

MNEMONICS

Definition: /mnemonic n. a pattern of letters or ideas that aid the memory.

Introduction

Mnemonics are a great tool for the medical student. They allow complex information to be condensed into a few words and essentially make your memory more efficient. There is no substitute for hard work and wider reading but this is of little use if you cannot locate your facts or you get the information muddled up. Mnemonics allow you to secure information in your head with the aid of word play or visual associations. If a good depth of knowledge is the cake then mnemonics are the icing!

The mnemonics presented here have been created or collated by recent medical students who have found them to be invaluable to their studies. They are arranged into subjects for you to navigate through the material. For more mnemonics, see the PasTest book '*Mnemonics for Medical Undergraduates*'.

The best mnemonics are those that are most relevant and therefore it is beneficial to try and personalise them. A mnemonic should not have to try too hard or you will need a mnemonic to remember it! As well as learning from the mnemonics presented here, it can be really good revision for you to create your own, as this will help you memorise and consolidate facts. Note that mnemonics are not a substitute for revision from other sources, as they cannot always be comprehensive – just because the mnemonic for metabolic acidosis includes 7 causes, there are still other causes that are not included as they do not fit the mnemonic! This document contains a selection of mnemonics kindly provided by Pastest Ltd.

Acknowledgements

This material is provided by revise4finals (www.revise4finals.co.uk), courtesy of PasTest Online Revision for Medical Students (www.pastest.co.uk). You can find more mnemonics and other revision materials at both of these websites.

This document contains mnemonics on the following topics:

CLINICAL SKILLS
CARDIOVASCULAR
CLINICAL CHEMISTRY
DERMATOLOGY
ENDOCRINOLOGY
GASTROENTEROLOGY
HAEMATOLOGY
INFECTIOUS DISEASES
NEUROLOGY
OBSTETRICS AND GYNAECOLOGY
OPHTHALMOLOGY
PAEDIATRICS
PSYCHIATRY
RENAL
RESPIRATORY
RHEUMATOLOGY
SURGERY
TRAUMA AND ORTHOPAEDICS

CLINICAL SKILLS

Full Medical History

When taking a history:

Mnemonic: OPERATES

- O Onset of complaint
- P Progress of complaint
- E Exacerbating factors
- R Relieving factors
- A Associated symptoms
- T Timing
- E Episodes of being symptom-free
- S Relevant **S**ystemic and general inquiry can be added here

Medications/allergies

Mnemonic: PILLS

- P Pills, is the patient taking any?
- I Injections/Insulin/Inhalers (as some patients forget to mention when asked about their medications)
- LL ILLicit drug use
- S Sensitivities to anything, ie allergies

In every history, don't forget to ask about the 'FAWR' non-specific symptoms that the patient may exhibit

Mnemonic: FAWR

- F Fever
- A Appetite
- W Weight loss (unintentional)
- R Reduced energy (i.e. fatigue/lethargy)

When assessing psychological state:

Mnemonic: SAD CASE

- S Suicidal ideations
- A Anxiety
- D Decreased mood/Delusions/Disordered thought

- C Difficulty **C**oncentrating
- A **A**uditory or other hallucinations?
- S Difficulties **S**leeping
- E **E**ating normally?

Information organization

When asked to discuss a particular disease, the following surgical sieve is widely regarded as the best way to proceed:

Mnemonic: Dressed In a Surgeons Gown A Physician Might Make Progress

- D Definition
- I Incidence
- S Sex
- G Geography
- A Aetiology
- P Pathogenesis
- M Macroscopic pathology

- M Microscopic pathology
P Prognosis

CARDIOVASCULAR

Anatomy

To remember heart valve auscultation sites:

Mnemonic: All Patients Take Medications

Starting from top left:

Aortic – 2nd intercostal space, right sternal edge

Pulmonary – 2nd intercostal space, left sternal edge

Tricuspid – 4th intercostal space, right sternal edge

Mitral – 5th intercostal space, mid-clavicular line

Angina

Management through lifestyle alterations

Mnemonic: SLEW

- S **Smoking cessation**
L **Low-fat diet**
E **Exercise**
W **Weight loss**

Management of acute unstable angina

Mnemonic: 2 As and BALI

A **Admit, bed rest, high-flow oxygen**

A **Analgesia**

A **Aspirin and clopidogrel**

B **Beta blockers**

A **Angiography with or without angioplasty/CABG if symptoms fail to improve**

L **Low molecular weight heparin (LMWH)**

I **Infusion of nitrates**

Presentation

Mnemonic: SCAR

S **Sudden central pain, 'tearing' in nature, may radiate to the back**

C **Coronary artery occlusion can lead to chest pain, MI or angina
pectoris/Carotid obstruction can lead to hemiparesis, dysphasia or blackouts**

A **Anterior spinal artery can be affected leading to paraplegia**

R **Renal artery can be affected leading to anuria or renal failure**

Cardiac arrest

Management, Basic Life Support (BLS)

Mnemonic: ABC

A **Airway: clear and maintain with chin lift/jaw thrust/head tilt (if no spinal injury)**

B **Breathing: look, listen and feel, if not breathing give two life saving breaths immediately**

C **Circulation: carotid pulse for at least 10 s, if absent give 15 chest compressions at 100/min**

Continue the cycle of 2 breaths and 30 compressions and check the circulation every minute, proceed to more advanced life support when possible.

