

ADELAIDE MEDICAL STUDENTS SOCIETY
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PRE-CLINICAL TEXTBOOK TALK 2020



ADELAIDE MEDICAL
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WELCOME FIRST YEARS!

Textbooks are costly Your wallet is not that deep Let us help you choose

This haiku encapsulates the purpose of this guide. Information in this guide has been collated over many years by older students to help you make informed decisions about which textbooks you might want to get.. or not. A few notes before we delve into the textbooks:

- **We recommend borrowing/ buying second-hand/using PDFs first and foremost as buying new physical copies can be expensive.**
- If you are intending on getting physical books, try not to buy them too early or all at once – it's advisable to make sure you've got the right textbooks for yourself, start with basic texts and then add to that.
- It is also definitely not necessary to purchase a book from each category – the most important thing going into a purchase is determining if you will get good use out of it!

This guide is arranged by topic, with each chapter detailing which books we recommend as well as what other resources are good for that topic. **We have also included a summary/comparison table listing each resource we mentioned as well as some additional resources that fit neither here nor there, done up as a quick reference - do take a look!**

In addition, the AMSS also invites you to take part in our other educational program, designed specifically to assist you in your first year of study:

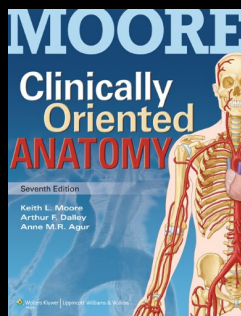
- **Medtransit:** This mentorship program is designed to aid your transition into medical school by pairing up groups of first and second years. Topics covered are entirely up to the individual group and session timings are flexible too (advised to have them once a week!) This program runs in semester one and sign ups are via link (will be made available on your year level facebook group)
- **Peer-2-Peer (P2P):** This is an academic focused tutoring program where clinical students (years 4-6) run small group sessions for pre-clinical years. The sessions will cover the most important basics of each CBL case and exam preparation techniques, along with any question you have. Sign ups are via link (will be available through your year level facebook page)
- **ClinPrac:** These weekly tutorials provide first years an opportunity to develop history-taking and physical examination skills under the guidance of second years. Sign up not required! - Please refer to your year level Facebook group throughout the year for updates on when and where sessions are happening.

If you have any questions about textbooks or about these education programs, don't hesitate to contact us at edprograms@amss.org.au

Jill Lee, Carri Foo and Seevakan Chidambaram
EdPrograms Coordinators 2020

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ANATOMY - TEXTBOOKS

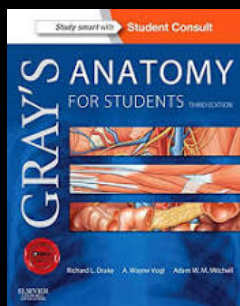


Clinically Oriented Anatomy by Moore

Pros: Well organized chapters with easy to follow text with a good level of detail as well as good tables and figures to refer to at a glance. Clinically relevant.

Cons: Many repeat/similar images with minor differences in labeling. Might be difficult to find what you are looking for exactly.

Best used for: CBL preparation and resource worksheets

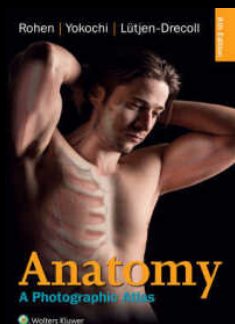


Grays Anatomy for Students

Pros: More simply laid out than Moore's. Has excellent images and diagrams. Good detailed tables for MSK.

Cons: Information pertaining to a single organ might be spread across chapters.

Best used for: CBL preparation and resource worksheets

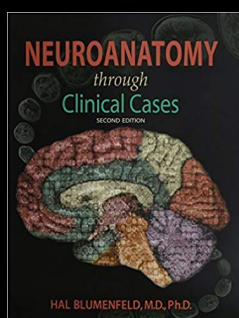


Color Atlas of Anatomy by Rohen

Pros: Incredibly detailed cadaveric images that are very helpful for resource sessions and dissection electives (in year 2)

Cons: No clinically relevant information

Best used for: Resource, Spotter revision. (self-testing)



Neuroanatomy through Clinical Cases by Blumenfeld

Pros: Essential resource for neuroanatomy which is a big focus in second year (first semester). Incredibly well-explained and supplemented by radiological images for disease processes.

