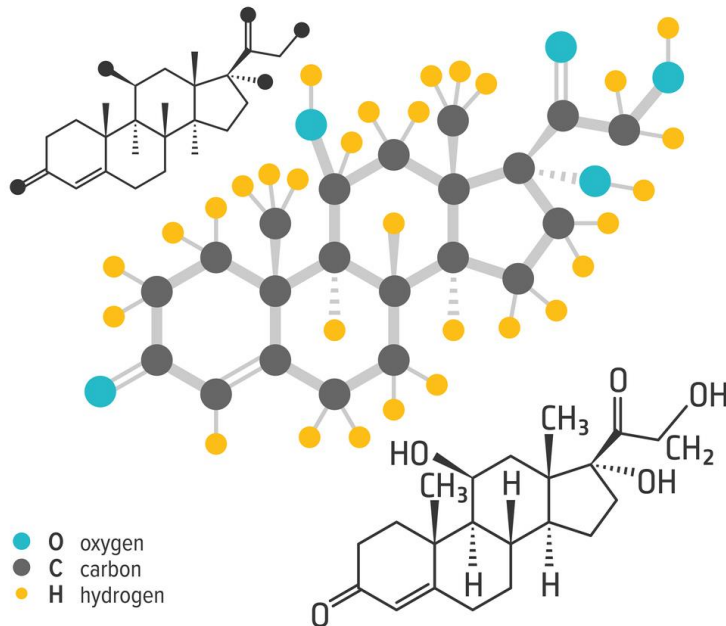


Welcome to a MIND TRAINING Session For Doctors

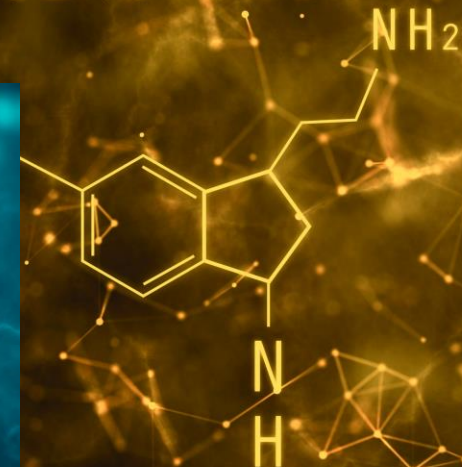
Cortisol $C_{21}H_{30}O_5$



DOPAMINE



SEROTONIN



5 HACKS TO COVER INTERNAL MEDICINE For NEET PG

This session will help you learn methodology for completing Internal medicine.

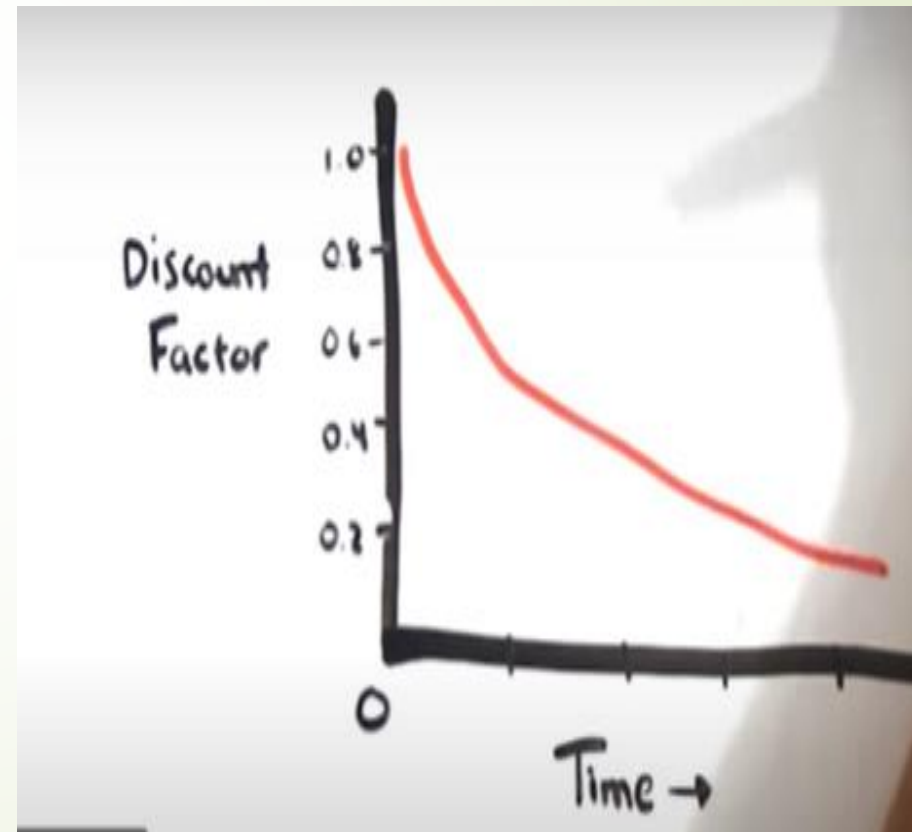


To finding solutions and beyond for mankind.



