## Certified Medical Educators Clinical Pearls \& Mnemonics

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

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CARDIAC
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Diastolic Murmurs : ARMS (Aortic Regurg \& Mitral Stenosis)

Kentucky: think S3 Gallop

Tetralogy of Fallot "PROV": $\quad$ Pulm Stenosis, $\underline{\mathbf{R}}$ ventricular hypertrophy O्verriding Aorta, $\underline{\text { VSD }}$

| $\underline{\text { Ms. Ard }}$ |  |
| :--- | :--- |
| $\underline{\text { Mitral }}$ | $\underline{\text { Mr. Ass }}$ (the guy is the ass) |
| $\underline{\text { Stenosis }}$ | $\underline{\text { Mitral }}$ |
| Aortic | $\underline{\text { Regurgitation }}$ |
| $\underline{\text { Regurgitation }}$ | $\underline{\text { Aortic }}$ |
| $\underline{\text { Diastolic murmurs }}$ | $\underline{\text { Stenosis }}$ |

## Heart Blocks

```
\(2^{\text {nd }}\) degree type I: longer, longer, longer, drop, then you have Wenckebach
\(2^{\text {nd }}\) degree type II: if some beats don't get through, then your block is Mobitz type two!
\(3^{\text {rd }}\) degree: if your P's \& Q's don't agree, than your block is \(3^{\text {rd }}\) degree
Pulmonary / Aortic Murmurs : PAID - Insufficiency - Diastolic PASS - Stenosis - Systolic
Rheumatic Heart Disease Jones Criteria (major): Joints - Ycarditis - Nodules - Erythema Marginatum -
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

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, $\underline{\text { Amoxicillin, }}$ 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"

Preeclampsia - Protinuria, Elevated BP, Edema
$\underline{A}$ brupto $\underline{P}$ lacenta $=\underline{A}$ cute $\underline{P}$ ain $\quad \underline{P r e v i a ~}=\underline{\text { Painless }}$

## OPHTHALMOLOGY

Cranial Nerves: $\mathrm{LR}_{6} \mathrm{SO}_{4}$ (Lateral Rectus $=$ CN 6, Superior Oblique $=\mathrm{CN} 4$ )

## 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 |



## PSYCHIATRY / BEHAVIORAL HEALTH

Personality Disorders

| Cluster A | Weird | Awkward |
| :--- | :--- | :--- |
| Cluster B | Wild | Bad |

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

CN's : " $\underline{O} h$, $\underline{O} n c e$ One Takes The Anatomy Final, Very Good Vacations Are Heavenly"
Thiamine Deficiency : 1 too many beers (B-1 deficiency)

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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" : $\underline{\text { Salivation }}$ Lacrimation $\underline{\text { Urination }}$ Defecation

## PHARMACOLOGY

Priapism Meds = Trazedone "Trazebone"

Amantidine only treats influenza $\underline{A}$

## 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

$\underline{\mathbf{I N}}$ creased tactile fremitus $=\mathbf{I N}$ side the lung

Emphysematics are Lean and have Low CO2

GoodPastures: $\underline{\text { Glomerulonephritis \& Pulmonary Disease }}$

| ABG Normal Range |  |  |  |  |
| :--- | ---: | ---: | ---: | :--- |
|  |  |  |  |  |
| pH | 7.35 | 7. |  |  |
| CO2 | 35 |  | 7.45 |  |
| 4 | 0 | 45 |  |  |
| Bicarb | 22 | 2 | 4 | 26 |

## ENDOCRINE

Papillary thyroid cancer is Popular (most common)
$\underline{\text { PTU }}$ - think $\underline{P}$ for Pregnancy

## HEMATOLOGY

$\underline{\text { ALL }}$ kids need CNS prophylaxis $=$ Most common leukemia in kids is $\underline{\text { ALL }}$ 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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