Cons: Not exactly relevant for most of first year

Best used for: CBL in second year (cases 1-5)

ANATOMY - OTHER



teachmeanatomy.info

Pros: High-yield information presented in an easy-to-follow format. Clinical significance is emphasized. Has quizzes which are useful for revision.

Cons: Can be lacking in detail required for CBL

Best used for: Understanding anatomical relations



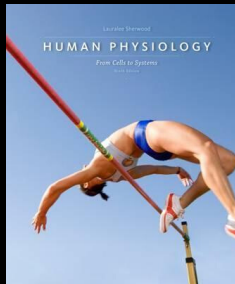
radiopaedia.org/

Pros: Uses clinically relevant real-life cases. to teach about X-ray, MRI and CT interpretation.

Cons: Might be more in depth than necessary in first year

Best used for: Later CBL sessions (which have X-rays or other imaging in handouts); Resource sessions and spotter; Clinical practice sessions when we learn how to interpret chest X-rays.

PHYSIOLOGY - TEXTBOOKS

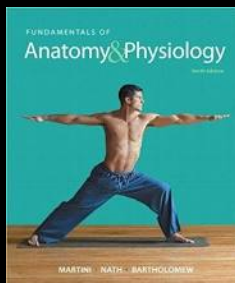


Human Physiology by Sherwood

Pros: THE standard physiology textbook for first year coursework. Comprehensive but not complicated text. Clear-cut flowcharts for concepts like RAAS. Also helps in FBS (homeostasis lectures)

Cons: -

Best used for: CBL prep in cases that are physiology-heavy or with a focus on homeostatic balances.

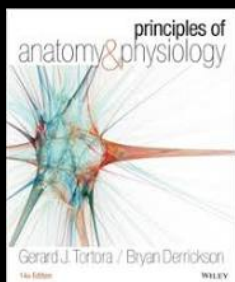


Fundamentals of Anatomy & Physiology by Martini

Pros: Has good examples and would appeal to students who prefer an interactive approach. Comparable to Tortora and Saladin.

Cons: Information is a bit spread out and repetitive at times

Best used for: CBL preparation



Principles of Anatomy & Physiology by Tortora

Pros: Has cadaveric images and effective illustrations. Would appeal to visual learners especially. Comparable to Martini and Saladin.

Cons: Very long chapters. Has inconsistencies.

Best used for: CBL preparation



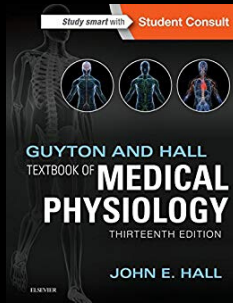
Anatomy & Physiology: The Unity Of Form And Function by Saladin

Pros: Good overview of anatomy and physiology. Has end of chapter questions to aid learning.

Cons: Explanations of more niche concepts can be vague at times.

Best used for: CBL preparation/review/revision

PHYSIOLOGY - TEXTBOOKS AND OTHER

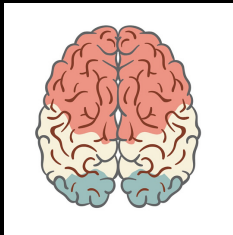


Textbook of Medical Physiology by Guyton and Hall

Pros: Very detailed text which thoroughly explains concepts using information from published articles.

Cons: This is a dense text and might be better used as an additional resource should you want to delve deeper into any particular concept.

Best used for: Kidney cases in second year



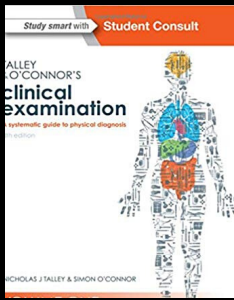
<https://www.youtube.com/user/armandohasudungan>

Pros: Takes you through physiological concepts from the ground-up. Concise and easy-to-follow. Excellent illustrations (which make it easier to remember concepts)

Cons: Needs to be supplemented with textbooks

Best used for: Understanding concepts quickly (if pressed for time), good reference/starting point to build on.

