

	Biochemistry (MIMS)	Physiology (HOM)	Anatomy (FAB)	ISBM & SCHI	Other specific advice
MVST 1A	<p><b>Books:</b></p> <ul style="list-style-type: none"> <li>- <i>Principles of Biochemistry</i> (Voet, Voet, Pratt): particularly useful for metabolic pathways</li> <li>- <i>Molecular Biology of the Cell</i> (Alberts): clear and well illustrated source for the whole of MIMS, though most suitable for cellular physiology e.g. signal transduction, translation, transcription.</li> <li>- <i>Biochemistry: international edition</i> (Stryer et. al): provides more detail than required for most subjects, but is very useful for enzyme regulation in metabolism.</li> <li>- <i>Introduction to genetic analysis</i> (Griffiths): well illustrated book providing most, if not all, of the information on genetics from the MIMS course. It also covers epigenetics and some of the practical techniques mentioned throughout lectures.</li> </ul> <p><b>Advice:</b></p> <p>Even as a medic, do not ignore the veterinary aspects of the genetics lecture course – examiners will ask questions on this content!</p>	<p><b>Books:</b></p> <ul style="list-style-type: none"> <li>- <i>Neurophysiology</i> (Carpenter): great source for pretty much all aspects of neurophysiology.</li> <li>- <i>Neuroscience</i> (Purves et. al): A generally sound book for neuroscience aspects of the course.</li> </ul> <p><b>Advice:</b></p> <p>Text books perhaps aren't that useful in this course, as they provide considerably more detail than required. However, the recommended text books may be useful for understanding. For the histology components of the course, the CALmodules found on moodle provide most of information encountered in the practicals. This exam is usually comparatively easy, so it is most definitely worth studying for to bolster your grade.</p>	<p><b>Books:</b></p> <ul style="list-style-type: none"> <li>- <i>Gray's anatomy for students</i> (Drake): perhaps the best textbook for anatomy, to provide relatively clear diagrams to accompany the anatomy hand out.</li> <li>- <i>Netter's clinical anatomy</i> (John Hansen): provides different images than Gray's. Choice of text book here will depend on personal preference.</li> <li>- <i>Instant anatomy</i> (Whitaker): too simple for most aspects of the course, but useful for first exposure and revision of the cranial nerves.</li> <li>- <i>Mcminn's Clinical Atlas of Human Anatomy</i> (Abraham's et al). This has very good pictures of prosections.</li> </ul> <p><b>Programs:</b></p> <ul style="list-style-type: none"> <li>- <i>Essential anatomy (Mac only)</i>: fantastic program for visualising the body in 3D. Note that the information provided may be too simple for the FAB course.</li> </ul> <p><b>-Acland's video atlas of Human Anatomy:</b> A series of videos that presents the entire body through dissection. A fantastic source for both consolidation and first exposure. Available through a link of the moodle site.</p> <p><b>Advice:</b> Make the most of the cadaveric dissection sessions! Read through the dissection manual before each session, and familiarise yourself with the location of each structure using Acland's or a text book. Without this, you will find the dissection sessions pretty useless.</p>	<p><b>Advice:</b></p> <p>Use the lecture handouts for both SCHI and ISBM. Ensure the college provides the supervisions.</p> <p>Practise essays before the SCHI exam for timing, and complete all past papers for ISBM, as the questions tend to be very similar each year.</p>	<p>Note that the 'head and neck' component of the FAB course was moved from the 1<sup>st</sup> year to the 2<sup>nd</sup> year in 2014. The same advice applies to both FAB and head and neck anatomy.</p>
MVST 1B	Biology of disease (BOD)	Pharmacology (MODA)	Neuro & Neuroanatomy (NHB)	Human Reproduction (HR)	

	<p><b>Books:</b>  <i>-Janeway's immunobiology</i> (Murphy): A fantastic source for the immunology lecture course.  <i>-Robbins basic pathology</i> (Kumar et al.): A good source of information on cellular processes in disease e.g. atherosclerosis</p> <p><b>Other:</b>          -Centres for disease control and prevention (CDC) website: this provides all the information you will need on the parasitology course.</p> <p><b>Advice:</b>          The practical sessions are actually really useful in consolidating the information presented in lectures, particularly for the bacteriology aspect of the course. So it's most definitely worth not leaving these until last minute. Anki is also a useful resource for learning bacteria, viruses and parasites (see under MODA).</p>	<p><b>Books:</b>  <i>-Rang and Dale's pharmacology</i> (Rang et al): provides a comprehensive explanation of most of the drugs mentioned in the course.  <i>-Drug-receptor interactions</i>, and <i>A guide to Pharmacokinetics Calculations</i> (Koenig): Only available within the university, these two books provide all the information required to answer pharmacokinetics and drug-receptor interaction questions in the practical exam.  <i>-BNF</i>: For supplementary information on clinical aspects of pharmacology (for interest)</p> <p><b>Other:</b>  <i>-ANKI</i>: ANKI is free software that allows a user to generate flashcards and set up custom programs for learning. Flash cards are arguably the best way to learn the massive list of drugs in this course.  <i>- Bailey's Pharmacological Flash Cards</i> (Mark Bailey) - Amazon. These were found to be useful by some.</p>	<p><b>Books:</b>  <i>-Neuroanatomy: an illustrated colour text</i> (Crossman): written much better than the neuroanatomy handout, and provides all information for this course in a simple and accessible format.  <i>-Neurophysiology</i> (Carpenter): Provides a comprehensive but accessible explanation of the systems covered in the neurophysiology module, and approaches these systems in a perspective similar to that of the course itself, placing emphasis on the physical processes fundamental to each system.</p> <p><b>Other:</b>  <i>-PDN website</i>: contains all of the poster material in the prosection sessions and other supplementary information. A link is available in moodle.</p> <p><b>Advice:</b>          The lectures on psychology in the latter half of the course are frustratingly ambiguous. Kandel's book provides a concise but more complete explanation of emotion and feeling, and places emphasis on the neurocircuitry underpinning some aspects of psychology. Well worth referring to for the sake of understanding and for essays.</p>	<p><b>Books:</b>  <i>-Larsen's Human Embryology</i> (Schoenwolf et al): very good book on providing a chronological account of embryogenesis.  <i>-Human reproductive biology</i> (Jones and Lopez): generally good source for the course.</p>	
STAGE 1	OSCE				