Management, Advanced Life Support (ALS)

Mnemonic: CDE (with **A** after every step)

- C **C**ardiac monitor and defibrillator should be attached to the patient
- A *Assess rhythm and pulse*
- D **D**efibrillate x 3 if VF or pulseless VT, CPR for 1 min
- A *Assess rhythm and pulse*
- E **E**MD (no cardiac output despite ECG showing electrical activity) or asystole warrants CPR for 3 min
- A *Assess rhythm and pulse*

Hypertension

Treatment

Mnemonic: ABCD

- A **A**CE inhibitors/**A**ngiotensin-II-antagonists (sometimes **A**lpha-agonists also)
- B **B**eta blockers
- C **C**alcium channel blockers
- D **D**iuretics (Thiazides)

CLINICAL CHEMISTRY

Aspirin

Aspirin overdose – early symptoms

Mnemonic: DAFT HID

- D **D**eafness
- A **A**ppear flushed
- F **F**ever
- T **T**innitus

- H **H**yperventilation
- I **I**ncreased sweating
- D **D**izziness

Metabolic acidosis

Causes

Mnemonic: UK SLAMS

- U **U**raemia
- K **K**etoacidosis

- S **S**alicylates
- L **L**actic acidosis
- A **A**lcohol
- M **M**ethanol
- S **S**epsis

Paracetamol

Paracetamol overdose – (the most common intentional drug overdose in the UK).

Risk factors

Mnemonic: COMAH

- C **C**hronic alcohol abusers
- O **O**n drugs that increase cytochrome P450 activity, anti-TB drugs

- M Malnourished individuals
- A Anorexic patients
- H HIV patients

DERMATOLOGY

Skin

Functions of the skin

Mnemonic: SKIN

- S Specialised sensory innervation/Synthesise Vitamin D/Secretes pheromones for Sex
- K Keeps out unwanted molecules, microbes or radiation/Keeps in water, electrolytes and solutes
- I Immunological function; contains antigen-presenting cells
- N Normalises heat regulation

Common allergens for allergic contact dermatitis

Mnemonic: CONTACT

- C Cutaneous type IV reaction
- O Ointments and cosmetics containing lanolin
- N Nickel
- T Topical antibiotics can cause it (e.g. neomycin)
- A Autosensitisation can occur (secondary spread elsewhere)
- C Chromates (cement, leather)/Colophony (plasters, glues, inks)
- T Topical antihistamines and topical anaesthetics (haemorrhoid creams) can cause it

Infestations

Clinical presentation of impetigo

Mnemonic: IMPETIGO

- I Infection with Staphylococcus aureus, Streptococcus pyogenes or both
- M Mostly in young children
- P Particularly around nose and surrounding parts of face
- E Erythematous base with honey-coloured crusts
- T Treat with Topical antibiotic such as fusidic acid for localized lesions
- I Individuals are highly contagious from skin-to-skin contact; Improve hygiene; do not share towels
- G Gram stain and culture of swab diagnostic
- O Oral flucloxacillin required for widespread impetigo

Squamous cell carcinoma

Clinical presentation

Mnemonic: S, CELL, C

- S Sun-exposed areas are usually affected: ears, dorsum of the hands, bald scalp
- C Crusted, firm, irregular lesion
- E Excision used as treatment
- L Lower lip can be affected in smokers
- L Less likely to metastasise
- C Associated with Chronic inflammation such as venous leg ulcers

ENDOCRINOLOGY

Thyroid gland

Symptoms of hypothyroidism

Hypothyroidism is 10 times more common in females & occurs mainly in middle life.

