

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Respondents were asked ...

If you could use only one ('essential') resource to prepare for the SHELF exam of a rotation discipline, what would it be? ... include as well any suggestions, recommendations or strategies.

The following are responses to this survey – we hope you find input from you classmates to be helpful.

Med I

- UWorld Qbank
- UWorld
- Uworld
- UWorld
- UWorld
- U world
- UWorld questions
- UWorld, MKSAP if time
- UWorld
- UWorld questions, Pocket Medicine by Sabatine
- UWorld Qbank (specifically on tutor mode), Step Up to Medicine, UptoDate, Dynamed
- UWorld, Step Up To Medicine, OnlineMedEd
- UWorld and more UWorld
- Uworld for step 2ck prep
- U-world
- UWorld and OME
- Uworld
- UWorld
- UWorld
- UWorld Qbank (go through it at least twice. Don't waste money on books unless you learn via text),
- MKSAP, Step up to Medicine
- UWorld Question bank
- recent Step 1 study, U world Step 2 CK questions
- UWorld or MKSAP questions; JAMA and NEJM cases are useful to go through for some of the weirder stuff. Sanford guide is nice to have but not necessary. UpToDate is Ok on the spot, but not for studying.
- Uworld questions only. Don't try to read a resource. It is more important to try to get through the UWorld questions.
- Uworld, step up ton medicine
- U World
- UWORLD Step 2 CK Qbank
- UWorld, HY Internal med PDF Emma Holliday Ramahi, First aid step 2, Master boards step 2; NOT Step up to medicine
- Uworld questions, Rapid Interpretation of EKGs (Dale Dubin, MD), Step Up To Medicine

- UWorld, OnlineMedEd
- UWorld medicine questions. Emma Holliday Ramahi IM clerkship review from UTSA.
- U world. That's all you really need. I also used my step 2 ck book as well for an overview + I studied for step 2 at the same time!
- Uworld question bank to study for the shelf, supplement that material with step 2 CK first aid; for day to day knowledge on the wards, Pocket Medicine by Mark S. Sabatini is very useful
- UWorld, Mksap questions
- UWorld questions -- took notes on the answer explanation
- UWORLD medicine (the only one I used). Definitely go through it once + incorrects.
- UW, Online Med Ed
- Online Med Ed
- UWorld. I had the app on my phone so I could do questions anywhere
- Uworld
- UWorld question bank (first priority, get through all questions once and incorrect questions twice), Case Files book
- Online Med Ed, Step Up to Medicine, Uworld
- IM Essentials (text + qbank)
- Step up to medicine
- Step up to medicine, Uworld q bank
- Step up to medicine, uworld
- Step up to medicine, UWorld
- Step Up to Medicine, and do as many medicine Uworld questions as possible (try to do them all)
- Step Up to Medicine, All of the UWorld questions that you can do, BEING FULLY PRESENT AT THE First Aid for step 2 CK, Uworld
- Step Up to Medicine
- step up to medicine
- Step up to medicine, First Aid, Uworld
- Step Up to Medicine, USMLE Q bank, Take ASAP after Step 1
- Step Up to Medicine + Uworld + Onlinemeded.org
- Step Up to Medicine, UWorld Qbank
- Step up to medicine
- Step-up
- First Aid, Lange Q&A, Mass General Pocket Medicine (the purple book)
- MKSAP and UWorld
- MKSAP
- MSKAP and all the practice questions, UWorld questions
- MKSAP (to study for shelf)
- MKSAP
- MKSAP- creating a plan on how you will finish this from the beginning is helpful
- As many resources as you have time for, but Uworld Q-Bank was good.
- MKSAP book, UWorld, Online MedEd
- HOSPITAL AND LEARNING FROM YOUR PATIENTS.
- Do as many of the medicine UWorld questions as you can! Get a First Aid for Step 2 (or similar) for quick reference.
- 1-ACP IM essentials blue book.
- 2-U-world medicine questions.

- 3-EKG'a: life in the fast lane and Dr. Nersi Nikakhtar's EKG guide.
- 4-Read about your patients, what causes the disease pathology, the treatment, and learn the side effects of the meds with their MOA. NEJM--review articles
- 5-Medicine templates: <http://www.medfools.com/downloads.php>
- 6-For heart murmurs ""the auscultation assistant"": <http://www.wilkes.med.ucla.edu/inex.htm>
- 7-Antibiotics review:
<http://errolozdalga.com/medicine/pages/OtherPages/AntibioticReview.ChanuRhee.html#antibacterials>
- 8- MD calc, use to calculate all sorts of nifty things.
- UTSW online video by Dr. Emma Holliday Ramahi
- When you have a patient with a common problem, look it up on Up to Date for 10-15 min and take notes. Pretty soon you know a lot of the diagnoses on the shelf!
- Do all the UWorld questions (this will likely take up all of your study time as there are ~1,300 questions), NBMEs
- MK-SAP
- MKSAP outlines and questions, Step Up to Medicine, NBME practice SHELF exams, UWorld (Step 2), consider finding a website where you can practice EKG readings. Note: The lectures at our site were not particularly helpful with regard to the SHELF exam so it was a lot of studying on your own.
- Case Files Internal Medicine, EKG lecture notes and online resources for practice interpretation, e.g. practicalclinicalskills.com, UWorld questions
- Case Files, UWORLD
- Blueprints for medicine, UWORLD