CLINICAL SKILLS - TEXTBOOKS

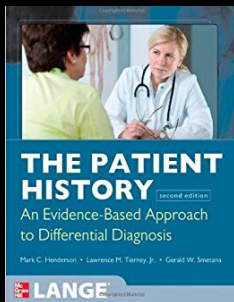


Clinical Examination by Talley & O'Connor

Pros: Used by clinical tutors as a benchmark. Has good tables for differentials and history questions; detailed linking of signs and symptoms to disease processes

Cons: Might be too in depth for first year; might differ with the university tutorials in physical examination technique.

Best used for: Making clinical skills guidelines

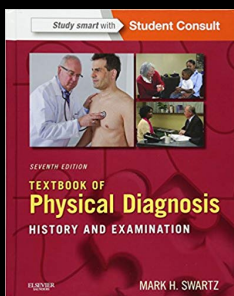


The Patient History by Tierney, Henderson, Smetana

Pros: Detailed algorithms for history-taking which links back to the underlying conditions.

Cons: Lacking in explanation on further PE or Investigations.

Best used for: CBL prep (predicting history) and clinical sessions

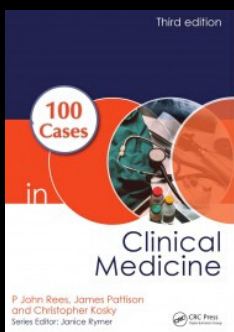


Textbook of Physical Diagnosis: History and Examination by Swartz

Pros: Contains clear images of signs for each examination along with detailed questions for each symptoms with the rationale for the questions.

Cons: Written for the American coursework

Best used for: Clinical sessions



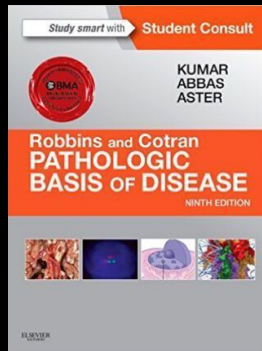
The '100 Cases' series

Pros: Very helpful in helping one to develop a sense of pattern recognition when it comes to diagnosis as well as covering more complex cases which go toward building a strong clinical foundation.

Cons: Can be repetitive at times

Best used for: CBL prep (understanding different presentations and their reasoning) and clinical sessions

PATHOLOGY - TEXTBOOKS

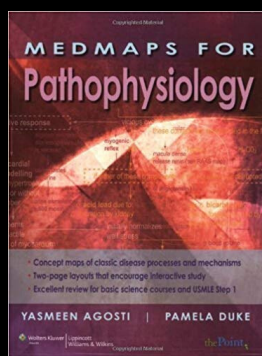


Robbins and Cotran Pathologic Basis of Disease by Abbas, Aster & Kumar

Pros: Comprehensive. Has real histopathology images which are explained very well. There is also a 'basic' version which is perhaps more suitable for pre-clinical students.

Cons: Could be too detailed for year 1 level.

Best used for: CBL preparation (understanding cellular changes in diseases processes)

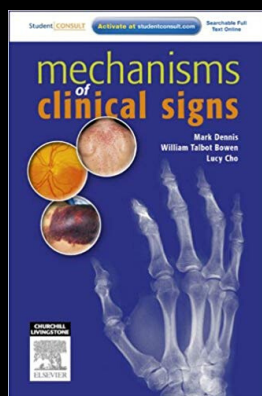


Medmaps for Pathophysiology by Agosti and Duke

Pros: Covers not only individual diseases but certain disease processes like chronic/acute pain or inflammation which help in understanding diseases later on.

Cons: Varied level of detail for each mechanism

Best used for: CBL preparation (making mechanisms)



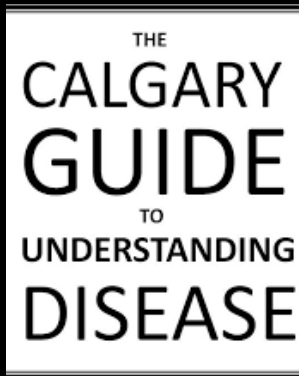
Mechanisms of Clinical Signs by Dennis, Bowen & Cho

Pros: Good for understanding pathological process of a disease (especially Year 1). Covers a very broad range of signs. Well-organized.

