

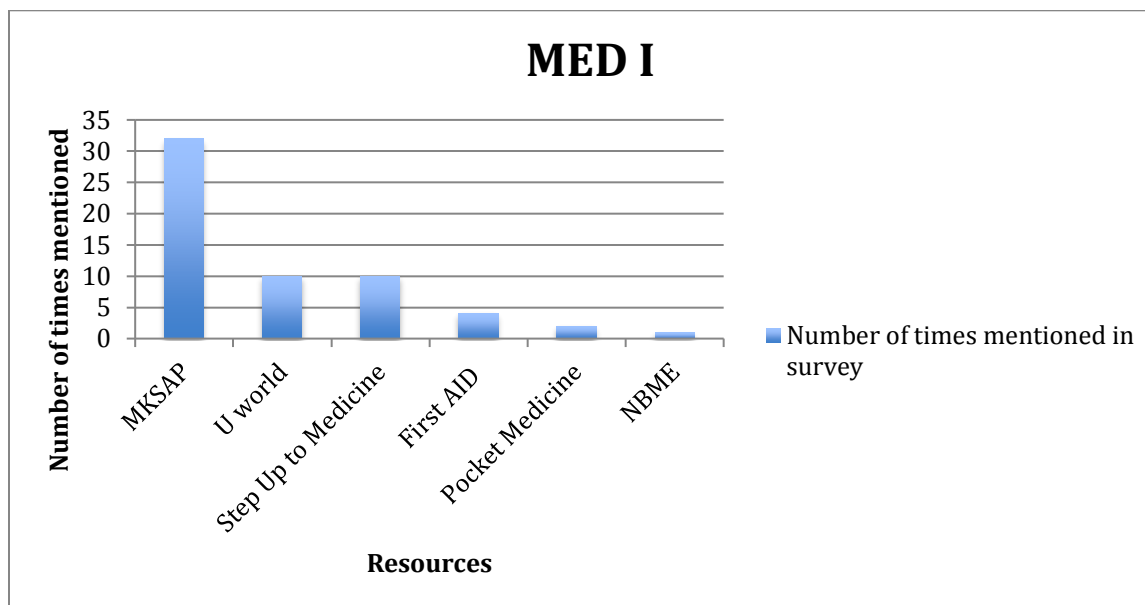
# SHELF & 2CK Resources Survey

2014-15

*(01/2015)*

## Med I

Resource	Number of times mentioned in survey
MKSAP	32
U world	10
Step Up to Medicine	10
First AID	4
Pocket Medicine	2
NBME	1



### Other Comments:

[OnlineMedEd.org](http://www.onlinemeded.org) (Video series)

MKSAP Q bank. It's free online. Do all the questions. Use partner book (also online) for any weak

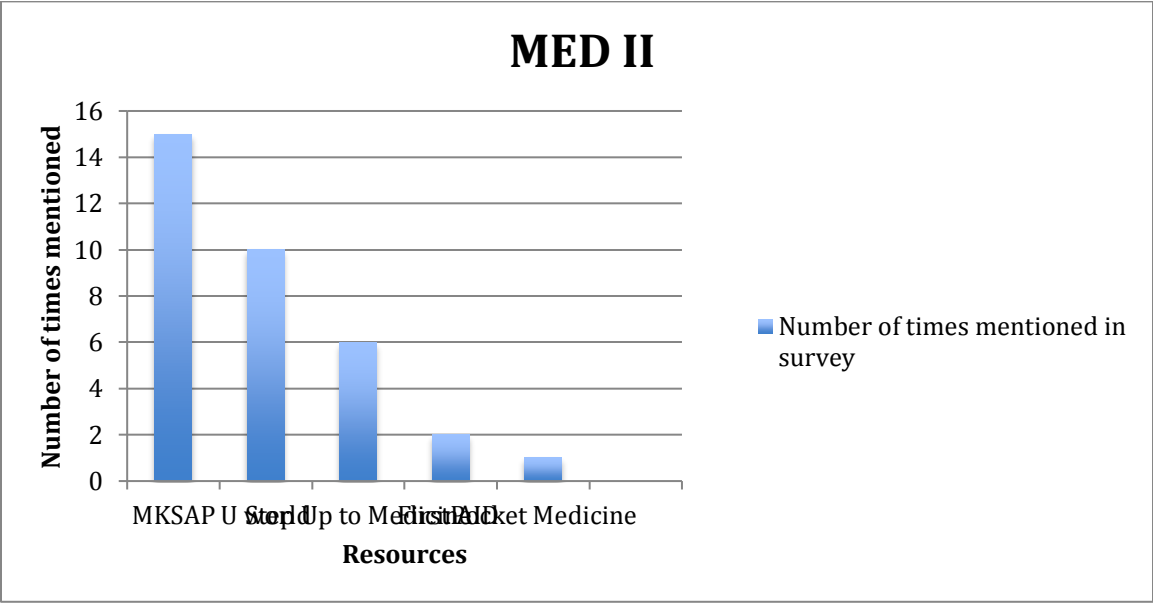
MKSAP, I checked out the 4th edition out from the library. It has a CD, which functions as a Q bank. I found it easier to use than clicking back and forth in the online 5th edition (available online for free through the Biomed library).