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Peds

- CLIPP Cases
- No, doing the cases they require prepares you well for the final exam.
- CLIPP cases - they're annoying to complete, but the pdf's after each case are a great summary and the ONLY resource I used for this rotation.
- Clipp cases, casefiles
- CLIPP cases
- Clipp cases
- Haven't done this yet
- Clipp cases
- OnlineMedEd. CLIPP case SUMMARIES (DON'T go through the cases).
- Clipp cases
- CLIPP Cases
- Clipp cases
- UWorld
- Clipp cases
- CLIPP cases, if you do them multiple times it would probably help
- Online CLIPP modules
- CLIPP cases
- CLIPP cases, UWorld
- CLIPP cases
- CLIPP cases
- Clipp cases
- Online cases
- Clipp cases
- CLIPP cases. Try to do at least one case per day during the week and catch up on weekends, using the summaries at the end to review before the exam.
- Do peds uworld questions along with the CLIPP cases
- CLIPP cases
- CLIPP Cases, AAP Bright Futures (available as free PDF) is great for familiarizing yourself with various aspects of the well visits
- UWorld Qbank (specifically on tutor mode), UptoDate, Redbook 2015
- Clipp cases
- Start on the CLIPP cases early.
- "1-Do all the CLIPP cases early on, try to complete as many as you can prior to the rotation starting.
- 2-Bio-med library has online access to Nelsons, the peds textbook.
- 3-Memorize the vitals for different ages.
- 4-There is an online developmental milestones with youtube videos as part of the clip cases.
- 5-This youtube video for vaccine schedules: ""pediatric immunization schedule by Julie Hammatt""
https://www.youtube.com/watch?v=gGMjhfumv2w&index=15&list=PLmqmV5deSHB6bqE4wrMu7RLgpRgGR_pAC
- 6- Ins and Outs are calculated differently, ask someone to show you, and do this daily on all your patients. "

- Clipp cases
- CLIPP cases - nothing else!
- CLIPP cases and UWorld QBank questions
- CLIPP cases
- CLIPP cases
- Clipp Cases only
- CLIPP cases are all you need to study. I did Uworld as well, which was good but not absolutely necessary.
- CLIPP cases
- The exam is based on the CLIPP cases they assign you
- CLIPP cases
- CLIPP cases
- CLIPP cases
- -CLIPP case summaries
- Clipp cases PDFs, UTSW online video by Dr. Emma Holliday Ramahi
- Go through the CLIP cases with a partner--that way you can talk through the diagnoses and next steps. Before the test, reset the quizzes associated with the CLIP cases and take them again--it really helps you solidify your understanding.
- CLIPP cases
- CLIPP (included online curriculum)
- CLIPP cases, UWorld (Step 2), Master The Boards Step 2CK (I happened to have this since I was taking Step 2 CK shortly after my peds rotation but I wouldn't necessarily recommend buying it for rotation purposes)
- Case Files Pediatrics, Summary pdfs of CLIPP Cases and practice questions
- clipp cases
- I'm not sure, I could have used some advice myself. It went okay with the CLIPP cases and some of the UWORLD questions but could have gone much better.
- CLIPP cases (CLIPP exam at end, no SHELF)
- Just review the CLIPP cases.
- Blueprints for peds, UWORLD
- CLIPP cases
- Clipp cases
- CLIPP cases are all you need for the exam, learn plenty of other stuff on rotation; UWorld Peds questions are also useful if you haven't already used them for step 2.
- CLIPP cases and case summaries. Nothing else.
- Clipp cases only; exam is based on them
- ONLY CLIPP
- Uworld, CLIPP cases, Blueprints Pediatrics

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

OB/Gyn

- Online Med Ed
- ACOG practice questions, ACOG articles, UWorld questions
- Online Med Ed, Uworld
- UWorld, casefiles, acogg questions were important as well but 2nd to the UWorld questions
- Blueprints. The provided q-bank was probably the most helpful resource.
- Uwise q bank, blueprints, uworld
- Case Files OB/GYN.
- Blueprints, Q-bank provided was helpful, also did Uworld OB/GYN questions
- Blueprints & CaseFiles
- Q bank moderately helpful - a good gauge of how well I knew the practice, not a good representation of what shelf questions were like
- Case files, u world
- Do the entire q-bank that is provided by the rotation, but don't spend too much time reviewing because some of these questions were too high level (more resident level). UWorld is a great resource. I did well on the shelf and only read the first 100 pages of Blueprint.
- ACOG Qbank + UWorld + Casefiles
- ACOG, UW
- Qbank was OK, the book they give you was better
- Blueprints in OB/GYN
- Case Files in OB/Gyn
- Blueprints, UWorld questions, Online MedEd
- UWorld
- The OB questions available through ACOG (free for students to sign up) - pretty helpful resource. Also used Uworld but felt this was less helpful.
- blueprints
- UWorld
- I used case files and liked it a lot. I would highly recommend the acog q bank over the U World one, it's honestly better.
- UWorld, UWorld
- Do both the UWORLD and provided q-bank. The provided q-bank was very helpful, although just so you know the review questions at the end are just the prior questions repeated in random fashion.
- Case Files, UWorld, APGO questions, BEING FULLY PRESENT AT THE HOSPITAL AND LEARNING FROM YOUR PATIENTS.
- UWorld question bank, APGO question bank (provided on rotation for free)
- UWorld Qbank (provided by the rotation) + Uworld questions are a great resource for the shelf exam. The Beckmann OB/GYN book was also helpful.
- Case Files was most helpful
- U World
- Case files
- "APGO Q-bank.

