

## **Pediatrics Clerkship Survival Guide: Des Moines**

### **The Test**

This clerkship uses the pediatric Shelf exam, which is 100 questions (110 if there are beta test questions) in 2 1/2 hours. This shelf exam is one of the most difficult. Just know that no matter how prepared you feel, you will likely walk out of the test feeling like you failed. You didn't!

### **Most Useful Resources (No one resource to recommend)**

- **UWorld Step 2 Qbank**
- **AMBOSS** – New in 2018. Has lots of extra questions with good flashcard/note resources for learning.
- **Pediatrics Pre-Test Book** – not many students actually use this, but it's a good alternative if you don't want to buy UWorld, and it is provided to you for free.
- **Pediatrics BRS (Board Review Series)** – if you're going to read anything outside of UWorld, it's recommended using this resource, as its content reinforces and is complementary to UWorld content.

### **If You have Extra Time...**

- **Emma Holiday Pediatrics Review YouTube** – Good for day before clerkship starts. Look up PowerPoint online to follow along.
- **MedEd Videos** – It's recommended to do this before the rotation starts, especially if you have Pediatrics early on in your core clerkship year. It is broad and gives you a good outline for what to study more extensively via UWorld and Pediatrics BRS.

### **Resources to Avoid for Shelf Exam Preparation**

- **CLIPP Cases** (these are required but don't spend too much time on these). The material is fairly decent but it doesn't reflect the material on the shelf.

### **The Typical Day**

**Outpatient Clinic:** Varies depending on the location and attending physician.

**Newborn Nursery:** It's very hard to predict when the UnityPoint hospitalist gets there, so if you find yourself sitting around doing nothing, there's plenty to do. They never rolled in after 10AM. Get there by 7:30AM, because you can **ASK** to attend deliveries (C-sections and vaginal deliveries), feed/rock babies, and watch circumcisions. Hours are fantastic. Make sure to look at checklist early so you don't miss anything that you have to complete during this week.

**Specialty Clinics:** This week is mostly shadowing. Expect regular clinic hours. Pulm Clinic is mostly cystic fibrosis, and you may spend 2-3 hours in one patient's room as they are seen by PT, dietician, SW, etc. Ask to work with and get an evaluation from **Dr. Cook**, as she lets you see patients on your own and has you in lectures too. She tells you she will be late to her AM lectures, but she never is, so show up on time for these. She will give you a solid evaluation if you do what is asked of you.

**Inpatient Pediatrics:** Hand-off at 7:00AM, pre-round, attending rounds at 9:00AM, Hem-Onc rounds start at 11:00AM. Lunch and Noon Conference at 12:00PM. In the afternoon, you can re-visit your patients and wait for new admissions. If possible, sit in the Resident Room so they don't go see new admissions without you. Sign-out is at 5:00PM. To be helpful to residents, learn how to do sign-out notes for your residents. Ask DMU students or residents about it on the first day. Try to update sign-out form for your patients and, if you take notes during rounds, you can update information for the other patients on your team too.