

How to Prepare to Study for the USMLE Step 1



ELITE MEDICAL PREP

Brief Overview of the Test

&

Some Best Practices & Suggestions



ELITE MEDICAL PREP

Disclosures

- 🩺 Founder and President of Elite Medical Prep LLC
 - Specializes in 1-on-1 Tutoring for the USMLE

OUTLINE

1. Whose advice is this?
2. Why's this important?
3. What do you recommend?



USMLE®

UNITED STATES MEDICAL LICENSING EXAMINATION®



ELITE MEDICAL PREP



Our Team

We are a group of healthcare professionals who have attained exceedingly high scores on our USMLE exams, and have dedicated our time to helping medical students achieve their own testing and professional goals. We want our students to see the USMLE as an opportunity to shine rather than as a barrier to residency acceptance.



Kenneth Rubin, MD
Co-founder and CEO

Mt Sinai USMLE Course Director

Mt. Sinai | Columbia University



Marcel Brus-Ramer, MD/PhD
Co-founder and President

Board Certified Radiologist
Columbia P&S Online Lecturer

Columbia University | UCSF |
Rutgers | Paris Diderot

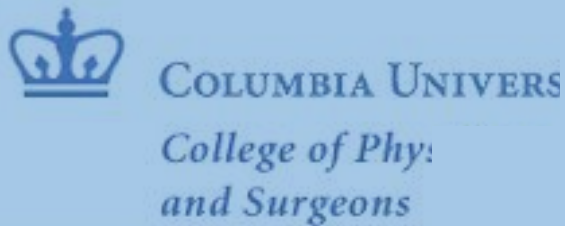


*With nearly **19 years and 10,000+ hours** of combined USMLE teaching and tutoring experience, the founders of Elite Medical Prep (“Elite”), Kenneth Rubin, MD and Marcel Brus-Ramer MD/PhD, have developed a unique system of 1-on-1, small group and lecture-based instruction to maximize USMLE preparedness for students of all levels and backgrounds.*

Where does the advice come from?

We are a group of healthcare professionals who have attained exceedingly high scores on medical student exams. We want to help our students to do better than as a

- Current & former medical students
- Recently taken these exams
- High scorers: all tutors scored >245
- Tutored professionally for these exams
- Actively interested in education & academic medicine
- Some practicing physicians



Your Medical Education vs Your Quality of Life

Awesome

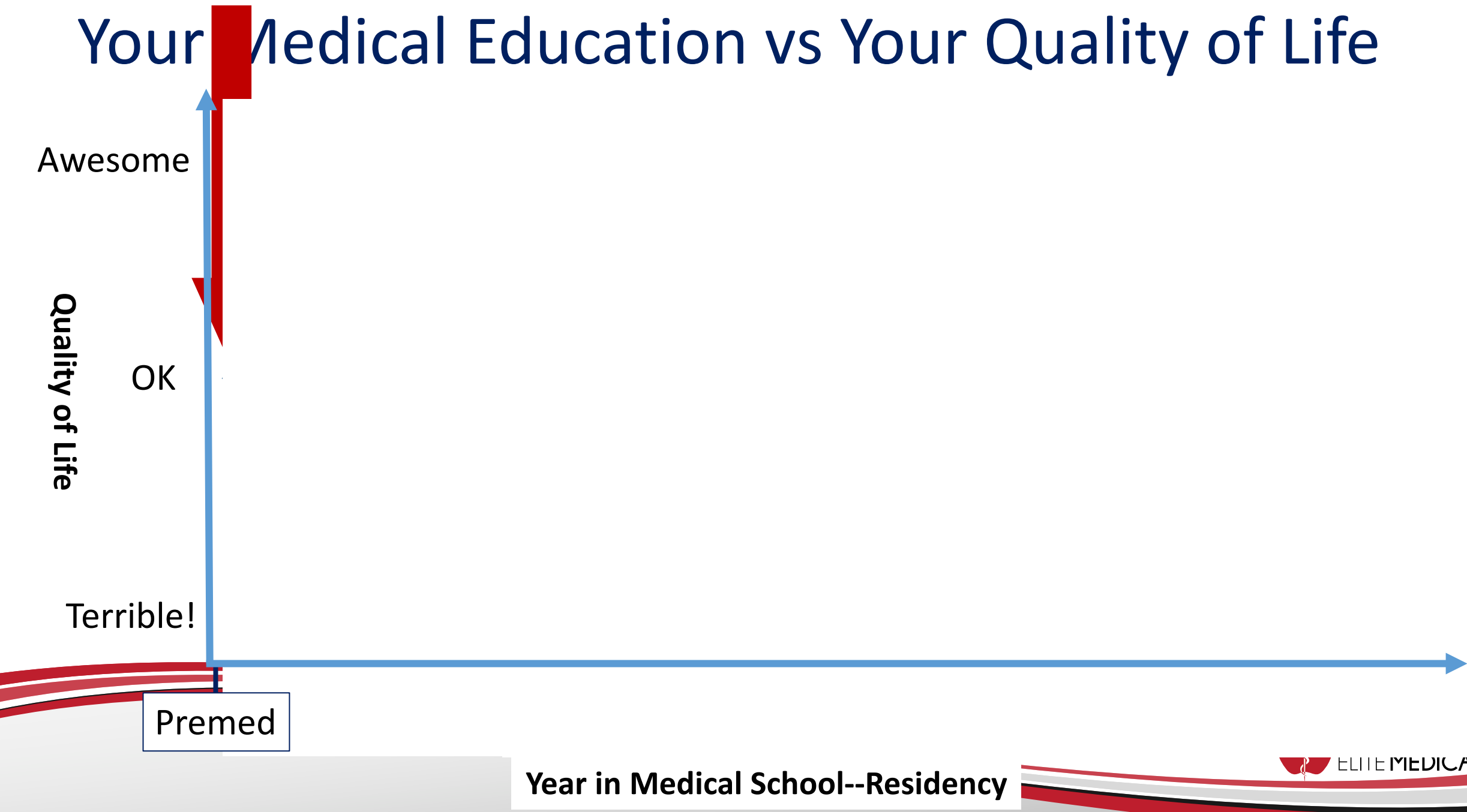
Quality of Life

OK

Terrible!

