O Got it! O Remember it! O Hit the Books!	Vitamin Deficiency 1
O Got it! O Remember it! O Hit the Books!	Vitamin Deficiency 2

**Open Notes Area** 





O Remember it!







# Genitourinary Notes Section 1 KIDNEY STONES



O Got it!
O Remember it!
O Hit the
Books!

**Kidney Stones** 



#### Genitourinary Notes Section 2 MALE DYSFUNCTION



O Got it! O Remember it! O Hit the Books!	Phimosis and Paraphimosis
O Got it! O Remember it! O Hit the Books!	ВРН
O Got it! O Remember it! O Hit the Books!	Prostate Carcinoma
O Got it! O Remember it! O Hit the Books!	Prostatitis
O Got it! O Remember it! O Hit the Books!	Erectile Dysfunction



O Got it!

O Remember it!

O Hit the Books!





#### Genitourinary Notes Section 3 TESTICULAR DISORDERS



O Got it! O Remember it! O Hit the Books!	Urethritis/Epididymitis	
O Got it! O Remember it! O Hit the Books!	Orchitis	
O Got it! O Remember it! O Hit the Books!	Cryptorchidism	
O Got it! O Remember it! O Hit the Books!	Hydrocele	
O Got it! O Remember it! O Hit the Books!	Varicocele	
O Got it! O Remember it! O Hit the Books!	Testicular Torsion	
O Got it! O Remember it! O Hit the Books!	Testicular Cancer	
Open Notes Area		



O Got it!

O Remember it!

O Hit the Books!





# Genitourinary Notes Section 4 GU TRACT DISORDERS



O Got it! O Remember it! O Hit the Books!	Incontinence	
O Got it! O Remember it! O Hit the Books!	Cystitis	
O Got it! O Remember it! O Hit the Books!	Pyelonephritis	
O Got it! O Remember it! O Hit the Books!	Hydronephrosis	
Open Notes Area		

**Open Notes Area** 





O Remember it!
O Hit the Books!



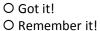


#### Genitourinary Notes Section 5 GU MALIGNANCIES



O Got it! O Remember it! O Hit the Books!	Bladder Carcinoma	
O Got it! O Remember it! O Hit the Books!	Renal Cell Carcinoma	
O Got it! O Remember it! O Hit the Books!	Wilms Tumor	
O Got it! O Remember it! O Hit the Books!	Polycystic Kidney Disease	
O Got it! O Remember it! O Hit the Books!	Renal Artery Stenosis	
Open Notes Area		





O Hit the Books!







## Genitourinary Notes Section 6 RENAL FAILURE



-	
O Got it! O Remember it! O Hit the Books!	Acute Renal Failure (AKI)
O Got it! O Remember it! O Hit the Books!	Postrenal Failure
O Got it! O Remember it! O Hit the Books!	Prerenal Failure
O Got it! O Remember it! O Hit the Books!	Renal failure
O Got it! O Remember it! O Hit the Books!	Acute tubular necrosis
O Got it! O Remember it! O Hit the Books!	Nephritic
O Got it! O Remember it! O Hit the Books!	Nephrotic
O Got it! O Remember it! O Hit the Books!	Chronic Kidney Disease



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O Remember it!

O Hit the Books!

PA Excel



#### Genitourinary Notes Section 6 RENAL FAILURE



O Got it! O Remember it! O Hit the Books!

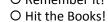
**Interstitial Nephritis** 

**Open Notes Area** 





O Remember it!







### Genitourinary Notes Section 7 ELECTROLYTE DISORDERS



-	
O Got it! O Remember it! O Hit the Books!	Hypernatremia
O Got it! O Remember it! O Hit the Books!	Hyponatremia
O Got it! O Remember it! O Hit the Books!	Isovolumetric Natremic Comparison
O Got it! O Remember it! O Hit the Books!	Hyperkalemia
O Got it! O Remember it! O Hit the Books!	Hypokalemia
O Got it! O Remember it! O Hit the Books!	Hypermagnesemia
O Got it! O Remember it! O Hit the Books!	Hypomagnesemia
O Got it! O Remember it! O Hit the Books!	Hypercalcemia



O Got it!

O Remember it!

O Hit the Books!





### Genitourinary Notes Section 7 ELECTROLYTE DISORDERS



O Got it! O Remember it! O Hit the Books!	Hypocalcemia
O Got it! O Remember it! O Hit the Books!	Hyperphosphatemia
O Got it! O Remember it! O Hit the Books!	Hypophosphatemia







O Remember it!







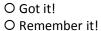
### Genitourinary Notes Section 8 ACID-BASE DISORDERS



O Got it! O Remember it! O Hit the Books!	Acid-Base
O Got it! O Remember it! O Hit the Books!	Respiratory Acidosis
O Got it! O Remember it! O Hit the Books!	Respiratory Alkalosis
O Got it! O Remember it! O Hit the Books!	Metabolic Acidosis
O Got it! O Remember it! O Hit the Books!	Metabolic Alkalosis
Onen Notes Area	

**Open Notes Area** 





O Hit the Books!





#### **Hematology Notes**

#### Section 1





2	11011 TEMOET TIO / II LEMI/ 10
O Got it! O Remember it! O Hit the Books!	Anemia
O Got it! O Remember it! O Hit the Books!	Blood Loss
O Got it! O Remember it! O Hit the Books!	Iron Deficiency Anemia
O Got it! O Remember it! O Hit the Books!	Folate deficiency
O Got it! O Remember it! O Hit the Books!	B12 Deficiency
O Got it! O Remember it! O Hit the Books!	Anemia of Chronic Disease
O Got it! O Remember it! O Hit the Books!	Anemia of Renal Failure
O Got it! O Remember it! O Hit the Books!	Aplastic Anemia
The state of the s	O Got it! Check if you feel you have the level of understanding needed to pass your exam

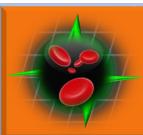


O Got it!