- General knowledge: Flow charts about Pap and next steps for positives. Learn how to read the FHT's (fetal monitor tracings). know which antibiotics to use for which infections: UTI, STI's, etc. Magnesium, Mg toxicity and treatment of preeclampsia. "
- U World Q bank
- UWISE Qbank
- APGO question bank, ACOG practice bulletins
- Blueprints, UWorld, Uwise questions were very helpful
- Case Files, APGO UWISE, UWORLD
- UWise and Casefiles
- I like blueprints, but it might have been overkill. You should go through the Q-bank, but just know that some of the questions are poorly written and will frustrate you. I found Uworld more helpful.
- Case Files, Uwise ACOG
- Their Qbank was helpful
- Blueprints and APGO's uWISE
- "- Case files was fantastic
- Blue printed also helpful"
- UWise Qbank (moderately helpful), UWorld Qbank, Case Files
- The APGO Uwise questions are great to do when you have downtime at the hospital. They are free, you just have to set up an free account online.
- Case Files, APGO U-Wise provided by the rotation (around 600 questions), UWorld questions (around 250 questions), NBMEs
- UWorld, ACOG guidelines
- Blueprints
- Blueprints, Case Files, ACOG website, Definitely UWorld (Step 2), NBME practice SHELF exams. The lectures at HCMC are fantastic and really helpful with regard to both clinical and testing requirements.
- Case Files OB-GYN, ACOG online questions (definitely helpful! took notes on the answer explanations as I did them and reviewed before exam), UWorld questions
- online meded
- UWORLD, yes the q-bank was helpful
- UWorld
- Blueprints OB/GYN. I used the UWorld Qbank, not the one they provided.
- Blueprints for OB/GYN, Qbank provided by rotation
- Recommended book (Bergman), relatively useful qbank, also Uworld
- Uwise question bank, Ob/gyn case files
- Blueprints OB/Gyn, ACOG question bank
- Case Files, UWorld OB/G questions. The UWise questions (the QBank provided through the rotation) are good for the rotation for general info, little less useful for the exam (they are too up-to-date for the exam).
- Case files was helpful for me. I did both the Uworld and APGO question banks. The APGO questions were much easier than the exam. I would start with those early in the rotation and then make sure you get through all the Uworld ones.
- N/A
- OB Blueprints
- Blueprints OBGYN, Uworld questions, ACOG Uwise questions
- UWorld, OnlineMedEd

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Surgery

- Online Med Ed
- Uworld question bank and pestana's notes were both very helpful
- "OSATS - show up to the practicals, ask questions, and practice the stuff you don't feel comfortable with.
- Shelf - DO NOT OVER-RESOURCE YOURSELF. Definitely read all of Pestana at least once. NMS Surgery Casebook vs NMS Surgery - both good, I didn't like the case format, so the textbook would have been better, but that's personal preference.
- UWorld Questions"
- Online Med Ed, Pestana, De Virgilio, Uworld
- UWorld questions, pestana not helpful, focus on UWorld surgery, medicine and GI sections
- Pestana
- Case files
- pestana, uworld qbank
- Pestana, surgical recall, uworld
- Pestana.
- NMS case book, Pestana's
- Pestana*, Surgery Recall*, NMS Surgery Casebook
- U world, green book-forget name but so valuable!
- NMS surgery case book. Not a lot of UWorld questions so I found it helpful to take NBME shelf practice tests.
- Pestana + UWorld
- UWorld, redo some Medicine questions as the shelf is very management heavy. Dint sweat the OSATS, if you've been in an OR at all it's very easy.
- Hard to prepare for this shelf. Mostly medicine questions and random.
- Online MedEd
- UWorld (including medicine questions); OSATS - pay attention during workshop days
- UWorld and Pestana. OSATS require minimal prep-just materials they give you in class
- pestana
- UWorld
- U World. Pestana's. That's all you need.
- UWorld
- A tough one... UWORLD surgery q's and Pestanas, but there is so much medicine that doing random medicine UWORLD and looking at CV, resp, endo, and GI topics in step up to medicine/First aid CK would be helpful too.
- Dr. Pestana's Surgery Notes, UWorld, BEING FULLY PRESENT AT THE HOSPITAL AND LEARNING FROM YOUR PATIENTS.
- UWorld (Surgery & Medicine Qs), Pestana's, CaseFiles for Surgery
- Dr. Pestana's Surgery Notes are incredibly helpful for getting the basics. He also has a series on Youtube which is basically an audiobook of his surgery notes if you prefer listening to lectures. NMS surgery is also useful for reading more in depth on various surgical subspecialties and organ-specific diseases/surgeries.