This clerkship review video: <http://som.uthscsa.edu/StudentAffairs/thirdyear.asp>

U World is better than MKSAP in my opinion. Also, Step Up to Medicine is a much more thorough book than the MKSAP study guide. I used MKSAP for Med 1 and U World/Step Up for Med 2 and had a much better time in Med 2.

**Med II**

Resource	Number of times mentioned in survey
MKSAP	15
U world	10
Step Up to Medicine	6
First AID	2
Pocket Medicine	1

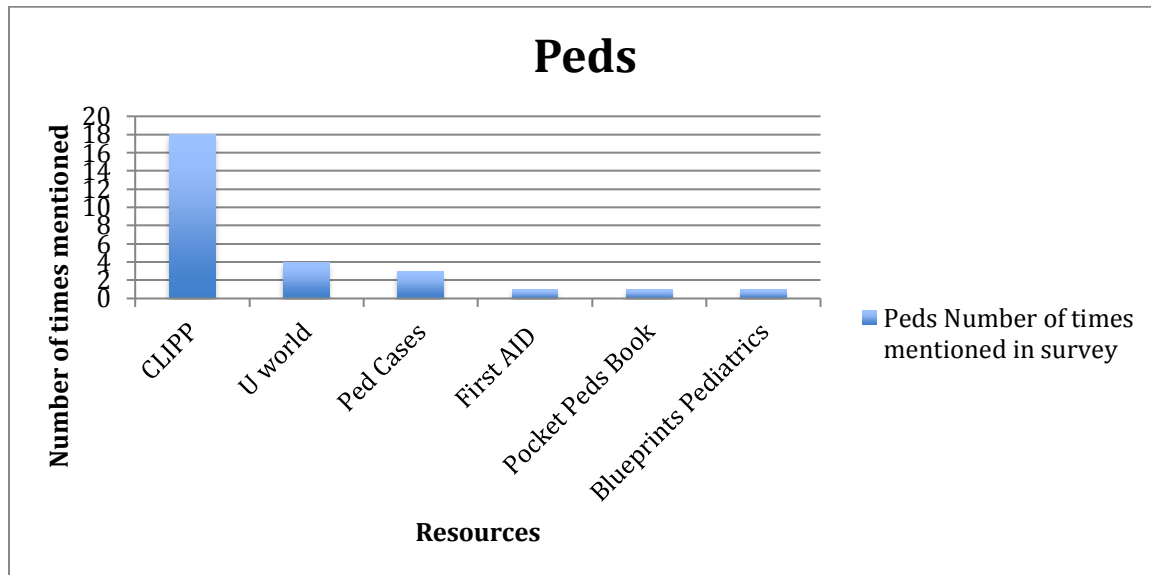


**Other Comments:**

[OnlineMedEd.org](http://OnlineMedEd.org) (Video series)

## Peds

Resource	Number of times mentioned in survey
CLIPP	18
U world	4
Ped Cases	3
First AID	1
Pocket Peds Book	1
Blueprints Pediatrics	1