O Remember it!

O Hit the Books!





#### **Hematology Notes** Section 2 **HEMOLYTIC ANEMIAS**



O Got it! O Remember it! O Hit the Books!	Hemolytic Anemias
O Got it! O Remember it! O Hit the Books!	Autoimmune Hemolytic Anemia
O Got it! O Remember it! O Hit the Books!	Hereditary Spherocytosis
O Got it! O Remember it! O Hit the Books!	G6PD deficiency
O Got it! O Remember it! O Hit the Books!	Sickle Cell Anemia
O Got it! O Remember it! O Hit the Books!	Thalassemia
Open Notes Area	





O Remember it!

O Hit the Books!





#### **Hematology Notes**

#### Section 3



**CLOTTING DISORDERS and** HYPERCOAGULABLE STATES

HYPERCOAGULABLE STATES		
O Got it! O Remember it! O Hit the Books!	Clotting Disorders	
O Got it! O Remember it! O Hit the Books!	Von Willebrand Disease	
O Got it! O Remember it! O Hit the Books!	Hemophilia	
O Got it! O Remember it! O Hit the Books!	Hypercoagulable States	
O Got it! O Remember it! O Hit the Books!	HIT Syndrome	
O Got it! O Remember it! O Hit the Books!	Antiphospholipid Syndrome	
O Got it! O Remember it! O Hit the Books!	Factor V Leiden Mutation	
O Got it! O Remember it! O Hit the Books!	Protein C Deficiency	



O Got it!

O Remember it!

O Hit the Books!





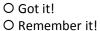
### Hematology Notes Section 4 THROMBOCYTOPENIAS



O Got it! O Remember it! O Hit the Books!	Thrombocytopenia
O Got it! O Remember it! O Hit the Books!	Disseminated Intravascular Coagulation
O Got it! O Remember it! O Hit the Books!	Idiopathic Thrombocytopenia Purpura
O Got it! O Remember it! O Hit the Books!	Thrombotic Thrombocytopenia Purpura
O Got it! O Remember it! O Hit the Books!	Hemolytic Uremic Syndrome
Open Notes Area	

Open Notes Area





O Hit the Books!



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### Hematology Notes Section 5 HEMATOLOGICAL MALIGNANCIES



-	
O Got it! O Remember it! O Hit the Books!	Hematological Malignancies
O Got it! O Remember it! O Hit the Books!	Acute Leukemias
O Got it! O Remember it! O Hit the Books!	AML
O Got it! O Remember it! O Hit the Books!	ALL
O Got it! O Remember it! O Hit the Books!	CML
O Got it! O Remember it! O Hit the Books!	CLL
O Got it! O Remember it! O Hit the Books!	Hodgkin Lymphoma
O Got it! O Remember it! O Hit the Books!	Non-Hodgkin Lymphoma



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

# Hematology Notes Section 5 HEMATOLOGICAL MALIGNANCIES



O Got it!
O Remember it!
O Hit the
Books!

**Multiple Myeloma** 

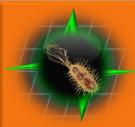
**Open Notes Area** 





O Remember it!
O Hit the Books!





#### HIV/ID Notes

#### Section 1 HIV



O Got it! O Remember it! O Hit the Books!	HIV Diagnosis
O Got it! O Remember it! O Hit the Books!	HIV Screening
O Got it! O Remember it! O Hit the Books!	HIV Prevention
O Got it! O Remember it! O Hit the Books!	HIV Occupational Exposure
O Got it! O Remember it! O Hit the Books!	HIV Prophylaxis
O Got it! O Remember it! O Hit the Books!	HIV Treatment
O Got it! O Remember it! O Hit the Books!	HIV Medication Side Effects
Open Notes Area	



O Got it!

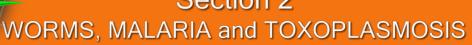
O Remember it!

O Hit the Books!



#### **HIV/ID Notes**

#### Section 2





O Got it! O Remember it! O Hit the Books!	Helminth Infections	
O Got it! O Remember it! O Hit the Books!	Malaria	
O Got it! O Remember it! O Hit the Books!	Toxoplasmosis	
O Got it! O Remember it! O Hit the Books!	Spirochetal Disease	
O Got it! O Remember it! O Hit the Books!	Bacterial Disease	
O Got it! O Remember it! O Hit the Books!	Gastroenteritis	
Open Notes Area		





O Got it!

O Remember it! O Hit the Books!





#### Neurology Notes Section 1 HEADACHE



O Got it! O Remember it! O Hit the Books!	Tension Headache
O Got it! O Remember it! O Hit the Books!	Migraine Headache
O Got it! O Remember it! O Hit the Books!	Cluster Headache



### Neurology Notes Section 2 NEUROPATHY



O Got it! O Remember it! O Hit the Books!	Complex Regional Pain Syndrome
O Got it! O Remember it! O Hit the Books!	Peripheral Neuropathy
O Got it! O Remember it! O Hit the Books!	Restless Leg Syndrome



O Got it!

O Remember it!

O Hit the Books!



### Neurology Notes Section 3 FOCAL NEUROLOGICAL DEFICIT



· · · · · · · · · · · · · · · · · · ·	
O Got it! O Remember it! O Hit the Books!	Bell's Palsy
O Got it! O Remember it! O Hit the Books!	Transient Ischemic Attack
O Got it! O Remember it! O Hit the Books!	Ischemic Stroke-Anterior Circulation
O Got it! O Remember it! O Hit the Books!	Ischemic Stroke-Posterior Circulation
Open Notes Area	

**Open Notes Area** 





O Remember it!







### Neurology Notes Section 4 INTRACRANIAL DISORDERS 1



O Got it! O Remember it! O Hit the Books!	Cerebral Aneurysm
O Got it! O Remember it! O Hit the Books!	Subarachnoid Hemorrhage
O Got it! O Remember it! O Hit the Books!	Hemorrhagic Stroke
O Got it! O Remember it! O Hit the Books!	Brain Tumors
O Got it! O Remember it! O Hit the Books!	Primary Brain Tumors
Open Notes Area	



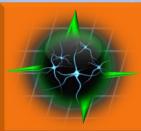




O Remember it!