Premed

Year in Medical School--Residency



USMLE Step 1 Basics

- 🩺 280 multiple-choice test items
 - 🩺 7x 40-question/60-minute blocks in an 8-hr testing session
 - 🩺 Scoring – 3-digit; mean 230, SD 20, Pass > **194** (as of Jan 1st)
 - 🩺 45 minutes of breaks—to use as you wish between blocks
(additional 15 min if you skip the tutorial by doing it at home!)
-
- Becoming more clinically oriented
 - Tests ability to “apply important concepts of the sciences basic to the practice of medicine”
 - Questions require linking together various pieces of knowledge
 - Increased focus on population health and safety science



USMLE Scoring



U-\$\$\$-MLE

- NBME only cares about 3 month eligibility period
- Pick eligibility period wisely

For Students and Graduates of Medical Schools in the United States and Canada Accredited by the LCME or AOA











2017 Fees		Effective Dates for 2017 Fees
Step 1	\$605*	Three month eligibility periods beginning November 1, 2016 - January 31, 2017 and ending October 1, 2017 - December 31, 2017
Step 2 CK	\$605*	
Step 1 and 2CK	\$70	Eligibility Period Extension (requests received starting January 1, 2017)
Step 2 CS	\$1,280	For completed applications received starting January 1, 2017.

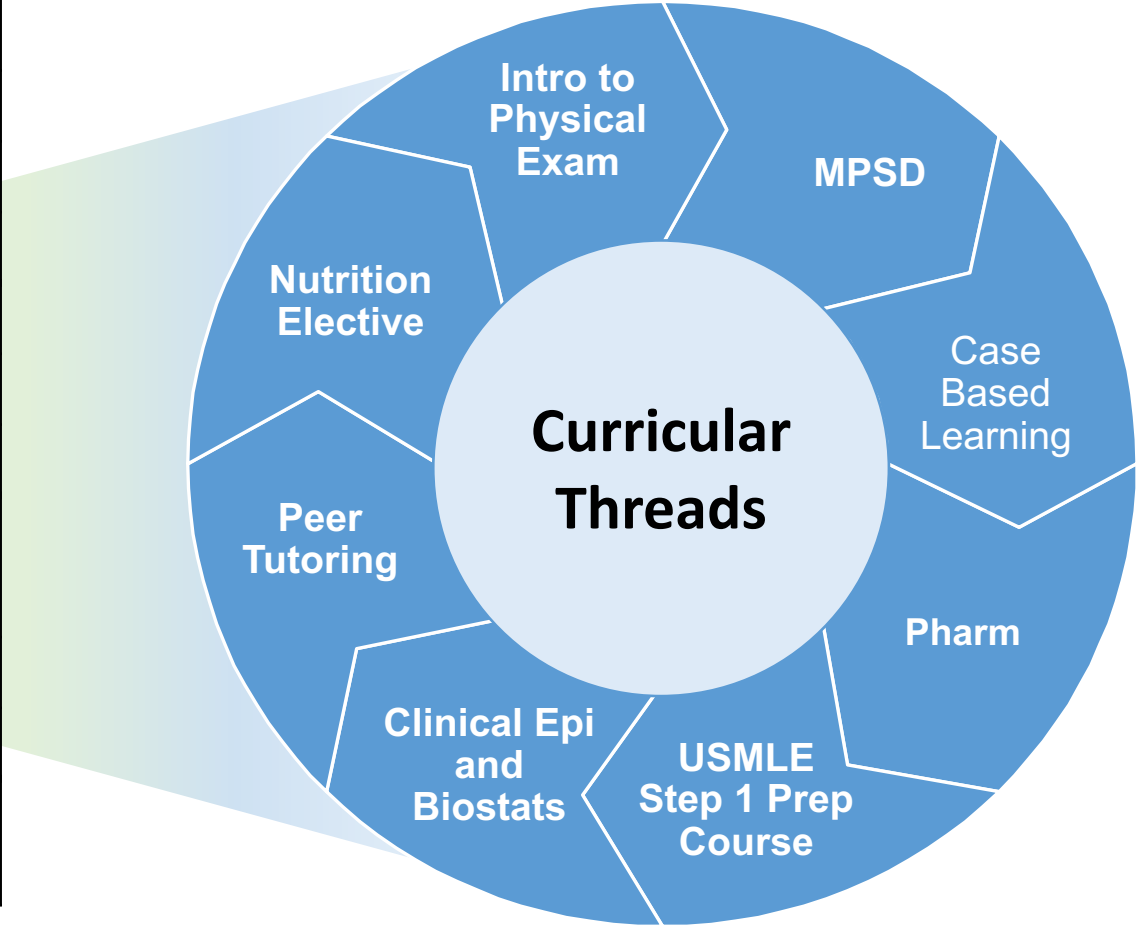
2018 Fees		Effective Dates for 2018 Fees
Step 1	\$610*	Three month eligibility periods beginning November 1, 2017 - January 31, 2018 and ending October 1, 2018 - December 31, 2018
Step 2 CK	\$610*	
Step 1 and 2CK	\$70	Eligibility Period Extension (requests received starting January 1, 2018)
Step 2 CS	\$1,285	For completed applications received starting January 1, 2018.

Next year's application materials will be available in the second half of September.

* For information about taking Step 1 and Step 2 CK at international centers and regional surcharges email USMLEereg@nbme.org or call 215-590-9700.

Sackler SOM 2nd year: Systems and USMLE

2 nd Year: Systems		# of Weeks
	 Neurological	4
	 Respiratory	3
NBME Exam Week	 Cardiovascular	3
	 Renal	3
	 Hematological	3
NBME Exam Week	 Gastrointestinal	3
	 Endocrine	4
	 Reproductive	
	 MSK/Derm	2
	 Psychiatry	1
NBME Exam Week	NBME Comprehensive Exam & USMLE Step 1 Study Period	6.5



Why is the test important?

Why do residencies care so much?

