

Family Medicine

Cheat Sheets for Clinical Rotations

Must-Complete Resources	UWorld/Amboss	Family Medicine has a smaller number of questions, so we also recommend working through ambulatory medicine questions and internal medicine questions (if you have not completed these already)
	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	United States Preventive Services Taskforce (USPSTF)	A great resource for published recommendations from a leading organization on preventative medicine. This resource publishes recommendations and the level of supporting evidence. A great quick reference with the most update to date guidelines.
	American Academy of Family Physicians (AAFP)	Similar to USPSTF, but simply another organization with their own set of guidelines.
	UpToDate	The best online resource for all things family 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.
	Pretest: Family Medicine/Case Files for Family Medicine	These are two good references if you need more practice questions to prepare for your family medicine shelf; however, most students find that their primary question bank and NBME practice tests will suffice.
Clinical Tips	Screening Guidelines	Visit the United States Preventive Services Taskforce to learn the most up to date guidelines on health care maintenance and screening.
	Vaccine Schedules	Learn the most up to date guidelines on which vaccines adult patients need and when they are expected to receive them (visit the CDC website to find this information)
	Help with tasks	Your preceptor will likely be swamped with seeing many patients. They may ask you to see some patients on your own, take vitals, or help with small procedures. Seek out opportunities for you to learn and help lighten their workload.
	Write your notes	You may or may not write notes on your family medicine rotation. If you do, write thorough and concise notes, but do not spend too much time on these where they begin to delay patient care. Your notes DO NOT need to be perfect!
	Try and see patients on your own!	Family medicine is a great opportunity for you to see patients on your own when your preceptor is busy with other patients. Be proactive and ask if you can see patients independently and then present the patient to your preceptor afterwards.
Top Diagnoses / Topics To Learn	Vaccine Schedule · Health Care Maintenance/Screening Guidelines by Age · Diabetes Mellitus · Hypertension · Hyperlipidemia · Pneumonia · Anemia · Depression/Anxiety · Cardiac Mortality Improvement Medications (Mainly in reference to the Mortality improvement vs symptom improvement CHF, CAD, and MI)	