O Hit the Books!





### Neurology Notes Section 5 INTRACRANIAL DISORDERS 2



O Got it! O Remember it! O Hit the Books!	Epidural Hematoma
O Got it! O Remember it! O Hit the Books!	Subdural Hematoma



#### Neurology Notes Section 6 SEIZURE



O Got it! O Remember it! O Hit the Books!	Seizures
O Got it! O Remember it! O Hit the Books!	Status Epilepticus
O Got it! O Remember it! O Hit the Books!	Neurogenic Syncope

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!

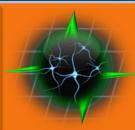




## Neurology Notes Section 7 CONCUSSION



O Got it! O Remember it! O Hit the Books!	Concussion
O Got it! O Remember it! O Hit the Books!	Post Concussion



#### Neurology Notes Section 8 DISORDERS with TREMOR



O Got it! O Remember it! O Hit the Books!	Tremors
O Got it! O Remember it! O Hit the Books!	Parkinson's Disease
O Got it! O Remember it! O Hit the Books!	Huntington's Disease

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!





### Neurology Notes Section 9 NEUROMOTOR DISORDERS



O Got it! O Remember it! O Hit the Books!	Guillain-Barre
O Got it! O Remember it! O Hit the Books!	Myasthenia Gravis
O Got it! O Remember it! O Hit the Books!	Multiple Sclerosis
O Got it! O Remember it! O Hit the Books!	Cerebral Palsy
Open Notes Area	

**Open Notes Area** 

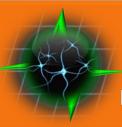




O Remember it!

O Hit the Books!





#### Neurology Notes Section 10 NEUROLOGICAL INFECTIOUS DISORDERS



O Got it! O Remember it! O Hit the Books!	Meningitis	
O Got it! O Remember it! O Hit the Books!	Encephalitis	
O Got it! O Remember it! O Hit the Books!	Rabies	
O Got it! O Remember it! O Hit the Books!	Reye's Syndrome	
Open Notes Area		

**Open Notes Area** 





O Remember it!

O Hit the Books!





### Neurology Notes Section 11 ALTERED MENTAL STATES



O Got it! O Remember it! O Hit the Books!	Altered Mental Status
O Got it! O Remember it! O Hit the Books!	Delirium
O Got it! O Remember it! O Hit the Books!	Dementia
O Got it! O Remember it! O Hit the Books!	Alzheimer's
	Onen Notes Aves

Open Notes Area



O Got it!

O Remember it!

O Hit the Books!





### OB/GYN Notes Section 1 Menstruation Related Disorders



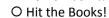
·	
O Got it! O Remember it! O Hit the Books!	Menstruation
O Got it! O Remember it! O Hit the Books!	Premenstrual Syndrome
O Got it! O Remember it! O Hit the Books!	Dysmenorrhea
O Got it! O Remember it! O Hit the Books!	Toxic Shock Syndrome
Open Notes Area	

**Open Notes Area** 





O Remember it!







### OB/GYN Notes Section 2 LACK OF MENSES



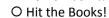
O Got it! O Remember it! O Hit the Books!	Primary Amenorrhea
O Got it! O Remember it! O Hit the Books!	Secondary Amenorrhea
O Got it! O Remember it! O Hit the Books!	Menopause

**Open Notes Area** 





O Remember it!







### OB/GYN Notes Section 3 GYN BLEEDING



O Got it! O Remember it! O Hit the Books!	Leiomyoma
O Got it! O Remember it! O Hit the Books!	Endometriosis
O Got it! O Remember it! O Hit the Books!	Endometrial Cancer
O Got it! O Remember it! O Hit the Books!	Dysfunctional Uterine Bleeding
Open Notes Area	

**Open Notes Area** 





O Remember it!







### OB/GYN Notes Section 4 OVARIAN DISORDERS



O Got it! O Remember it! O Hit the Books!	Ovarian Cysts
O Got it! O Remember it! O Hit the Books!	Ovarian Neoplasms



### OB/GYN Notes Section 5 CERVICAL DISORDERS



O Got it! O Remember it! O Hit the Books!	Cervical Dysplasia
O Got it! O Remember it! O Hit the Books!	Cervical Carcinoma

**Open Notes Area** 



O Got it!

 ${\color{gray}\mathsf{O}}\;\mathsf{Remember}\;\mathsf{it!}$ 

O Hit the Books!

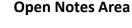




### OB/GYN Notes Section 6 STI with DISCHARGE



O Got it! O Remember it! O Hit the Books!	Cervicitis
O Got it! O Remember it! O Hit the Books!	Trichomonas Vaginitis
O Got it! O Remember it! O Hit the Books!	Gonorrhea
O Got it! O Remember it! O Hit the Books!	Chlamydia
O Got it! O Remember it! O Hit the Books!	Pelvic Inflammatory Disease
Open Notes Area	







O Remember it!
O Hit the Books!





### OB/GYN Notes Section 7 STI with LESIONS



O Got it! O Remember it! O Hit the Books!	Chancroid
O Got it! O Remember it! O Hit the Books!	Syphilis
O Got it! O Remember it! O Hit the Books!	Vaginal Herpes
O Got it! O Remember it! O Hit the Books!	Condyloma Acuminata
Open Notes Area	

**Open Notes Area** 





O Remember it!

O Hit the Books!





### OB/GYN Notes Section 8 VAGINAL DISORDERS



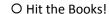
*1	
O Got it! O Remember it! O Hit the Books!	Candida Vaginitis
O Got it! O Remember it! O Hit the Books!	Bacterial Vaginosis
O Got it! O Remember it! O Hit the Books!	Atrophic Vaginitis
O Got it! O Remember it! O Hit the Books!	Vulvar Neoplasm

**Open Notes Area** 





O Remember it!