- Sabbiston Essentials of surgery
- Pestana
- Think about what order you should do things in OSATs. Do all of the surgery UWorld questions and as many of the medicine questions as you can get through.
- "1-practice suturing and knot tying every day.
- 2-Dr. Pestana's surgery notes--memorize this book.
- 3-Surgical Recall
- 4-U-world surgery questions
- 5-review medicine --endocrine, renal, etc, since surgery shelf is more medicine than surgery.
- 6- read, read, and read
- 7- online-med-ed videos are good review. "
- Pestana, deVirgilio, pretest, surgical recall
- U World, DeVirgilio book (can access online through biomed library); OSATS - pay attention during the afternoon "lab" sessions
- Pestana
- Pestana
- Pestana, Uworld questions. For OSATS just take your time practicing during the afternoon sessions and you will be fine.
- Pestana's book, Uworld
- UWorld and Pestana's
- Pestana Pestana Pestana. Those who are shooting for honors can consider using de virgilio, which was somewhat helpful. However, your efforts are better spent doing Uworld if you're short on time. The OSATS is just another awkward practical you have to get through. I didn't do anything special to prepare for it and got full credit.
- Case Files, Pestaña
- "You have to utilize your days off to study because your days on the wards will be long and you will have to prepare for the cases to get a good clinical grade.
- OnlineMedEd -- do all the videos/notes for general surgery and all the videos for the surgical subspecialties. and UWorld of course.
- OSATS -- actually watch the videos and prepare prior to the skills sessions."
- U world, pestanas, Onlinemeded.com
- Pestana and de Virgilio
- Pestana
- Pestana, UWorld, UTSW online video by Dr. Emma Holliday Ramahi
- Pestana--buy the actual book and bring it with you everyday. When you have downtime read it. After you see something the book talks about, go read that section. Right before the shelf, re-read it again.
- Pestana's Surgery Notes, de Virgilio's Surgery - A Case Based Review (I loved this resource), UWorld (around 150 questions), NBMEs
- Pestana surgery notes, UWorld
- Online modules (free) plus any case-based textbook with practice questions. Pestana is gold standard but you need more than that.
- National Medical Series Surgery (The outline format not the question and answer format), Step Up to Medicine, UWorld (Step 2), NBME practice SHELF exams
- Use the time during the skills labs to practice and you will feel pretty comfortable for the OSATS portion. I read Pestana twice and did well on the UWorld questions, but felt like the shelf was still a

little out of left field, felt more like Step 1/Medicine shelf (which I had taken long before surgery). Probably would help to review medicine Uworld questions/content as well.

- Uworld
- I used Pestana's and NMS Casebook after taking Step 2CK as a 4th year, so I'm not entirely sure if the Step prep or the materials won out.
- UWorld
- Case Files Surgery, Pestana; For the OSATS, make sure to practice the simple things they teach in the afternoon sessions.
- Pestana, UWORLD
- NMS casebook, surgical recall, medicine baseline knowledge
- U world Step 2 CK questions
- "Shelf: It's a hard exam to prep for. Read Pestana's once or twice and do the questions. There are other resources floating around too - surgical recall wasn't bad, but I only used it because I got a copy from a classmate. Review your medicine, the exam covers a lot of general medicine. You also need to know some pediatric surgery (which 90% of you will not rotate through). UWorld surgery questions are good too, but there's only 130ish.
- For the OSATs: Some point during your rotation, like while waiting for the patient to come to the OR, find the scrub tech. Politely introduce yourself and ask them to show you, one-on-one, how to gown yourself and how to put your own gloves on. In fact, whatever surgery rotation is your first (OB, sub specialty, or general), do this. It will come in handy when emergent stuff flies in. As far as stitching, you'll get some practice both with workshops and in the OR, but ask to do it. "
- Case files
- HY General surgery Emma Holliday Ramahi, UWorld, Pestana, Onlinemeded
- Pestana, take after Step 1
- Dr. Pestana's Surgery Notes
- Pestana book

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Neurology

- Online Med Ed
- Uworld question bank
- Get a question bank book (Pretest or Casefiles) and do all the questions
- UWorld
- UWorld questions, casefiles
- Pretest
- Pretest
- lectures from HHD3 were most helpful, uworld qbank
- High yield neuroanatomy (for review), uworld
- Pre-test
- <https://utcom2012.wikispaces.com/file/view/Neurology+Clerkship+Study+Guide.pdf>
- Case files
- UWorld
- None used
- Case Files, Neuro Finseth Review
- UWorld
- Neuro case files.
- UWorld (neuro questions under medicine)
- uworld
- UWorld
- Uworld
- Case Files, UWorld, BEING FULLY PRESENT AT THE HOSPITAL AND LEARNING FROM YOUR PATIENTS.
- UWorld questions, Case Files book
- U World
- Pretest
- UWorld + First Aid Step 2
- "1-u-world questions
- 2-Blueprints
- 3-neuro primer"
- Blueprints, case files
- Case Files
- Blueprints, UWorld
- UWorld
- Blueprints-- not helpful
- I actually went back to First aid for Step 1 on this one (particularly useful for brachial plexus neuropathies and tumors), and I used the neuro section of Step Up to Medicine. Did the neuro section of Uworld. Blueprints was terrible.
- Case Files
- UWorld. I tried Case Files as a textbook but didn't find it helpful.
- Blueprints
- PreTest, UWorld

- Blueprints, Case Files, Pre-Test, UWorld (Step 1), NBME practice SHELF exams
- Case Files Neuro and Pre-test Neuro, and this resource:
<https://utcom2012.wikispaces.com/file/view/Neurology+Clerkship+Study+Guide.pdf>
- case files
- Case Files, UWORLD
- UWorld
- Blueprints Neurology. UWorld Qbank was useful.
- Blueprints for neuro, UWORLD
- Blueprints neurology
- U world Step 2 CK questions, talk to and learn from residents
- It's not too bad of a shelf. I liked PreTest. I also had taken Step 2ck prior to this and had already done those UWorld questions, though a month earlier. Pull out old Netter and review your dermatomes and main cervical and lumbar nerve branches.
- Blueprints of neurology
- Onlinemeded, UWorld, First aid step 2
- Case Files Neurology, Uworld questions
- UWorld

