

# 1 YEAR AWESOME PLAN

## WARDS & BOARDS

Here's your approach to make it through every topic you need for the entire year.



01 | **PRIME:** Notes



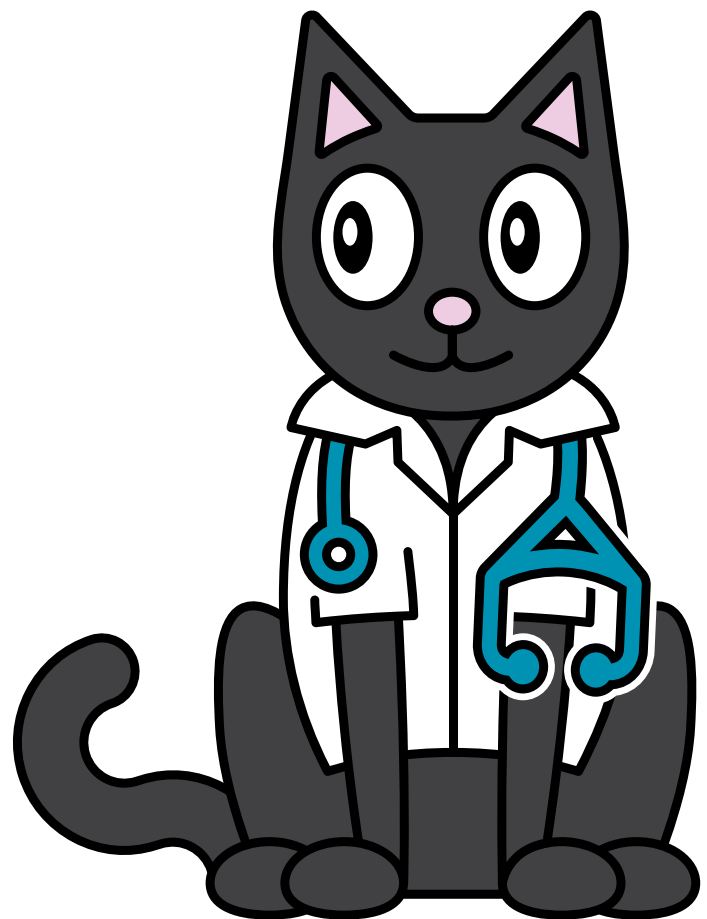
02 | **ACQUIRE:** Video & Audio



03 | **CHALLENGE:** Questions



04 | **ENFORCE:** Flashcards  
& Quicktables



# PEDIATRICS



2 Month Rotation



28 Topics



Piece of Cake

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Warm Up Meet the Team Learn the Floors	Newborn Management	Neonatal ICU		FTPM
2	Baby Emesis		Neonatal Jaundice		Congenital Defects
3	Well Child	Vaccinations	ALTE BRUE + SIDS	Prevent Trauma	Child Abuse
4	Infectious Rashes	ID Review	Gyn - Puberty	Allergies	ENT
5	Psych - Peds Neuro	Psych - Peds Behavioral		Upper Airway	Lower Airway
6	Seizures		GI Bleed		Peds CT Surgery
7	Orthopedics	Ophthalmology	Urology	Sickle Cell	Immunodeficiency
8	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM				TEST DAY

# NEUROLOGY



1 Month Rotation




9 Topics




Piece of Cake

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	READ THROUGH THE QUICKTABLES				
2	Stroke	Seizure	Tremor	Headache	Back Pain
3	Dementia	Dizziness	Coma	Weakness	
4	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM				TEST DAY

# PSYCHIATRY


 1 Month Rotation


 21 Topics


 You're gonna need the weekends

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Anxiety Disorders	Impulse Control	OCD	PTSD	Mood Disorders	Mood Life and Death	Psychotic Disorders
2	Eating Disorders	Personality Disorders	Dissociative Disorders	Peds Neurodevelopment	Peds Behavioral	Psych Pharm I	Psych Pharm II
3	Catonia	Addiction	Drugs of Abuse	Sleep Physiology	Sleep Disorders	Somatic Symptoms	Gender Dysphoria
4	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM				TEST DAY		

