

Pediatrics Clerkship Survival Guide: Des Moines

The Schedule

Outpatient Clinic: Varies depending on the location and attending. Often starts at 7 or 7:30 am, business casual attire is appropriate.

Newborn Nursery: You should wear scrubs for this week. It's very hard to predict when the UnityPoint hospitalist gets there. They are usually there before 10 am. Get there by 7:30 am, because you can **ASK** to attend deliveries (C-sections and vaginal deliveries), feed/rock babies, and watch circumcisions. Hours are fantastic; students are usually out by 3 pm. Make sure to look at checklist early so you don't miss anything that you must complete during this week.

Specialty Clinics: There is some shadowing this week. Expect regular clinic hours. Bring your own computer and know how to login to Citrix and Epic remotely, there may or may not be a computer available in clinic.

- 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.
- Dr. Cook or Dr. Richardson are two of the pediatric endocrinologists. They both let you see patients on your own. Dr. Cook will do some of your afternoon lectures, too. She tells you she will be late to her lectures, but she never is, so show up on time for these.
- Dr. Arenas is one of the pediatric nephrologists at the UI outreach clinic. She is very nice and will let/encourage you see patients on your own. She runs a little behind but that is because she loves to spend time teaching you! If you read up on minimal change disease before clinic you will get a lot out of the day.
- Adolescent clinic is with Dr. Cheyne, usually a half day. He will have you see the patient then present in front of them. This is a fun, relaxed clinic. There are usually one or two residents also present who are also able to answer questions for you.

Inpatient Pediatrics: Hand-off at 7:00 am, pre-round on your patients usually with your resident, attending rounds at 9:00 am, Heme-Onc rounds start at 11:00 am. Lunch and Noon Conference at 12:00. 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, although due to COVID they had students sit in the Fisk conference room. If you sit in Fisk it can be helpful to check in every so often with your intern if there is anything you can help with. Sign-out is at 5:00 pm. Some residents want you to stay for this, others will let you go earlier. 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. If you think of it, ask the pharmacy team to set up samples of different medications so you can taste-test them and know what you're subjecting your patients to!

The Test

This clerkship uses the Pediatric Shelf Exam, which is 100 questions (110 if there are beta test questions) in 2 ¾ 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!

OSCE

Changes from year-to-year, but some commonalities they like to test on:

- Diabetes mellitus (I vs. II) is a disease in both kids and adults, so knowing the mechanism for these would be good.
- COPD/Asthma is also common – know the stepwise treatment options for both (overlaps with outpatient IM).

Watch your time with the consult call station and make sure to save *at least* 5 min at the end to call them back and say your A&P and verify if you need them to come immediately.

Other Resources

- UWorld Step 2 Qbank – nearly 500 questions.
- AMBOSS – Has lots of extra questions with good flashcards/note resources for learning. Can start with lesser difficulty questions and work your way up (top level questions are too hard).
- Pediatrics Pre-Test book – not many students 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, recommend using this resource, as its content reinforces and is complementary to UWorld content
- Anki Peds – ~700 flashcards, also helpful to reinforce topics but this usually takes multiple passes to sink in.
- Emma Holiday Pediatrics Review YouTube (if have extra time) – Good for day before clerkship starts. Look up PowerPoint online to follow along.
- MedEd videos (if have extra time) – Recommend doing this before the rotation starts (or early in the clerkship), 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. Before the test review the Immunodeficiency video (gets you the points you need to know for the exam mostly).

Resources to avoid

- Aquifer 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.
- Flash Drive of Presentations – has all the presentations from afternoon lectures. Helpful clinically, but not very Shelf-oriented (or consistent with Shelf info).