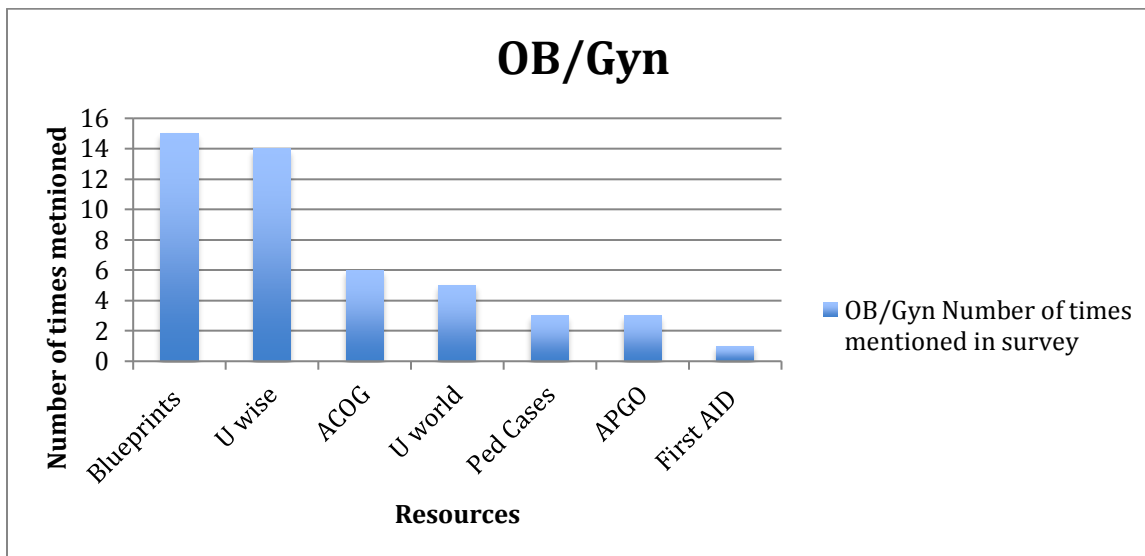
### Other Comments:

Exam is CLIPP case based hence working through all 32 online CLIPP cases is a must. Ideally, do them twice: once first 4-5 weeks, then one additional time the week of exam.

CLIPP Cases - only resource you need. Not only prepares you for the CLIPP exam but gives you enough background to talk intelligently on the floor.

## OB/Gyn

Resource	Number of times mentioned in survey
Blueprints	15
U wise	14
ACOG	6
U world	5
Ped Cases	3
APGO	3
First AID	1



### Other Comments:

UWISE was very helpful; test seemed to be in same format as those questions

ACOG practice bulletins are helpful for the clinical portion of the rotation - requires membership to ACOG (free for students), but takes at least a few days to be approved  
Residents were great about taking time to teach specific topics

OnlineMedEd.org (Video series)

OB/Gyn sections of first aid for CK; q-bank provided was helpful; OB/Gyn questions of Kaplan's CK bank

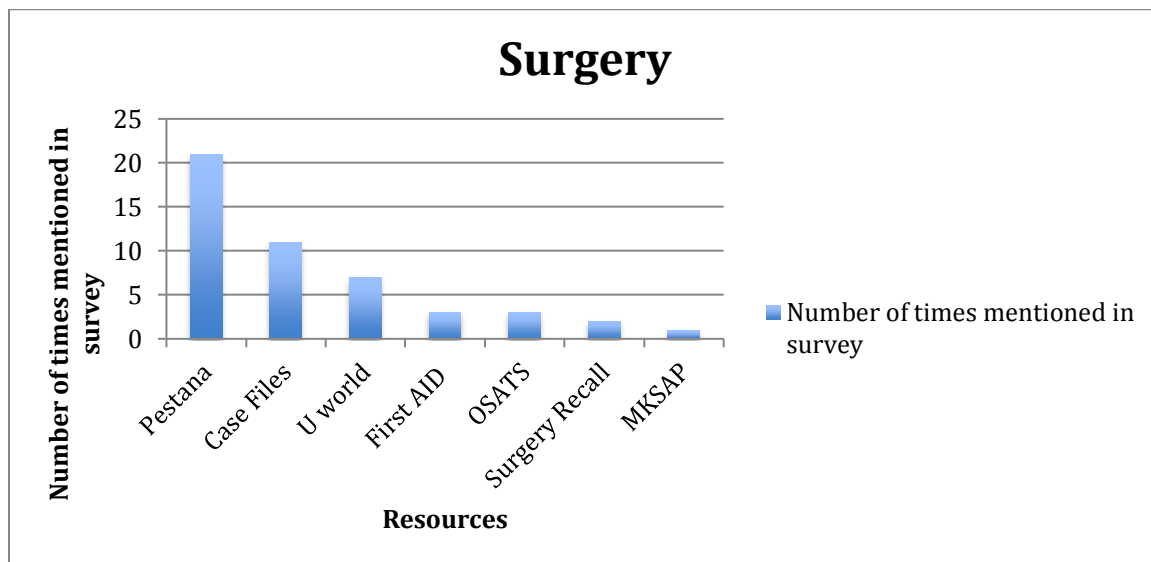
UWISE qbank, ACOG practice bulletins (Register for your free ACOG membership early, because it can take a few weeks to process.)

