

Emergency Medicine

Cheat Sheets for Clinical Rotations

Must-Complete Resources	UWorld/Amboss	EM has a large number of questions so you need to start working through questions early. We also recommend completing the family medicine or ambulatory questions & pulmonary/critical care systems as these questions will also show up on your shelf.
	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
High Yield Resources	Rosh Review	One of the highest-yield resources for excelling on your EM shelf exam, second only to UWorld. It's an essential tool for anyone aiming to match into Emergency Medicine.
	WikiEM	The Wikipedia of medicine. A go-to resource for studying or on shift aid to help frame a Differential Diagnosis for a given complaint. Next steps in diagnosis, management, and other high yield info for any complaint or diagnosis.
	EMRA	(Emergency Medicine Residents' Association) offers great high-yield summaries & videos.
	UpToDate	The best online resource for all things medicine. Use this reference to help you treat your patients, but we recommend staying away from this as a study tool as it is too dense for your shelf/USMLE. Additionally it can be a bit cumbersome as an on shift aid.
	Online MedEd	A great resource with videos and text that summarize the high yield topics in EM.
	EM Clerkship Podcast	Tailored for med students to excel in their EM rotations & earn top evaluations by refining clinical skills, giving workflow pointers, & mastering common medical complaints.
Clinical Tips	Know your patient	The most important thing you can do as a medical student is to know your patient. Understand their entire medical history, examine them, learn their most important medical problems, and come up with differential diagnosis and plan. Remember the importance of nurses, they will often know the patient best and keeping them informed on the plan helps the efficiency of the department. Your goal is to be the first person to know if there is a new lab, image, or vital change in your patient.
	"Sick" or "Not Sick"	Learn to quickly assess whether a patient is "sick" (critical) & needs immediate resuscitation, or "not sick," in which case you can take time to formulate a plan.
	Broad differentials	A broad differential is key to Emergency Medicine. The goal is not necessarily to find the exact diagnosis, but to rule out the worst possibilities. If you don't have a diagnosis on your differential, you won't be able to identify it or rule it out. Always mention the "cannot miss" emergent diagnoses and the most likely diagnoses when presenting a patient.
	Disposition focused	The ultimate goal of the ED is to stabilize and efficiently triage patients to appropriate care settings (e.g., ICU, OR, wards, or discharge). A key skill is minimizing delays and streamlining care to prevent slowing down the department.
	EKGs	Learn how to approach an EKG systematically & detect the most common & most lethal abnormalities.
	Chest X-Rays	Just like EKGs, learn how to systematically approach a chest X-ray.
	Ultrasound	Learn basic Point of Care Ultrasounds (POCUS) for key applications, such as Echo, FAST (focused assessment with sonography for trauma), Gallbladder scans, and thoracic exams. These are essential skills in EM for both diagnosis and management.
Top Diagnoses / Topics To Learn	Differential Diagnosis for common complaints • Acute Coronary Syndrome • Deep Venous Thrombosis /Pulmonary Embolism • Chronic Obstructive Pulmonary Disease Exacerbation • Heart Failure Exacerbation • Pneumonia • Shock (Distributive, Cardiogenic, Hypovolemic, Obstructive) • Upper and Lower Gastrointestinal Bleeding • Acute Abdomen • Acute Hepatobiliary Disease (Hepatitis, Cholecystitis, Cholangitis, Pancreatitis) • Toxidromes and Toxic Alcohols • Fractures and associated nerve/ vascular injuries • Soft Tissue Skin Infections • Sexually Transmitted Infections • Anaphylaxis • Vaginal Bleeding • Diabetic Ketoacidosis/Hyperosmolar Hyperglycemic State • Meningitis • Stroke • Seizures • Intracranial Hemorrhage • Trauma Management • Aortic Dissection	