HACK # 1: ALL or None law

Complete the entire Internal medicine in max 12-15 days for first reading.



Jae

to me ▾

Fri, 19 Jun, 22:35 (2 days ago)



Respected sir,

I have just finished watching all the videos of prepladder medicine. I want to thank you immensely as your lectures were so conceptual and absorbable that I wished I could have seen it from my 3rd prof. The way you conceptualise the topics are beyond words. I don't think anyone could explain the what why when where and how of every single statements they teach. The best parts of the lectures were the summary at the end of almost all the videos. That is purely gold(also requesting you to include that in all the videos at the next recording updates). And not to mention, the integration of similar eponyms, no one does better than that. Although I had some difficulties with the cardiology unit, rest all went on so smoothly. Thanks a lot sir.

Name: DrKaramvirSinghDhillon

Course: Medical PG

Enrolled In: Pharmacology for Medical PG,Medicine For Medical PG,Anatomy for Medical PG

Total Videos Hrs Watched: 00h 57min

Doubt:

Dear Sir Good evening. Here is Dr Karamvir Singh Dhillon. I am **third year medicine resident** at Amritsar. First of all I want to acknowledge that it is by virtue of your lectures that I have been able to **understand medicine in a sustainable way a** Happy Teacher's day Sir. Secondly I would like to request you to make a video library for guys who are already doing pg as you know Sir until unless we understand the topic critically we can't treat patients rationally. Sir kindly spare time for PGs and go into further details. Looking forward to your positive response. Warm Regards

HACK # 2: EAT that Frog



Eat that Fr⌚g!

**How to Stop Procrastinating
and Get More Done in Less Time**

If it is your job to eat a live *frog*, it's best to do it first thing in the morning.

And if it's your job to eat two *frogs*, it's best to eat the biggest one first.

Mark Twain



EAT THAT FROG

vidhi shah

to me

Thu, 18 Jun, 23:02 (3 days ago)



Sir ,

I had decided that I will take pediatrics when I started my prep for neet PG . Medicine was not even in my farthest dreams or consideration because I struggled with the subject in final year . I spent the most time in it and scores the worst in my final mbbs . Then in September 2019 I subscribed to prepladder rapid revision where in I saw your medicine lectures and became a fan ! I fell in love with medicine and all of it ! I chose MD medicine as my residency program ! Thank you so much

Deepak Marwah <marwahmedicine@gmail.com>

to vidhi

Fri, 19 Jun, 13:45 (2 days ago)



That is awesome doctor , heartiest congratulations.

Hack # 3: Perform Your Mind Analysis

Common reasons that dishearten Doctors

- ▶ *Constant comparison* with peers while we are trying to complete the extensive syllabus.
- ▶ Then feeling bored and scrolling furiously on Instagram or tinder. Seeing others enjoying life and one feels like hell.
- ▶ We *sacrifice* time doing things we are passionate about in order to maximize study time but actually are not doing any thing productive. No topics are covered at the end of the day and hence the next day is even worse thinking about how I wasted yesterday.
- ▶ No time tables are adhered to and studying looks like punishment. You forgot that you got into medical field because you were a good reader than other students back in your school. From a school topper who loved to study, you have become a study hater who wants to do PG.

Solutions to overcome this easily

- ▶ **Talk to your self** in front of large mirror every morning, pump yourself Rahul Dravid or Sachin Tendulkar would be before going out and smashing the bowlers all over the park.

Today is going to be great,

I will be **calm** and confident and smile at everybody.