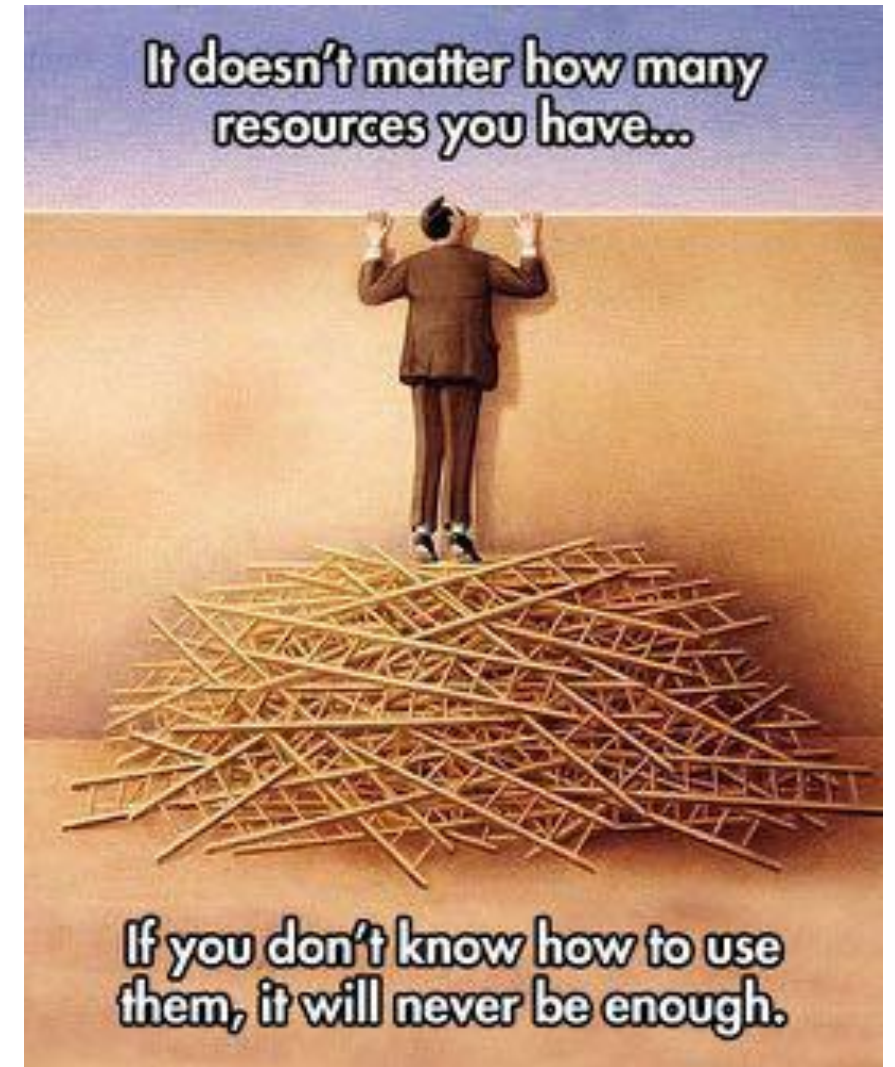
- ❖ Filter applications quickly
- ❖ There are tests throughout medical education—you need to show you can pass them.
- ❖ Those that can't **pass**, can't get **licensed**.
 - Non-working resident is a major problem for a residency

A 28 year old male had a fall from a 30 foot height. Before being intubated due to hypotension, he reported extreme right-sided pelvic pain. Trauma series pelvic radiograph and an axial CT image of the pelvis were obtained. He was taken to the operating room for pelvic stabilization, where he was found to have a right iliac wing fracture.



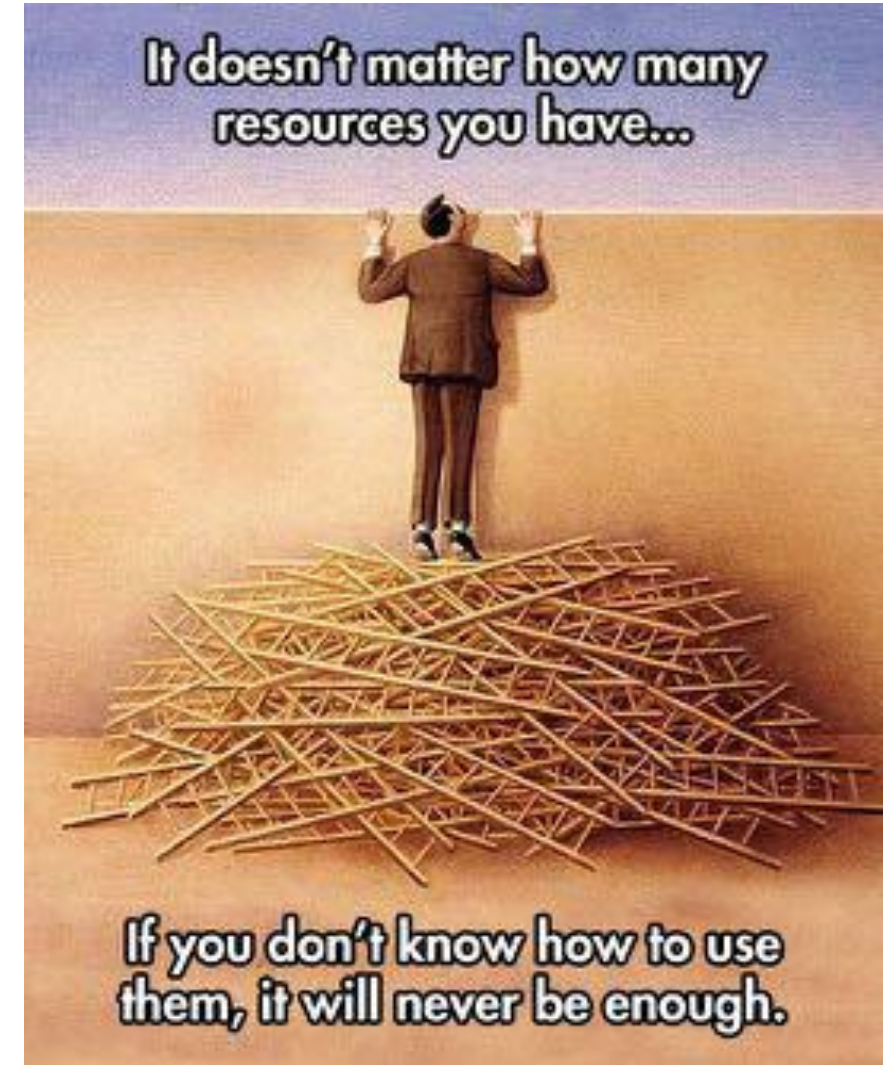
COMPOSITE BEST TIP LIST

1. Start preparations early... very early.
2. Take a test. Many tests.
3. Limit your resources. Make Flashcards!
4. Create a plan and follow through.
5. 'Why' is more important than 'What.'



