

Block 4 Strategies for NBME Prep:

Students who do well in the WR2 Curriculum do well on USMLE Step 1. Your primary resources are the learning objectives and resources provided by the faculty. If you choose to use third-party resources and Step study material, there is a rational way to use them alongside the curriculum.

Overview:

Spring Break: **March 11-15**

Clinical Immersion Week: **May 13-17**

Structure Exam: **May 28**

SSEQ Exam: **May 30**

NBME Exam: **May 31**

Topics:

Cardiology

Pulmonology

Nephrology

Pharmacology

Cell Physiology/Cell Signalling

Structure – esp. Thoracic Cavity & Wall

Linking Subjects:

Use the following lecture subjects to link topics throughout the Block:

- Autonomic Nervous System
- Blood flow regulation
- Pharmacokinetics & Pharmacodynamics
- Extracellular volume regulation
- Na⁺/K⁺ regulation
- Acid-base disorders
- Diuretics
- Pathology of hypertension
- Shock

These subjects are particularly useful for linking content together, as they involve multiple organ systems. Consider ways in which these subjects arise multiple times through the Block and connect Lecture, IQ, and Structure material. Linking facts together improves recall.

Recall & Practice Tips:

- Create 20-40 question Tests in BoardVitals using *Cardiology*, *Pulmonology and Critical Care Medicine*, and *Neurology* Question Banks.
- Review practice Tests answers.
- Make Anki cards, mind maps, or another active tool using the questions you miss.
 - Practice those Anki cards on subsequent days to test recall, vocalizing answers.
 - Redraw mind maps with additional objects as you practice.
- Sketch schematic diagrams from Structure and incorporate networks, pathways, cell types, disorders, pathologies, feedback loops, &c.

IQ Recommended Resources That Appear in Multiple Cases:

- Rennke HG and Denker BM., *Renal Pathophysiology: The Essentials*, 5th ed. Philadelphia: Lippincott, 2020.
- Lilly, L.S., *Pathophysiology of Heart Disease (7th Ed.)*, Philadelphia: Lippincott Williams and Wilkins, 2021.
- West, John B., *Respiratory Physiology: The Essentials*, 9th Edition. Baltimore: Lippincott, Williams & Wilkins, 2016.
- Lilly, Leonard S, *Pathophysiology of Heart Disease a Collaborative Project of Medical Students and Faculty*, 7th edition. Lippincott Williams & Wilkins, 2011, 2016.