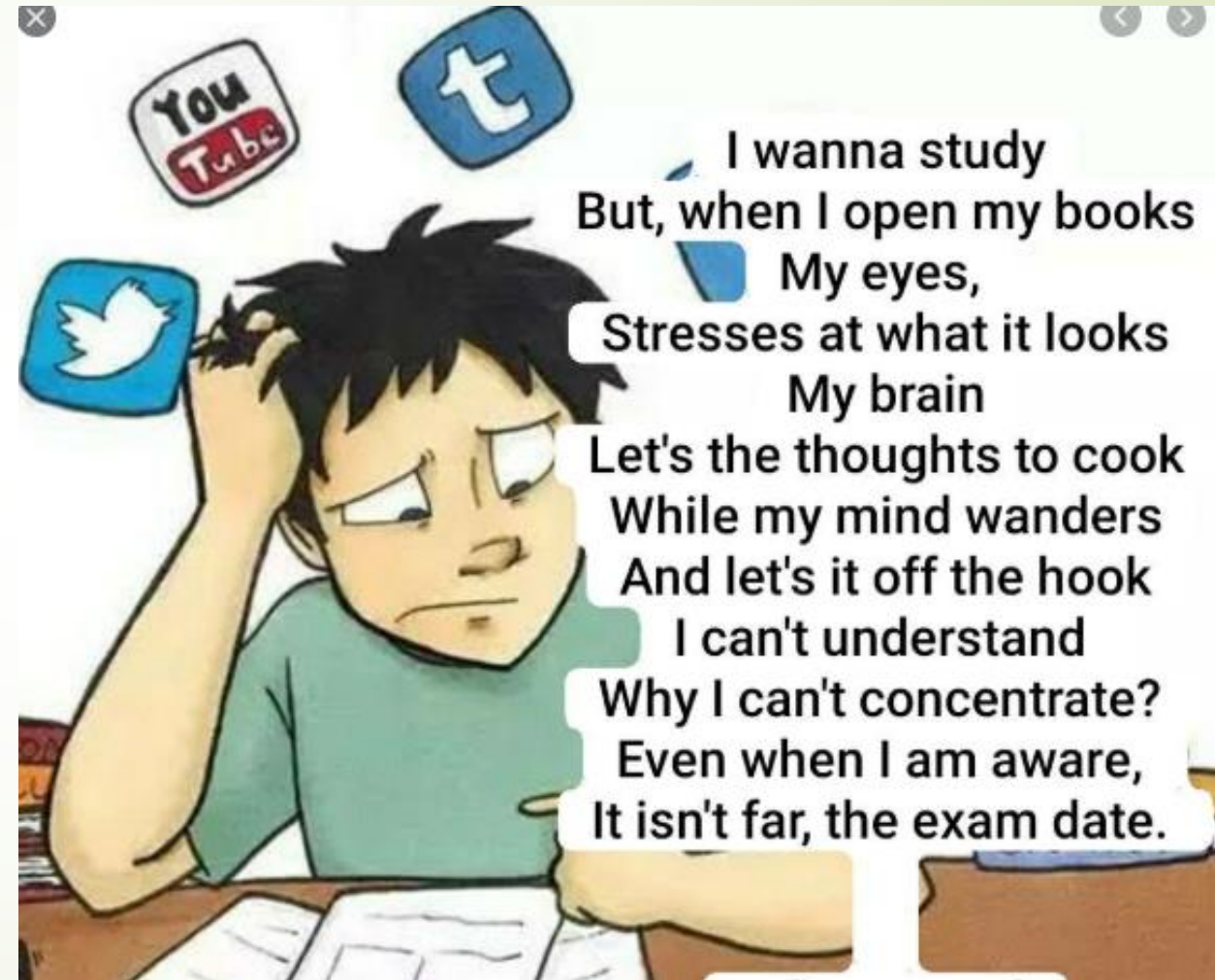
- ▶ **Don't learn the sledging** of Virat Kohli.



Learn how is he so **strong and mentally fit** all the time. Being nice to others will make you work better and remove negativity from your mind.

HACK # 4: Checking out social media drains your brain . It is not relaxation

It is tempting to check phone again and again for status of deaths of patients due to COVID-19. You have to realise that at the moment you can't make a difference in the pandemic curve.





HACK # 5



**WAKE UP WITH DETERMINATION.
GO TO BED WITH SATISFACTION.**

From where to start reading?

**JUST
TAKE THE
BULL BY
THE
HORNS**



CARDIOLOGY : The very basis of being a doctor.

Treatment of pulmonary oedema is fundamental to all the learning that you do in 5 years of medical school .