OBGYN case files, free ACOG questions, U world qbank. The ACOG questions and U world qbank were essential. I just enjoy case files because it gives me a sense of what kind of things I'll see on the rotation. Not sure if its essential for the exam.

The APGO q-bank was super helpful; make sure to register for student membership to ACOG early as it can take a couple weeks, and that gives you free access to another bank of questions, albeit a bit more advanced than APGO. I also really liked case files.

## Surgery

Resource	Number of times mentioned in survey
Pestana	21
Case Files	11
U world	7
First AID	3
OSATS	3
Surgery Recall	2
MKSAP	1



### Other Comments:

Pestana...read at least twice! (there is a free version and a book...the book has questions in it and i think it is probably worth the buy/borrow) go to practice day for OSATS and make sure you can do everything.

\*\*Get into the lab and practice the skills for OSATS. Bring suture home and practice. Gown yourself in the OR until you are comfortable with it. Start IVs when you can etc.\*\*

No such thing as \*one\* resource because surgery shelf covers surgery \*and\* heavy medicine thus one need to study surgery \*and\* medicine, hence I would recommend \*minimally\*:  
NMS Casebook (red cover), Pestana review (ISBN: 978-1609789169), medicine step 2 ck review book (first aid or step-up to medicine)

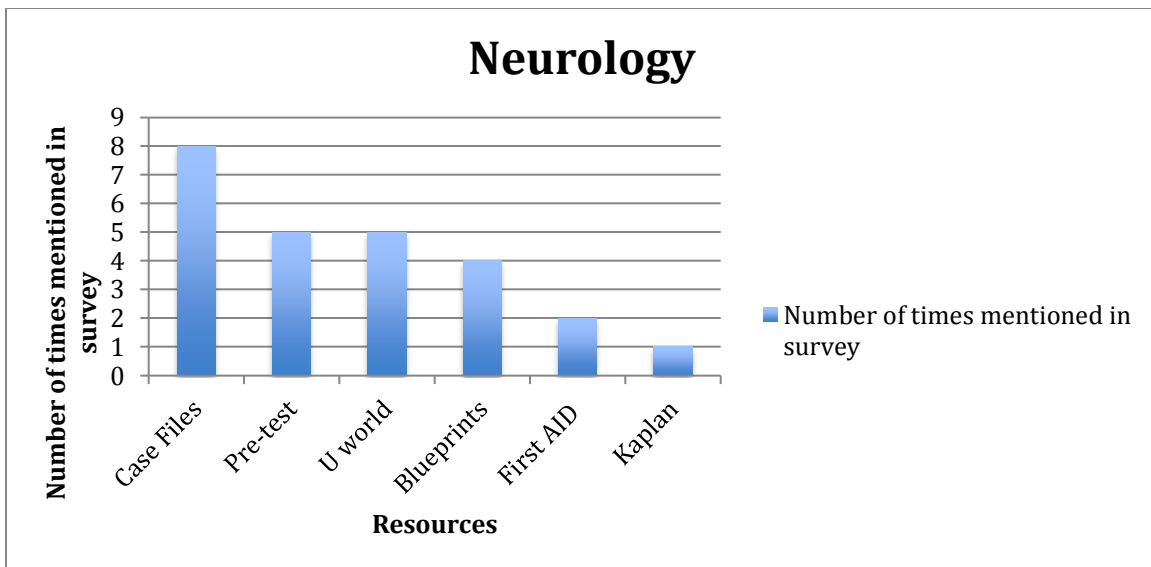
PreTest: good mix of questions; many are too specific.  
NMS Casebook: bought it, didn't find that useful. Way too in depth.  
Step 1 Secrets: useful, but hard to get through.

