

The following advice has been written by four students at the University of Liverpool.

	Paper 1	Paper 2	Paper 3	OSCE/LOCAS	Other specific advice
Year 1	<p>Books: Medical Sciences by Naish, Anatomy and Physiology by Tortora, Illustrated Histology by Mitchell, Illustrated clinical biochemistry by Stewart. Media: Acland's anatomy Practical: HARC</p>	<p>Dictionary of epidemiology by Porta Crash Course ethics and sociology by Panesar Lectures PP/IGS/PPD notes from LMSS website.</p>		<p>Practice with peers. Notes from clinical skills. Crash Course OSCE. VITAL clinical skills section Practice writing up the history.</p>	<p>Good understanding of anatomy and physiology is what you need to get through 1st year examination. It is worth to go through some questions at the end of the chapter to consolidate the knowledge.</p>
Year 2	<p>Books: Medical Sciences by Naish, Anatomy and Physiology by Tortora, Illustrated Histology by Mitchell, Illustrated clinical biochemistry by Stewart. Davidson's Medicine, Kumar and Clarke Clinical Medicine, Hutchinson's clinical methods, McCleod's clinical skills, ABC of ECGs by BMJ. Media: look up examples of ECG and chest, abdomen, pelvis x rays.</p>	<p>Dictionary of epidemiology by Porta Crash Course ethics and sociology by Panesar Lectures IGS/PPD notes from LMSS website.</p>	<p>Same books as for paper 1. Ward: be familiar with the basic blood tests. Learning the reference values helps and saves a lot of time in the exam. Regularly look at the x rays and learn the interpretation methods. Know the science behind clinical examination signs. Rapid Medicine and Surgery books can be useful just before the examination, but should not be used as the only resource</p>	<p>Hutchinson's clinical methods, McCleod's clinical skills Regular examination of the patients on the wards. Compare your findings with the clinical notes. Practice with peers.</p>	<p>Revision of anatomy and physiology is very important for 2nd year exams, since there are a lot of questions regarding these topics.</p>

<p>Year 3</p>	<p>Books: Lippincott's Pharmacology, Medical microbiology made ridiculously simple by Gladwin, Neurology and Neurosurgery Illustrated by Lindsey, Illustrated textbook of paediatrics by Lissauer, Neuroanatomy illustrated, Oxford handbooks: specialties, clinical medicine.</p> <p>Lecture notes (especially therapeutics)</p>	<p>Dictionary of epidemiology by Porta Crash Course ethics and sociology by Panesar Lectures IGS/PPD notes from LMSS website.</p>	<p>Same as paper 1.</p> <p>Also attempt to complete the preparatory knowledge questions which can be found on VITAL before sitting the exam.</p>	<p>As above</p> <p>OSCE is difficult in 3rd year because there is relatively little clinical exposure. Hence, regular brush up on the examination technique (particularly neurological) is important.</p>	<p>Particular importance should be paid to pharmacology and neuroanatomy.</p>
<p>Year 4</p>	<p>Medical Sciences by Naish, Student Gray's anatomy, Kumar and Clarke Clinical medicine, Oxford handbooks: specialties, clinical medicine, Clinical surgery by Henry.</p> <p>All of the above recourses. Particularly radiological resources and ECG books.</p>	<p>Dictionary of epidemiology by Porta Crash Course ethics and sociology by Panesar Lectures IGS/PPD notes from LMSS website.</p>	<p>Same as paper 1.</p> <p>Practice on PastTest. Book series: 100 cases in medicine, surgery, O&G and paediatrics are very useful.</p>	<p>OSCE - practice role play in different situations: breaking bad news, demanding treatment, counselling relatives.</p> <p>Practice ECG application, interpretation and most importantly communicating the findings to the patient.</p> <p>Practice ABCD.</p> <p>LOCAS: start as early as possible. Essential examination by Ruthven is very useful on the wards to test yourself. Prepare differentials for common clinical findings (e.g. hepatomegaly)</p>	

