

Pediatrics

Cheat Sheets for Clinical Rotations

Must-Complete Resources	UWorld/ Amboss	Pediatrics has the second largest number of questions so start working through questions very early! Aim to finish these questions 1-2 weeks prior to 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	BRS Pediatrics	High yield review book that is a great reference for all common pediatric cases you will see on your rotation
	Pretest Pediatrics	This is a great reference book similar to BRS Pediatrics, but this resource has primarily practice problems that can prep you for your shelf exams
	UpToDate	The best online resource for all things pediatrics. 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
	Online MedEd	A great resource with videos and text that summarize the high yield topics in pediatrics
	Emma Holliday Lecture	Watch Dr. Emma Holliday's review lecture on pediatrics prior to your shelf as this is a final great reminder on the highest yield pediatric topics.
Clinical Tips	Succeed on Rounds	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 structured and succinct assessments and plans for rounds. Ask questions, be engaged, and try not to slow rounds down if possible!
	Help with tasks	Your residents will be swamped with tasks to complete throughout the day. You can help them with many of these tasks based on your level of comfort. Some of these tasks include speaking with families, checking on patients, calling consults, speaking with nurses/other team members, writing notes, etc. Be proactive and ask how you can help!
	Write your notes	Write thorough and concise notes, but do not spend too much time there where they begin to delay patient care. Your notes DO NOT need to be perfect. It's more important you document the important information and then go help your residents actually deliver medical care.
	Vaccine Schedules	Learn the most up to date guidelines on which vaccines newborns and pediatric patients need and when they are expected to receive them (visit the CDC website to find this information)
	Normal/ Abnormal Vitals	Pediatric patients are not just small adults! Their basic vital signs are different than adults and vary with age - learn what these normal ranges are prior to your first day in the hospital
	Physical Exam/ Developmental Milestones	The newborn exam and developmental milestones are very unique to pediatrics, so learn the general steps to this exam before you meet your first patient.
Top Diagnoses / Topics To Learn	Developmental Milestones • Vaccination Schedule • Acute Otitis Media • Cystic Fibrosis • Tetralogy of Fallot • Rashes of childhood (Measles, Scarlet Fever, Chicken Pox, Rubella, Roseola, etc.) • Hyperbilirubinemia in Infancy • Diabetes Mellitus and Diabetic Ketoacidosis • Adrenal Insufficiency • Asthma • Sickle Cell Disease • Leukemia and Lymphoma • Bronchiolitis/Pneumonia • Urinary Tract Infection • Acute Kidney Injury	