Surgical Recall: everyone says it's a good resource for when you get asked questions in the OR, but an hour spent with Netter would be much for useful. Not helpful for shelf exam purposes. Good if you have down time.

As for OSATS preparation, everything you need will be provided during the rotation. Don't sweat it.

## Neurology

Resource	Number of times mentioned in survey
Case Files	8
Pre-test	5
U world	5
Blueprints	4
First AID	2
Kaplan	1



### Other Comments:

<http://utcom2012.wikispaces.com/file/view/Neurology+Clerkship+Study+Guide.pdf>

Lange Clinical Neurology textbook (free online through library), Pretest questions (again through biomed library, copy is from 2006)

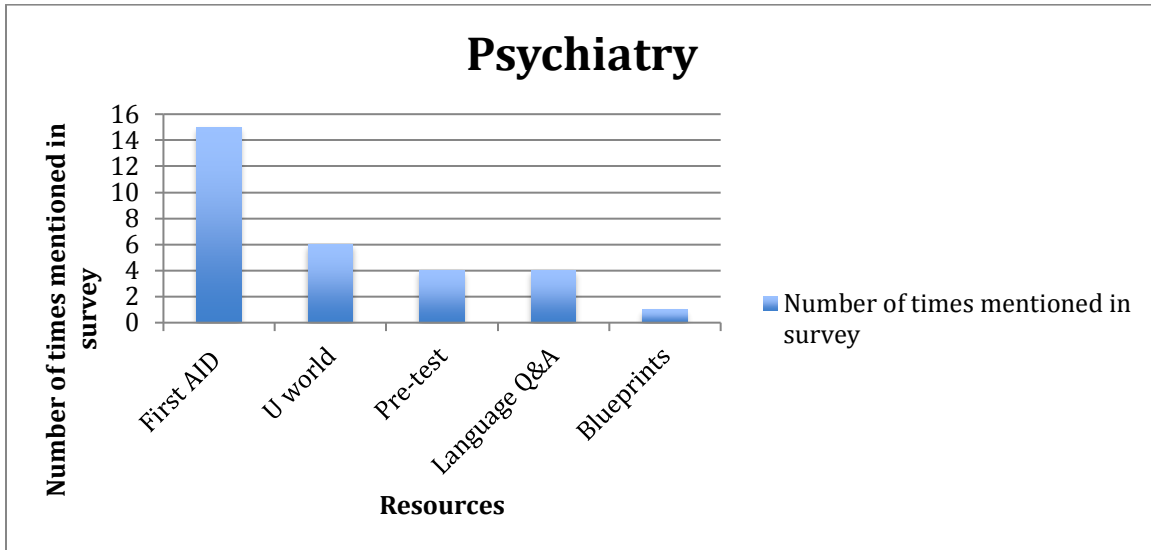
UWORLD: awesome for neurology prep. Don't forget to draw neurology questions from IM, surgery, and pediatrics. Add in some ENT and ophtho if you have time.

Pretest: also very good. Some sections better than others, but definitely try to start early and get through as many questions as possible.

Case files: waste of time when you only have 4 weeks to study. It has a lot of good information, but the good stuff is buried under a lot of redundancy and filler text. Not efficient to study from.

## Psychiatry

Resource	Number of times mentioned in survey
First AID	15
U world	6
Pre-test	4
Language Q&A	4
Blueprints	1



