

Certified Medical Educators Clinical Pearls & Mnemonics

“Thank you to the hundreds of conference attendees who have provided the following clinical pearls & mnemonics”

CARDIAC

PHEGOPP “fedup” – cardiac symptoms of: chest Pain / Hemoptysis / Edema / Orthopnea / Palpitations / PND

Diastolic Murmurs : ARMS (Aortic Regurg & Mitral Stenosis)

Kentucky: think S3 Gallop Tennessee: think S4 Gallop

Tetralogy of Fallot “PROV” : Pulm Stenosis, R ventricular hypertrophy
Overriding Aorta, VSD

<u>Ms. Ard</u>	&	<u>Mr. Ass</u> (the guy is the ass)
<u>M</u> itral		<u>M</u> itral
<u>S</u> tenosis		<u>R</u> egurgitation
<u>A</u> ortic		<u>A</u> ortic
<u>R</u> egurgitation		<u>S</u> tenosis
<u>D</u> iaastolic murmurs		<u>S</u> ystolic Murmurs

Heart Blocks

2nd degree type I: longer, longer, longer, drop, then you have Wenckebach

2nd degree type II: if some beats don’t get through, then your block is Mobitz type two!

3rd degree: if your P’s & Q’s don’t agree, than your block is 3rd degree

Pulmonary / Aortic Murmurs : PAID – Insufficiency – Diastolic PASS – Stenosis – Systolic

Rheumatic Heart Disease Jones Criteria (major): Joints - ♥carditis - Nodules - Erythema Marginatum - Sydenham Chorea

Electrical Alternans : Cardiac Effusion/Tamponade – “Don’t forget to “alternate” your “tampons!”

Osler’s Nodes (Owies – painful)

Drug users TRI everything – Tricuspid valve affected

Atrial Fibrillation “PIRATES”

Pulm: PE, COPD

Iatrogenic

Rheumatic Heart : Mitral Regurgitation

Atherosclerotic : MI, CAD

Thyroid : Hyperthyroid

Endocarditis

Sick Sinus Syndrome

DERMATOLOGY

Basal Cell Carcinoma: Basal Bleeds

Dyshidrosis – dish of tapioca pudding

I have heart Vicks vapor rub is good for nail fungus

ENT

Ramsey Hunt: “Hunt” in your “ear” for CN7

GASTROENTEROLOGY

Ulcerative Colitis extra-intestinal Sx: A PIE SAC (Aphthous ulcers, Pyoderma grangrenosum, Iritis, Erythema nodosum, Sclerosing cholangitis, Arthritis, Clubbing of fingers)

H.Pylori Tx : PAC-14days (P_rilosec, A_moxicillin, C_larithromycin)

Gallbladder Disease 4 F’s : F_emale F_ertile F_at F_orty

Vitamins “TuRN” : B1 Thiamine B2 Riboflavin B3 Niacin

WOMEN’S HEALTH

Strawberry Cervix = Trichomonas

Pearl Necklace or string of pearls = PCOS

Chlamydia Tx = “You need a Zpack for your “clam-attack”

ID organism of chancroid = “Chancroids are painful, so you do-cry (H du creyi)

Syphilis (chancre) Tx: “Take Penicillin when your “Penis” is “ill-in”

Preeclampsia –Protinuria, Elevated BP, Edema

Abrupto Placentia = Acute Pain Previa = Painless

OPHTHALMOLOGY

Cranial Nerves: LR₆SO₄ (Lateral Rectus = CN 6, Superior Oblique = CN4)

ORTHOPEDICS

Salter Harris Fractures:	P – Physis	Type 1	S – Separation / Straight / Slipped
	M – Metaphysis	Type 2	A - Above
	E – Epiphysis	Type 3	L - Lower
	T – Transverse	Type 4	T - Through
	S – Squished	Type 5	R - Rammed

Bouchards close to body – proximal also both seen in RA and OA PIP : Bouchards (PB-Peanut Butter)

PSYCHIATRY / BEHAVIORAL HEALTH

Personality Disorders

Cluster A	<u>W</u> eird	<u>A</u> wkward
Cluster B	Wild	<u>B</u> ad

Cluster **C**Worrisome **C**ry

Bipolar Manic Sx : "DIG FAST"
 D – distractibility
 I – insomnia
 G – grandiosity
 F – flight of ideas
 A – activities (money, etc.)
 S – speech
 T – thought content

NEUROLOGY

Normal Pressure Hydrocephalus: Weird, Wobbly, Wet (dementia, ataxia)

CN's : "Oh, Once One Takes The Anatomy Final, Very Good Vacations Are Heavenly"

Thiamine Deficiency : 1 too many beers (B-1 deficiency)

S1/S2 – one, two, buckle my shoe (Achilles reflex)
 L3/L4 – three, four, shut the door (kick door, patellar reflex)
 C5/C6 – five, six, pick-up sticks (biceps reflex)
 C7/C8 – close the gate (triceps reflex)

EMERGENCY MEDICINE

NO Epinephrine in Fingers, Toes, Nose and Hose

Organophosphate Poisoning "SLUD" : Salivation Lacrimation Urination Defecation

PHARMACOLOGY

Priapism Meds = Trazedone "Trazebone"

Amantidine only treats influenza A

NEPHROLOGY

Acute Tubular Necrosis – "Muddy Brown Casts" : make the association between tube worms (think Jacques Cousteau) and the sea floor (mud) they live in

Acute need for dialysis :
 A – acidosis
 E – electrolyte / hyperkalemia
 I – intake (salicylates)
 O – overload (excess fluid)
 U – uremia (symptomatic)

Hyperkalemia – ABCDEFGI : Albuterol - Bicarbonate - Calcium - D50 - (k)Exelate - Furosemide - Glucose - Insulin

PULMONARY

INcreased tactile fremitus = **I**Nside the lung

Emphysematics are Lean and have Low CO2

GoodPastures: Glomerulonephritis & Pulmonary Disease

ABG Normal Range

pH	7.35	7.4	7.45
CO2	35	40	45
Bicarb	22	24	26

ENDOCRINE

Papillary thyroid cancer is Popular (most common)

PTU – think P for Pregnancy

HEMATOLOGY

ALL kids need CNS prophylaxis = Most common leukemia in kids is ALL and Tx should include CNS prophylaxis

ALL – ALL the little kids get ALL

RHEUMATOLOGY

Reiters Syndrome – “Can’t see (conjunctivitis), can’t pee (urethritis), can’t... dance with me / climb a tree / bend the knee (arthritis)”

VASCULAR

Raynaud’s Phenomenon : “Dyslexic Patriot” Blue → White → Red

No tobacco use important for Raynaud’s

GENERAL

“If you see duck tracks on the beach it’s a Duck not a Zebra”

Please help everyone in our great profession by emailing us your helpful study pearls. Send an email titled “Clinical Pearls” to cme@cmemeded.com and we will be glad to add them.

Sincerely,

Certified Medical **E**ducators

www.certifiedmedicaleducators.com