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Psychiatry

- Online Med Ed
- N/A
- Pick a question bank book (Pretest or Casefiles) and do all the questions.
- Step up to psychiatry, UWorld not as helpful
- First aid for Psychiatry, pre-test question book, lange question book
- first aid psych, uworld qbank
- Uworld, first aid for psych
- Lange Q&A (read through the answer section)
- Pre-test
- First aid for psych
- First Aid for Psychiatry Clerkship was a comprehensive read and the UWorld questions were representative of the shelf.
- UWorld
- First Aid for Psych
- UWorld
- Uworld
- First aid psych.
- UWorld, text they give you on the first day
- Psych first aid and uworld psych questions
- First Aid for Psychiatry, UWorld questions
- VA lets you check out books
- First aid
- "1-First Aid for psychiatry clerkship
- 2-The clerkship provided us with questions books to borrow --do these.
- know the meds, their MOA, and Side effects.
- 3-learn the mnemonics for different disease pathology: Sad persons, etc. "
- Lange's Question Book
- UWorld, First Aid
- First aid for psych
- First Aid
- First Aid for Psychiatry, UWorld
- First aid for psych
- Psych Primer, High Yield Psychiatry ppt, Clerkship Study Guide by Mark Tuttle (found via google search), First Aid for Psychiatry Clerkship
- "- Lange question book
- First Aid for Psychiatry "
- FA for Psych, UWorld
- UWorld questions and the questions from the books they give on the rotations.
- First Aid Psychiatry, Lange (around 800 questions), UWorld (around 150 questions), NBMEs
- Lange Q and A

- First Aid for the Psychiatry Clerkship, Pre-Test, Lange Q&A (the latter 2 were given to us by the clerkship itself but both still had DSM-IV information which is not relevant for the current SHELF which only uses DSM-V), NBME practice SHELF exams
- Didn't have Uworld at that point but that probably would have been helpful, though I did well without it. Rotation readings/lectures, onlinemeded psych lectures and the following resource were a helpful review:
[https://utcom2012.wikispaces.com/file/view/Psychiatry+Clerkship+Study+Guide+\(2011\).pdf](https://utcom2012.wikispaces.com/file/view/Psychiatry+Clerkship+Study+Guide+(2011).pdf)
- UWORLD, I used the materials provided by the rotation
- UWorld
- First Aide for the Psychiatry Clerkship. UWorld Qbank was useful.
- DSM5
- First aid for psych clerkship
- attend resident lectures, First Aid for Psychiatry Clerkship
- Case Files was really nice hear. Lots of useful tables and drug review. Also the Toxicology section out of Step 1 FirstAid (yes I know, you've probably burned it already).
- First aid step 2, master the boards step 2, UWorld, Onlinemeded
- Uworld questions, Blueprints Psychiatry
- UWorld

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Emergency Medicine

- The online cases required by the rotation are all that you need to study for the final exam. Prior to starting your first shift, it is useful to go onto that website and read the "approach to" sections.
- The online book they recommend
- Only do EMMD Prep, this is more than enough
- Pocket emergency medicine
- They give you readings
- Online cases
- Online curriculum
- Just the CORD website
- Prep for Step 2
- The website they give you. When I took the final test it was unbelievably easy and rife with mistakes though; it may have changed.
- CDEM Reading Modules
- Andy's notes
- Website provided by course
- Website readings
- 1-CDEM 4 curriculum
- 2-the booklet they give on ACLS, know it well.
- 3- EM-5-min-presentation: <https://emin5.com/2015/06/09/patient-presentation/>
- Cdem website
- Given Modules
- Rotation documents as provided
- The EM cases
- Just read the required CDEM curriculum, it's all you need.
- Online reading
- Cases provided
- CDEM website provided by rotation, UWorld, Case Files if interested in EM.
- Read all the assigned online readings one time and take notes (just to make sure you're actually studying, not just breezing over it). 2 days before the test, specifically re-read the "Approach to" readings.
- The website
- CMED cases
- CDEM readings were sufficient. Also reviewed a few characteristic EKGs for electrolyte abnormalities
- I think I only used the modules they provided
- CDEM curriculum cases
- Do the info on blackbag they provide
- Recommendsd cases online
- The Clerkship Directors in Emergency Medicine (CDEM) readings are excellent for your rotation to improve your management. And stuff for the EM exam is literally pulled from them. There are a number of them and they are relatively dense (less so than Blueprints, more so than CaseFiles), but really great
- CDEM curriculum (given by clerkship)
- CDEM curriculum (provided by rotation on Blackbag)