That is all what we are doing in the COVID-19 battle

- ▶ Cardiology to be listened at 1.2x speed with ready made notes in the first read.
- ▶ Total number of hours to be dedicated is **4** days assuming 8 hours of lectures divided into two slots . 8 am to 12 noon and 2 pm to 6 pm.
- ▶ 3 hours of MCQ solving
- ▶ 1 hour of revision of what was done yesterday.



Attempting ECG based questions





Must know ECG conditions are “only” 10. Nobody expects you to be a Cardiologist !

1. Atrial fibrillation
2. Atrial flutter
3. Multifocal atrial tachycardia
4. PSVT: AVNRT vs AVRT
5. WPW
6. VT or TDP
7. VF
8. Heart blocks
9. Electrical Alternans
10. Electrolyte imbalances and impact on ECG tracing

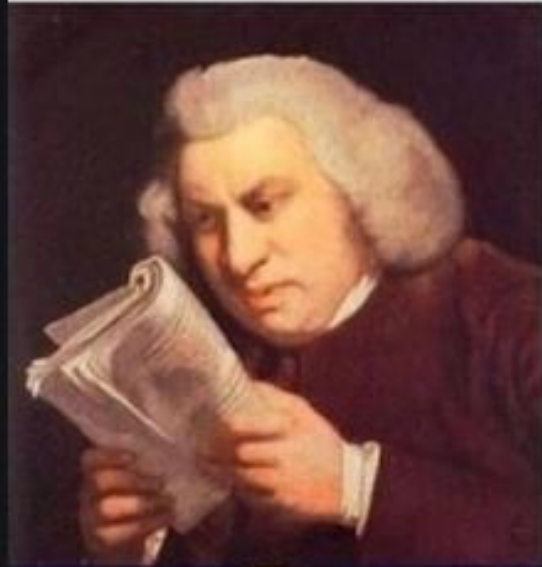
How to attempt ECG based Questions?

- ▶ Maximum ECG based questions to be attempted is 12-15 per day.
- ▶ DIRECTLY read the explanation and notice the subtle findings highlighted.
- ▶ Next day morning in 15 minutes you will revise all those points
- ▶ Over the course of 4 days all those ECG scenarios will be covered