Mnemonic: MOM'S SO TIRED

- M **Memory loss**
- O **Obesity**
- M **Malar flush/Menorrhagia**
- S **Slowness**
- S **Skin and hair become dry**
- O **Onset is gradual**
- T **Tired**
- I **Intolerance to cold**
- R **Raised blood pressure**
- E **Energy levels are low**
- D **Depressed**

Symptoms of hyperthyroidism

Mnemonic: SWEATING

- S **Sweating**
- W **Weight loss**
- E **Emotional lability**
- A **Appetite is increased**
- T **Tremor/Tachycardia due to AF**
- I **Intolerance to heat/Irregular menstruation/Irritability**
- N **Nervousness**
- G **Goitre and Gastrointestinal problems (loose stools/diarrhoea)**

Adrenal glands

Causes of Addison's Disease

Mnemonic: ADDISON

- A **Autoimmune (90% cases)**
- D **Degenerative (amyloid)**
- D **Drugs (ketoconazole)**
- I **Infections (TB, HIV)**
- S **Secondary (low ACTH); hypopituitarism**
- O **Others – adrenal bleeding**
- N **Neoplasia (secondary carcinoma)**

Pancreas

Complications of diabetes mellitus

Mnemonic: KEVINS

- K **Kidney: Nephropathy**
- E **Eye disease: retinopathy and cataracts**
- V **Vascular: coronary artery disease, cerebrovascular disease, peripheral vascular disease**
- I **Infective: TB, recurrent UTIs**
- N **Neuromuscular; Peripheral neuropathy**
- S **Skin: Necrobiosis lipoidica diabetorum, granuloma annulare, diabetic dermopathy**

GASTROENTEROLOGY

Abdomen distension

Causes

Mnemonic: 6 F's

- F **F**at
- F **F**etus
- F **F**latus
- F **F**aeces
- F **F**luid
- F **F**lipping great tumour

Chronic liver disease

Signs

Mnemonic: ABCDEFGHIJ

- A **A**sterixis ('liver flap')/**A**scites/**A**nkle oedema/**A**trophy of testicles
- B **B**ruising/**B**P.
- C **C**lubbing/**C**olour change of nails; white (leuconychia)
- D **D**upuytren's contracture
- E **E**rythema (palmar)/**E**ncephalopathy
- F hepatic **F**oetor
- G **G**ynaecomastia
- H **H**epato splenomegaly
- I **I**ncrease in size of parotids
- J **J**aundice

Inflammatory bowel disease (IBD)

Features of ulcerative colitis

Mnemonic: ULCERS IN Abdomen

- U **U**lcers (mucosal and submucosal)
- L **L**arge intestine (rectum always involved. May extend proximally to involve entire colon)
- C **C**lubbing
- E **E**xtra-intestinal manifestations
- R **R**emnants of old ulcers (pseudopolyps)
- S **S**tools bloody
- I **I**nflamed, red, granular mucosa and sub mucosa
- N **N**eutrophil invasion
- A **A**bscesses in crypts

Complications of ulcerative colitis

Mnemonic: How To Perform GI Colonoscopy

- H **H**aemorrhage
- T **T**oxic megacolon
- P **P**erforation
- G **G**allstones
- C **C**olorectal carcinoma (in those with extensive disease for > 10 years)

Morphology and symptoms of Crohn's disease

Mnemonic: CHRIS Has Too Much Diarrhoea and Abdominal pain

- C **C**obblestone appearance of mucosa
- H **H**igh temperature

- R **Reduced lumen/Rose-thorn ulcers**
- I **Intestinal fistulae/Ileo-caecal region commonly involved (40% of cases)**
- S **Skip lesions**

- H **Hyperplasia of mesenteric lymph nodes**
- T **Transmural inflammation (all layers, may ulcerate)**
- M **Malabsorption**
- D **Diarrhoea (watery)**
- A **Abdominal pain**

HAEMATOLOGY

Sickle cell disease

Signs

Mnemonic: SICKLE

- S **Splenomegaly/Sludging**
- I **Infection**
- C **Cholelithiasis**
- K **Kidney – haematuria**
- L **Liver congestion/Leg ulcers**
- E **Eye changes**

Leukaemia

Symptoms and signs

Mnemonic: LEUKEMIA (the US spelling!)

- L **Light skin (pallor)**
- E **Energy decreased/Enlarged spleen, liver, lymph nodes**
- U **Underweight**
- K **Kidney failure**
- E **Excess heat (fever)**
- M **Mottled skin (haemorrhage)**
- I **Infections**
- A **Anaemia**

Thrombocytopenia

Causes

Mnemonic: PLATELETS

- P **Platelet disorders: TTP, ITP, DIC**
- L **Leukaemia**
- A **Anaemia**
- T **Trauma**
- E **Enlarged spleen**
- L **Liver disease**
- E **Ethanol**
- T **Toxins: benzene, heparin, aspirin, chemotherapy.**
- S **Sepsis**

Immune thrombocytopenic purpura (ITP)

Causes

Mnemonic: MAID

- M **Malignancy**

- A Autoimmune diseases: SLE, thyroid disease, RA
- I Infections: malaria, EBV, HIV/Idiopathic (commonest cause)
- D Drugs, e.g. quinine