# OB/GYN

 2 Month Rotation

 39 Topics

 You're gonna need the weekends

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	READ THROUGH THE QUICKTABLES						
2	Cancer Intro	Cervical Cancer	Endometrial Cancer	Ovarian Cancer	Moles	Vaginal/Vulvar Cancer	
3	Adnexal Mass	Pelvic Anatomy	Incontinence	Gyn infections	Primary Amenorrhea	Secondary Amenorrhea	Puberty
4	Vaginal Bleed 1	Vaginal Bleed 2	Vaginal Bleed 3	Infertility	Virilization	Menopause	Surgery Gen - Breast Cancer
5	Pregnancy Physiology	Normal Prenatal Care	Genetic Screening	Third Trimester Labs	Advanced Prenatal Evaluation	Medical Disease	
6	Normal Labor	Abnormal Labor	L&D Pathology	Eclampsia	Multiple Gestation	Post Partum Hemorrhage	
7	Antenatal Testing	3rd Trimester Bleeding	Alloimmunizations	Prenatal Infections I	Prenatal Infections II	OB Operations	Contraception
8	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM				TEST DAY		

# SURGERY



2 Month Rotation



39 Topics



You're gonna need the weekends

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	READ THROUGH THE QUICKTABLES						
<b>2</b>	Preop Evaluation	Postop Fever	Other Postop	Obstructive Jaundice	Esophagus	Small Bowel	
<b>3</b>	Pancreas	Gallbladder	Colorectal Cancer	Abdominal Pain	Leg Ulcers	Breast Cancer	Toxic Ingestion
<b>4</b>	Trauma: Shock	Trauma: Head	Trauma: Neck	Trauma: Chest	Trauma: Abdomen	Trauma: Burns	Trauma: Bites and Stings
<b>5</b>	Peds First Days	Peds Months	Endocrine	Surgical Hypertension	Peds CT Surgery	CT Surgery	Aorta
<b>6</b>	Vascular	Peds Ophtho	Adult Ophtho	Skin Cancer	Neuro Bleed	Neuro Tumor	
<b>7</b>	Uro Peds	Uro Cancer	Uro Misc	Ortho Hand	Ortho Peds	Ortho Injury	
<b>8</b>	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM				TEST DAY		

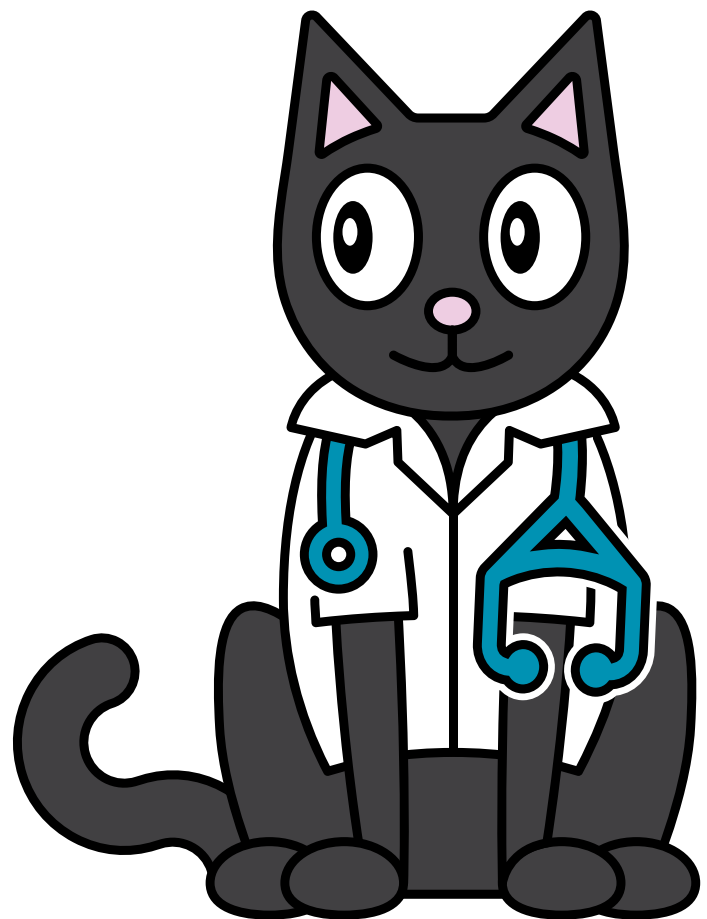
# INTERNAL MEDICINE

## WARDS & BOARDS

Internal Medicine is definitely the hardest to get through. We recommend starting medicine in a two week break before your rotation or do bits and pieces of it on easier rotations.