COMPOSITE BEST TIP LIST

6. Learn from & work with peers.
7. Maintain wellness activities.
8. If you need more time, take more time.
9. Get professional help if you need it.
10. If medical or psych problems, get professional help.



Start your preparations early



- Give yourself time to build up your knowledge.
- Starting early can mean:
 - Doing Q bank or practice questions
 - Using First Aid during your classes
 - Watching Pathoma videos
 - Reviewing Biochem
- When?
 - Now
 - Tomorrow
- Caveats:
 - Do not ignore your classes
 - Small but limited amount of time on a daily basis

Take many tests: pretesting & saving questions

Pretesting

DO

The New York Times Magazine | <http://nyti.ms/1d1Q2mk>

Magazine | THE EDUCATION ISSUE

Why Flunking Exams Is Actually a Good Thing

By BENEDICT

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Pretesting with Multiple-choice Questions Facilitates Learning

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Abstract

Taking a test before study can improve subsequent learning of that pretested information. How the pretest affects subsequent learning of other information in the passage is less clear, however. In three experiments, we examined the consequences of taking a multiple-choice (MC) pretest on the later recall of both pretested and non-pretested related information, finding that pretesting improved recall of pretested information without impairing recall of non-

learned material. Thus, the observed improved recall of pretested information should reflect the consequence of processes other than successful retrieval.

Pretesting may be beneficial because it encourages more active involvement in learning, perhaps by increasing general interest in the topic. Additionally, the pretest may help students to discern what information is most important or what type of information the teacher is likely to test later. Thus, a pretest may lead to better recall for the previously-

#2

Saving Questions

DON'T



NBME

National Board of Medical Examiners



Uworld

YOUR WORLD OF LEARNING

KAPLAN

USMLE®
Step 1 Qbank

usmle
FROM THE AUTHORS OF
FIRST AID

9200



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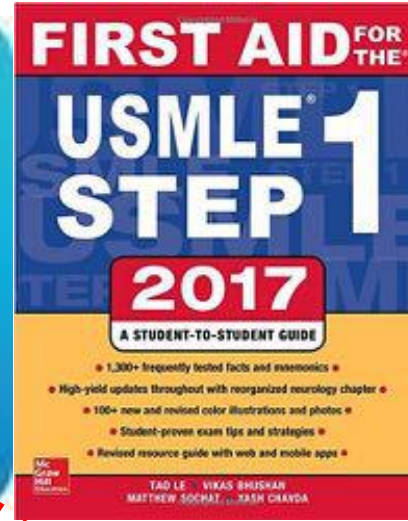
Limit your resources. Make Flashcards!



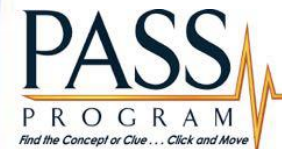
VS











#3











National Board of Medical Examiners
National Board of Medical Examiners® (NBME®)
SELF-ASSESSMENT SERVICES



ELITE MEDICAL PREP

Platform	✓ Key Positives
	<ul style="list-style-type: none"> ✓ Best illustrations ✓ Comprehensive without being overly detailed ✓ Study schedule tool is unmatched ✓ User friendly; Integrated with key resources ✓ Mobile friendly
	<ul style="list-style-type: none"> ✓ Comprehensive, but very detailed ✓ Guidance Mode in Qbank ✓ Embedded key resources
	<ul style="list-style-type: none"> ✓ User friendly ✓ Great videos & illustrations ✓ Uses memory palaces / active learning
	<ul style="list-style-type: none"> ✓ Presents path/pathophys in manageable chunks ✓ Videos have high rewatchability
	<ul style="list-style-type: none"> ✓ Well organized and integrated with key resources ✓ Good secondary source for tough topics ✓ Good integration of pharmacology and physiology
	<ul style="list-style-type: none"> ✓ User friendly ✓ comprehensive for shelf exams ✓ Excellent videos
	<ul style="list-style-type: none"> ✓ Large question bank and practice exams ✓ Mobile friendly
	<ul style="list-style-type: none"> ✓ Good review of basic USMLE tenets with references to First Aid

Platform	✓ Key Positives	✗ Key Negatives
	<ul style="list-style-type: none"> ✓ Best illustrations ✓ Comprehensive without being overly detailed ✓ Study schedule tool is unmatched ✓ User friendly; Integrated with key resources ✓ Mobile friendly 	<ul style="list-style-type: none"> ✗ Qbank lower difficulty vs. Uworld ✗ Some flashcards are overly simple ✗ Some videos can be lengthy
	<ul style="list-style-type: none"> ✓ Comprehensive, but very detailed ✓ Guidance Mode in Qbank ✓ Embedded key resources 	<ul style="list-style-type: none"> ✗ Not user friendly ✗ Illustrations are somewhat dull ✗ No study schedule Tool
	<ul style="list-style-type: none"> ✓ User friendly ✓ Great videos & illustrations ✓ Uses memory palaces / active learning 	<ul style="list-style-type: none"> ✗ Harder to use on short timeline ✗ Appeals to certain type of learner
	<ul style="list-style-type: none"> ✓ Presents path/pathophys in manageable chunks ✓ Videos have high rewatchability 	<ul style="list-style-type: none"> ✗ Not comprehensive across all topics - Best as supplement to other resources ✗ Passive learning only
	<ul style="list-style-type: none"> ✓ Well organized and integrated with key resources ✓ Good secondary source for tough topics ✓ Good integration of pharmacology and physiology 	<ul style="list-style-type: none"> ✗ Overly comprehensive and detailed/low-yield ✗ Graphics are very basic and low quality ✗ Just videos, no Qbank
	<ul style="list-style-type: none"> ✓ User friendly ✓ comprehensive for shelf exams ✓ Excellent videos 	<ul style="list-style-type: none"> ✗ Qbank is lacking, explanations aren't comprehensive
	<ul style="list-style-type: none"> ✓ Large question bank and practice exams ✓ Mobile friendly 	<ul style="list-style-type: none"> ✗ Too much content/low yield ✗ Low video quality ✗ Not well integrated with resources ✗ No flashcards
	<ul style="list-style-type: none"> ✓ Good review of basic USMLE tenets with references to First Aid 	<ul style="list-style-type: none"> ✗ Outdated ✗ Qbank far inferior with typos and errors