Symptoms

Mnemonic: BBC

- B Bruising
- B Bleeding: mucosal and nasal
- C Cycles heavy; menorrhagia

INFECTIOUS DISEASES

Gastroenteritis

Causes

Mnemonic: LESS GERMS

- L Listeria
- E Escherichia coli
- S Staphylococcus aureus
- S Salmonella
- G Giardia lamblia
- E Entamoeba histolytica
- R Rotavirus
- M Mushrooms
- S Shigella

Malaria

Common early symptoms

Mnemonic: Heard A Mosquito

- H Headache
- A Anorexia
- M Myalgia/Malaise

Common later symptoms

Mnemonic: Feel Rather Cold

- F Fever (peaks every third day, i.e. tertian)
- R Rigors
- C Chills

Leprosy

Clinical presentation

Mnemonic: LEProsy

- L Loss of sensation in affected skin/Loss of function (paralysis)
- E Enlargement of affected superficial nerves (tender too)
- P Positive identification of *M. leprae* under microscope

HIV

Groups at high risk of developing infection

Mnemonic: HIV

- H Homosexuals (note the rising incidence in Heterosexuals too)/Haemophiliacs
- IV IV drug abusers

NEUROLOGYAnatomy

Cranial bones

Mnemonic: PEST OF 6

P **P**arietal
E **E**thmoidal
S **S**phenoid
T **T**emporal

O **O**ccipital
F **F**rontal

6 This indicates the number of bones

Branches of the facial nerve

Mnemonic: To Zanzibar By Motorcar

T **T**emporal nerve
Z **Z**ygomatic nerve
B **B**uccal nerve
M **M**arginal mandibular nerve
C **C**ervical nerve

Clinical conditions

Stroke – investigations

Mnemonic: The 4 Ps

P **P**lasma: FBC, U&E, ESR, glucose, lipids
P **P**ump, i.e heart (ECG, echocardiogram)
P **P**ipes: carotid Doppler ultrasound
P **P**icture of brain: CT/MRI; detects ischaemia or haemorrhages

Stroke – management

Mnemonic: ABCDEFGHI

A **A**dvice – lifestyle changes e.g. stop smoking, reduce alcohol intake, lose weight
B **B**P control
C **C**holesterol control
D **D**iet control
E **E**lastic stockings (prophylaxis for DVT, PE)
F **F**ibrillation (anticoagulate, rate control and cardiovert as required)
G **G**uardian drugs (aspirin, ACE inhibitors, etc)
H **H**elp from occupational therapy (OT), speech and language therapy (SALT) and specialist stroke nurse
I **I**ncontinence care and limit Immobility (pressure sores and contractures may develop otherwise)

Meningitis

Aetiology - Bacterial

Mnemonic: NHS

N **N**eisseria meningitides (children and adults; meningococcus)
H **H**aeophilus influenzae (children)

- S **Streptococcus pneumoniae** (adults and elderly)/(Streptococcus produces the Severest meningitis)/Viral

Aetiology - Viral

Mnemonic: V MECH

V **VZV**

M **Mumps**

E **Enterovirus/EBV**

C **Coxsackie virus types A and B**

H **Haemophilus influenzae/HIV/HSV**

Aetiology - Fungal

Mnemonic: 2 C's

C **Cryptococcus** (associated with HIV infection)

C **Candida**

Migraine

Features

Mnemonic: EAT FUN

E **Episodic**

A **Aura – zigzag lines**

T **Throbbing headache**

F **Family history/F(p)hoto-phobia**

U **Unilateral**

N **Nausea and vomiting**

OBSTETRICS AND GYNAECOLOGY

Clinical conditions

Labour - onset

Mnemonic: Ready Mom for Some Discomfort

R **Regular and painful uterine contractions**

M **Membranes ruptured**

S **'Show'**

D **Dilatation and effacement of cervix**

Factors that determine the rate and outcome of labour

Mnemonic: 3 P's

P **Powers: strength of the uterine contractions**

P **Passages: size of the pelvic inlet and outlet**

P **Passengers: fetus – is it big or small, does it have anomalies, is it alive or dead?**

Ante-partum haemorrhage (APH) causes

Mnemonic: APH

A **Abruption of placenta**

P **Placenta praevia (or vasa praevia)**

H **Haemorrhaging from the genitourinary tract**

Post-partum haemorrhage (PPH) causes

Mnemonic: 4 T's

- T Tissue (retained placenta)
- T Tone (uterine atony)
- T Trauma (traumatic delivery, episiotomy)
- T Thrombin (coagulation disorders, DIC)

Gynaecology

Endometriosis - symptoms

Mnemonic: Classic 'quartet' of DIPS

- D Deep dyspareunia
- I Infertility
- P Pelvic pain (cyclical)
- S Secondary dysmenorrhoea

Menopause - symptoms

Mnemonic: FSH > 20 IU/L

Remembering that this is the most accurate blood test in confirmation of the menopause!

