Certified Medical Educators Clinical Pearls & Mnemonics

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

CARDIAC

PHEDOPP "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

Ms. Ard & Mr. Ass (the guy is the ass)

Regurgitation

 $\underline{\mathsf{M}}$ itral $\underline{\mathsf{M}}$ itral

<u>A</u>ortic <u>A</u>ortic

<u>S</u>tenosis

<u>Regurgitation</u> <u>S</u>tenosis

Diastolic murmurs Systolic 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 <u>Jones Criteria</u> (major): <u>J</u>oints - <u>♥</u>carditis - <u>N</u>odules - <u>E</u>rythema Marginatum - <u>S</u>ydenham <u>C</u>horea

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

<u>I</u>atrogenic

Rheumatic Heart: Mitral Regurgitation

<u>A</u>therosclerotic : MI, CAD <u>T</u>hyroid : 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 (Apthous ulcers, Pyoderma grangrenosum, Iritis, Erythema nodosum, Sclerosing cholangitis, Arthritis, Clubbing of fingers

H.Pylori Tx: PAC-14days (Prilosec, Amoxicillin, Clarithromycin)

Gallbladder Disease 4 F's: Female Fertile Fat Forty

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)

Syphillis (chancre) Tx: "Take Penicillin when your "Penis" is "ill-in"

<u>Pree</u>clampsia –<u>Pr</u>otinuria, <u>E</u>levated BP, <u>E</u>dema

 $\underline{\mathbf{A}}$ brupto $\underline{\mathbf{P}}$ lacenta = $\underline{\mathbf{A}}$ cute $\underline{\mathbf{P}}$ ain $\underline{\mathbf{P}}$ revia = $\underline{\mathbf{P}}$ ainless

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
 E – Epiphysis
 Type 3
 L - Lower
 T – Transverse
 S – Squished
 Type 5
 R - Rammed

Bouchards close to **b**ody – proximal also **b**oth seen in RA and OA **P**IP : **B**ouchards (**PB**-Peanut Butter)

PSYCHIATRY / BEHAVIORAL HEALTH

Personality Disorders

Cluster A $\underline{\mathbf{W}}$ eird $\underline{\mathbf{A}}$ wkward Cluster B Wild $\underline{\mathbf{B}}$ ad

Cluster CWorrisome Cry

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 Hydrocephalis: 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" : \underline{S} alivation \underline{L} acrimation \underline{U} rination \underline{D} effection

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 = **IN**side the lung

Emphysematics are Lean and have Low CO2

GoodPastures: **G**lomerulonephritis & Pulmonary Disease

ABG Normal Range

pH 7.35 7.4 7.45

CO2 35 4 0 45

Bicarb 22 2 4 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 \rightarrow White \rightarrow Red

No tobacco use important for Raynaud's

GENERAL

"If you see duck tracks on the beach it's a Duck not a Zebra"

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