### Other Comments:

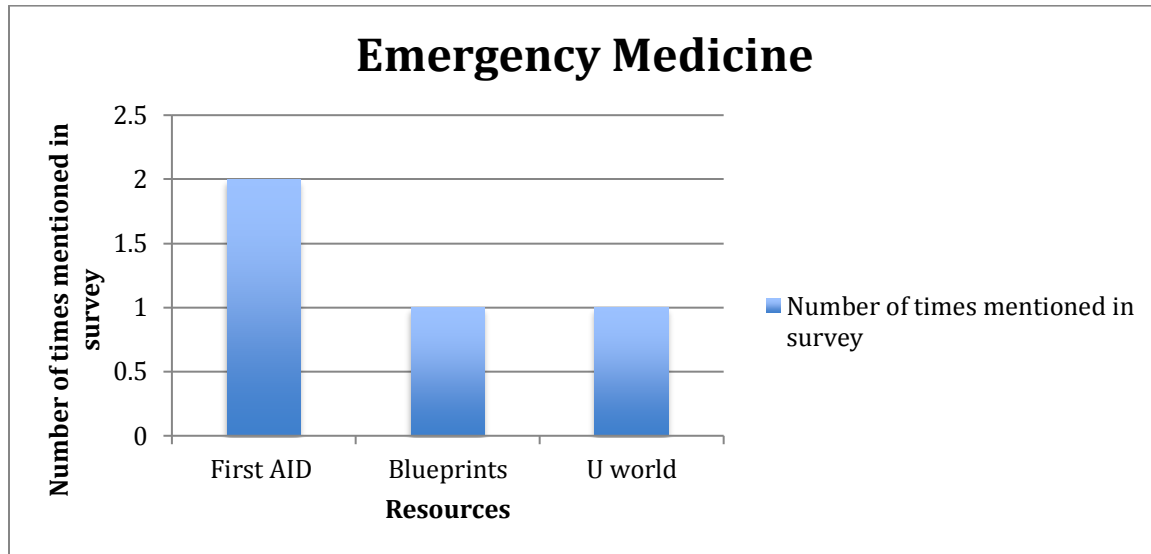
<http://utcom2012.wikispaces.com/file/view/Psychiatry+Clerkship+Study+Guide+%282011%29.pdf>  
and pretest questions

I scored really high with Lange Q&A, First aid for psychiatry, and pretest psych  
First Aid for Psychiatry (available free online as a PDF), Lange Q&A (provided by Fairview)



## ER Medicine

Resource	Number of times mentioned in survey
First AID	2
Blueprints	1
U world	1



### Other Comments:

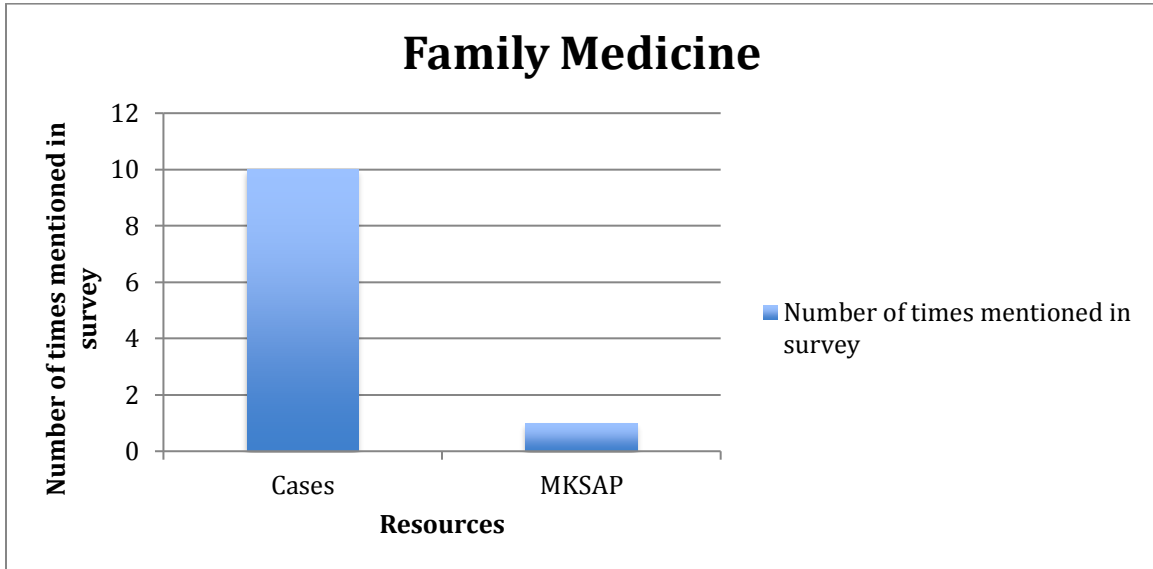
Only study from the website provided - any studying from Q Banks or other sources may help for CK but will only confuse you on final exam.

