



## Merritt Based Medicine

A Medical Student's Tips, Tricks, & Experiences

### Merritt's Block 3, Module 1 (Cardiovascular) Study Plan:

#### Week #1 Topics

##### 1 – Normal Cardiac Structure and Function

- + Block 3 Overview by Prakash
- + Overview of Cardiovascular Module by Prakash
- + Gross Anatomy of the Heart by Dr. Kristjan Thompson
- + Cardiac Anatomy Rapid Review PPT
- + Cardiac Anatomy Review Lab PPT
- + BB Cardiac Anatomy Video
- + Acland Anatomy Videos (~28 Minutes)
- +AMBOSS Learning Card

##### 2 – The Cardiac Cycle

- + BB Cardiac Physiology Video
- + BB CV Response to Exercise Video
- + BB Heart Murmurs Video
- + BB Heart Sounds Video
- +AMBOSS Learning Card

##### 3 – Cardiac Imaging and Catheterization, and some Basic Hemodynamic Concepts

- + Cardiovascular Physiology and Pathophysiology – Basic Cardio dynamics & Hemodynamics
- + Cardiovascular Imaging PPT
- + Lilly 6E pp. 48-54
- + BB PV Loops Video
- + BB Wiggers' Diagram Video
- +AMBOSS Learning Card

##### 4 – HCB of Vascular Smooth Muscle, Cardiac Muscle and the Heart as an Organ

- + Histology & Cell Bio of the Cardiovascular System PPT
- + Cardiovascular Histology Practice Questions

##### 5 – HCB of Blood Vessels and Lymphatics

- + BB Blood Flow Mechanics Video
- + BB Venous Pressure Tracings Video
- +AMBOSS Learning Card

##### 6 – Basics of Electrocardiography

- + Cardiovascular Physiology and Pathophysiology – Electrophysiology & Basics of Electrocardiography (recording)
- +BB EKG Basics video
- + BB High Yield EKGs Video
- +AMBOSS Learning Card

## Week #1 Topics

### **7 – Cardiovascular Regular Mechanisms: Regulation of Cardiac Output**

+ Cardiovascular Physiology and Pathophysiology – Cardiovascular Regulation (recording)

+ Nichols' Circulatory Shock PPT

+ Nichols' Septic Shock PPT

+ BB Shock Video

+AMBOSS Learning Card

### **8 – Cardiovascular Regular Mechanisms: Regulation of BP, TBF; other mechanisms**

+ BB Regulation of Blood Pressure Video

+AMBOSS Learning Card

### **9 – Circulatory Shock and Clinical Pharmacology of Vasopressors**

+ BB Starling Curve Video

+ Sketchy Pharm Videos

+AMBOSS Learning Card

## Week #2 Topics

### 10 – Atherosclerosis

+ Nichols' Atherosclerosis PPT

+ Atherosclerosis & Ischemic Heart Disease Lecture (Aug 18<sup>th</sup> @ 10am)

- Review Questions Only File from LG Session

+ BB Atherosclerosis Video + BB STEMI Video + BB Unstable Angina/NSTEMI Video

+ BB Stable Angina Video + Pathoma Video – Atherosclerosis/Arteriolosclerosis

+AMBOSS Learning Card

### 11 – Transport of Lipids and Functions of Lipoproteins

+ Summary in Lilly on Transport of Lipoproteins & Cholesterol Homeostasis (HY)

+ Canvas Genetics - Case #16: Familia Hypercholesterolemia

+AMBOSS Learning Card

### 12 – Metabolic Syndrome, Hyperlipidemias, and Antihyperlipidemic Drugs

+AMBOSS Learning Card

### 13 – Ischemic Heart Disease

+ Nichols' Ischemic Heart Disease PPT + BB Cardiac Ischemia Video

+ Pathoma Video – Ischemic Heart Disease

+ Atherosclerosis & Ischemic Heart Disease Lecture (Aug 18<sup>th</sup> @ 10am)

- Consolidate key points on IHD from the LG Session on this topic

- Review Questions Only File from LG Session

+ Sketchy Path Video – Myocardial Response to Ischemic Heart Disease

+ Sketchy Path Video – Stable Angina, etc.