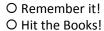


### OB/GYN Notes Section 9 GYN PROLAPSE



O Got it! O Remember it! O Hit the Books!	Uterine Prolapse
O Got it! O Remember it! O Hit the Books!	Cystocele
O Got it! O Remember it! O Hit the Books!	Rectocele
Open Notes Area	









### OB/GYN Notes Section 10 BREAST DISORDERS



20	
O Got it! O Remember it! O Hit the Books!	Mastitis
O Got it! O Remember it! O Hit the Books!	Breast Abscess
O Got it! O Remember it! O Hit the Books!	Fibroadenoma
O Got it! O Remember it! O Hit the Books!	Fibrocystic Breast Disease
O Got it! O Remember it! O Hit the Books!	Breast Cancer
O Got it! O Remember it! O Hit the Books!	Galactorrhea
Open Notes Area	



O Got it!

O Remember it!

O Hit the Books!

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#### **OB/GYN Notes**

#### Section 11 CONTRACEPTION and INFERTILITY



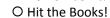
AT .	
O Got it! O Remember it! O Hit the Books!	Contraceptive Methods
O Got it! O Remember it! O Hit the Books!	Emergency Contraception
O Got it! O Remember it! O Hit the Books!	Infertility
O Got it! O Remember it! O Hit the Books!	Preconception Counseling
One of Makes Aves	

**Open Notes Area** 





O Remember it!







### OB/GYN Notes Section 12 LABOR and DELIVERY



O Got it! O Remember it! O Hit the Books!	Prenatal Diagnosis/Care
O Got it! O Remember it! O Hit the Books!	Normal Labor and Delivery
O Got it! O Remember it! O Hit the Books!	Shoulder Dystocia
O Got it! O Remember it! O Hit the Books!	Fetal Distress

**Open Notes Area** 





O Remember it!







### OB/GYN Notes Section 13 COMPLICATED PREGNANCY



O Got it! O Remember it! O Hit the Books!	Rh Incompatibility
O Got it! O Remember it! O Hit the Books!	Multiple Gestation
O Got it! O Remember it! O Hit the Books!	Hypertension Disorders in Pregnancy
O Got it! O Remember it! O Hit the Books!	Preeclampsia /Eclampsia
O Got it! O Remember it! O Hit the Books!	Gestational Diabetes
O Got it! O Remember it! O Hit the Books!	Premature Rupture of Membranes
O Got it! O Remember it! O Hit the Books!	Incompetent Cervix
Open Notes Area	





O Remember it!

O Hit the Books!





### OB/GYN Notes Section 14 BLEEDING in PREGNANCY



<u> </u>	<u> </u>
O Got it! O Remember it! O Hit the Books!	Ectopic Pregnancy
O Got it! O Remember it! O Hit the Books!	Gestational Trophoblastic Disease
O Got it! O Remember it! O Hit the Books!	Abortion
O Got it! O Remember it! O Hit the Books!	Abruptio Placentae
O Got it! O Remember it! O Hit the Books!	Placenta Previa
O Got it! O Remember it! O Hit the Books!	Post Partum Hemorrhage
Open Notes Area	





O Remember it!

O Hit the Books!





#### **Orthopedics Notes**

#### Section 1





<u> </u>	SHOULDER DISORDERS
O Got it! O Remember it! O Hit the Books!	Fractures of Bone
O Got it! O Remember it! O Hit the Books!	Shoulder Tests
O Got it! O Remember it! O Hit the Books!	Shoulder Fracture
O Got it! O Remember it! O Hit the Books!	Dislocation of Shoulder
O Got it! O Remember it! O Hit the Books!	Clavicular Fracture
O Got it! O Remember it! O Hit the Books!	AC Joint Separation
O Got it! O Remember it! O Hit the Books!	Rotator Cuff Tendonopathy
O Got it! O Remember it! O Hit the Books!	Bicep Tendonitis  O Got it! Check if you feel you have the level of understanding needed to pass your exam



O Remember it!

O Hit the Books!

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### Orthopedics Notes Section 1 SHOULDER DISORDERS



O Got it! O Remember it! O Hit the Books!	Adhesive Capsulitis
O Got it! O Remember it! O Hit the Books!	Impingement
O Got it! O Remember it! O Hit the Books!	Glenohumeral Joint Osteoarthritis

**Open Notes Area** 





O Remember it!







# Orthopedics Notes Section 2 ELBOW DISORDERS



<u> </u>	
O Got it! O Remember it! O Hit the Books!	Humerus Fractures
O Got it! O Remember it! O Hit the Books!	Disorders of the Forearm
O Got it! O Remember it! O Hit the Books!	Medial Elbow Disorders
O Got it! O Remember it! O Hit the Books!	Lateral Elbow Disorders
O Got it! O Remember it! O Hit the Books!	Central Elbow Disorders
O Got it! O Remember it! O Hit the Books!	Elbow Fracture
O Got it! O Remember it! O Hit the Books!	Radial Head Subluxation
Open Notes Area	





O Remember it!

O Hit the Books!





# Orthopedics Notes Section 3 WRIST DISORDERS



AT .	
O Got it! O Remember it! O Hit the Books!	Carpal Tunnel Syndrome
O Got it! O Remember it! O Hit the Books!	Cubital Tunnel Syndrome
O Got it! O Remember it! O Hit the Books!	De Quervain's Tenosynovitis
O Got it! O Remember it! O Hit the Books!	Wrist Fractures
Overal Nation Association	

**Open Notes Area** 





O Remember it!







### Orthopedics Notes Section 4 HAND DISORDERS 1



O Got it! O Remember it! O Hit the Books!	Gamekeeper's Thumb
O Got it! O Remember it! O Hit the Books!	Hand fractures



### Orthopedics Notes Section 5 HAND DISORDERS 2



O Got it! O Remember it! O Hit the Books!	Dupuytren's Contracture
O Got it! O Remember it! O Hit the Books!	Infections of the Hands and Fingers
O Got it! O Remember it! O Hit the Books!	Ganglion Cyst

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!