Online resources provided are enough to ace the EM final if reviewed thoroughly

They supply you with online resources and only examine from them

## Family Medicine

Resource	Number of times mentioned in survey
Cases	10
MKSAP	1



### Other Comments:

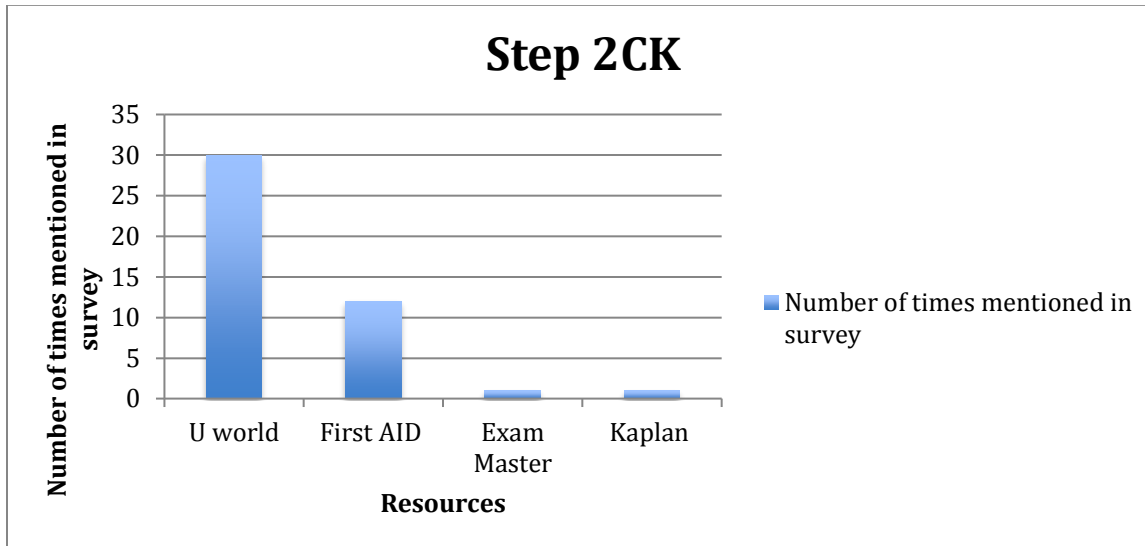
The PowerPoint's presented in lectures and just attending and paying attention

Cases, recommendations/guidelines, preventative medicine

Study recommended cases and material covered in lecture

## Step 2CK

Resource	Number of times mentioned in survey
U world	30
First AID	12
Exam Master	1
Kaplan	1



### Other Comments:

So I really recommend getting the U-world Q bank for a whole year and using it to study for the various shelves and for step 2. If you don't have it for one specific shelf not a big deal, but I thought it was helpful and easier to get through all the questions.

For me it was about finding free resources for the shelves- so I used pre-test a lot because free PDFs were available.

For CK itself you don't need anything besides U world. I know some people like first aid, and I had first aid, but I really didn't use it. Pretty much only did questions and I did great on step 2

U world. Any studying you do that is not U world is a waste of time that you could have spent doing U world

U world (best bang for buck)...do the U world practice test...go through U world twice! if you don't have time to do it twice then at least go through all the questions you got wrong again.

U world is absolutely essential; you could honestly just use that, also skimmed some of the master the board's books, they were ok. NBME practice exams dramatically under-predicted my score and just increased my anxiety, so they weren't great.

I used first aid for CK and Kaplan's step 2 qbank and I was very pleased with my score. They were both familiar resources for me from studying for step 1 and I used them both throughout rotations U world

USMLE World Q Bank (or similar) is the most important, getting through all 2000+ questions with careful review of the explanations could be sufficient prep

Review of Pestana and Step Up to Medicine for more detail is useful if there is time

First Aid only moderately helpful, not essential

U world-Q bank. Tutor mode is an excellent resource and covers all the material

I sometimes glanced at First Aid for Step 1 to refresh details that i thought you were missing from the Step 2 CK version

U world questions used First Aid for some questions and skimmed occasionally for general review. Mainly focused on questions.

These lectures! <http://som.uthscsa.edu/StudentAffairs/thirdyear.asp>

Talk to Dr. Slattery if you encounter challenges while studying or aren't scoring as high as you had hoped on the practice exams- he has excellent test-taking advice and strategies.

## **Other subspecialty rotations**

- (For any clerkship I would recommend case files!!!!)
- Peds Urology - make sure to do all the Peds specific readings!
- Dermatology provides study material on first day