+ Sketchy Path Video – Acute Myocardial Infarction

+AMBOSS Learning Card

## Week #3 Topics

### 14 – Acute Coronary Syndromes (ACS)

- + Nichols' Acute Coronary Syndromes PPT
- + Acute Coronary Syndromes Lecture (Aug 25<sup>th</sup> @ 8:45am)
- +AMBOSS Learning Card

### 15 – Antianginal Drugs and Drugs used in the Management of ACS

- + Sketchy Pharm Videos
- +AMBOSS Learning Card

### 16 – Valvular Heart Disease including Endocarditis

- + Nichols' Required Resource Supplement on Endocarditis
  - + Endocarditis Questions PPT
  - + Nichols' Infective Endocarditis PPT
  - + Nichols' Valvular Heart Disease PPT
- + Endocarditis & Rheumatic Fever Lecture (Aug 25<sup>th</sup> @ 10:30am)
  - + BB Endocarditis Video
  - + BB Valve Disease Video
- + Sketchy Path Video – Mitral Stenosis, Acute Rheumatic Fever, etc.
- + Sketchy Path Video – Mitral Valve Regurgitation & Prolapse
- + Sketchy Path Video – Aortic Stenosis & Regurgitation
- + Pathoma Video – Valvular Disorders
- + Pathoma Video – Endocarditis
- +AMBOSS Learning Card

**Aug 24-25:** use the following resources at least from this point in the Module, if not earlier:

- Problem-Solving Exercises in Cardiovascular Physiology and Pathophysiology – Part 1 (PPT, Recording) – Prakash
- Problem-Solving Exercises in Cardiovascular Physiology and Pathophysiology – Part 2 (Monograph) – Prakash

**Aug 26-27:** Review Topics 1-15 for MMSE.

**Aug 28<sup>th</sup> : Block 3 Module 1 – Mid Mod Exam**

## Week #4 Topics

### 17 – Heart Failure: Definition, Etiopathogenesis, Pathophysiology & Clinical Features

- + Review Cardiovascular Physiology and Pathophysiology – Electrophysiology & Basics of Electrocardiography
- + Review Electrophysiology Questions PPT
- +AMBOSS Learning Card

### 18 – Heart Failure: Principles of Management

- + Nichols' Heart Failure PPT
- + Prakash's Supplementary Notes in Cardio Physiology & Pathophysiology
- + BB Heart Failure Basics Video + BB Systolic & Diastolic Heart Failure Video
- + BB Acute Heart Failure Video + BB Chronic Heart Failure Video
- + Sketchy Path Video – Congestive Heart Failure Pathophysiology
- + Sketchy Path Video – Congestive Heart Failure Clinical Manifestations
- + Pathoma Video – Congestive Heart Failure
- +AMBOSS Learning Card

### 19 – The Cardiomyopathies

- + Nichols' Cardiomyopathies PPT + Nichols' Channelopathies PPT
- + Pathoma Video – Cardiomyopathy/Cardiac Tumors
- + BB Restrictive Cardiomyopathy Video + BB Hypertrophic Cardiomyopathy Video
- + Sketchy Path Video – Dilated & Restrictive Cardiomyopathy
- + Sketchy Path Video – Hypertrophic Cardiomyopathy
- + Sketchy Path Video – Myocarditis + Sketchy Path Video – Pericarditis
- +AMBOSS Learning Card

### 20 – Mechanisms of Cardiac Arrhythmias

- + Prakash's Principles of Management of Cardiac Arrhythmias (recording)
- + Cardiac Arrhythmias Lecture (Sept. 1<sup>st</sup> @ 8am)
- + BB Cardiac Action Potentials Video + BB AV & Bundle Branch Blocks Video
- +AMBOSS Learning Card

### 21 – Clinical Aspects of Cardiac Arrhythmias

- + BB Atrial Fibrillation & Flutter Video + BB AVNRT Video + BB WPV Video
- +AMBOSS Learning Card

### 22 – Antiarrhythmic Drugs

- + Prakash's Cardiovascular Pharmacology Lecture (recording) + Last Chapter of Lilly on Cardiovascular Drugs
- + BB Antiarrhythmic Drugs Video + Sketchy Pharm Videos
- +AMBOSS Learning Card