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Year 1	<p>Medical sciences chapter on epidemiology</p> <p>PP - PPT in circulation</p> <p>Martini - A and P</p>	<p>Medical sciences chapter on epidemiology</p> <p>IGS PP PPD presentations in general circulation (can provide if necessary)</p>		<p>OSCE university resources</p> <p>Practice with peers</p>	<p>PP - main focus has always been on learning relevant definitions prior to exam</p>
Year 2	<p>Kumar and Clarke</p> <p>Medical sciences</p>	<p>Medical sciences chapter on epidemiology</p> <p>IGS PP PPD presentations in general circulation (can provide if necessary)</p>	<p>Relating cases seen to common diseases/core cases as memory aid</p>	<p>OSCE university resources</p> <p>Practice with peers</p> <p>Being an OSCE patient</p>	
Year 3	<p>Own notes made during actual rotations - rewritten before exams</p>	N/A	<p>"sunflower" paediatrics book</p> <p>Own notes made during actual rotations - rewritten before exams</p> <p>Reviewing histories taken of common cases</p>	<p>Group practice with peers</p> <p>Being an OSCE patient</p>	

Year 4	<p>podmedics</p> <p>Oxford handbooks</p> <p>"rapid" - books for medicine surgery and specialities</p> <p>PasTest online question subscription</p>	<p>BMJ articles on different epidemiological principles</p> <p>Core Clinical Cases: Questions and Answers in Medical Ethics</p> <p>PasTest online subscription</p>	<p>Podmedics</p> <p>PasTest question books</p> <p>Meducation - questions and resources</p> <p>"rapid" - books for medicine surgery and specialities</p> <p>PasTest online question subscription</p>	<p>Clinical skills resources</p> <p>LOCAS teaching at Arrowe Park with F1s taking us to see patients with signs.</p> <p>Group practice with peers</p> <p>Youtube videos</p>	<p>Having list of common cases for all areas of medicine, surgery and specialties helps to direct revision.</p> <p>"revision days" put on by uni/hospitals give a good idea of key diseases to learn about</p>
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<p>Year 1</p>	<p>Martini/Tortora form a good base knowledge of anatomy and physiology.</p> <p>'Gray's Anatomy for students' is the best resource for blood and nerve supply to organs (and is essential to know for Paper 1 in first year and for every year from then on).</p> <p>HARC is brilliant for anatomy revision and ensure you know relations between organs and levels of the spine.</p> <p>Good concise anatomy notes at; http://www.dartmouth.edu/~humananatomy/</p>	<p>IGS – Paula Byrne's notes and 'psychology and sociology applied to medicine' book.</p> <p>PP – Learn definitions of terms from medical statistics made easy or dictionary of epidemiology. Go to Gillian Maudsley's lectures.</p> <p>PPD – For roles within the NHS - http://www.nhscareers.nhs.uk/a-to-z/ Go to Sally Sheard's lectures for history.</p>		<p>Use OSCE booklets and practice, practice, practice.</p> <p>Communication skills – Ensure you are patient focused. Be polite and empathetic.</p>	
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<p>Year 2</p>	<p>Use HARC as a reminder for your anatomy.</p> <p>Gray's anatomy for students for blood and nerve supply.</p> <p>Concise anatomy notes; http://www.dartmouth.edu/~humananatomy/</p>	<p>IGS - Paula Byrne's notes PP – Gillian Maudsley's lectures and medical statistics made easy</p>	<p>Flesh and Bones of Medicine and of Surgery are brilliant books for revision. They'll give you a good reminder of the basic pathophysiology, symptoms, investigations and management.</p> <p>Radiology masterclass and almostadoctor are really good websites to aid revision as well.</p>	<p>Use the OSCE booklets.</p> <p>Macleod's clinical examination book is really good if anything is unclear when revising.</p> <p>Remember communication skills from 1st year and use radiology masterclass as there may be X-ray interpretation and explanation.</p>	
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Year 3	<p>Use HARC (specifically for pelvic and foetal anatomy and also neuro anatomy)</p> <p>Oxford clinical handbook of specialties.</p> <p>Illustrated colour text of embryology and the illustrated colour text of neuroanatomy</p> <p>Gray's Anatomy for students – Neurology</p> <p>Concise anatomy notes; http://www.dartmouth.edu/~humananatomy/</p>	<p>IGS – Paula Byrne's notes</p> <p>PP – Gillian Maudsley's lectures, medical statistics made easy and ensure you've learnt the fertility and birth rates.</p> <p>PPD – Almostadoctor gives a good overview of the MHA</p>	<p>O&G – O&G by Impey and Child</p> <p>Neuro – Flesh and bones has a good section on epilepsy and headaches, illustrated colour text of neuroanatomy</p> <p>Psych – revisepsych.co.uk has a good section on medications and law</p> <p>Paeds – Illustrated textbook of paediatrics</p> <p>Therapeutics – BNF for side effects, medical pharmacology at a glance and almostadoctor for antidotes in overdose. Make sure you learn inducers and inhibitors!</p> <p>Oxford clinical handbook of specialties for them all!</p>	<p>Make use of clinical skills revision sessions.</p> <p>Macleod's clinical examination book.</p> <p>Be sensible and focused with your revision. The O&G and paed's books have good sections at the beginning for history taking and examining.</p>	
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Year 1	Books: Tortora's principles and practice; Gray's anatomy for students; Grant's atlas of anatomy; Guyton's physiology (some chapters) Media: Acland's anatomy Practical: HARC	IGS book – psychology and sociology applied to medicine PP – VITAL notes Google for learning objectives not covered Pastest medical ethics and law	-	Practice with peers. Notes from clinical skills.	First year is all about a broad understanding of principles of anatomy and physiology. I would say there is more emphasis on anatomy than the latter, so it is worth using a few resources for anatomy.
Year 2	Books: Davidson's principles and practice of Medicine; flesh and bones of surgery; Lange pathophysiology of disease; Robin's basic pathology; Costanzo's physiology; Clinical anatomy by Harold Ellis	As above	Same books as for paper 1. For wards, also used Macleod's clinical examination and oxford handbook of clinical medicine	Macleod's clinical examination Clinical skills booklets	There is more emphasis on physiology this year and also on clinical anatomy rather than general, gross anatomy. It is worth covering the "core cases" in depth – as these are the foundations of practice. Other diseases can be learnt superficially at least, for 2 nd year.

