

## Outpatient Internal Medicine Clerkship Survival Guide: Des Moines

### **The Schedule**

Most of your time will be spent with two general internal medicine preceptors. You will also spend two afternoons with a Hem-Onc specialist (Dr. Freeman), two afternoons with a cardiologist (Dr. Stark or one of his partners), one afternoon with a PharmD educator learning about anticoagulant management, and one afternoon with an Infectious Disease specialist (at the VA ID Clinic).

### **The Test**

**Shelf exam:** You will take this at the end of your 4-week rotation. While not nearly as difficult as surgery or pediatrics, it is still a fairly detail-oriented shelf, so do not underestimate it. Make sure to at least get through all of the IM Essentials questions. Expect to see questions regarding screening and diagnostic criteria in addition to chronic disease management and prevention. As part of the APM block, there is a lot of overlap with FM, so your studying during FM will help you with both exams.

**Patient Simulation Exam:** You also complete two of these cases during the last week of the rotation. Make sure you do the practice case so you know how to use the software. These will be computer-simulated cases, including diagnosis, work-up, assessment, and plan. Make sure to include chronic disease management with your plan (smoking cessation, lifestyle/diet counseling, etc.). Both of the cases typically have chronic disease management things you need to do. In addition, do not neglect your age- and sex-appropriate cancer screening (cervical and colon in particular). Recommend asking a lot of questions.

### **The Most Useful Resource (If you could only pick one resource)**

IM Essentials questions – Reading the textbook is also helpful for explanations.

- Group account provided by Dr. Craig, but some students have purchased their own textbook or on-line subscription to be able to reset the question bank. If you go to [acponline.org](http://acponline.org), students who join ACP (it's free) can purchase the textbook and question bank for \$44.95.

### **Other Resources**

OnlineMedEd – helpful overview of common diseases, especially the notes.

### **If You Have Time... (maybe not the most high yield):**

Essentials of Family Medicine textbook – It may be useful for overview of management of common diseases. Provided to you at the beginning of the APM block.

UWorld Step 2 Question Bank - this exam is strictly ambulatory medicine and a lot of these are inpatient questions. Some students have done very well on the exam without accessing UWorld.

**Resources to avoid:** Nothing specifically, just focus on getting through IM Essentials and supplement with an additional resource as needed. This rotation (and APM block in general) is a good time to work on Step-1 review from resources like First Aid or Pathoma or Sketchy. Cardiovascular and GI sections have overlap with the shelf exam.