

A red stethoscope is coiled across the frame, with its chest piece at the bottom center. To the right, a silver scalpel is positioned vertically. The background is solid black.

Medicine for Medical Students

THE COMPLETE GUIDE TO BOTH OSCE & WRITTEN EXAMS

Dr. Marc Crutchley BSc MBChB

Second Edition

MEDICINE FOR MEDICAL STUDENTS

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MAC MEDICAL PUBLICATIONS

MEDICINE FOR MEDICAL STUDENTS
The Complete Guide to Both OSCE & Written Exams
Second Edition
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Medicine for Medical Students

The Complete Guide to Both OSCE & Written Exams

Second Edition

Dedicated to my mom, dad and brother, without whom I would not be the man I am today and to my girlfriend Aimee for her continual support, understanding and encouragement

With this second edition I decided to do something new, different, and exciting, something that would result in a much more comprehensive educational textbook for the reader. I had the idea to ask my friends and colleagues to help me write or read over those chapters in areas within which they specialise, making this book an amalgamation of knowledge and experience. I would like to take this opportunity to thank them all for their help in creating such a unique book.

| | |
|---------------------|--------------------------|
| Miss Aimee Dempsey | Nursing |
| Mr Tom Watcyn-Jones | Urology |
| Dr David McGouran | Gastroenterology |
| Dr Paul Burgess | Obstetrics & Gynaecology |
| Mr Dan Cocker | General Surgery |
| Mr Simon MacLean | Orthopaedics |
| Dr Vicky Plested | Haematology |
| Dr Andrew Davies | Ophthalmology |

You can find more information about myself and the above co-authors please visit my website **www.themedicalstudent.com**

Also if you wish to contribute to future editions of this textbook, which is great fun and will look amazing on your CV please, or have any comments good or bad please contact me at **info@themedicalstudent.com**

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Introduction

First of all I would like to say well done for purchasing this book, you have made a fantastic decision in doing so and will be rewarded when it comes to your OSCE and written exams.

I honestly believe that a large proportion of what you read and are taught when studying medicine is not needed for examinations. Trying to learn and memorise all of these random facts over complicates your revision and clutters your mind. I know this because I fell into the same trap, I bought book after book, spending a small fortune and countless hours trying to remember the most obscure facts only to find that when it comes to real life, i.e. your exams and eventually practicing medicine, it is the basics that really count. I decided long ago that I wanted to teach medicine to others how I, due to my own experiences, believe it is best taught, by cutting out all of the unnecessary jargon and waffle, focusing only on the information that is important for you to pass your exams and become a good junior doctor.

You are probably thinking, "Who the hell is this guy?" Well I am just someone who has been through exactly what you are going through and has successfully come out the other side and learnt what is important along the way. Because of this I believe I have a unique view on what students want, what they need, and more importantly what they do not need to pass medical examinations. I remember reading through countless books and going to lecture after lecture whilst all the time thinking how much time I was wasting. I did all of this because I was scared, scared to miss out on any random bit of knowledge that might just pop up in a question on the exam.

I always wished I could stumble upon a book that would stop wasting my time and tell me everything I needed without the extra waffle. Unfortunately I did not, it is not good business for publishing houses to sell you just one book when they can sell you ten, so I decided to write my own!

'Medicine for Medical Students' has been designed and written with medical students in mind. It contains not only revision sections for virtually all of the main specialties in medicine that are invaluable for your written tests but also details the histories, clinical examinations, clinical skills, and investigation interpretation that you will need to pass your OSCEs and when you start work as a junior doctor. It is this combination of information that makes this book so different to all of the other text books currently on the market.

I really do hope that you find this book useful during your medical studies. I am really proud of it, and as I have already mentioned this is exactly the kind of book I would have loved to own when I was a student. It places all of the knowledge you need to become a well rounded junior doctor into the palm of your hands, the other ingredients such as hard work, commitment and courage come from you.

Wishing you the best of luck



Dr. Marc A. Crutchley BSc MBChB

P.S. if you wish to find out more about myself, my work, this book's accompanying lecture series, or you wish to get involved and contribute to future editions of 'Medicine for Medical Students' please check out www.themedicalstudent.com, also I would be very grateful if you would email any comments or thoughts you have about the book to info@themedicalstudent.com

"I honestly believe this book is a must for any medical student fed up of spending a fortune on textbooks and a lifetime in lectures"

This book is a compilation of every bit of useful information that I have learnt during my time in medicine, it covers virtually every specialty and is organised into easily understandable chapters

History taking: what questions to ask, how to ask them, why you are asking them, plus tips to easily remember histories and to impress examiners

Performing examinations: detailed step-by-step instructions on how to perform a perfect clinical examination, what you are looking for, why you are performing each step, and how to look confident and faultless in your OSCEs

Revision: put simply these sections contain key knowledge about each specialty that is crucial to your learning as a medical student. They contain hints and tips throughout to help with your understanding of the subject and cut out all of the waffle found in other books. This makes them an invaluable source of information not only for your written exams, but as a quick reference in your junior doctor years

Medication: covers the major medications, in what situations they should be used, possible side effects, and how each work on the body

Investigations: these sections detail the investigations you would order to support or disprove diagnosis, plus how to interpret and present the results, e.g. bloods, ECGs, X-rays, ABGs, and more

Clinical Skills: detailed step-by-step instructions how to perform virtually all the clinical skills you will need to become a doctor, e.g. venepuncture, urinary catheterization, cannulation, and much more

Appendix: the book also contains extensive appendices that are full of valuable information

Throughout the book I also refer to 'tricks of the trade' that my colleagues and I have found to be a great help throughout our careers

I am very proud of this book. I honestly believe that it will help you tremendously with your studies, and also save you time and money which may have been spent on buying and painstakingly reading through the other, overly complicated medical textbooks currently on the market

£30

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