

SURGERY

SHELF EXAM PLANNER

If you prefer to do slightly less ANKI, then you can do "targeted ANKI." This means you will start with your surgery cards suspended. When you come across a question that is "fact based" you can "unsuspend" 1-2 ANKI cards for that question. This will make sure that you utilize the great aspects of ANKI without overloading yourself with hundreds or thousands of ANKI cards each day.

How to use this planner? This planner helps tailor your schedule. Weeks 1-3 align with Online Med Ed videos, but you can use any series. Weeks 4-8 focus on general topics and UWorld systems, guiding you to target questions and videos based on your strengths and weaknesses from practice NBME shelves.

Before leaving, check the next day's surgery schedule by asking your resident or reviewing the OR board. Study the procedures you'll be scrubbing in on, focusing on anatomy, indications, and complications. If available, watch a YouTube video on the surgery.

There are 2 options for ANKI. If you are one who LOVES ANKI and uses it all the time and wants to complete all ANKI questions, then follow the format below.

WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SURGERY PRINCIPLES		GI				VASCULAR/BREAST
DAY	100 new ANKI cards	50 new ANKI cards	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	100 new ANKI cards + reviews
EVENING	OFF	<ul style="list-style-type: none"> Videos: Pre Op Eval, Post Op Fever 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Other Post Op Issues, Gallstone disease 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Esophagus, Small Bowel 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Cholestasis diseases, Pancreas 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Abdominal Pain, Colorectal 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Leg ulcers, Breast cancer 40 UWorld Surgery Mixed
	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07

WEEK 2

	GENERAL REVIEW	REPRODUCTIVE	CARDIAC	OPHTHO	ORTHO	RENAL	
DAY	ANKI review	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	100 new ANKI cards + reviews	
EVENING	OFF	<ul style="list-style-type: none"> Videos: Neurosurgery Brain, Bleeds, Excess Adrenal Hormones 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Endocrine Tumors, CT Surgery 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Aorta, Vascular 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Adult Ophthalmology, Intracranial Tumors 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Orthopedics, Common Ortho Injuries, Orthopedics Hands 20 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Urology, Urologic Cancers, Urology Male Problems 40 UWorld Surgery Mixed
	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 14	

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Practice basic suturing techniques before your surgery rotation, focusing on common stitches like simple interrupted and running sutures. During the rotation, take advantage of any opportunity to suture, as hands-on practice is key to improving your skills.

Wear compression socks —they'll keep your legs from getting tired and swollen, especially during those long days in the OR. You'll feel a lot more comfortable.

The surgery days are LONG and hard! Try to see if you can complete some anki or a few UWorld questions in between cases. If you can't get the videos and 20 uworld each day, that's ok. Try to get them in over the weekend.

After working hard all day on your clinical rotation, it can be difficult to come home and study even longer. Adapt the schedule as necessary.

WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DAY	GENERAL REVIEW <ul style="list-style-type: none"> ANKI review 	CRITICAL CARE <ul style="list-style-type: none"> 50 new ANKI cards + reviews 	PULMONARY <ul style="list-style-type: none"> 50 new ANKI cards + reviews 	ABDOMEN <ul style="list-style-type: none"> 50 new ANKI cards + reviews 	CRITICAL CARE <ul style="list-style-type: none"> 50 new ANKI cards + reviews 	REVIEW <ul style="list-style-type: none"> 50 new ANKI cards + reviews 		<ul style="list-style-type: none"> 100 new ANKI cards + reviews
EVENING	OFF	<ul style="list-style-type: none"> Videos: Primary survey & Shock, Head 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Neck, Chest 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Abdomen, Burns 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos: Extremity trauma & fractures, Pelvic trauma 30 UWorld Questions Focused 	<ul style="list-style-type: none"> 30 UWorld Questions Focused 	<ul style="list-style-type: none"> 40-50 UWorld surgery mixed 	
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 21	DAY 22	

WEEK 4

	GENERAL REVIEW	GI	ID	NEURO			
DAY	<ul style="list-style-type: none"> ANKI review 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 100 new ANKI cards + reviews 	
EVENING	OFF	<ul style="list-style-type: none"> Videos for topics you struggle with 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos for topics you struggle with 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos for topics you struggle with 30 UWorld Questions Focused 	<ul style="list-style-type: none"> Videos for topics you struggle with 30 UWorld Questions Focused 	<ul style="list-style-type: none"> NBME practice shelf & review 	
	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29

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The videos included are the OME topic videos. These can be great for many students, but there are other options that work just as well. If you prefer another video resource, create your own schedule to map out 1-2 videos per day while studying. Also try to wrap up the videos 3ish weeks before your test day.

Try to learn from your patients as much as possible. It will "stick" better if you have seen it before! Read about the cases you will be seeing that day. Ask questions about how or why the patient might be pre-opped a certain way. Follow the patients after their surgeries.

Keep snacks handy and eat regularly, especially with early hours and long shifts. It'll help you stay energized and focused throughout your rotation.

Time management in your third year can be challenging. While you may spend 10-12 hours in the hospital, not all of that time will be busy. Use any downtime wisely—do a few Anki cards, try some UWorld questions, or review Dr. Pestana's surgery notes. Staying productive during these moments can help you stay prepared for your shelf exam.

WEEK 5

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		GENERAL REVIEW	NEURO			ORTHO			
DAY	DAY	ANKI review	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	100 new ANKI cards + reviews	
	EVENING	OFF	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	NBME practice shelf & review	
		DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36	

WEEK 6

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		GENERAL REVIEW	CRITICAL CARE			CARDIO		RENAL
DAY	DAY	ANKI review	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	50 new ANKI cards + reviews	100 new ANKI cards + reviews
	EVENING	OFF	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	Videos for topics you struggle with 30-40 UWorld Questions	NBME practice shelf & review
		DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43

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The Surgery shelf exam is geared toward internal medicine, so along with completing the UWorld Surgery Qbank, it's beneficial to also work through UWorld IM (Endocrine, GI, Pulm) for additional relevant questions.

As you begin taking NBME practice exams, make sure to carefully review your strengths and weaknesses. Use these weaknesses to target the questions you need to focus on as well as videos that you may want to review.

AMBOSS provides shelf exam-specific questions that are also high-yield and cover relevant IM topics, making it a great supplement if you're feeling overwhelmed.

Being a medical student is tough—you want to help, but it can sometimes feel like you're in the way. Remember, you've earned your place in the OR, and it's okay to take up space. Always offer to assist with tasks like moving the patient, getting supplies, or transporting them. Showing interest and being helpful in big and small ways will help you succeed in your clerkship.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TARGET WEAKNESSES

<ul style="list-style-type: none"> ANKI review 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 50 new ANKI cards + reviews 	<ul style="list-style-type: none"> 100 new ANKI cards + reviews
OFF	<ul style="list-style-type: none"> Videos for topics you struggle with 30-40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 30-40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 30-40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 30-40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 30-40 UWorld Questions 	<ul style="list-style-type: none"> NBME practice shelf & review
DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50

TARGET WEAKNESSES

<ul style="list-style-type: none"> ANKI review 	<ul style="list-style-type: none"> ANKI review 	<ul style="list-style-type: none"> ANKI review 	<ul style="list-style-type: none"> ANKI review
OFF	<ul style="list-style-type: none"> Videos for topics you struggle with 40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40 UWorld Questions 	<ul style="list-style-type: none"> Emma Holliday/Divine Intervention videos Review Flashcards
DAY 51	DAY 52	DAY 53	DAY 54

EXAM DAY

WEEK 7

WEEK 8