	<p><b>Books:</b> - <i>Macleod's Clinical Examination</i> (Douglas et al)</p> <p><b>Other:</b> - Medportal videos</p> <p><b>Advice:</b> The MCQ exam at the end does not count towards your final mark at the end of clinical school. It's fairly clinically oriented so if you want to prepare use finals recommended resources.</p>					
STAGE 2	<b>Pathology</b>	<b>Psych</b>	<b>Paediatrics finals</b>	<b>O&amp;G finals</b>	<b>NRO</b>	<b>MAD</b>
	<p><b>Books:</b> <b>General Pathology:</b> - <i>Robbin's and Cotran Pathological Basis of Disease</i> (Kumar and Abbas). Perhaps too much detail but is good for the histology part of the syllabus. It has good pictures for the practical exam. - <i>Pocket Companion to Robbins &amp; Cotran Pathologic Basis of Disease</i> (Mitchell et al). Covers the majority that big Robbins covers but doesn't have pictures. - <i>Robbin's Basic Pathology</i> (Kumar et al). Less detailed than big Robbins but has pictures and overall it's very good. - <i>Crash course Pathology</i> (Xiu et al). This is popular as an easier read but it has one or 2 very minor errors. <b>Biochemistry:</b> - <i>Clinical Chemistry</i> (Marshall, Lapsley and Bangert) - <i>Clinical Biochemistry: An Illustrated Colour Text</i> (Gaw et al) <b>Microbiology:</b> - The lecture notes are very good for this topic and should suffice - Mim's Medical Microbiology (Goering et al). It's a good book and the review tables of organisms at the back are useful. Also good for vaccination and epidemiological stuff. - <i>Rapid Review of Microbiology and Immunology</i> (Rosenthal and Tan) <b>Haematology:</b> - <i>Essential Haematology</i> (Hoffbrand and Moss)</p> <p><b>Other:</b> - A good website for Histopathology pictures: <a href="http://library.med.utah.edu/WebPath/webpath.html">http://library.med.utah.edu/WebPath/webpath.html</a> - On Medportal the Pathology resources can be found under 'Specialities' then 'Pathology' that includes some good pathology cases.</p>	<p><b>Books:</b> - <i>Psychiatry at a Glance</i> (Katona, Cooper and Robinson). All you need to pass the MCQs.</p>	<p><b>Books:</b> - <i>Illustrated book of Paediatrics</i> (Lissauer and Clayden). Great for clinical information for the wards and exam and has a diagram for the developmental milestones</p> <p><b>Other:</b> - The London School of Paediatrics has good resources and in particular, it has a good table for developmental milestones <a href="http://mrcpch.paediatrics.co.uk/">http://mrcpch.paediatrics.co.uk/</a></p>	<p><b>Books:</b> - <i>Obstetrics and Gynaecology</i> (Impey and Child). Great for all clinical aspects of O&amp;G. - <i>Textbook of Medical Physiology</i> (Guyton and Hall). This was good for nitty gritty physiology of pregnancy as seen on the path syllabus.</p>	<p><b>Books:</b> - <i>Crash Course Neurology</i> (Yogarajah) - <i>Essential Neurology</i> (Wilkinson and Lennox) - <i>Essential Neurosurgery</i> (Kaye)</p> <p><b>Advice:</b> - Robbin's combined with a clinical book will suffice for Rheumatology - Robbin's is good for the pathological aspects of Ortho, such as tumours.</p>	<p><b>Books:</b> - Robbins is useful for the major diseases such as TB - Mim's can also be useful</p> <p><b>Advice:</b> - For GUM the resources on Medportal should suffice. - ABC of STIs for a good overview</p>