NEUROLOGY BUSTED

The first time you
read about
neurons firing



The 1000th time you
read about
neurons firing

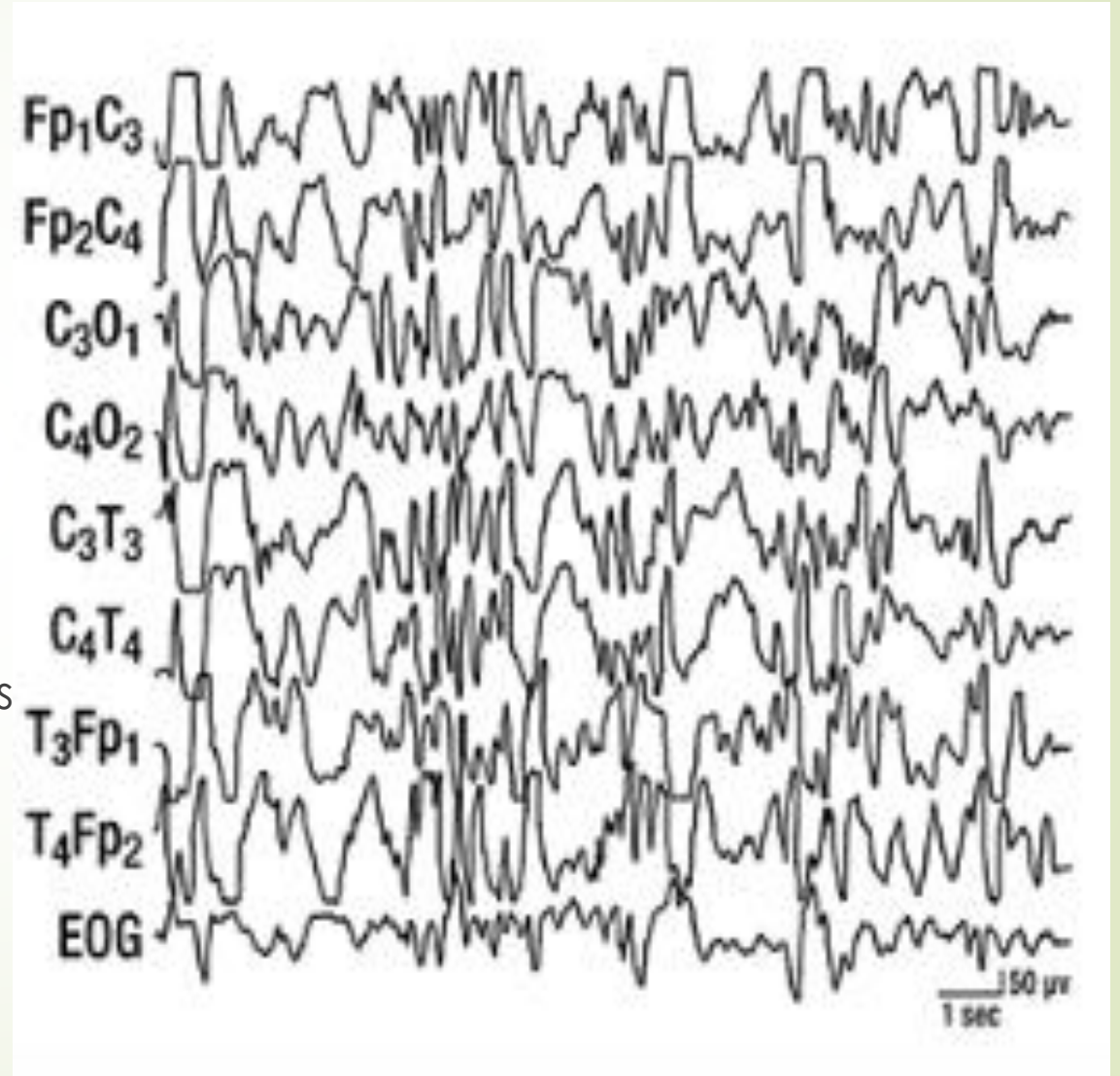


NEUROLOGY

- ▶ Listen at 1.2X-1.5X with ready made notes
- ▶ Total no of days invested = **3** days @ standard 8 hours of till your eyes water

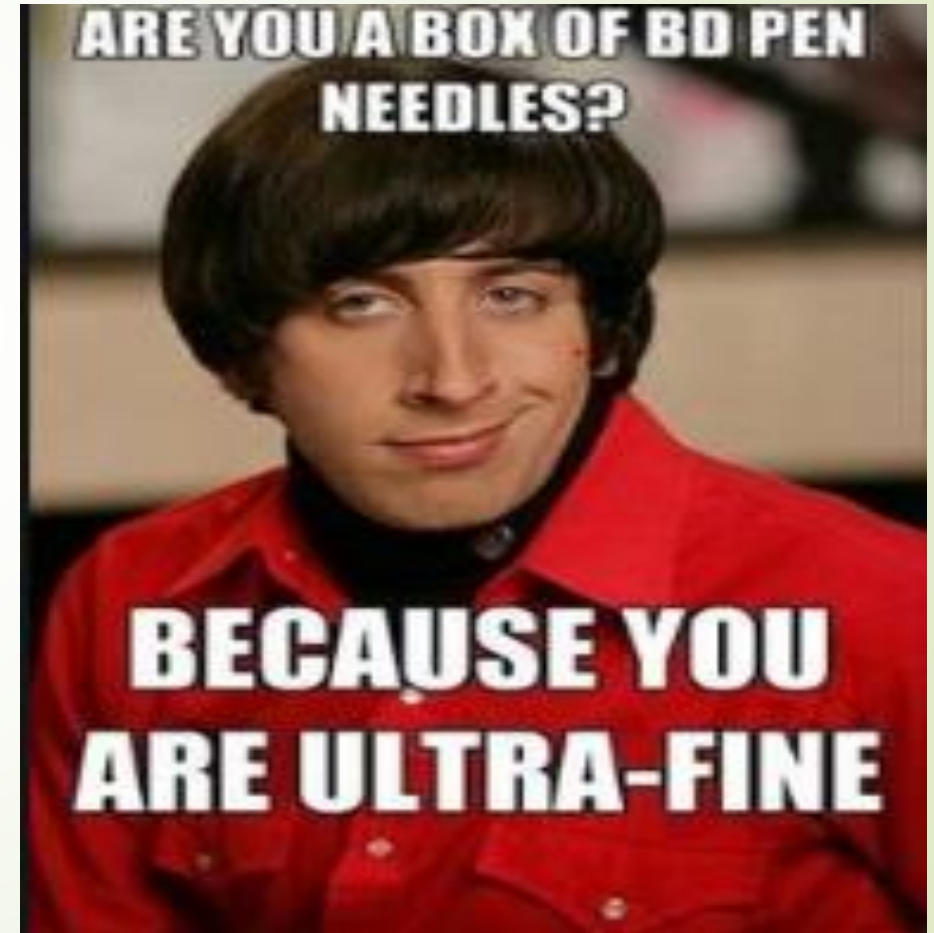


- ▶ Epilepsy and EEG is a must know topic followed by M. Gravis and Multiple sclerosis
- ▶ GBS vs Transverse Myelitis vs CIDP
- ▶ Stroke Interventions
- ▶ PD vs Atypical PD
- ▶ ICSOL