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## Orthopedics Notes Section 6 CERVICAL SPINE DISORDERS



O Got it! O Remember it! O Hit the Books!	Cervical Strain (Whiplash)
O Got it! O Remember it! O Hit the Books!	Cervical Herniated Nucleus Pulposus
O Got it! O Remember it! O Hit the Books!	Cervical Fractures

**Open Notes Area** 





O Remember it!



### Orthopedics Notes Section 7 LOWER SPINAL DISORDERS



4		
O Got it! O Remember it! O Hit the Books!	Low Back Pain	
O Got it! O Remember it! O Hit the Books!	Lumbar Herniated Nucleus Pulposus	
O Got it! O Remember it! O Hit the Books!	Spondylolysis	
O Got it! O Remember it! O Hit the Books!	Ortho/Neuro Emergencies	
Open Notes Area		

**Open Notes Area** 





O Remember it!

O Hit the Books!





### Orthopedics Notes Section 8 GENERAL SPINAL DISORDERS



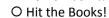
O Got it! O Remember it! O Hit the Books!	Spinal Curvature
O Got it! O Remember it! O Hit the Books!	Ankylosing Spondylitis
O Got it! O Remember it! O Hit the Books!	Spinal Stenosis

**Open Notes Area** 





O Remember it!





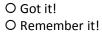


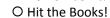
# Orthopedics Notes Section 9 HIP DISORDERS



O Got it! O Remember it! O Hit the Books!	Avascular Necrosis (Osteonecrosis)
O Got it! O Remember it! O Hit the Books!	Avascular Necrosis in Children
O Got it! O Remember it! O Hit the Books!	Developmental Dysplasia of the Hip
O Got it! O Remember it! O Hit the Books!	Hip Fractures
O Got it! O Remember it! O Hit the Books!	Hip Dislocation
Open Notes Area	











# Orthopedics Notes Section 10 KNEE DISORDERS



O Got it! O Remember it! O Hit the Books!	Patellar Disorders of the Knee
O Got it! O Remember it! O Hit the Books!	Articular Knee Disorders
O Got it! O Remember it! O Hit the Books!	Osgood Schlatter



### Orthopedics Notes Section 11 KNEE INJURIES



O Got it!	Knee Injuries
O Remember it!	
O Hit the	
Books!	

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!





#### Orthopedics Notes Section 12 ANKLE AND FOOT DISORDERS



O Got it! O Remember it! O Hit the Books!	Ankle and Foot Fractures
O Got it! O Remember it! O Hit the Books!	Ankle Sprains
O Got it! O Remember it! O Hit the Books!	Jones Fracture

# Orthopedics Notes Section 13 ORTHO TRAUMA COMPLICATIONS



O Got it! O Remember it! O Hit the Books!	Compartment Syndrome
O Got it! O Remember it! O Hit the Books!	Fat Embolism Syndrome

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!





### Orthopedics Notes Section 14 ORTHO INFECTIONS



O Got it! O Remember it! O Hit the Books!	Infections of the Toes
O Got it! O Remember it! O Hit the Books!	Osteomyelitis
O Got it! O Remember it! O Hit the Books!	Septic Arthritis



### Orthopedics Notes Section 15 ORTHO CANCERS



O Got it! O Remember it! O Hit the Books!	Bone Cancers
O Got it! O Remember it! O Hit the Books!	Osteosarcoma

**Open Notes Area** 

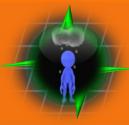


O Got it!

O Remember it!

O Hit the Books!





#### **Psychiatry Notes**

#### Section 1





Multiaxial System
GAFS
Psychotherapies
Passive-Aggressive
Anxiety Disorders
Generalized Anxiety Disorder
Panic Disorder
Phobia  O Got it! Check if you feel you have the level of understanding needed to pass your exam



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

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# Psychiatry Notes Section 1 ANXIETY DISORDERS



O Got it! O Remember it! O Hit the Books!	Acute Stress Disorder
O Got it! O Remember it! O Hit the Books!	PTSD

**Open Notes Area** 





O Remember it!





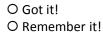
# Psychiatry Notes Section 2 CHILDHOOD ONSET DISORDERS



The state of the s		
O Got it! O Remember it! O Hit the Books!	Oppositional Defiance Disorder	
O Got it! O Remember it! O Hit the Books!	Conduct Disorder	
O Got it! O Remember it! O Hit the Books!	ADHD	
O Got it! O Remember it! O Hit the Books!	Tourette Syndrome	
O Got it! O Remember it! O Hit the Books!	Autistic Spectrum Disorder	
	Open Notes Area	

Open Notes Area





O Hit the Books!





# Psychiatry Notes Section 3 EATING DISORDERS



O Got it! O Remember it! O Hit the Books!	Anorexia Nervosa
O Got it! O Remember it! O Hit the Books!	Bulimia Nervosa
O Got it! O Remember it! O Hit the Books!	Binge Eating Disorder

**Open Notes Area** 





O Remember it!

O Hit the Books!





# Psychiatry Notes Section 4 DEPRESSIVE DISORDERS



5		
O Got it! O Remember it! O Hit the Books!	Adjustment Disorder	
O Got it! O Remember it! O Hit the Books!	Grief Reaction	
O Got it! O Remember it! O Hit the Books!	Bipolar Disease	
O Got it! O Remember it! O Hit the Books!	Major Depression	
O Got it! O Remember it! O Hit the Books!	Dysthymic Disorder	
Open Notes Area		

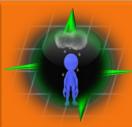




O Remember it!

O Hit the Books!