	<p><b>Advice:</b> In terms of detail, pocket Robbin's is sufficient but other resources would be needed to provide pathological pictures and some more clinical detail. For clinical detail see Stage 3 advice.</p>					
<b>STAGE 3</b>	<p><b>OSPE</b></p>	<p><b>SJT</b></p>	<p><b>Prescription exam</b></p>	<p><b>FINALS – Public health + Ethics</b></p>	<p><b>FINALS - SCEE</b></p>	
	<p><b>Practical</b> –Practice in the clinical skills lab and on patients/in the hospital as much as you can. <b>Books</b> - use Practical skills book to ensure you know 'what to say' as you're explaining the procedure to the patient.</p>	<p><b>Online</b> – SJT website has a practice paper. Good idea to do this early, and then spend time reading. Then redo again nearer the time? (most do exactly the same!) <b>Resources</b> - Good Practice Guidelines. GMC Duties of a Doctor. <b>Aim</b> – what you SHOULD (not necessarily what you would) do in that situation as an FY1 (not a nurse, consultant etc) Books – multiple but none have been officially accredited. May be worth talking through the questions with friends as many answers can be debated....</p>	<p><b>Online</b> – PSA website has some practice questions; go over these. Medportal also has some good resources that are worth looking through. <b>Books</b> –BNF: familiarise yourself with the online and paper copy of this – has some good resources</p>	<p><b>CCS</b> – 4 information gathering stations (1 min reading time + 10 min station + 5 min viva), 3 E+P stations (2 min reading time + 14 min station), 3 'difficult scenarios'. (eg palliative care)  Look over old CCS videos. Read through hand-outs. Practice on each other and how you would explain things.</p>	<p><b>CCS</b> – 4 information gathering stations (1 min reading time + 10 min station + 5 min viva), 3 E+P stations (2 min reading time + 14 min station), 3 'difficult scenarios'. (eg palliative care)  Look over old CCS videos. Read through hand-outs. Practice on each other and how you would explain things.</p>	
	<p><b>FINALS – 2 SBA Papers</b></p>			<p><b>FINALS - OSCE</b></p>		
	<p>2 papers with 150 SBAs each – will include O&amp;G and peads knowledge, no split between 2 papers on 'what you need to know'.  <b>Books</b> – Robbins, Case of Paces. EMQs in Clinical Medicine/Surgery, Davidsons....etc (do not think any are 'better', so just find what suits you.) Oxford hand book for the foundation programme is good for emergencies and management of common presentations. OHCM – just in general! Medical Short Cases (Ryder). Surgical Talk – good for surgical basics. Kumar and Clark for basic overview of stuff. Harrison's</p>			<p>2 exams – 1 short stations, 1 long stations Practice exams early on patients (and on each other!) Make sure you go over: -ECGs (Book -ECGs Made Easy) -Radiology (Radiology Masterclass website, radiopaedia.org), -Bone/skeletons and orthotics -Retinal images (ophtho book)</p>		

	<p>Principles of Internal Medicine - it's unwieldy, and certainly not something to pick up close to finals, but the section on the cardinal manifestations is really good, and provides very good investigative algorithms.</p> <p>Patten's Neurological Differential Diagnosis - nicely written neurology book, that is structured well if you like to approach neurology in a location-pathology manner</p> <p><b>Online</b> – MULTIPLE online practice question packs you can buy for finals. Pastest seems to be a popular one, though the app may be (weirdly) skewed towards Cambridge questions so perhaps use the online version.</p> <p><b>Good websites</b> – Ophthobook, Geeky Medics, Stanford 25, Radiology Masterclass, passmedicine (you have to pay but it is really good with loads of MCQs). Life in the Fast lane (google LIFTL) – good for ECGs and other.</p> <p><b>Other</b> – do practice questions with each other; go through scenarios and topics in groups.</p> <p><b>Apps</b> - Prognosis - useful revision cases  Daily Rounds - similar to Prognosis, but not as impressive  QX read - very slick journal crawler, with the ability to pull out journal articles as well</p>	<p><b>Books</b> - Bickerstaff's Neurological Examination in Clinical Practice - it's old, but has some nice pearls on neuro examination, and neurology in general. Kumar and Clark</p> <p><b>15minute stations (10 exam, 5 viva)</b></p> <ul style="list-style-type: none"> <li>-Abdo</li> <li>-CV</li> <li>-Resp</li> <li>-Neuro – CNS (eg cerebellar) or PNS (have to do upper and lower limb)</li> <li>-Ortho – need to also know what bones and prostheses look like (eg where does the break usually happen on the trochanter)</li> <li>-Diabetic r/v – (eg foot – you would be directed) May be given retinal photos (and not just of diabetic eyes!)</li> </ul> <p><b>7.5minute stations (5 exam, 2 viva)</b></p> <ul style="list-style-type: none"> <li>-x2 radiology – 1 plain film (CXR, AXR, fractures, bones) and another CT/MRI</li> <li>-Derm – concentrate more on possible differentials vs giving a set diagnosis</li> <li>-Rheumatology – often hand or assess function of.....(eg gait)</li> <li>-Short surgical – hernia, breast, PVD, varicose veins</li> <li>-Endocrinology – thyroid (neck exam), cushings, acromegaly, pituitary tumours (visual field checks)</li> </ul>
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