Confirm the quality of resources you will use

For Books and Q Banks:

- Ask Peers
- Follow the historical patterns
- USMLE Medicine doesn't change much from year to year

For Courses:

- Ask Peers
- Be careful with live courses
 - \$\$\$\$\$ for travel and accommodations
- Passive lectures do not replace active learning
- **Confirm pricing & refund policy**

For Tutoring:

- Ask Peers
- Google your tutors
- Avoid false promises and score guarantees
- Ask for references
- **Ask for a trial session/sample**
- **Confirm pricing & refund policy**



Plan creation & follow through

- 📌 Organ-based System of Studying
 - Much preferred to Physiology then Pathophys
- 📌 Budget time to do all questions TWICE
 - Divide: # of Questions / # of Study Days
 - TIMED versus TIMED TUTOR mode
- 📌 Use external forces to help you maintain the schedule
 - Peers, Family, Friends
 - Programs, Apps
 - Tutors
- 📌 You will not 'catch up' with half days of studying
 - Budget in catch up days
 - Reward yourself with fun evening activities

2X



#4



ELITE MEDICAL PREP

USMLE STEP 1 6 WEEK CALENDAR



*This calendar requires 10+ hours of dedicated study time per day

USMLE STEP 1 6 WEEK CALENDAR



*This calendar requires 10+ hours of dedicated study time per day

USMLE STEP 1 6 WEEK CALENDAR



*This calendar requires 10+ hours of dedicated study time per day

We recommend completing a **MINIMUM of 50 Uworld Questions** per day in Timed or Timed Tutor mode

*We recommend students make **their own flashcards** and review them often (daily if possible)

*We recommend reading the corresponding First Aid chapter **AT LEAST TWICE**

***3 Assessments** (should be taken prior to test day)

***Custom** (Biochem and Micro question sets break down topics into subtopics for easy learning)

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	NBME BASELINE Take Assessment, Break for Lunch, and Review in PM						
WEEK 2	ENDO Morning: Read First Aid Chapter Early Afternoon: 40 UWorld Incorrects Mixed (2hr) Late Afternoon: Flashcards Endo (2hr)						
WEEK 3	REPRO 60 Uworld Psych Questions 20 Uworld incorrects Mixed Flashcards Review (2hr)						
WEEK 4	NBME ASSESS Take Assessment, Break for Lunch, and Review in PM						
WEEK 5	MSK/DERM Morning: Read First Aid Chapter Annotate from UW Questions in PM Early Afternoon: 80 Uworld Qbank Questions: Timed + Make Flashcards Late Afternoon: Review Qbank Questions Flashcards MSK (2hr)	MSK/DERM Morning: Read First Aid Chapter Annotate from UW Questions in PM Early Afternoon: 80 Uworld Qbank Questions: Timed + Make Flashcards Late Afternoon: Review Qbank Questions Flashcards MSK (2hr)	MSK/DERM Morning: Read First Aid Chapter Annotate from UW Questions in PM Early Afternoon: 80 Uworld Qbank Questions: Timed + Make Flashcards Late Afternoon: Review Qbank Questions Flashcards MSK (2hr)	PHARM Remember to take breaks as needed for Lunch, Dinner, Personal needs (e.g., gym) Flashcards Pharm (2hr)	PHARM Remember to take breaks as needed for Lunch, Dinner, Personal needs (e.g., gym) Flashcards Pharm (2hr)	REVIEW 3 Blocks (120 Mixed, timed) Flashcards Mixed (2hr)	UWORLD ASSES Take Assessment, Break for Lunch, and Review in PM
WEEK 6	REVIEW 3 Blocks (120 Mixed, timed) Flashcards and HY First Aid Review (2hr)	UWORLD ASSES Take Assessment, Break for Lunch, and Review in PM Flashcards Mixed (2hr)	REVIEW 3 Blocks (120 Mixed, timed) Flashcards and HY First Aid Review (2hr)	REVIEW 2 Blocks (80 Mixed, timed) Flashcards and HY First Aid Review (2hr)	REVIEW 1 Block (60 Mixed, timed) Flashcards and HY First Aid Review	LIGHT DAY Flashcards and HY First Aid Review (2hr)	TEST DAY