## Week #5 Topics

### 23 – Hypertension

- + Nichols' Hypertensive Cardiovascular Disease PPT
- + BB Hypertension Video
- + BB Secondary Hypertension Video
- + Pathoma Video – Hypertension
- +AMBOSS Learning Card

### 24 – Antihypertensive Drugs

- + BB Hypertension Drugs Video
- + Sketchy Pharm Videos
- +AMBOSS Learning Card

### 25 – Behavioral Science Issues in Cardiovascular Medicine

- +AMBOSS Learning Card

### 26 – Diseases of the Pericardium

- + Nichols' Pericardial Disease PPT
- + Review Histology & Cell Bio of the Cardiovascular System PPT
  - Focus on histology of lymphatics & blood vessels
- + BB Pericardial Disease Video
- +AMBOSS Learning Card

### 27 – Tumors of the Heart and Blood Vessels

- + Histology & Cell Biology of the Cardio System Part 2 Lecture (Aug 25<sup>th</sup> @ 11am)
- + Review Histology & Cell Bio of the Cardiovascular System PPT
  - Focus on histology of lymphatics & blood vessels
- + BB Cardiac Tumors Video
- + Pathoma Video – Cardiomyopathy/Cardiac Tumors
- + Pathoma Video – Vascular Tumors
- +AMBOSS Learning Card

## Week #6 Topics

### 28 – Diseases of the Peripheral Vasculature

- + Nichols' Vasculitis & Peripheral Arterial Disease PPT
- + Nichols' Deep Vein Thrombosis PPT
- + Vasculitis Lecture (Sept. 15<sup>th</sup> @ 10:30am)
- Review Vasculitis LG Questions file on Canvas
  - + BB Aortic Dissection Video
  - + Pathoma Video – Vasculitis
- + Pathoma Video – Aortic Dissection
- +AMBOSS Learning Card

### 29 – Embryologic Development of the CVS, Fetal Circ. & Congenital Heart Disease

- + Klatt's Cardiovascular Embryo PPT
- + Misc. Embryology Notes from Robbins PDF on Canvas
  - + BB Cardiac Embryology Video
  - + BB Shunts Video
- + BB Cyanotic Congenital Heart Disease Video
  - + BB Coarctation of the Aorta Video
- + Sketchy Path Video – Left to Right Shunts
- + Sketchy Path Video – Right to Left Shunts
- + Pathoma Video – Congenital Defects
- +AMBOSS Learning Card

### 30 – Temperature Regulation

- +AMBOSS Learning Card

**Sep 16-17:** Review for the EOM Quiz & the NBME Formative Quiz.

**Sep 18:** Cardiovascular EOMSE & NBME Formative Quiz in Cardiovascular System

## **Review Opportunities**

**Cardiovascular Module Review (Prakash) via Zoom (Sept. 15<sup>th</sup> @ 8am)**

**30-Questiong Practice Quiz on Canvas (offered by Block 3 Committee)**

**Review Mid Mod Exam & Formatives**

**Review Images Pertaining to Ungraded Quizzes (on Canvas)**

**Nichols – Supplementary Notes on Cardiovascular Pathology**

**Prakash – Supplementary Notes on Cardiovascular Physiology & Pathophysiology**

**Nichols – LG Acute Coronary Artery Questions**

**Nichols – LG Endocarditis Questions**

**Nichols – LG Vasculitides Questions**

**Nichols – LG Atherosclerosis & Ischemic Heart Disease Questions**

**Kacsoh – Histology & Cell Biology Part 1 & 2 PPT Questions**

**Gross Anatomy Review Lab List of Structures**

**List of Drugs in Cardio Module Study Guide @ a Glance + compare w/ Drug Chart**

**First Aid**

**Amboss Questions/Outlines**

**Osmosis Questions**

**Web-Path Questions??**

**Kaplan Questions**

**U World Questions**

**Firecracker Cards**

**Cardiovascular Module – Sample Q & A file**

**+BB EKG Basics video**

**+ BB High Yield EKGs Video**