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Family Medicine

- Online Med Ed
- Online cases
- UWorld questions, CLIPP cases
- Only study the lecture PowerPoints and family med cases required to do online
- Don't go through the cases, just look at the summaries.
- Cases and lectures
- Casefiles, <https://www.uspreventiveservicestaskforce.org/>
- Clipp cases
- Study from the provided case summaries - they are long but there is quite a bit of repetition. Don't forget about the lectures and the musculoskeletal exam.
- Those cases they give you to do
- Online cases
- Online Summaries from cases
- Clipp cases
- Just the course materials from the on-campus sessions
- Know the CLIPP cases cold and the recommendations!
- "1-USPTF guidelines, know them well, there is a website.
- 2-CLIPP cases.
- 3-memorize the tables given in class for asthma, diabetes, etc. "
- Online family med cases, lecture notes
- Med U Questions
- Cases provided
- Rotation documents as provided
- FM cases
- Do the required FM cases. No other resources required.
- Their exam is based on their lectures and some online cases (similar to pediatric CLIPP cases). Study those.
- Lecture slides and fmCASES
- FM Cases, USTFPS website
- Go through the assigned cases with a study buddy. Reset the quizzes a few days before the test and take the quizzes again. Also, before the test review evidence based cancer screening recommendations, asthma treatment guidelines, asthma severity, and COPD treatment and severity.
- study the lecture power point slides the night before the exam
- CLIPP cases, Pre-Test, Lectures (this is one rotation were the lectures are heavily tested and relevant for clinical information as well).
- Study lecture notes/presentations in detail and that will be sufficient.
- online cases
- I'm not sure, I could have used some advice myself.
- UWorld
- Just review the online cases you need to do.

- Blackbag info
- Clipp cases
- The fmCases are pretty much all you need.
- Just study the lecture materials and cases. No other resources needed
- FM Cases from MedU (all you need)
- CLIPP cases, USPSTF website or AHRQ ePSS ap on phone

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Other specialty notes

- Ortho - Hoppenfeld, Netter's Concise Orthopaedic Anatomy
- Med II - ORAL PRESENTATIONS!!! Practice practice practice; Orthopedic surgery - ASSIGNED READINGS;
- ENT Secrets for ENT -- has all of the pimp question
- Urology-read the required readings, they aren't too long and will cover most of the exam online.
- Most recent resource: <http://www.cvpharmacology.com>
- Ortho: orthobullets and netter ortho
- OnlineMedEd for Step 2 prep!
- Ortho: OME
- Emma Holliday Rahami power points and videos from University of Texas were helpful
- Felson's book for radiology and the Radiology Assistant website were very helpful in addition to reviewing the practice question powerpoints.
- Medicine Sub-I: Especially if in an ICU, review shock and sepsis management. If you have it, that Mass General Pocket Medicine book will finally be handy for you here.
- Neurosurg-don't need anything besides blackbag cases

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

General tips / suggestions

- Always read something/do the online Med Ed video for a patient you had that day. U world and online Med ed were my entire preparations for exams that I wanted to "pass"...I added in Case Files for the courses I wanted to do well in. Good luck!
- Study a little each day, starting the first day of the rotation, to avoid having to cram. Read widely about your patients and know them better than anyone else on your team. Try to pick up patients with a variety of conditions and/or those who are complicated. Ask questions of your residents/attendings when you get practice questions wrong at home during study time. In the end, you're there to learn to become a doctor, not to learn how to take multiple choice tests.
- Make time for your personal life, eat well
- You can always prepare more. Make sure to give friends and family time, though, it is always worth it.
- When someone tells you to go home, go home.
- Be diligent about studying from week 1 of the rotation. It is really hard to catch up if you get behind since you spend so much time at the hospital. I always brought a book with me each day in case I had downtime while the residents are working on things. Try looking things up for your patients and really understanding what you are doing on the wards - this will help you do well on the exams but also stand out on the clerkship.
- Enjoy getting to know your patients; learning will be fun and you'll be able to take even better care of them.
- Study during breaks in your clinic/hospital days - residents are generally happy to answer any questions and their explanations are very useful!
- Study throughout rotation, not just at end
- Start either doing questions or reading EARLY in the rotation. You aren't guaranteed study time right before the exam.
- Don't be afraid to ask to leave in the afternoons to study if nothing is happening. They will understand you need to study.
- Use free time at the hospital to learn as much as possible about your patient's' cases and conditions- not only will this help you answer questions on the ward and be a better clinician, but when test time comes you'll remember the material because it is tied to a patient.
- Sneak in studying whenever you have down time, but never pass up an opportunity to see a patient or lend a hand.
- Chip away at UWorld questions throughout the rotation, especially on Med 1 (aim for 10-20/day and then crank it up more toward the exam date), but don't fret if you don't make it through all the questions for medicine. You should be able to make it through all the questions for the other specialties. Download the UWorld app on your phone so that you have instant access during rotations. Priorities should be 1) patient care 2) pass the shelf 3) extra reading for the rotation
- Start doing questions/looking over resources early! You'll thank yourself later.
- It is hard to study after a long day in the clinic- you get worn out. Try to set at least a minimal goal for every day so you are always doing a little bit and not falling too far behind.
- Study throughout, study in downtime
- Study throughout the day as you have downtime