Cons: -

Best used for: CBL preparation (making mechanisms) and Clinical Reasoning Exam (CRE)

PATHOLOGY - OTHER



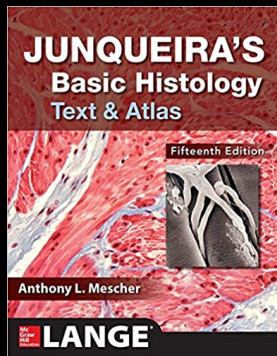
<https://calgaryguide.ucalgary.ca/>

Pros: A simple and direct approach to disease mechanisms. Easy to follow and build on. Essential resource in first and second year.

Cons: May be lacking in detail in some mechanisms.

Best used for: CBL prep (making mechanisms)

HISTOLOGY - ALL



Junqueira's Basic Histology: Text and Atlas, 15e. Anthony L. Mescher

Pros: Essential in understanding the histological changes that take place in different diseases. Plenty of diagrams.

Cons: May be oversaturated with details and be confusing.

Best used for: CBL prep and MKE prep



<http://www.lab.anhb.uwa.edu.au/mb140/>

Pros: Excellent tool in learning how to interpret histological slides and test your own knowledge.

Cons: Difficult to navigate initially

Best used for: CBL prep and MKE prep

FBS/MMI - ALL

For MMI and FBS, the best source would be lecture slides as they contain **all examinable content**. However, in view of the time limit of lectures, certain concepts may be skimmed over. Hence, using these textbooks can be used if you need more clarity but is **entirely optional**.

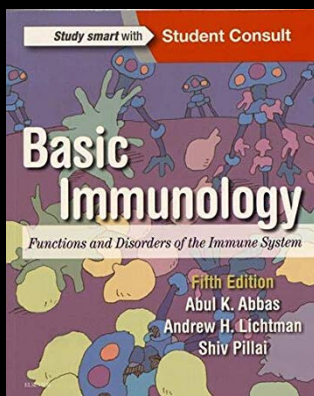


Lippincott's Illustrated Reviews: Biochemistry

Pros: Content is presented in a concise way. Easy to understand. Diagrams are often used in FBS lectures.

Cons: -

Best used for: FBS



Basic Immunology: Functions and Disorders of the Immune System

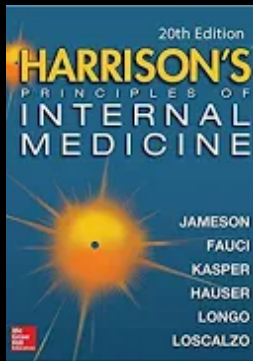
Pros: Good for understanding the concepts if lectures are a tad confusing (lots of overlap with MMI lectures) Also useful in CBL cases which are centred around autoimmune diseases.

Cons: -

Best used for: MMI

ADDITIONAL RESOURCES - TEXTBOOKS

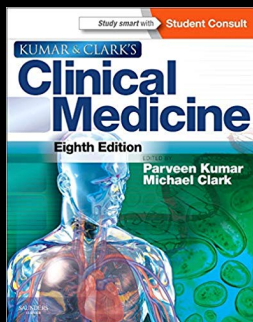
The below texts are best used for CBL (clinical presentation and management)



Harrison's Principles of Internal Medicine

Pros: Detailed information about pathophysiology, clinical presentation and management for each disease

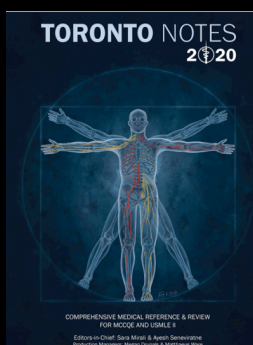
Cons: Too detailed for first year but useful in clinical years. Follows American guidelines and thus may vary from what is taught in Australia.



Kumar and Clark's Clinical Medicine

Pros: Good level of detail regarding diagnosis, investigations, management, background anatomy and physiology. All-encompassing.

Cons: Limited information on pathophysiology. Follows British guidelines and thus may vary from what is taught in Australia.



toronto Notes: Essential Med Notes 2020

Pros: Short and succinct notes about a disease in dot-point format. Good tables for comparative information. Good mnemonics.

