

Surgery

Cheat Sheets for Clinical Rotations

Must-Complete Resources	UWorld/Amboss	Surgery has the second largest number of questions so you need to start working through questions very early, even before starting your rotation. To make things more challenging, Surgery often has the most demanding clinical schedule. It is EXTREMELY important that you get started on practice questions prior to getting into the OR.
	NBME Practice Tests	We recommend completing these in the last one to two weeks prior to your exam, ideally after you have completed all of UWorld/Amboss. Additionally, a significant component of the Surgery shelf examination is rooted in Internal Medicine. If you have time, working through Internal Medicine practice questions & practicing NBMEs would be worthwhile.
High Yield Resources	Dr. Pestana's Surgery Notes	The best and high-yield book that will prepare you for your surgery rotation. It includes highly practical information that will help you succeed in the operating room and on your shelf exam.
	Surgical Recall	Similar to Pestana's Surgery Notes, this is a very short and easy-to-read book with high-yield information. It does have nice graphics to go along with the teaching. This resource does have some lower-yield content that non-surgery-bound students may not enjoy.
	Sabiston - Textbook of Surgery	One of the best surgical textbooks available. However, you should NOT attempt to read this book cover to cover as a medical student! It is too dense. Use this as a resource to look up specific content you want to further explore.
	NMS Surgery Casebook	This is a great resource with a variety of different clinical cases and explanations. As other resources in this post, it is very high yield and avoids extraneous details.
	Emma Holliday Lecture	Watch Dr. Emma Holliday's review lecture on Surgery prior to your shelf as this is a final great reminder on the highest yield medicine topics
Clinical Tips	Succeed on Rounds	<u>Know your patients!</u> Unlike internal medicine, rounding is a smaller component of the day-to-day life of a surgeon. Thus, when you are presenting for the surgical team, you need to demonstrate your breadth of knowledge about the patient, but in a very time-efficient manner. Be thorough but concise as the surgeons have busy schedules!
	Help with tasks	Your residents will be in the operating room and swamped with tasks to complete throughout the day. You can help them with many of these tasks based on your level of comfort. This may be prepping patients prior to the OR.
	Learn how to suture	Even if you are not planning to go into a surgical subspecialty, knowing how to suture is a critical skill of any doctor. Additionally, during your rotation, one of the only active tasks he may be able to complete in the OR is closing at the end of the case.
	Learn how to scrub in	Prior to every case, he will have to scrub in. While the specifics of how to scrub and do vary from institution to institution, the general principles are consistent. If you do not know how to scrub in, make sure to ask your residents on day one. It is okay to not know!
Top Diagnoses / Topics To Learn	Post Operative Fever • Small Bowel Obstruction • Ileus • Trauma (FAST Scan) • Indications for emergent laparotomy • Surgical Site Infection • DVT and PE • Cholecystitis • Appendicitis • Diverticulitis • Hernia • Orthopedic Trauma • Atelectasis/Pneumonia • Shock (Distributive, Cardiogenic, Obstructive, Hypovolemic)	