Test Taking Strategies to Ace the ITE

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Key Points

• Read the prompt first and answer it exactly
• Check answers against the actual prompt
• NEVER pick absolutes, look for OPPOSITES and SIMILARITIES, and FEEL out the rest
Your wife notices that when the heat is on during the winter, the floor of the downstairs den tends to get colder. What is the name of the effect responsible for this observation?

A. Coriolis effect
B. Doppler effect
C. Reverse stack effect
D. Stack effect
Your wife notices that when the heat is on during the winter, the floor of the downstairs den tends to get colder. What is the name of the effect responsible for this observation?

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Study Plan

• 3 months out
• Map out pages/week and questions/week
• PGY1: Review book and question bank
• PGY2: Review book and 2 question banks
• PGY3: Review book x2 and 2 question banks
A 55 year old male presents with abdominal pain and fullness. His heart rate is 120 BPM, blood pressure is 70/palpation, oxygen saturation is 99%, temperature is 98.6, and he is breathing at 20 times a minute. His abdominal ultrasound shows the following:
A 55 year old male with hypertension presents with abdominal pain radiating to his back and fullness. His heart rate is 120 BPM, blood pressure is 70/palpation, oxygen saturation is 99%, temperature is 98.6, and he is breathing at 20 times a minute. His abdominal ultrasound shows the following:

What is the most appropriate treatment for a ruptured aortic aneurysm?

A. Administration of crystalloid
B. Admiration of large volume of blood products
C. Consultation with vascular surgery
D. Treatment of hypotension with norepinephrine
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Read the prompt first and answer it exactly

What is the most appropriate treatment for a ruptured aortic aneurysm?

Not the initial treatment
Not what you do at your institution
Not a guess because you like them all
What is the most appropriate treatment for a ruptured aortic aneurysm?
A. Administration of crystalloid
B. Admiration of large volume of blood products
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D. Treatment of hypotension with norepinephrine
A 55-year-old man with a history of severe osteoarthritis presents with joint pain of several months’ duration despite taking several over-the-counter medications. He has worsening RUQ abdominal pain for a month and is icteric. Which of the following is the most important in determining appropriate treatment?
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A. Abdominal CT scanning
B. Alkaline phosphatase and GGT testing
C. AST and acetaminophen level testing
D. Right upper quadrant ultrasonography
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A 50 year old man is found staggering and disoriented in the park on a hot day and is not responding to questions appropriately. Rectal temp is 105.8. Normal saline is started intravenously. What is the next most effective immediate treatment for cooling?

A. Acetaminophen administered rectally
B. Cardiopulmonary bypass with a heat exchanger
C. Cooling with fans and skin wetting from spray bottle
D. Ice packs in the groin and axilla
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What is the most common bacterial cause of pneumonia in the HIV positive patient?

A. Cryptococcus neoformans
B. Pneumocystis jiroveci
C. Staphylococcus aureus
D. Streptococcus pneumoniae
Check each answer against the actual prompt

What is the most common bacterial cause of pneumonia in the HIV positive patient?

A. Cryptococcus neoformans

- Associated with HIV
- Not associated with pneumonia
- Likely incorrect
Check each answer against the actual prompt

What is the most common bacterial cause of pneumonia in the HIV positive patient?

B. Pneumocystis jiroveci

Associated with HIV

Is that even a bacteria?

Maybe an answer
What is the most common bacterial cause of pneumonia in the HIV positive patient?
C. Staphylococcus aureus

Causes pneumonia
No association with HIV
Not the most common cause of pneumonia in most people
Check each answer against the actual prompt

What is the most common bacterial cause of pneumonia in the HIV positive patient?
D. Streptococcus pneumoniae

Most common cause of pneumonia
Is a bacteria
HIV patients also get common infections
Check each answer against the actual prompt

What is the most common bacterial cause of pneumonia in the HIV positive patient?
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B. Pneumocystis jiroveci
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• You could have contorted this to:
  
• What kind of pneumonia is rather SPECIFIC to patients with HIV and low CD4 counts?
A 42-year-old woman presents for nighttime epigastric pain, nausea, and occasional vomiting worsening over three weeks. Symptoms are not affected by diet, activity, or position, but improve during the day and with antacids and omeprazole. She denies NSAID and alcohol use; she is obese, and has no significant medical history. She has epigastric tenderness and heme negative stool. Which of the following is most likely to prevent recurrence of these symptoms?

A. Antibiotics
B. Cholecystectomy
C. H2 Blockers
D. Oral NSAIDS
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A. Antibiotics- For GERD??? Oh wait, H pylori
B. Cholecystectomy- Is this really GERD?
C. H2 Blockers- Works for GERD, but she is on a PPI
D. Oral NSAIDS- Is this not GERD? That would be bad
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A diabetic presents with a sodium of 120 mEq/L and a glucose of 1100 mg/dL. What is the most appropriate therapy to correct the serum sodium?

A. Crystalloid solution
B. Fludrocortisone
C. Fluid restriction
D. Sodium bicarbonate bolus
Opposites attract

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Quick math question....

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A. 120 mEq/L
B. 130 mEq/L
C. 136 mEq/L
D. 140 mEq/L
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A 57 year old man with a history of cirrhosis presents with acute renal failure. He denies recent illness and is not taking any nephrotoxic medications. He is well hydrated. His urinalysis is negative. Which of the following is the definitive treatment?

A. Hydration  
B. Liver transplant  
C. Renal transplant  
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A. Hydration
B. Liver transplant
C. Renal transplant
D. Transjugular intrahepatic protosystemic shunt
FEEL out the rest

• First guess is usually right
• Try to vividly imagine the answer...one will pop out
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