<p>Year 3</p>	<p>Books: Master medicine pharmacology, pathophysiology of clinical cases from same resources as year 2, neuroanatomy through clinical cases, high yield neuroanatomy, neuroanatomy made ridiculously simple.</p>	<p>As above</p>	<p>Obstetrics by ten teachers, Gynaecology by ten teachers, Get ahead 100 EMQs for specialties, Psychiatry PRN: Principles, Reality and Next steps, neurology and neurosurgery illustrated, paediatrics by Lissauer.</p>	<p>OSCE is particularly difficult in 3rd year, so practicing the stations, particularly history taking stations, is vital.</p>	<p>I used a few different texts for neuroanatomy as it is quite a difficult subject to get to grips with if not studied before. I think the best intro text is neuroanatomy made ridiculously simple, which can then be built upon by other texts.</p> <p>Understanding of specialties is key in 3rd year and the get ahead 100 EMQ book serves as a revision guide for all of them.</p> <p>Paeds – crash course is probably better than the illustrated textbook, that is far too long and I did not find it very useful.</p>
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Year 4	As for year 2.	<p>As above.</p> <p>Made additional notes on key ethical topics such as consent, autonomy, confidentiality, from ministry of ethics (online website, superb).</p>	<p>Used oxford handbook of clinical medicine as a skeleton and annotated with info from Davidson's.</p> <p>OHCM should <u>not</u> be used on its own as it composed of hard-to-follow lists.</p> <p>Question banks:</p> <ul style="list-style-type: none"> - Get ahead series (most useful, better than online banks) - Passmedicine: too much emphasis on guidelines - OnExamination: varying quality of questions 	<p>OSCE – practicing is key. The main emphasis is on consultation skills so practice histories. Knowledge of ACDE is key – you should make a list for each component and rehearse what you would do in this station.</p> <p>LOCAS: Essential examination is an excellent book (but not all of it is necessary) – memorise (literally) key examinations and practice with your peers on real patients.</p>	<p>The written papers are not difficult for 4th year. It is the clinical exams you should be worried about – but these are very passable if you have been preparing on wards and with friends.</p>
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