



Internal Medicine

Cheat Sheets for Clinical Rotations

Must-Complete Resources	UWorld/Amboss	Internal Medicine has the largest number of questions so you need to start working through questions very early (we recommend starting these questions even before starting your IM rotation!). We also recommend completing the family medicine or ambulatory questions 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	Step-Up to Medicine	High yield textbook which is a great reference to all of the bread and butter medicine cases you will see on your rotation.
	Harrison's	This is the best textbook out there for internal medicine. If you want a textbook that you can use as a reference, this is your go-to. Do not read this cover to cover (you will never finish it!).
	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.
	Pocket Medicine	If you are a bit more old school and want to carry around a notebook with you on rounds rather than look on UpToDate, this is the best quick reference guide to keep in your pocket.
	Online MedEd	A great resource with videos and text that summarize the high yield topics in internal medicine.
	Emma Holliday Lecture	Watch Dr. Emma Holliday's review lecture on Internal Medicine prior to your shelf as this is a final great reminder on the highest yield medicine 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 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.
	Learn how to take and write a History and Physical	The H&P is the cornerstone of a good medicine admission, so learn how to take a history from a patient, ask the right questions, perform the relevant physical exam maneuvers, and come up with a good assessment and plan.
	EKGs and Antibiotics	Learn how to approach an EKG systematically and detect the most common abnormalities you will see on a medicine floor. Also, learn the general classes of antibiotics and what your first line, broad-spectrum, antibiotics for different diseases.
	Chest X-Rays	Just like EKGs, learn how to systematically approach a chest X-ray.
Top Diagnoses / Topics To Learn	Pneumonia • Urinary Tract Infection • Altered Mental Status/Delirium • Acid Base Disorders Exacerbation • Acute Coronary Syndrome • Deep Venous • Thrombosis/Pulmonary Embolism • Chronic Obstructive Pulmonary Disease Exacerbation • Shock (Distributive, Cardiogenic, Hypovolemic, Obstructive) • Upper and Lower Gastrointestinal Bleeding • Pancreatitis • Liver Failure • Alcohol Withdrawal • Acute Kidney Injury • Soft Tissue Skin Infections • Osteomyelitis • Meningitis • Vaso-occlusive crisis • Acute Leukemia • Tumor Lysis Syndrome • Heart Failure • Ketoacidosis/Hyperosmolar Hyperglycemic State • Anaphylaxis • Stroke • Seizures • Diabetic	