- Try and spread out studying, with 1-2 hours per night dedicated during the weekday and some catch up/review during the weekend!
- Learn and read about your patient's problems as this will help solidify the information you are reading/studying
- **BE FULLY PRESENT AT THE HOSPITAL AND LEARN FROM YOUR PATIENTS.** Shelf exams are important, but you learn lifelong clinical skills during your rotation, that may not help you specifically for the shelf, that will help you for your lifelong career as a physician. Be enthusiastic about being a part of the care team, ask if there is anything that you can help with (sign outs, lecture on a topic that would help your residents, etc), check in on your patients 2-3 times throughout your shift, etc.
- It can be difficult to make time to study and still meet expectations on rotations. I recommend setting goals for how much you want to study, i.e. 20 Uworld questions per day, or set aside 1 hour of studying per day. You may not get through everything, but you will at least continue to build your knowledge base consistently. Also remember a great deal of learning occurs by actively participating on rotations!
- You learn on rotation, so read up on the disease and treatment. There will be no dosing questions, but you should know how to diagnose and treat common things seen on that rotation.
 - 1-If you are in clinic, review your patients charts the preceding day: read their last clinic note, and look up some things about why they are coming in to the office.
 - 2- If you are on a medicine rotation, or surgery, or need more time, get there 30 minutes early, review all the overnight events, current labs, and pre-round, go see all your patients and begin to formulate your assessment and plan for the day. What medication changes, if any, can this person go home? what needs to happen to get this person discharged home?
 - Start to ask yourself the questions, why is this lab abnormal? what will I do about it?
 - 3-Make an effort to have great presentations. Be confident in your A&P, even if wrong, because this is how you'll learn, and the doctors want to see you putting together something. Make an effort to review the A&P with your resident prior to rounding with the attending.
 - 4- Medical school is hard. Its a test of endurance, and delayed gratification along with much loneliness since we spend so much time learning and studying and away from friends, family and loved ones. Make an effort to be kind to yourself, do one nice thing a week for yourself, because you have to care for you first, in order to share that love and dedication with your patients.
 - 5- Always make an effort to say hello, and ask about how your co-workers days/evenings went. Don't forget your humanity.
 - 6- Ask questions to things you don't understand, ask for explanations if unclear, and don't be afraid to ask questions since you're paying a ton of money to learn and be here.
 - 7- when you have down time, use it. Read your textbook, do online questions, etc. "
- You will learn more by staying engaged in patient care and asking appropriate questions than reading from a book.
- Work in the evenings. Ask to leave if the day is over so you can study. Learn to do questions in between patients.
- You can't pour from an empty cup. Find a way to prioritize self-care. If this means spending more to make life easier, consider it an investment in your well being.
- Use onlinemeded.org with every rotation. The videos are free and short and super high yield.
- "Commonly myself and other students didn't feel they were doing a great job of studying outside of the rotation for exams, but you learn every day from your patients. Take time to look up things you

don't know (there will be a lot!) and ask questions of other students, residents, attendings, nurses, respiratory therapists etc.

- Take time for yourself. You will have plenty of time off, especially in fourth year, if you want it. Do something fun and interesting with the free time and electives (consider a global health elective and travel to another country!)"
- "Study early, study often. Shelves have hard questions but they are curved (like a boards exam). But remember this: it's easy to pass a shelf exam (this is coming from someone who didn't do amazing during pre-clinical years) and they are typically worth only 20% of your grade. Also the experience you get on the wards typically helps you answer questions correctly on the test -- so leaving the wards early to study may backfire. If the shelf is coming up soon and you are in an absolute crunch, and don't have time for much review, if you get through all the UWorld questions you are almost guaranteed to pass (if not better).
- The bottom line is the majority of your grade comes from your clinical evaluations -- if you work hard, have a good attitude, react well to criticism, and strive to improve every day, your evaluators will notice."
- Trying to do a little every day in whatever kind of review material or qbank that fits your style
- "- Often, reading more about topics related to your patients doubles as info to help clinically, as well as studying for the exam
- Deciding resources near the beginning and creating a study plan helped make sure I could get through the needed material"
- Make sure to take time to have fun/ relax/ reflect - being burnt out significantly hinders your ability to test well, and developing this skill now will help you for residency. I would usually take some time in the beginning of the rotation to get my feet under me, then slowly transition into studying for the exam.
- Utilize downtime on rotations--the more studying you do at the hospital, the more free time you'll have at home.
- The most important thing about performing well clinically is just to work hard and be enthusiastic!
- Don't start studying hardcore for shelf exams too early or you'll forget most of it by the time you have your exam. Look things up as you come across real patients, and it will stick with you longer. Follow-up with patients in the EMR to find out what happened to them and if the original diagnosis was correct.
- Particularly in surgery where the days are long and it may seem super awkward/rude to be studying in the back while they are operating choose a couple of cases each day that you want to watch - read about not only the procedure but also take time to learn the pathophysiology of the disease, how to decide when to operate, common post-op complications, etc - you will be pleasantly surprised at how much this information can help you on the SHELF exam and impress your attendings who normally only pimp you on the basics. Then if you choose a variety of cases over the weeks you'll be able to get a lot of different information who's principles can be applied to other surgical procedures or post-operative care.
- It's easier said than done, but don't procrastinate studying till the end of rotations. It can be really hard to fit in shelf studying especially at the beginning of rotations when you are just trying to get acclimated, and things are overwhelming, but getting into the habit of carving out time throughout the rotation is key to avoid cramming at the end. I loved having the case files books with me (or whatever other physical materials you have) to pull out during the day and squeeze in reading. I typically didn't have the focus/time to do questions while in the hospital, but rationing them out over the course of the rotation was the way to get through them.