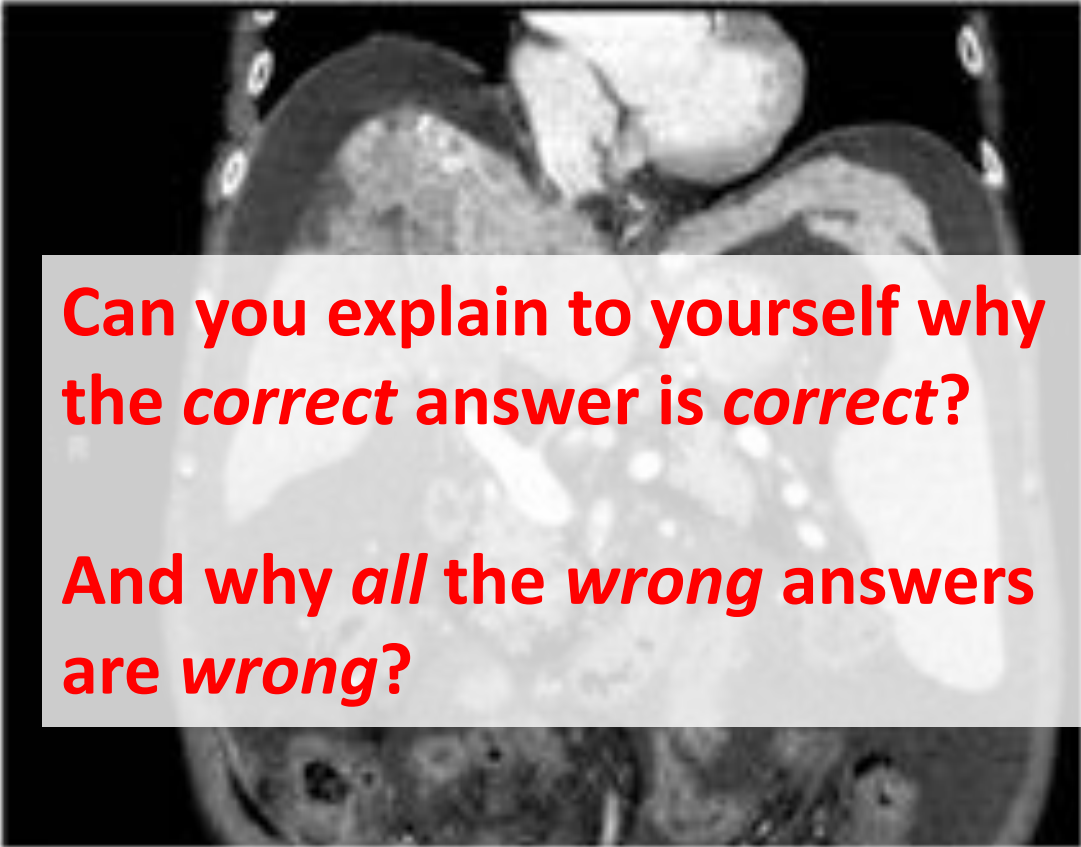
'Why' is more important than 'What.'

#5

A 55 year old man comes to the emergency department because of sudden onset acute abdominal pain, nausea, vomiting, and bloody diarrhea 3 hours ago. He has a long-standing history of cirrhosis. His blood pressure is 85/48. His abdominal wall is rigid and tender to palpation with loss of bowel sounds. CT of the abdomen reveals:

During surgical intervention, a third of the small intestine is found to have a dark purple-red hemorrhagic appearance. Which of the following is the most likely diagnosis?

- A) Necrotizing enterocolitis
- B) Ulcerative colitis
- C) Pseudomembranous colitis
- D) Wilson's disease
- E) Bacterial enteritis
- F) Acute mesenteric arterial thrombosis
- G) Mesenteric venous thrombosis
- H) Acute pancreatitis
- I) Whipple disease



Can you explain to yourself why the *correct* answer is *correct*?

And why *all* the *wrong* answers are *wrong*?

Learn from & Work with your peers

- 🩺 Peers. Peers. Peers.
- 🩺 School Administration
- 🩺 Professionals



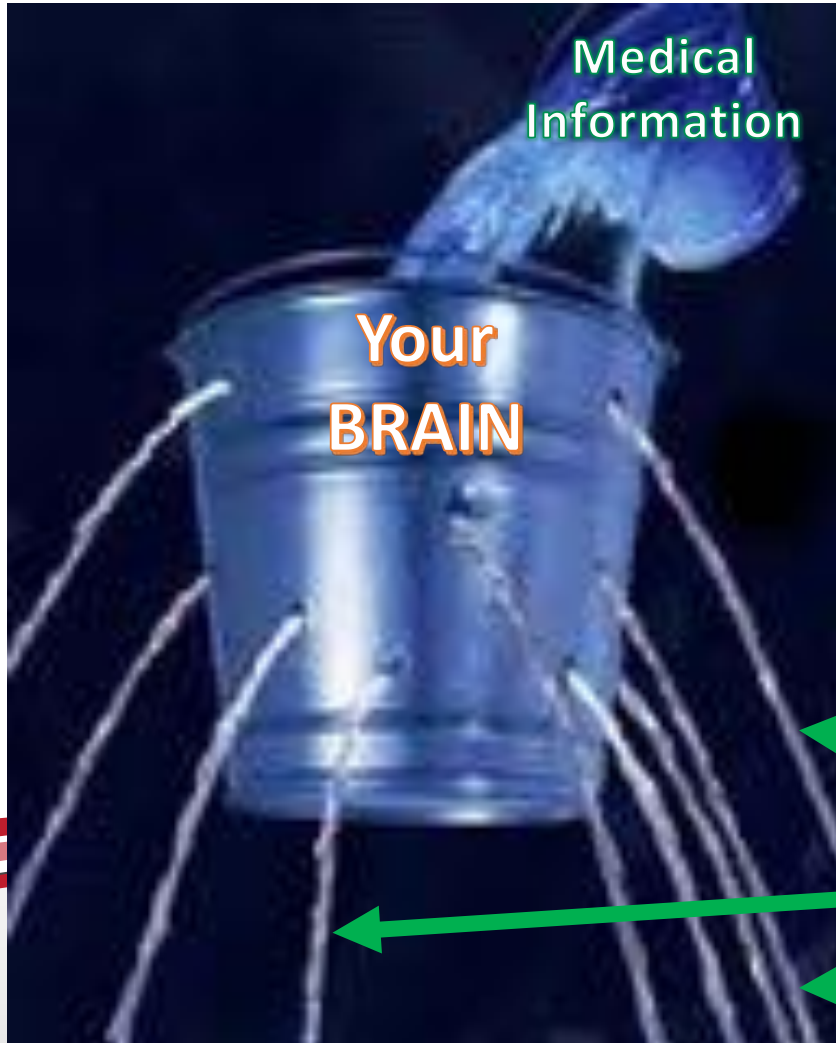
Maintain wellness activities



#7



If you need more time, take more time...



#8

Often you need less time than you've been allotted

HOWEVER...

- The key is not to fail the test—at any cost
- Extra time should be used intensively. Avoid a sense of complacency.
- Poor use of extra time will not help you and can definitely hurt you!**

Krebs Cycle

Neuroanatomy

Arachadonic acid pathway



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Get professional help if you need it



🩺 Courses

- If you didn't attend classes at all or have forgotten everything

🩺 Tutors

- Focused Improvement
- Personalized Planning
- Flexible Scheduling

#9



#10

Medical or psych issues

E
F P
T O Z
BLURRY
VISION
EMPOWER
RESOURCES



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COMPOSITE BEST TIP LIST

1. Start preparations early... very early.
2. Take a test. Many tests.
3. Limit your resources. Make Flashcards!
4. Create a plan and follow through.
5. 'Why' is more important than 'What.'
6. Learn from & work with peers.
7. Maintain wellness activities.
8. If you need more time, take more time.
9. Get professional help if you need it.
10. If medical or psych problems, get professional help.