- F hot Flashes/Female genitalia (vaginal) dryness and burning
- S Sweats at night
- H Headaches
- I Insomnia
- U Urge incontinence
- L Libido decreases

Menopause – long-term effects

Mnemonic: CONU

- C Cardiovascular disease: IHD, stroke, arterial disease
- O Osteoporosis: accelerated bone loss leading to osteoporosis and pathological fractures
- N Neurological: Alzheimer's disease
- U Urogenital atrophy: loss of pelvic floor muscle tone

Infertility – causes and risk factors

Mnemonic: INFERTILE (in females)

- I Idiopathic
- N No ovulation – PCOS, menopause, pituitary disease, thyroid disorders
- F Fibroids – physical hindrance
- E Endometriosis
- R Regular bleeding pattern disrupted – oligo/amenorrhoea
- T Tubal disease leading to blocked/damaged cilia
- I Increasing age >35 years
- L Large size – obesity
- E Excessive weight loss – anorexia nervosa

OPHTHALMOLOGY

Diseases and conditions

Allergic eye disease

Mnemonic: HFS

- H Delayed Hypersensitivity

- F HayFever conjunctivitis
- S Spring catarrh

Clinical presentation of conjunctivitis

Mnemonic: BURN

- B **B**urning and lacrimation along with itching and possibly photophobia
- U **U**sually bilateral, if unilateral consider another differential diagnosis
- R **R**ed and inflamed conjunctiva, eyelids may be stuck together with purulent discharge
- N **N**ormally self-limiting, can be treated with antibiotics

Signs of optic neuropathy

Mnemonic: PLAC

- P **P**ale disc
- L **L**oss of visual acuity/Loss of red colour vision
- A **A**fferent pupillary defect
- C **C**entral scotoma

Causes of retinal detachment

Mnemonic: SITS

- S **S**econdary to some intraocular problem (melanoma)
- I **I**diopathic
- T **T**rauma
- S **S**urgery for cataract

The 4 Fs of retinal detachment

Mnemonic: 4 F's

- F **F**loaters (small dark spots on a bright background are generally harmless)
- F **F**lashes (migraine)
- F **F**ield loss (dark cloud covers a field of vision)
- F **F**alling acuity (serious)

Causes of excess lacrimation

Mnemonic: FACE

- F **F**oreign body or corneal abrasions
- A **A**cute glaucoma
- C **C**onjunctivitis
- E **E**motion (typical man, I list this last!)

PAEDIATRICS

The new born baby

Resuscitation - Indications

Mnemonic: IF KEMPT

- I **I**nstrumental delivery
- F **F**etal distress
- K **K**nown congenital abnormality
- E **E**mergency caesarean section
- M **M**ultiple births
- P **P**rematurity
- T **T**hick meconium stains the liquor

Congenital abnormalities

Features of Down's Syndrome

Mnemonic: DOWNS

- D **D**ysplastic ears/**D**ysplastic pelvis (seen on X-ray)
- O **O**cciput is flat/**O**verly large tongue
- W **W**idely spaced 1st and 2nd toes and a high-arched palate/**W**eak/'floppy' baby (hypotonia)
- N **N**eck skin abundant
- S **S**hort, broad hands with single palmar crease/**S**lanting eyes/**S**peckled iris (Brushfield's spots)

Developmental assessment

Primitive reflexes

Mnemonic: MPRAG

- M **M**oro
- P **P**lacing reflex
- R **R**ooting
- A **A**tonic neck reflex
- G **G**rasp reflex

Infant nutrition

Breastfeeding - advantages

Mnemonic: PACES

- P **P** Psychological satisfaction
- A **A** Anti-infective property/Atopic disorders risk .
- C **C** Convenient
- E **E** Expenseless, ie free
- S **S** Stimulates growth and development

Breastfeeding - disadvantages

Mnemonic: KIDS

- K **K** vitamin **K** deficiency in breast-milk
- I **I** nfection transmission risk eg HIV
- D **D** rugs excreted in milk
- S **S** tressful and tiring for mother

Acute presentations – the acutely ill child

Four main nodes of presentation of serious illness in children

Mnemonic: SURE

- S **S** Shock
- U **U**nconscious/drowsy/fitting child
- R **R**espiratory distress
- E **E**mergencies (surgical)

Clinical presentation of brain tumours

Mnemonic: BAN HENS

- B **B**lurred vision
- A **A**taxia (clumsiness)
- N **N**ystagmus
- H **H**eadache
- E **E**ndocrine dysfunction

- N Nausea and vomiting
- S Squint (6th nerve palsy)

Causes of respiratory failure

Mnemonic: PC FED BRAHMS

- P Pneumonia
- C Cystic fibrosis/Croup
- F Foreign body
- E Epiglottitis
- D Drug ingestion
- B Bronchiolitis
- R Raised ICP
- A Asthma
- H Head injury
- M Meningitis/muscle weakness
- S Severe cardiac failure