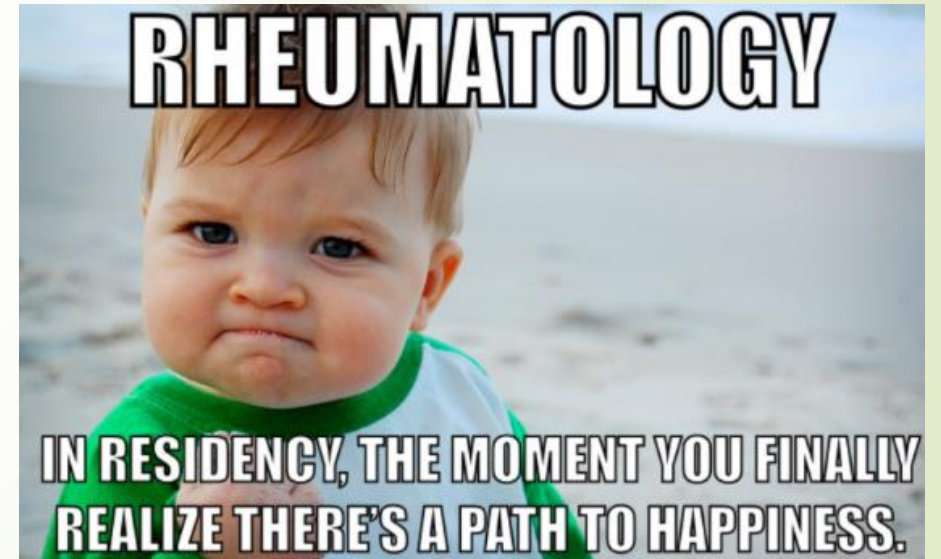
Endocrinology: The Must Do topics at 1.5X for 2 days

- ▶ DM complications and insulinoma
- ▶ Calcium metabolism
- ▶ Cushing Work up
- ▶ Glucocorticoid deficiency
- ▶ Paraganglioma
- ▶ Myxedema Coma/ Heart
- ▶ Hashimoto Encephalopathy
- ▶ Functioning pituitary tumour
- ▶ Time taken 2 days @ 8 Hour Sessions



Rheumatology over 1 day at 1.5X@ 8 hours

- Vasculitis integrated with Pathology slides for GCA, PAN
- Sarcoidosis
- APAS
- DM, PM and IBM
- CREST
- Causes of mortality in each rheumatology condition



Trump GI and Hepatology

GIT = 1 day @ 8 days at 1.5 X

- IBD extraintestinal complications
- Whipple Disease
- Interpretation of Schilling's
- Infectious Esophagitis
- Peutz Jehgers Syndrome
- ZES

LIVER = 1 day @ 8 days at 1.2 X

- Hepatitis B serology
- Hepatorenal syndrome and Hepatopulmonary syndrome
- Acetaminophen Toxicity
- Cirrhosis Complications
- Reye Syndrome
- Wilson and hemochromatosis

Haematology and Kidney diseases

Haematology 1 day

- ▶ First half of the day do image based section of Hematology from Pathology and Learn all Classifications necessary
- ▶ Listen to All Hematological malignancies at 1.5 X – 2X speed depending at your comfort level over the next 2 sessions.

Kidney = 1.5 days

- ▶ Electrolytes are a must know (Listen at 1x At least twice in a Row)
- ▶ Diabetic Nephropathy
- ▶ CKD Mx and complications
- ▶ Barter vs Gitelman Syndrome
- ▶ HAGMA vs NAGMA causes
- ▶ Renal Tubular Acidosis

Lungs - the most neglected part

Time devoted = 1.5 days

- ▶ ABG section listen at least twice at 1X
- ▶ OSA
- ▶ Pneumothorax
- ▶ Pulmonary Embolism
- ▶ Non invasive Ventilation
- ▶ HAPE
- ▶ Mechanical ventilation strategy

