Phase 2A revision tips

**By Sona Mistry**

* Refer to the Disease List in the Phase 2a Handbook – use it as a checklist
* Before Christmas (Basic Pathology / Pharmacology / Microbiology Modules) – try to understand the big concepts – as after Christmas, in the Systems-based Pathology Modules, there’s a lot of factual recall involved.
* Try to get a good idea of the disease process (Question How? and Why?) For example: SAQ Exam Question 2015 - How does Proteinuria cause Chronic Kidney Disease?
* Learning a list of symptoms can be difficult; some people have found that drawing a typical patient with exaggerated symptoms, can help - (useful in Endocrinology – when the symptoms are very widespread).
* Mnemonics can help
* Learn the classes of drugs, and an example of each class (e.g. anti-arrhythmic drugs)
* Don’t worry toooo much about the Microbiology week – it is very difficult to pick up at first! During this week try to learn the different antibiotics classes – this way you will be revising the classes, each time you come across an antibiotic in the System-based Pathology Modules. Read up before you attend the Microbiology Lab Practical Sessions

General Tips:

* Start revising early – don’t cram at the end
* Work in groups / attend the Peer teaching Sessions – (people say things which tend to stick more, than just reading)
* Lectures can be complicated with lots of detail – discuss the main learning points with friends after each Lecture
* If you have ‘spare’ time (especially during the Research Attachment SSC), try to recap Phase 1 stuff, or topics you have missed.
* Work hard on the Clinical Skills (DOCCS / IACCS / Catheter) – try to get them out of the way first time round, so you can concentrate on the Summative exams afterwards. Also, make sure you practice the ‘consent’ well – practice in groups
* GP Placement topics come up in exams – learn them well

Resources:

* Use Oxford Handbook / Mini Kumar & Clark (Good to refer to them on the go – but use Underwood’s / Big Kumar & Clark to learn concepts).
* Handwritten tutorials: http://www.handwrittentutorials.com/ - quick and easy explanations of physiology and pathology
* Dr Najeeb Lectures – (most are 1 hour) – time consuming, but the concepts are explained very well – you won’t forget the info! (Free ones available on YouTube
* Microbiology Handbook (the one the University gives) – good information (Make sure you learn the flow charts in the front of the on Gram-positive / Gram-negative bacteria)
* Clinical Skills: http://geekymedics.com/
* Concise information - http://almostadoctor.co.uk/ (good for learning arrhythmias)
* ‘ECG Made Easy’ book