- It differs for everyone so don't be concerned if you think you're studying "too much" or "too little" compared to others. Remember what study skills have helped you in the past and be true to your style of learning. For me, personally, it helped to be able to connect learning points to actual patients/patient cases. I would do reading/questions throughout the rotation as best as I could and really dig into materials that I could attach to a real case.
- Do 10 UWorld questions every day. With the app on your phone, you can do it during downtime, on the bus, etc. If you don't have time for anything else, don't beat yourself up about it.
- Start early, be serious, read something (big or small) daily which doesn't necessarily need to be related to one of your review books, make the Uworld investment early as it is helpful in many rotations other than medicine
- Be curious about pathology. Ask questions to drive your learning deeper. Don't be ashamed to take downtime during the work day to study, but know that your attendings and residents care more about your understanding of your patients' disease and treatment than about your Shelf exams. Don't neglect reading deeply about your patients and take advantage of opportunities to bring that information to the team. Your interest and engagement with your patients as people and your patients' pathology will make everyone more excited to teach, which will enrich your learning and get you better dean's letter comments. Those comments are usually more important than your exam scores.
- "You don't have to be everything all the time. On wards/in clinic, you're a student provider - study if there's down time but don't plan on it. At home, you might be studying, you might be netflixing. Not both. And it's ok to take time off, especially after long, hard days.
- Start studying early. It may seem ridiculous, ""How can I study for something I haven't even done yet,"" I know. But it'll all come to together and you'll be and feel better prepared.
- Don't over resource yourself. You'll have time to get through maybe 1 thing (i.e. a CaseFiles book) plus/minus some UWorld questions. Choose something and run with it. There's is no one spectacular book/resource for the shelf exams.
- You CAN ask to leave. I know, the little guy on your shoulder is saying to stay and all. But if nothing is going on, you can ask to leave. You're paying to be there to learn, the residents are paid to be there learn/work. If you're not learning, leave.
- Make time for yourself. Feel free to say ""no"" to friends if needed.
- However, also have a support network. Someone who can make you dinner for those days you haven't had a chance to get to the grocery store, take your dog for a walk if you have a long shift, or help with your kids (if you have them). "
- Make sure you do a little bit of studying every night. The schedule will not get easier during your time on a rotation and it's impossible to cram at the end. I would commit at least an hour every night to studying and I never ran out of time on a rotation.
- Start early for studying so as not to cram. You will also see patients that you study from materials. If there's downtime and you CANNOT go home then study, if all work is done, ask to go home.
- Study on downtime during rotations, try to study/research relating to each patient you are following per day, pay attention during lectures/education days, get Uworld ap on phone to use during downtime (but not during lectures, Grand Rounds, etc).

Words from the Wise:

2017 'High Yield' Rotation Resources (for SHELF & 2CK prep)

Step 2CK / CS notes

- U World is the best, along with online Med ed. These two resources were all I needed!
- UWorld; I annotated FirstAid just to have one book for all my notes, but FirstAid I hated how FirstAid was organized - it was not the lifesaver that FirstAid for Step 1 was.
- Uworld - only thing you need
- UWorld was essentially all I used. I had a copy of First Aid as a reference if there was a topic I was not comfortable with.
- NOT First Aid!
- Planning step up to medicine, uworld qbank, maybe first aid 2ck to fill in the gaps
- UWorld
- Uworld, step up to medicine
- UWorld.
- First Aid, UWorld
- Master the boards; Uworld
- Kaplan + UWorld
- U world!
- UWorld. First Aid for CK was a waste of money, I ended up cross referencing with the Step 1 book.
- UWorld and Case Files
- Uworld
- Online MedEd videos, UWorld
- Only used UWorld Qbank (read the explanations!) and was happy with my score (beat step 1 score)
- Uworld - that's it!!
- Uworld, first aid
- UWorld
- UWorld, UWorld, UWorld.
- U World U World U World
- "U-world
- USMLE Step 2 secrets"
- U World Qbank- It's helpful to do these questions as you are going through each clerkship so that your dedicated time is you seeing the information for a second time.
- UWORLD CK Qbank
- Uworld, Uworld, Uworld. First Aid for Step 2 is only marginally useful. Just pound out all of the questions, ideally twice.
- Uworld
- UWorld and OnlineMedEd
- U World
- "U world
- Free online med-ed videos"
- UWorld x3 at least. Prepping for the shelf exams is also studying for Step 2 CK.
- Kaplan test prep
- UWorld and Master the Boards Step 2CK

- OnlineMedEd was super super helpful! I loved having it as a way to help structure my studying and review topics for rotations I had long before or had not had yet. I also used the Step2CK First Aid book, which was not as great as for Step 1, but I liked having it as my go-to-resource for initial review of topics and a place to put notes. But of course UWorld is the essential resource and is where you should focus the bulk your time.
- UWORLD, Secrets. I also used Doctors In Training, which ended up being much before I ended up taking Step 2CK but found the material helpful to review. I also used DIT for Step 1 so knew that it seemed to work well for me.
- UWorld
- I didn't think first aid for 2CK was helpful compared to first aid for step 1. For CK it was not well organized and just a bunch of buzz words with no real connections for studying. I used UWORLD primarily. Some pathoma referencing when I was confused by an answer on UWORLD.
- UWorld, first aid
- Uworld
- U world Step 2 CK questions
- "UWorld questions are a must. You have to get used to the weird phrasing and nit-picky stuff that comes up. And if there's a rotation or two you won't have done prior to CK (like me), it's a good way to do a ""crash course.""
- If you have a chance, I liked picmonic again for Step 2CK. I used it for Step 1 also. It's not quite as useful for Step 2, but particularly for drugs, side-effects, and toxicology, it was fairly useful to have. Just know Ck is no-where near as nutty detail-microcosm specific as Step 1.
- Uworld questions, First Aid for Step 2 CK
- You only need UWorld