Structured Approach to USMLE Questions

A Sample Question Breakdown



Structured Approach to USMLE Questions

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.

The patient is most likely experiencing which of the following types of shock?

- A) Anaphylactic.
- B) Cardiogenic.
- C) Hypovolemic.
- D) Neurogenic.
- E) Septic.



Structured Approach to USMLE Questions

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.



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- E) Septic.

How to Approach a Prompt/Question and Answers

Begin with the End

1 Read the question stem.

🔑 Understand what the question is asking you **to do**

- Ex: “What’s the most likely diagnosis?”
- Ex: “What is the underlying mechanism?”
- Ex: “Which serum marker will be decreased?”
- Ex: “What is the side effect of the likely drug given?”

Note: Distractor answers will fit only 1 clue or some of the information given, not ALL

- Ex: “What’s the next best step?”

*Note: As a general rule, except in emergencies, the **least** invasive test or procedure that helps the patient is usually correct*

🔑 Allows you to maintain focus. Especially on longer vignettes

🔑 Avoids a common pitfall: students know the vignette but answer the ‘wrong’ question about it.

A standardized approach to USMLE prompts ensures you get the most out of each question



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Structured Approach to USMLE Questions

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.



1 The patient is most likely experiencing which of the following types of shock?

- 2
- A) Anaphylactic.
 - B) Cardiogenic.
 - C) Hypovolemic.
 - D) Neurogenic.
 - E) Septic.

How to Approach a Prompt/Question and Answers

Let the answers help you, not hurt you.

2 Scan the answer choices

- 🔍 See if you can break them down into categories or buckets
- 🔍 Read the answer choices quickly and categorize them
 - Example:
 - A) Anaphylactic.
 - B) Cardiogenic.
 - C) Hypovolemic.
 - D) Neurogenic.
 - E) Septic.
 - 🔍 A & E are immune mediated
 - We would expect signs of allergic reaction, infection, and/or a history of an exposure.
 - 🔍 B & D are related primary dysfunction of an organ system
 - Look for a clear finding that points to the heart or the autonomic nervous system/spinal cord

A standardized approach to USMLE prompts ensures you get the most out of each question

➤ Is there a cause?



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Structured Approach to USMLE Questions

3

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.

1

The patient is most likely experiencing which of the following types of shock?

2

- A) Anaphylactic.
- B) Cardiogenic.
- C) Hypovolemic.
- D) Neurogenic.
- E) Septic.



How to Approach a Prompt/Question and Answers

Let the answers help you, not hurt you.

3 Actively read the prompt, **highlighting** the key findings, and summarizing in your own words as you go`

As information is given, begin piecing it together into a bigger picture

- Your “big picture” summary will be immensely helpful in selecting an answer
- Focus on the 3 pieces of history that reveal the diagnosis

📌 Summary:

- Young woman with acute onset GI symptoms presenting in shock with tachycardia and anemia, but no fever

📌 Use the summary to help narrow down answer choices.

- Always try to use Process of Elimination (POE)
 - Helps to find the right answer
 - Helps exclude the wrong answers
 - Increases your confidence that you are right → reduces 2nd guessing yourself!

Caveat: don't box yourself in to picking a bad answer. If you eliminate all the answers or are left with only bad answers, **START OVER.**

Structured Approach to USMLE Questions

3

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.

4



1

The patient is most likely experiencing which of the following types of shock?

2

- A) Anaphylactic.
- B) Cardiogenic.
- C) Hypovolemic.
- D) Neurogenic.
- E) Septic.



How to Approach a Prompt/Question and Answers

Learn key normal values. Look at images last /ignore.

- 4** Strong familiarity w/ lab values will reduce anxiety/confusion later. Imaging is important in the real world of medicine. Not so much on the test.
- ❖ Chem 7 and CBC must be memorized. Vitals must be burned in your memory forever!
 - Develop sense of upper/lower limits for Na, K, Cl, Cr, Ca, BUN, Glu, Hgb, Hct, WBC, Plt
 - ❖ Look at images LAST, if at all
 - Radiology Imaging – You are NOT a radiologist.
 - Do not need to make radiographic diagnoses
 - Rare exceptions (i.e ptx, free air under diaphragm, Epidural, SDH or SAH)
 - ❖ Patient Pictures
 - Lesions can be helpful if they are pathognomonic for a disease process
 - i.e mucosal lesions for Peutz-Jeghers.
 - ❖ Smears/Histology
 - Blood smears helpful for basics: micro vs macrocytosis, cell type (e.g. schistocyte) and relative cell size
 - Not expected to undertake detailed smear analysis without supporting history



How to Approach a Prompt/Question and Answers

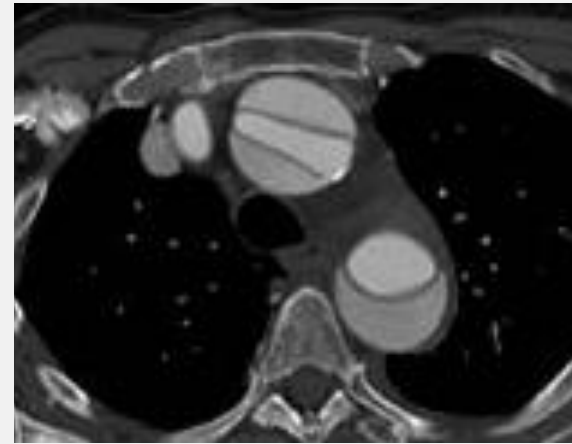
Example rare images that are highly helpful



Pneumothorax



Free Air



Dissection



Peutz-Jeghers



Macrocytosis



SDH



Schistocyte



Sturge-Weber

How to Approach a Prompt/Question and Answers

Employing a standardized approach to USMLE prompts ensures you will get the most out of each question

4

Hemoglobin 6 g/dL and hematocrit of 18%.