Chronic presentations

Presentation of asthma

Mnemonic: CWS

- C Cough (dry/nocturnal/worse with exercise)
- W Wheeze
- S Shortness of breath

Life threatening attack of asthma

Mnemonic: CHEST

- C Cyanosis/Confusion/Coma
- H Hypotension
- E Exhaustion
- S Silent chest
- T Threatening PEFR <33% predicted in those above 5 years old

Chronic diarrhoea

Mnemonic: 5 C's

Inflammatory causes of chronic diarrhoea include:

- C Crohn's disease
- C Ulcerative Colitis

Malabsorptive causes of chronic diarrhoea include:

- C Cystic fibrosis
- C Coeliac disease
- C Cow's milk intolerance

Features of Still's disease

Mnemonic: STILLS

- S Spiking illness/Severe malaise
- T There could be myalgia/arthralgia
- I Increased size of liver/spleen
- L Lose weight, anaemia
- L Looks like malignancy
- S Salmon-pink rash

PSYCHIATRYSymptoms and signs in psychiatric disorders

Causes of delirium

Mnemonic: DELIRIUM

- D **D**egenerative
- E **E**pilepsy (post-ictal states)
- L **L**iver failure
- I **I**ntracranial (injury to the head, subarachnoid haemorrhage, TIA, meningitis, cerebral abscess)
- R **R**heumatic chorea
- I **I**nfections – pneumonia, septicaemia
- U **U**raemia
- M **M**etabolic – electrolyte imbalance

Disorders due to psychoactive substances

Alcoholism

Mnemonic: CAGE questionnaire

- C** Have you ever felt you should **C**ut down on your drinking?
- A** Have people **A**nnoyed you by commenting on your drinking?
- G** Have you ever felt **G**uilty about your drinking?
- E** Have you ever needed a drink first thing in the morning to get rid of a hangover or for nerves (**E**ye opener)?

>1 'yes' answer makes alcoholism likely

Schizophrenia and delusional disorders

Positive symptoms (sometimes called type I schizophrenic symptoms)

Mnemonic: THREAD

- T **T**hinking may become disturbed, neologism usage
- H **H**allucinations may occur, usually auditory
- R **R**educed contact with reality, the natural barrier between subjective and objective deteriorates
- E **E**mootional control may be disturbed with inappropriate laughter or anger (incongruous affect)
- A **A**rousal may lead to worsening of symptoms
- D **D**elusions may occur

Negative symptoms (sometimes called type II schizophrenic symptoms)

Mnemonic: LESS

- L **L**oss of volition, underactivity and social withdrawal
- E **E**mootional flatness, lose normal modulation of mood
- S **S**peech is reduced, monosyllabic if at all
- S **S**lowness in thought and movement, psychomotor retardation may occur

Mood (affective) disorders

Symptoms of depression

Mnemonic: SLUMP

- S **S**uicidal ideation or plans
- L **L**ack of: interest, enjoyment (anhedonia), energy, appetite or libido
- U **U**nworthiness
- M **E**arly **M**orning waking
- P **P**oor concentration/**P**sychemotor retardation or agitation

Suicide – risk factors

Mnemonic: SAD PERSONS

- S **Sex** (male)
- A **Age** (older)
- D **Depression**

- P **Previous attempt**
- E **Excessive alcohol or substance abuse**
- R **Rational thinking, loss of**
- S **Sickness** (chronic illness)
- O **Organised plan**
- N **No social supports**
- S **Stated intention to self-harm**

RENAL

Diseases and conditions

Detection of acute renal failure (ARF)

Mnemonic: ACUte

- A **Acute presentation** over hours or days
- C **Creatinine rises**
- U **Urea rises** (\pm oliguria <400 ml/24 h)

Causes acute renal failure (ARF)

Mnemonic: ACUte

- A **ATN/Acute GN**
- C **Circulatory dysfunction** (i.e. shock – hypovolaemia, sepsis, cardiogenic)
- U **Urinary outflow obstruction**

Clinical presentation of chronic renal failure

Mnemonic: RESIN & 8 P's

- R **Retinopathy**
- E **Excoriations** (scratch marks)
- S **Skin is yellow**
- I **Increased blood pressure**
- N **Nails are brown**
- P **Pallor**
- P **Purpura and bruises**
- P **Pericarditis and cardiomegaly**
- P **Pleural effusions**
- P **Pulmonary oedema**
- P **Peripheral oedema**
- P **Proximal myopathy**
- P **Peripheral neuropathy**

Complicated urinary tract infections (UTIs)

Mnemonic: MARIO

- M **Male patients**
- A **Abnormal renal tract**
- R **Renal function is impaired**

