

Study Strategies_Making Tables

Example using Step-Up to Medicine

- Looking at the neuro chapter; section on localizing lesions
 - o Think clinically. How am I going to use this information clinically? How am I going to be able to apply this information? **Ask questions:**
 - This section talks about how to localize lesions and they give the various locales, eg, Cortex, subcortex, brainstem, spine, plexus, nerve root, peripheral nerve, NMJ, and muscle.
 - If a patient presents with a cortical lesion, what signs and symptoms will I see?
 - If a patient presents with weakness, where could that weakness be coming from? How will I be able to distinguish between one location and another?
 - Make a table. What are the distinguishing features?

Presentation: Weakness. Localization of lesion: Not meant to be complete here, but yours should be.

Localization	UMN	LMN	Sensory?	Location of deficits	Prox/distal	Symmetry?	Misc
Cortical	√		Motor or sensory	Face, arms, trunk		contralat	
Sub-cortical	√			Above PLUS legs		contralat	
Spinal	√		Sharp demarcation				
Peripheral nerve	√		Yes		Distal	Bilateral unless 2 ^o trauma	Atrophy, fasciculations
Muscle		√	No		Proximal	Bilateral	No fasciculations

- Initially your table might not be super complete because you may find that there is relevant information in other parts of the book. When you get there you can add it to your table. If you realize you are missing important information you can search for it.
- Making this table is hugely helpful:
 - (a) In learning the information in a way that allows you to apply the information.
 - (b) In helping you remember the information
 - (c) Do this in Word or Excel. Then print a blank copy and practice filling it in.
- o **Anchor Diseases:** Study one prototypical disease in each category.
 - For example if we categorized “weakness” anatomically:
 - Brain → Stroke
 - Anterior Horn Cell → Amyotrophic Lateral Sclerosis
 - Neuropathy → Guillain Barre Syndrome
 - Neuromuscular Junction → Myasthenia Gravis

- Myopathy → Duchenne Muscular Dystrophy
- The goal here is to have an “anchor” for each category; a hook. In other words, you want to know one disease in each category and you want to know it well! You should have a deep understanding of this one disease (in each category) because you will use it as a representative of that category. Thus, the next time you see a patient with weakness, you will compare and contrast this new patient with your disease representatives. That way you will figure out which category of disease that patient is having problems with, even if you have never seen that disease before and don’t know a thing about it.
- **QBank**
 - o As you are studying with Step-Up to Medicine do UWorld questions:
 - Some questions should be topic specific (whatever topic you are reading about)
 - Also do mixed questions at least once or twice a week.
 - On weekends, do sets of 44 mixed questions in timed mode to practice.