## Psychiatry Notes Section 5 PERSONALITY DISORDERS



O Got it! O Remember it! O Hit the Books!	Histrionic Personality Disorder
O Got it! O Remember it! O Hit the Books!	Schizotypal Personality Disorder
O Got it! O Remember it! O Hit the Books!	Borderline Personality Disorder
O Got it! O Remember it! O Hit the Books!	Narcissistic Personality Disorder
O Got it! O Remember it! O Hit the Books!	Antisocial Personality Disorder
O Got it! O Remember it! O Hit the Books!	OCD
Open Notes Area	





O Remember it!

O Hit the Books!





# Psychiatry Notes Section 6 DELUSIONAL DISORDER and SCHIZOPHRENIA



O Got it!	
O Remember it!	
O Hit the	
Books!	

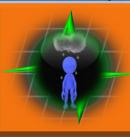
**Delusional Disorder** 

O Got it!
O Remember it!

O Remember it O Hit the

Books!

Schizophrenia



### Psychiatry Notes Section 7 SOMATOFORM DISORDERS



O Got it!
O Remember it!
O Hit the
Books!

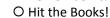
Somatoform Disorder

**Open Notes Area** 

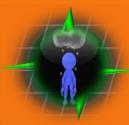


O Got it!

O Remember it!







#### Psychiatry Notes

#### Section 8





VIOLENT BEHAVIORS	
O Got it! O Remember it! O Hit the Books!	Dependence vs. Addiction
O Got it! O Remember it! O Hit the Books!	Substance Abuse
O Got it! O Remember it! O Hit the Books!	Overdose Treatment
O Got it! O Remember it! O Hit the Books!	Child Abuse
O Got it! O Remember it! O Hit the Books!	Elder Abuse
O Got it! O Remember it! O Hit the Books!	Domestic Violence
O Got it! O Remember it! O Hit the Books!	Suicide Risk Factors



O Got it!

O Remember it!

O Hit the Books!





### Pulmonology Notes Section 1 CHILDHOOD RESPIRATORY



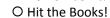
O Got it! O Remember it! O Hit the Books!	Acute Bronchiolitis
O Got it! O Remember it! O Hit the Books!	Acute Epiglottitis
O Got it! O Remember it! O Hit the Books!	Croup
O Got it! O Remember it! O Hit the Books!	Pertussis (whooping cough)
O Got it! O Remember it! O Hit the Books!	Infant Respiratory Distress Syndrome
O Got it! O Remember it! O Hit the Books!	Bronchiectasis
Open Notes Area	

Open Notes Area



O Got it!

O Remember it!







# Pulmonology Notes Section 2 PNEUMONIA



-	
O Got it! O Remember it! O Hit the Books!	Influenza
O Got it! O Remember it! O Hit the Books!	Consolidation
O Got it! O Remember it! O Hit the Books!	Pneumonia
O Got it! O Remember it! O Hit the Books!	Viral pneumonia
O Got it! O Remember it! O Hit the Books!	S. pneumoniae pneumonia
O Got it! O Remember it! O Hit the Books!	S. aureus pneumonia
O Got it! O Remember it! O Hit the Books!	Pseudomonas Pneumonia
O Got it! O Remember it! O Hit the Books!	Legionella Pneumonia



- O Got it!
- O Remember it!
- O Hit the Books!
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# Pulmonology Notes Section 2 PNEUMONIA



O Got it! O Remember it! O Hit the Books!	Mycoplasma Pneumonia
O Got it! O Remember it! O Hit the Books!	Klebsiella Pneumonia



#### Pulmonology Notes Section 3 FUNGAL, HIV RELATED PNEUMONIA

AND TUBERCULOSIS



O Got it! O Remember it! O Hit the Books!	Fungal Pneumonia 1
O Got it! O Remember it! O Hit the Books!	Fungal Pneumonia 2
O Got it! O Remember it! O Hit the Books!	HIV Related Pneumonia
O Got it! O Remember it! O Hit the Books!	Tuberculosis



O Got it!

O Remember it!

O Hit the Books!





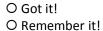
## Pulmonology Notes Section 4 PULMONARY NEOPLASM



O Got it! O Remember it! O Hit the Books!	Pulmonary Nodules
O Got it! O Remember it! O Hit the Books!	Carcinoid Tumors
O Got it! O Remember it! O Hit the Books!	Lung Cancer
O Got it! O Remember it! O Hit the Books!	Pleural Effusion
Onen Notes Area	

Open Notes Area





O Hit the Books!





## Pulmonology Notes Section 5 ASTHMA and COPD



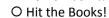
O Got it! O Remember it! O Hit the Books!	Asthma
O Got it! O Remember it! O Hit the Books!	Acute Bronchitis
O Got it! O Remember it! O Hit the Books!	Chronic Bronchitis
O Got it! O Remember it! O Hit the Books!	Alpha 1 antitrypsin deficiency
Open Notes Area	

**Open Notes Area** 





O Remember it!







# Pulmonology Notes Section 6 ACUTE PULMONARY DISORDERS



O Got it! O Remember it! O Hit the Books!	Acute Respiratory Distress Syndrome
O Got it! O Remember it! O Hit the Books!	Pneumothorax
O Got it! O Remember it! O Hit the Books!	Pulmonary Embolus
O Got it! O Remember it! O Hit the Books!	Cor Pulmonale



#### Pulmonology Notes Section 7 PULMONARY HYPERTENSION



O Got it!
O Remember it
O Hit the
Books!

**Pulmonary Hypertension** 

**Open Notes Area** 



O Got it!

O Remember it!

O Hit the Books!

PA Excel

# Pulmonology Notes Section 8 NFILTRATIVE PULMONARY DISEASE



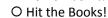
O Got it! O Remember it! O Hit the Books!	Sarcoidosis
O Got it! O Remember it! O Hit the Books!	Idiopathic Pulmonary Fibrosis
O Got it! O Remember it! O Hit the Books!	Pneumoconiosis

**Open Notes Area** 





O Remember it!