T 35.6C (96F),
pulse 110/min
blood pressure 80/55 mm Hg

Understand the labs, KNOW the normal values

Images are rarely helpful on the USMLE



Structured Approach to USMLE Questions

3

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.

4



1

The patient is most likely experiencing which of the following types of shock?

2

- A) Anaphylactic.
- B) Cardiogenic.
- C) Hypovolemic.
- D) Neurogenic.
- E) Septic.

1

The question stem – tells you what the question is asking

2

The answer choices – gives you some context as to what the question is about

3

The prompt – highlight three important pieces of information; summarize in your own words the key information as it's given; ensure that the answer matches ALL of the information given, not just some

4

Labs and images – EVAL the labs. IGNORE the images.

EMP's SUGGESTED ORDER.

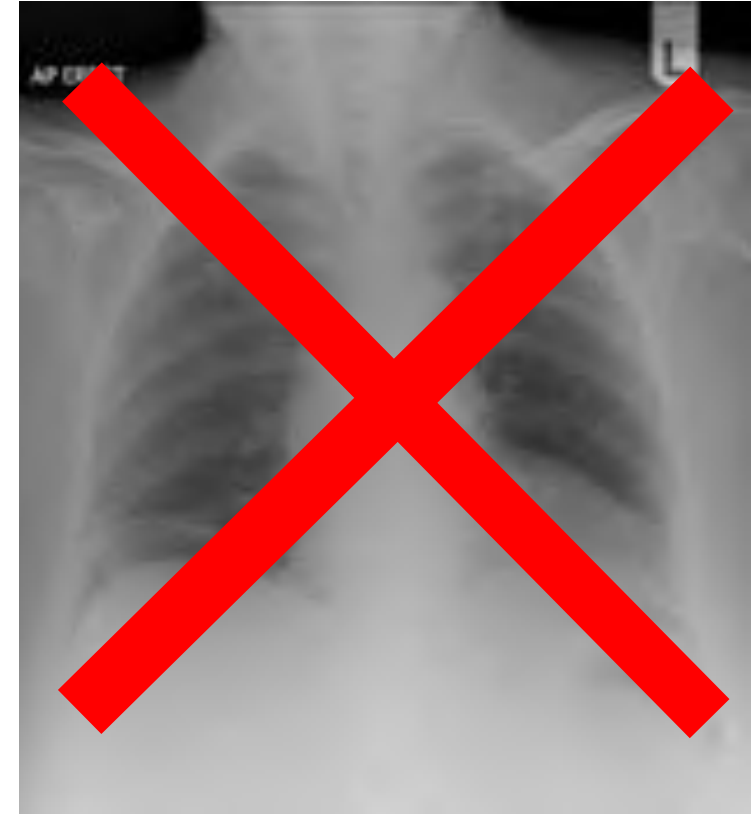
There is no one right way to do this.

Structured Approach to USMLE Questions

A 26 year old woman is brought to the emergency department by her roommate because of vomiting for 4 hours. She also has a 2 day history of fatigue and dizziness on standing. She has had severe heartburn for 3 months; treatment with over-the-counter antacids has provided some relief. The vital signs of the patient are T 35.6C (96F), pulse 110/min, and blood pressure 80/55 mm Hg. Physical examination shows marked pallor. Laboratory studies show a hemoglobin concentration of 6 g/dL and hematocrit of 18%. A chest x-ray is obtained (shown) and a pulmonary catheter is inserted and laboratory values are measured.

The patient is most likely experiencing which of the following types of shock?

- A) ~~Anaphylactic.~~
- B) ~~Cardiogenic.~~
- C) Hypovolemic.
- D) ~~Neurogenic.~~
- E) ~~Septic.~~



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- **Golden Rule: If an answer jumps out at you, choose it. DO NOT change it (unless you re-read and are 100% sure it's wrong)**
- **If an answer does not jump out at you → Process of Elimination**

Think about what you would expect the prompt to give you for each answer:

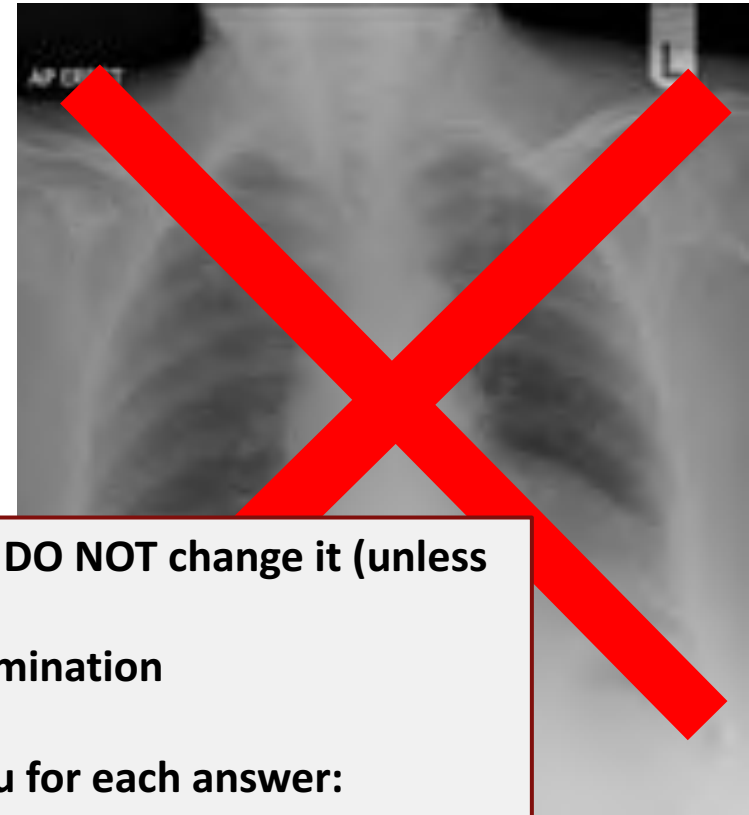
Anaphylactic–

Cardiogenic–

Hypovolemic–

Neurogenic–

Septic–



Contact us with questions:

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Thank you!