- I Impaired host defences
- O Organism that is virulent

Risk factors for UTIs

Mnemonic: UTIs

- U Urinary tract obstruction or malformation
- T The menopause
- I Intercourse (sexual)/Instrumentation/Immunosuppression
- S female Sex/Stones

Dialysis

Indications for

Mnemonic: AEIOU

- A Acid–base problems (severe acidosis or alkalosis)
- E Electrolyte problems (hyperkalaemia)
- I Intoxications
- O Overload, fluid
- U Uraemic symptoms

Or

Mnemonic: SHARPE

- S Severity of condition increases
- H Hyperkalaemia persistent ($K^+ > 7$ mmol/l)
- A Acidosis is metabolic and worsening ($pH < 7.2$ or base excess ≤ -10)
- R Refractory pulmonary oedema
- P Pericarditis (uraemic)
- E Encephalopathy (uraemic)

Complications of dialysis

Mnemonic: CHAIR

- C Cardiovascular disease
- H Hypertension
- A Anaemia
- I Infections
- R Renal bone disease

Urinary tract malignancies

Features of renal cell carcinoma (RCC)

Mnemonic: RCC

- R Renal tubule (proximal) epithelium is involved
- C Renal Cancers are 90% RCC
- C Clinical features include haematuria, loin pain, abdominal mass, anorexia, malaise and weight loss

RESPIRATORY

Diseases and conditions

Definition of Acute Respiratory Distress Syndrome (ARDS)

Mnemonic: ROAR

- R Reduced lung compliance

- O Oedema, non-cardiogenic pulmonary
- A Acute respiratory failure
- R Refractory hypoxaemia

Causes of Acute Respiratory Distress Syndrome (ARDS)

Mnemonic: ARDS

- A Aspiration-gastric/**A**cute pancreatitis/**A**mniotic fluid embolus
- R **R**aised ICP/**R**espiratory tract infection – pneumonia
- D **D**KA/**D**IC/**D**rugs
- S **S**epsis/**S**hock/**S**moke inhalation/**S**evere burns

Risk factors of asthma

Mnemonic: FEAR UP

- F **F**amily history
- E **E**czema
- A **A**cid reflux
- R **R**hinitis (allergic)
- U **U**rticaria
- P **P**olyps (nasal)

History of asthma

Mnemonic: WIND

- W **W**heeze
- I **I**nterferes with schooling, exercise, sleep and work
- N **N**octurnal cough, or early morning cough
- D **D**yspnoea

Clinical manifestations of influenza infection

Mnemonic: FLU

- F **F**ever
- L **L**ethargy
- U **U**pset appetite (nausea and vomiting)

Features of Tuberculosis (TB)

Mnemonic: 4 C's

- C **C**ough
- C **C**aseation
- C **C**alcification
- C **C**avitation

RHEUMATOLOGY

Rheumatoid arthritis (RA)

Features

Mnemonic: RHEUMATISM

- R **R**heumatoid factor (RF) +ve in 80%/**R**adial deviation of wrist
- H **H**LA-DR1 and DR-4
- E **E**SR/**E**xtra-articular features (restrictive lung disease, subcutaneous nodules)
- U **U**lnar deviation of fingers
- M **M**orning stiffness/**M**CP+PIP joint swelling
- A **A**nkylosis/**A**tlanto-axial joint subluxation/**A**utoimmune/**A**NA +ve in 30%

- T T-cells (CD4)/TNF
- I Inflammatory synovial tissue (pannus)/IL-1
- S Swan-neck deformity, Boutonniere deformity, Z-deformity of thumb
- M Muscle wastage of small muscles of hand

Management

DMARDs (Disease-Modifying Anti-Rheumatic Drugs)

Mnemonic: Most Sufferers Can Get Appropriate Pain Control

- M Methotrexate
- S Sulfasalazine
- C Ciclosporin
- G Gold
- A Azathioprine
- P Penicillamine
- C HydroxyChloroquine

Joint pain

Causes

Mnemonic: ARTHRITIS

- A Arthritis – rheumatoid or osteoarthritis
- R Reactive arthritides
- T Tendon/muscle damage
- H Hyperuricaemia; gout
- R Referred pain
- I AutoImmune, eg connective tissue disease – systemic sclerosis, SLE
- T Tumour
- I Ischaemia
- S Sepsis/Spondyloarthritides

Arthritis

Features of Ankylosing spondylitis

Mnemonic: SPINAL

- S Sacroiliac and low back pain
- P Pleuritic chest pain
- I Inherited gene marker: HLA-B27 (>90% HLA-B27 +ve, general population frequency – 8%)
- N Neck hyperextension – question mark posture
- A Arthritic symptoms in peripheries (asymmetrical)
- L Loss of spinal movement which is progressive

Components of CREST syndrome

Mnemonic: CREST

- C Calcinosis
- R Raynaud's phenomenon
- E OEsophageal dysmotility
- S Sclerodactyly
- T Telangiectasia

SURGERY

Anatomy

Abdominal wall muscles

Mnemonic: TIRE

- T Transversus abdominis
- I Internal oblique
- R Rectus abdominis
- E External oblique

Bowel components

Mnemonic: Dr Jones Investigates Carefully And Cuts Randomly

From proximal to distal:

- D Duodenum
- J Jejunum
- I Ileum
- C Caecum
- A Appendix
- C Colon
- R Rectum

Clinical conditions

Initial management of all surgical emergencies

Mnemonic: 4 A's, 2 C's, 2 N's (could be remembered as a set of GCSE results!)