#### Rheumatology Notes

#### Section 1





O Got it! O Remember it! O Hit the Books!	Osteoarthritis
O Got it! O Remember it! O Hit the Books!	Osteoporosis
O Got it! O Remember it! O Hit the Books!	Fibromyalgia
O Got it! O Remember it! O Hit the Books!	Gout

**Open Notes Area** 





O Remember it!







#### Rheumatology Notes Section 2 **RHEUMATOLOGICAL DISORDERS 1**



<u> </u>	
O Got it! O Remember it! O Hit the Books!	Rheumatoid Arthritis
O Got it! O Remember it! O Hit the Books!	Juvenile Rheumatoid Arthritis
O Got it! O Remember it! O Hit the Books!	Psoriatic Arthritis
O Got it! O Remember it! O Hit the Books!	Polyarteritis Nodosa
O Got it! O Remember it! O Hit the Books!	Dermatomyositis/ Polymyositis
O Got it! O Remember it! O Hit the Books!	Polymyalgia Rheumatica
O Got it! O Remember it! O Hit the Books!	Reactive Arthritis
Open Notes Area	



O Got it!

O Remember it!

O Hit the Books!





#### Rheumatology Notes Section 3 RHEUMATOLOGICAL DISORDERS 2



O Got it! O Remember it! O Hit the Books!	Systemic Lupus Erythematosus
O Got it! O Remember it! O Hit the Books!	Scleroderma
O Got it! O Remember it! O Hit the Books!	Sjögren's

**Open Notes Area** 





O Remember it!

O Hit the Books!



#### **PANCE PANRE Review Articles:**

# Please take some time to review these 2 articles with specific tips for your exam success.

#### **PANCE PANRE RESOURCES:**

Visit the following sites for more tips and strategies to ensure your exam success.

www.helpzebra.com
http://www.helpzebra.com/pance-panre-articles.html

www.youtube.com/HELP4CME

Recommended: Watch the videos on the "PANCE PANRE Tips" Playlist

www.facebook.com/HELPCOURSE

#### How PANCE and PANRE questions are written Understanding the process which the NCCPA test item writers use can give you an edge in preparation for your PANCE or PANRE

Test item writers for the PANCE and PANRE commonly use certain terms or phrases for consistency and clarity in presentation. How well you know these terms or phrases will make you more comfortable while taking the exam. Here are five key tips for understanding what experienced test writers do and what you can learn from it.

#### Tip #1: PANCE PANRE Common phrases -

The PANCE PANRE question writer often shows the patient has the symptoms rather than uses the "complains of" phrase. They essentially mean the same thing. When discussing findings they tend to use "Examination shows" to reveal the patient exam.

#### Tip #2: Differentiation

Test item writers generally write questions to force you to pick between two diseases. Which of the following differentiates osteoarthritis from rheumatoid arthritis?

- A. Joint pain
- B. Joint deformities
- C. Pleural effusion
- D. Gelling

Knowing Rheumatoid arthritis is a systemic disease and osteoarthritis is not, leads to pleural effusion as the answer.

#### Tip #3: Distractors

There are 4 distractors and one best answer.

- a. Best answer
- b. Answer relates to the disease is correct but not best answer
- c. Answer relates to the disease but is not the correct answer
- d. This answer would harm the patient
- e. This answer has nothing to do with the question or is isolated to one part of it.

Knowing this, when taking the exam you will get the question narrowed down to two answers. This is when detail pays off.

**Tip #4:** This is a "what do you know" exam, it is not trying to sort out your ability to reason or make good medical choices. The exam does not know or care if you have a great bedside manner. The test has no tricks, they put only in the question what is needed to answer the question. DO NOT add more information to the question in the form of "what if's". Look at each question for face value only.

**Tip #5:** Did you know – the question more often than not tells you what they are looking for in the first line of the question.

**Tip# 6:** If you do not know, guess. There is no penalty for guessing, and no answer is no credit. If you are approaching one minute on a question and do not know the answer, a guess gives you a 1 in 5 chance (better than 0). Mark your "guessed" question and go back to if you have time. That way at the end if you run out of time it is at least marked with something.

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#### 10 reasons Physician Assistants fail the PANCE or PANRE Follow us as we review the most important things you need to properly prepare for your PA certification or recertification exam

#### 1: Insufficient core data knowledge.

There are a few principles which pertain to the base information you need to note pass these exams. The first and most important is to make sure you have a well-balanced approach before you take your exam. Your goal is to be Jack of all trades but master of none, meaning that you do not want to spend too much time on one certain subject or organ system and not have a broad-based fund of knowledge to pull from at the time of the test. Your goal is to understand at least 80% of 80% of the subjects on the NCCPA blueprint. It is important to use a review program or product that allows you to not only determine which organ systems and/or subjects you are weak in, but also allows you to quickly choose those which you need to study and focus on. The other key point in regards to the core data for your exam is understanding the role in which zebras play specifically as it pertains to this exam. Those subjects which may be zebras, or very rare in clinical practice, have a different value when it comes to the PANCE or PANRE. While there are certain subjects which are rare to see clinically and are also rare to see on the test, there are many subjects which clinically are very seldom seen yet have a much higher incidence on the exam. Differentiating which zebras are truly zebras in all settings versus those which are zebras in the exam is very important.

#### 2: Insufficient knowledge of key associations.

We use associations daily in medicine to help us come to a diagnosis or appropriate diagnostic pathway. These associations are extremely important to our understanding of a certain disease state specifically and how it relates to our other differential diagnoses. This is also true in differentiating between the correct answer on your exam and the four distractors. Key associations are very important in our assessment of the stem of the question in which points are important in our pathway to get to the correct answer. Examples of such associations may be "moon face" and its relationship to a Cushinoid syndrome, or a simple fact such as hyperuricemia occurring with the use of hydrochlorothiazide. You must master as many of these associations as you possibly can prior to taking your exam.