This is always true of medicine;  
**there is too much for you to learn  
in a single rotation.**

LET'S GET STARTED



# INTERNAL MEDICINE (3 MONTH)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Coronary Artery Disease	Heart Failure	Valvular Disease	Cardiomyopathy	Pericardial Disease	Syncope	Cholesterol Hypertension ACLS Rhythms ACLS Made Easy
2	Asthma	Lung Cancer	Pleural Effusion	Pulmonary Embolism	COPD	ARDS	DPLD
3	Acute Kidney Injury Chronic Kidney Dz	Sodium	Calcium	Potassium	Kidney Stones	Cysts and Cancer	Acid Base I Acid Base II
4	Gallbladder	Esophagitis	Esophagus	GERD	Peptic Ulcer Disease	Misc Gastric	Acute Diarrhea Chronic Diarrhea Malabsorption
5	Diverticula	Colon Cancer	Inflammatory Bowel Disease	Cirrhosis	Cirrhosis Complications	GI Bleed	Pancreatitis Jaundice Viral Hepatitis
6	Approach to Anemia	Macrocytic Anemia	Microcytic Anemia	Normocytic Anemia	Leukemia	Lymphoma	Plasma Cell Bleeding Thrombocytopenia Thrombophilia
7	Antibiotic Ladder	HIV	Sepsis	Brain Inflammation	Skin Infections	Pneumonia	UTI Genital Ulcers ENT Infections Endocarditis
8	Anterior Pituitary	Posterior Pituitary	Thyroid	Thyroid Nodules	Adrenals	MEN Syndromes	Outpatient Diabetes Insulin Management Diabetic Emergencies
9	Approach to Joint Pain	Lupus	Rheumatoid Arthritis	Connective Tissue	Monoarticular Arthropathy	Seronegative	Vasculitis
10	Bullous Diseases	Papulosquamous	Eczematous Reactions	Hypersensitivity	Hyperpigmentation	Hypopigmentation	Alopecia Superficial Skin Infections
11	READ THROUGH THE QUICKTABLES, DO OTHER QUESTIONS IF YOU HAVE THEM						

# INTERNAL MEDICINE (2 MONTH)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Coronary Artery Disease	Heart Failure	Valvular Disease	Cardiomyopathy	Pericardial Disease	Syncope	Cholesterol Hypertension ACLS Rhythms ACLS Made Easy
2	Pulmonary Embolism	Lung Cancer	Pleural Effusion	ARDS	COPD	Asthma	**Do some GI from the Topics you won't get to if time (see below)**
3	Acute Kidney Injury Chronic Kidney Dz	Sodium	Calcium	Potassium	Kidney Stones	Cysts and Cancer	Acid Base I Acid Base II
4	Gallbladder	GI Bleed	Jaundice	Acute Diarrhea	Chronic Diarrhea	Colon Cancer	Peptic Ulcer Disease  **Do some more GI if you have time (see below)**
5	Approach to Anemia	Macrocytic Anemia	Microcytic Anemia	Normocytic Anemia	Leukemia	Lymphoma	Plasma Cell Bleeding Thrombocytopenia
6	HIV	TB	Sepsis	Brain Inflammation	Skin Infections	Pneumonia	UTI ENT Endocarditis
7	Anterior Pituitary	Posterior Pituitary	Thyroid	Thyroid Nodules	Adrenals	MEN Syndrome	Outpatient Diabetes Insulin Management Diabetic Emergencies
8	Approach to Joint Pain	Lupus	Rheumatoid Arthritis	Monoarticular	REST	TEST DAY	

THINGS THAT ARE NOT ON THIS LIST THAT YOU SHOULD GET TO IF YOU HAVE ENOUGH TIME

GI (HIGHER)	RHEUM	NEURO	DERM (LOWER)
Esophagitis Esophagus GERD Misc Gastric Diverticula Cirrhosis Complications Ascites Pancreatitis IBD Viral Hepatitis	Other Connective Tissue Seronegative Arthritis Vasculitis	Stroke Seizure Tremor Headache Back Pain Dementia Dizziness Coma Weakness	Bullous Papulosquamous Eczematous Hypersensitivity Hyperpigmented Hypopigmented Alopecia Skin Infections