Cons: Might need to supplement it with resources that have greater detail.

ADDITIONAL TEXTS - OTHER



<https://www.uptodate.com/home>

Pros: Updated and incredibly comprehensive. References recent studies.

Cons: Time-consuming to read through whole articles (which link to numerous other articles too). Follows American guidelines. Limited discussion of pathophysiology (varied from topic to topic)



<https://bestpractice.bmj.com/info/us/>

Pros: Great starting point. Provides step-by-step approach to cases inclusive of differentials and how to exclude them. Big emphasis on epidemiology and etiology for all diseases.

Cons: Follows British guidelines. More an overview than a comprehensive resource for each disease/case.



<https://amhonline.amh.net.au/auth>

Pros: Brilliant resource for Pharmacology. Reflects Australian guidelines.

Cons: No detailed mechanism of action of drug class. Quite brief.



<https://tgldcdp.tg.org.au/index>

Pros: Brilliant resource for Pharmacology. Reflects Australian guidelines. Comprehensive discussion of management. Well organised.

Cons: Limited discussion on non-pharmacological management.

SUMMARY LIST

SUBJECT	TEXTS
Anatomy	Clinically Oriented Anatomy (Moore) Gray's Anatomy for Students Color Atlas of Anatomy (Rohen) Neuroanatomy Through Clinical Cases (Blumenfeld)
Physiology	Human Physiology (Sherwood) Textbook of Medical Physiology (Guyton & Hall)
Anatomy & Physiology	Principles of Anatomy and Physiology (Tortora) Fundamentals of Anatomy and Physiology (Martini) Anatomy and Physiology (Saladin)
Clinical Skills	The Patient History (Tierney) Clinical Examination (Talley & Oconnor) 100 Cases in Internal Medicine (Various) Textbook of Physical Diagnosis: History and Examination (Swartz)
Pathology	Robbins and Cotran Pathologic Basis of Disease Medmaps for Pathophysiology (Agosti and Duke) Mechanisms of Clinical Signs (Dennis, Bowen & Cho)
Histology	Junqueira's Basic Histology: Text and Atlas (Anthony L. Mescher)
FBS/MMI	Lippincott's Illustrated Reviews Basic Immunology: Functions and Disorders of the Immune System

SUMMARY LIST (WITH BONUS TEXTS)

SUBJECT	TEXTS
Internal Med	Harrison's Principles of Internal Medicine Davidson's Principles and Practice of Medicine Kumar and Clark's Clinical Medicine
Cardiology	Lily's Pathophysiology of Heart Diseases ECG Made Easy
Respiratory	West's Respiratory Physiology
Embryology	The Developing Human Langman's Medical Embryology High Yield Embryology
Women's Health	Dewhurst's Textbook of Obstetrics & Gynaecology

ONLINE RESOURCES (MENTIONED + OTHER)

- 1** TEACHMEANATOMY
- 2** RADIOPAEDIA
- 3** ARMANDO. H YOUTUBE VIDEOS (PATHOPHYS)
- 4** OSMOSIS YOUTUBE VIDEOS (PATHOPHYS)
- 5** KHAN ACADEMY YOUTUBE VIDEOS (GENERAL)
- 6** GEEKY MEDICS YOUTUBE VIDEOS (OSCE PREP!)
- 7** ETG WEBSITE (THERAPEUTIC GUIDELINES)
- 8** TORONTO NOTES (GENERAL, A LIFE HACK)
- 9** LIFE IN THE FAST LANE (CRITICAL CARE)
- 10** UPTODATE (GENERAL)
- 11** BEST PRACTICE BMJ (GENERAL)
- 12** AUSTRALIAN MEDICINES HANDBOOK (THERAPEUTIC GUIDELINES)
- 13** ECG WAVE-MAVERN
- 14** AAFP (THERAPEUTIC GUIDELINES)
- 15** DRAW.IO (MECH MAKING)
- 16** CALGARY GUIDE (PATHOPHYS)
- 17** BLUE HISTOLOGY
- 18** MEDSCAPE (GENERAL, ALSO A LIFE HACK)