

# TEXTBOOK TALK

Ivana Chim & Stephen Bacchi, EdPrograms 2017

Welcome to Medical School! Our goal is to support your education throughout the year. This guide should help you choose the right resources to guide your learning and impress your friends in CBL



## THE BASICS

### Sherwood 'Human Physiology: From Cells to Systems'

The ultimate first year textbook. Great for building a solid knowledge base with clear explanations and diagrams. Written to the level of detail needed in first year CBL.

### Talley and O'Conner 'Clinical Examination'

A useful textbook for Clinical Skills. It is clearly set out and divided by organ system, making it a great reference when writing guidelines. Applicable to all six years of medical school, it is also an Australian text so is in line with the examination techniques used in local hospitals.

### Moore 'Clinical Oriented Anatomy'

Excellent for learning anatomy and in 'resource' sessions. Resource notes are often based off of content in Moore's, and also becomes pre-reading for dissection electives in 2nd year. Can be overly detailed.

## ADDITIONAL TEXTS

### 'Grey's Anatomy for Students'

An alternative to Moore. It is arguably less relevant to the course and more simplified, but similar enough that you don't need both books.

### Tortora 'Principles of Anatomy & Physiology' OR Martini 'Visual Anatomy & Physiology'

Less detailed versions of Sherwood and the anatomy texts. Good if you're feeling overwhelmed, may be insufficiently detailed to be used alone.

### Mescher 'Junqueira's Basic Histology'

Useful for histology. Provides clear explanations with appropriate level of detail for use throughout the course.

### Swartz 'Textbook of Physical Diagnosis'

An alternative to Talley and O'Conner. This is an American textbook and can differ slightly from Australian practice. Not a necessity if you have Talley and O'Conner.

### 'Medmaps for Pathophysiology'

Contains multiple mechanistic diagrams (mechs) which can be used as a starting point in CBL. Whilst useful, the level of detail is variable and you are encouraged to develop your own mechs.

### Llyod and Bor 'Communication skills for Medicine'

Recommended by the medical school for MPPD. However many students report that the handouts provided by MPPD tutors in sessions contained all the information they required.

## BETTER FOR 2ND OR THIRD YEARS

### Guyton and Hall 'Textbook of Medical Physiology'

A more advanced version of Sherwood. Often goes into greater level of detail than generally required.

### Robbins and Cotran 'Pathologic Basis Of Disease'

Useful if required to describe pathology down to the molecular and genetic levels.

### Blumenfeld 'Neuroanatomy through Clinical Cases'

Best for the neurology CBL cases in the 2nd semester of 3rd year. Can be very detailed in places but good clinical cases.

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*Don't like textbooks? That's okay! Here are some online resources that are available to University of Adelaide medical students.*



## ONLINE RESOURCES

The AMSS has listed some internet resources that you may find useful throughout your medical school life. Access them via [amss.org.au](http://amss.org.au) > Education > Resources > 'Internet Resources Guide'. Alternatively, access is available via the University of Adelaide Library webpage.

### Emedicine | Medscape

*Provides extremely useful overview of diseases, including pathophysiology, presentation, investigations and treatment. Great for CBL and it's free to register!*

### BMJ Best Practice

*Similar to Emedicine in that it covers all aspects of disease, however less detailed. Good for signs and symptoms.*

### UpToDate

*Best for 2nd and 3rd years, this provides detailed overviews of a wide range of diseases, including indepth pathophysiology and management. Be careful as some of the information may not be consistent with Australian guidelines.*

### RACGP Australian Family Physician OR Electronic Therapeutic Guidelines (ETG)

*Great resources for 2nd and 3rd years looking for the latest evidence-based management options. These are both Australian sites and are applicable to our curriculum.*

### Australian Medicines Handbook (AMH)

*The gold standard when it comes to learning about, and prescribing drugs. Also contains brief mechanism of action, and detailed side-effects and contraindications. Applicable to 3rd years, first and 2nd years should focus on drug mechanisms of action instead.*

## OTHER RESOURCES

### Teach Me Anatomy ([teachmeanatomy.info](http://teachmeanatomy.info))

*Explains anatomy clearly and in sufficient detail. The layout is well-structured. It may not overwhelm you as much as Moore's!*

### Blue Histology

*A good website for learning histology, including tutorials and self-test options. Provides an interactive and engaging approach to a topic often overlooked in medical school.*

### Netter's anatomy flashcards

*Great for simplifying anatomy and can be used as a self-test option. Many students also find they come in handy for the limb CBL cases and the orthopedics rotation in 4th year.*

## GENERAL ADVICE

Make sure you take time to talk to older years and find out what suits you best before deciding on textbooks!

This is a huge step, and the AMSS will be there for you whenever you need us! Take advantage of all the resources and support provided by the AMSS and other medical societies. As EdPrograms co-ordinators, we offer:

*Medtransit* | Run by 2nd years to help you transition between high school and medicine.

*Clinprac* | Allows you to practice clinical skills in a small group, relaxed environment with 2nd year tutors. Great for building confidence!

*Peer2Peer* | Academic small-group tutoring program led by 4th and 6th years. Based around CBL cases but are flexible to your needs.

*Best of luck! Ivana and Stephen*