# FAMILY MEDICINE

## WARDS & BOARDS

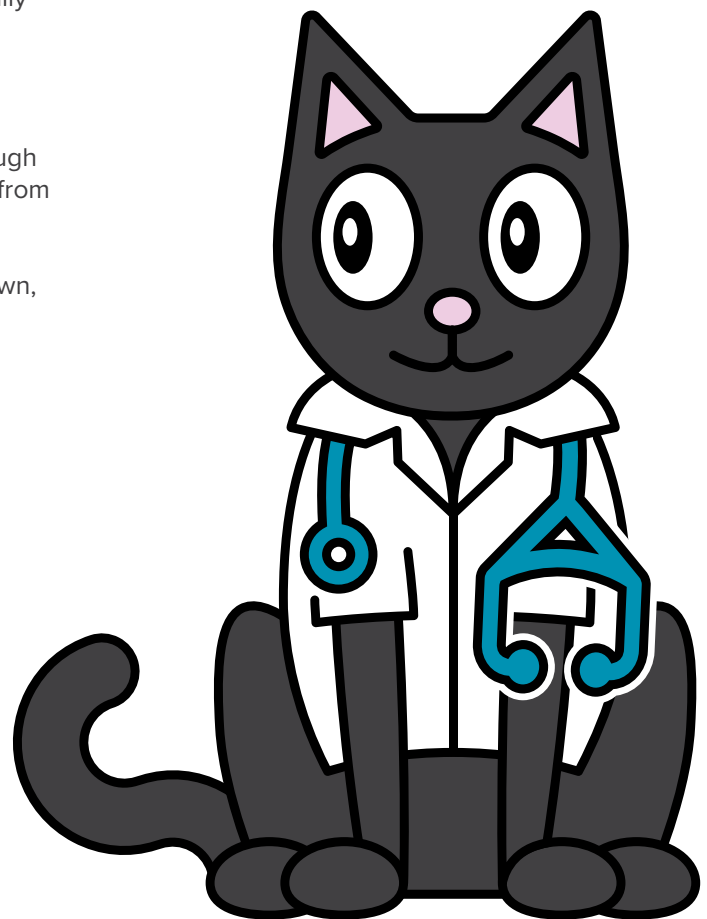
Family is a spattering of everything, but you really want to key in the most common diseases and prevention. It will be harder if this is your first rotation as it encompasses parts of every specialty. We've specifically written ~a thousand Family Medicine cards in the Flashback app to help you here. Use them as you go during downtime.

We're presenting a 6 week plan, but it's at a slow enough pace that you can speed it up if need be, or added to from the extra list if you're on it longer.

For additional advice and a greater FM+OME breakdown, visit our friends at <http://www.fmstudent.com/2016/06/14/onlinemeded-for-family-med/>



LET'S GET STARTED





# FAMILY MEDICINE (6 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Hypertension	Coronary Artery Disease	Heart Failure	Cholesterol	GERD	IBD, Chronic Diarrhea	Asthma, COPD
2	Well Child Visit	Peds ENT	Allergies	Upper Airway	Lower Airway	Peds ID Rashes, Preventable Trauma	Screening, Vaccinations
3	Abx Ladder	Pneumonia	UTI	Superficial Skin Infections	Eczematous Rashes	Pre-Op Eval, Aorta	Ortho Injuries, Toxic Ingestion
4	Anxiety	Mood Disorders	Mood Life & Death	Eating Disorders	Addiction	Sleep Physio, Sleep Disorders	Psych Pharm I, Psych Pharm II
5	Puberty	Infertility	Gyn Infections	Menopause	Incontinence	Virilization, Vaginal Bleeding 1	Vaginal Bleeding 2, Vaginal Bleeding 3
6	Contraception	Medical Disease	3rd Trimester Bleeding, 3rd Tri Labs	REST	TEST DAY		

THINGS THAT ARE NOT ON THIS LIST  
THAT YOU SHOULD GET TO IF YOU HAVE ENOUGH TIME

HIGHER		LOWER	
Acute Diarrhea Gallbladder Kidney Stones CKD	Outpatient Diabetes Insulin Management Diabetic Emergencies Thyroid	Anemia Approach Monoarthralthropathy RA Bias	Dizziness Weakness Back Pain Dementia