

ENT

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

## GASTROENTEROLOGY

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

H.Pylori Tx : PAC-14days (P~~r~~ilosec, A~~m~~oxicillin, C~~a~~larithromycin)

Gallbladder Disease 4 F’s : F~~e~~male F~~e~~rtil~~e~~ F~~a~~t F~~o~~rty

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 Placenta = Acute Pain Previa = Painless

## OPHTHALMOLOGY

Cranial Nerves: LR<sub>6</sub>SO<sub>4</sub> (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      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 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 = INside 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](mailto:cme@cmemeded.com) and we will be glad to add them.

Sincerely,

**C**ertified **M**edical **E**ducators

[www.certifiedmedicaleducators.com](http://www.certifiedmedicaleducators.com)