#### 3: Poor understanding of question format.

Understanding the format that is used in the process of writing the questions for the PANCE or PANRE is also vital to your success. Contrary to popular belief the questions on our exam are not randomly generated nor are they created to trick us. They are instead created with a very specific set of rules on how they are to be written in the structure in which the answers and distractors must have. Understanding both the parts of the question and how these relate will greatly assist you as you take your test.

#### 4: Bad timing.

Whether you take a PANCE or PANRE, you will take either 5 (PANCE) or 4 (PANRE) 60 question exams which you must complete in 60 minutes. This means you have one minute per question. Although it may seem like a minor issue, failing to practice your timing prior to taking your exam can be disastrous. I've counseled many people who have failed unfortunately due to their lack of preparation. You need to use some type of a program with computer-based questions in which you may train yourself to take multiple questions at one sitting. You will have to take either 240 questions or 300 questions. It is suggested that you are able to sit in one sitting and do 500 questions on a computer-based program prior to taking your exam. This will well prepare you for test day and make sure that you are not fatigued during your exam itself. In addition you must be very aware of how long one minute is to make sure that you do not spend too long on anyone question. Running out of time prior to finishing your exam will leave many questions unanswered and do poorly for your score. If you spend a minute on a question and you are unsure of the answer, you should guess mark the question, and return to that question only if you have time at the end of your exam.

#### 5: insufficient time to study.

If you wait until close to your exam date to start to study for your test, you will likely do poorly. You are responsible for "all of medicine". This is a large amount of information, and trying to put it in your brain in a short period of time will likely not work. When we are short on time and under a lot of stress we not only do not have enough physical time to get all the information in, but we also retain poorly. Trying to consume all of the information you need to know to pass your exam is much like eating elephant. You should eat that elephant one piece at a time over a prolonged period of time. In general, I recommend the following time tables: Students should study throughout their entire clinical year. For experienced Physician assistants who work in a general medicine fields such as family medicine, internal medicine, emergency medicine or urgent care, three months should be sufficient. If you are a Physician assistant working in a specialized field, 3 to 6 months should be good. For those who have been out of practice for more than one year, 9 to 12 months it is suggested.

#### 6: Bad test day.

Even if you do everything perfectly to prepare for your exam, if on test day you are tired, stressed and or hungry, you still may fail. It is strongly suggested that you do not study 48 hours before your test, but instead relax and engage in an activity that you find enjoyable. Make sure you get good sleep the night before the test and eat a good breakfast. A snack such as an apple or other low glycemic index, slow burning carb just before the test also will help to sustain energy and focus.

#### 7: Poor recall prep for subjects which are difficult to remember (Poor "White board" prep).

Everyone has certain subjects that they don't remember well. Identifying these subjects in finding a way to easily remember them can greatly increase your chances of passing your exam. We call these "White board" topics in reference to use man dry erase board which you will be given when you first it down to take your exam. You may write anything you want on this board. It is recommended that you compile a list of the subjects which are important yet you are having a difficulty remembering in addition to short written reminders that you can easily remember. But properly preparing yourself, you can quickly write down what you need before you start. If you get to a question with the subjects, you have your traders on the board and need not to get anxious as the answer will be there waiting. Some "White board" examples are "MRTAPS" these are the 4 main adult systolic heart murmurs (MRT = MR and TR) (APS= AS and PS). This is just one example, there are many such tools available.

#### 8: Poor familiarity with generic and lesser known medications in a class.

This is specifically true with those who have a lot of clinical experience as most of us tend to use trade names quite often our practice. The PANCE and PANRE now only use generic names so familiarizing yourself with these names in key to success. As important, it is the recognition of those medications which of lesser known in a class. For example, if you are very well versed in thiazide diuretics but get a question about chlorthalidone and don't know that chlorthalidone is a thiazide diuretic, you will do poorly. The PANCE and PANRE routinely ask questions about the lesser known drug in a class. Another example would be a question using bumetanide instead of furosemide (much more commonly known) for a loop diuretic question. Understanding specific indications as they apply to medications in regards to the FDA approved usage is also very important. This is another example where our clinical practice may causes trouble on the exam. For example, many practitioners use metoprolol for congestive heart failure regardless of the ejection fraction of the patient. However, carvedilol still remains the only FDA approved beta blocker for use in heart failure in patients with an ejection fraction less than 35%.

#### 9: Assumptions.

Test item writers only include information that is pertinent to their test question. Is important to remember that the test question is not an actual patient and oftentimes the writer is creating the scenario specifically as it relates to the answer. This means that despite what clinically may occur in our experience the question is what the question is. For example, if they were questioned in the patient with severe peripheral vascular disease, lower extremity ulcers, and stage renal disease and bronzing of his skin, we could easily assume he has diabetes. However if the question does not mention diabetes then for this question he does not have diabetes. These type of clinical assumptions were often viewed as a stray and can often lead us to a wrong answer. Remember the writer has put the information you need in the question and that is the only information you should use to get your answer.

#### 10: Not reading the entire question or missing key words in the question itself.

We often will jump at an answer after only reading part of the question. This is particularly dangerous with the PANCE and PANRE. Very often the initial set up in the question is a first step which will lead you to the answer. Skipping over key terms such as "initial" or "first" can make a big difference in which answer is the best choice. Often times you will be asked to determine a subtle difference in which all the potential answers occur with a specific disease state, but only one corresponds with the key words in the question. For example: a question which starts – A 28 year old female presents with a free T4 of 3.2 and a TSH of 0.1. If you were to stop here and look to the answers, you would know she has hyperthyroidism. The answers are A: PTU B: Tapazole C: endocrinology consult D: beta blocker E: Thyroidectomy. You may want to jump at PTU, or thyroidectomy or the consult, you don't have all the information you need. Now read the rest of the question: She has a heart rate of 143 and a B/P of 210/110. Which of the following treatments in the most appropriate initial therapy? Having read the entire question, you know that beat blocker is the correct answer and that the word "initial" was key to this question.

Take some time to make sure these common pitfalls don't affect you. Best of luck in your practice and on your exam.

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