- A ABC assessment
- A Analgesia, eg morphine
- A Anti-emetic
- A Aggressive fluid resuscitation – IV fluids and electrolyte replacement
- C Central venous pressure (CVP) line – may be needed
- C Catheter (urinary)
- N Nil by mouth (NBM)
- N Nasogastric (NG) tube

Post-operative complications

General immediate

Mnemonic: PROBS

- P Primary haemorrhage/Pain
- R Reactive haemorrhage
- O Oliguria – acute urinary retention
- B Shock/Sepsis

General early

Mnemonic: ABCDE

- A Analgesia- or Anaesthetic-related nausea + vomiting
- B Breakdown of wound or anastomosis due to infection or haematoma – dehiscence / ↓BP – ↓fluid input → hypovolaemia → ↓BP
- C Confusion – acute
- D DVT leading possibly to PE
- E Elevated temperature – pyrexia

General late

Mnemonic: RIB

- R Recurrence of malignancy
- I Incisional hernia
- B Bowel obstruction

Lumps and bumps

Examining

Mnemonic: 3 S's, 3 C's, 3 T's and the F'er

- 3Ss Site, Size, Shape
- 3Cs Colour, Consistency, Contour
- 3Ts Tenderness, Tethering, Transillumination
- F'er Fluctuance

Hernias

Groin lump: differential diagnosis

Mnemonic: Surgeons Like To Manage Various Hernias

- S Spermatic cord (lipoma, hydrocoele)/Skin (sebaceous cyst)
- L Lymph nodes
- T Testicle (ectopic, undescended)
- M Muscle (psoas abscess)
- V Vascular (femoral artery aneurysm, saphena varyx)
- H Hernias (inguinal, femoral)

TRAUMA AND ORTHOPAEDICS

Anatomy

Cubital fossa contents

Mnemonic: Please Remember Be Brave Medically

From lateral to medial:

- P Posterior interosseus nerve
- R Radial nerve
- B Biceps tendon
- B Brachial artery
- M Median nerve

Adductor muscles of thigh

Mnemonic: Post-Graduates Love their Bachelor Of Medicine

- P Pectineus
- G Gracilis
- L Adductor Longus
- B Adductor Brevis
- O Obturator nerve innervates all these muscles except for the pectineus (femoral nerve). Part of the adductor magnus is supplied by the sciatic nerve
- M Adductor Magnus

Clinical conditions

Painful neck - differentials

Mnemonic: Jock STRAP

- J Jerking back of the head and neck, ie whiplash
- S Spondylosis/Spondylolisthesis of cervical discs
- T Torticollis (spasmodic/infantile)
- R Cervical Rib
- A Abnormal posture
- P Prolapsed cervical disc

Carpel tunnel syndrome – causes and risk factors

Mnemonic: CARPAL

- C Cardiac failure/Combined OCP use
- A Acromegaly
- R Renal disorder – nephrotic syndrome/Raised glucose levels; DM
- P Pregnancy/Poor thyroid function; hypo-thyroidism
- A Arthritis of the wrist (rheumatoid, osteoarthritis)
- L Large size – obesity

Painful back - differentials

Mnemonic: TOMS DIScman

- T Tumours of spine
- O Osteoporosis/Osteomalacia
- M Mechanical
- S Spondylolisthesis
- D Disc prolapse/lesion
- I Infection
- S Stenosis of lumbar spine/lateral recess (due to facet joint osteoarthritis)

Differential diagnosis of a limp

Mnemonic: STARTSS HOT

- S Septic joint
- T Tumour
- A Avascular necrosis (Legg–Calve–Perthe's)
- R Rheumatoid arthritis/juvenile rheumatoid arthritis
- T Tuberculosis
- S Sickle cell disease
- S Slipped upper femoral epiphysis (SUFE)
- H HSP
- O Osteomyelitis
- T Trauma

Trauma

Soft tissue injuries - treatment

Mnemonic: RICE (protocol employed in the 1st 24 hours following the injury)

- R Rest
- I Ice
- C Compression
- E Elevation

For more mnemonics, visit www.revise4finals.co.uk or www.pastest.co.uk.