

AMSS



# INTRODUCTION

First years of 2019,

Congratulations on making it and welcome to the University of Adelaide's Medical School!

This guide is the "Textbook Talk" for pre-clins, which will provide you with useful information on the wide variety of textbooks that will be useful throughout the first year of your studies.

The information provided in this document has been collated over the years by older medical students. We advise that you have a read through this guide before purchasing any textbooks as they can be pretty pricey and we want to make sure you'll get good use out of them. Additionally, we recommend not buying a stack of textbooks at the start of university, as often it's more useful to start with the basics and add to your book collection as you progress through medical school and work out which books and learning methods are best for you.

We have arranged this guide into the core subjects: Physiology, Anatomy, Clinical Skills, Pathology, Histology and Fundamentals of Biomedical Science.

The Adelaide Medical Students' Society (AMSS) also invites you to take part in our useful teaching initiatives, designed to assist you in your first year of study:

- **Medtransit:** This program is designed to aid your transition into medical school by pairing up groups of first and second years. The mentors will provide valuable advice on how to CBL, useful study techniques and the best local coffee spots. They are also happy to answer any questions you have, no matter how silly. The program runs throughout semester one and is a great opportunity to interact with

students outside your year level. Sign up is required and the link will be available through your year level Facebook page.

- **Peer-2-Peer (P2P):** P2P is a student-run tutoring program where clinical students (years 4-6) run small group session for pre-clinical students. This provides a valuable experience that supplements core university learning. The tutors are more than happy to give back to the younger year students and help you embark on your medical school journey, filling in any holes in knowledge and honing skills. The sessions will cover exam preparation techniques and the most important basics of each CBL case. Sign up is required and the link will be available through your year level Facebook page.

- **Yr 1 ClinPrac:** ClinPrac is a program of weekly tutorials that provide first years an opportunity to develop history-taking and physical examination skills under the guidance of second years. Tutorials are roughly structured around current Clinical Practice topics but are flexible to cover the needs of students. 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](mailto:edprograms@amss.org.au)

Vidhi Arya, Rebecca Langhans, Ella Obst and Jaspreet Sandhu  
MBBS IV  
EdPrograms Coordinators 2019



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## PHYSIOLOGY

### Human Physiology by Sherwood

#### Positives:

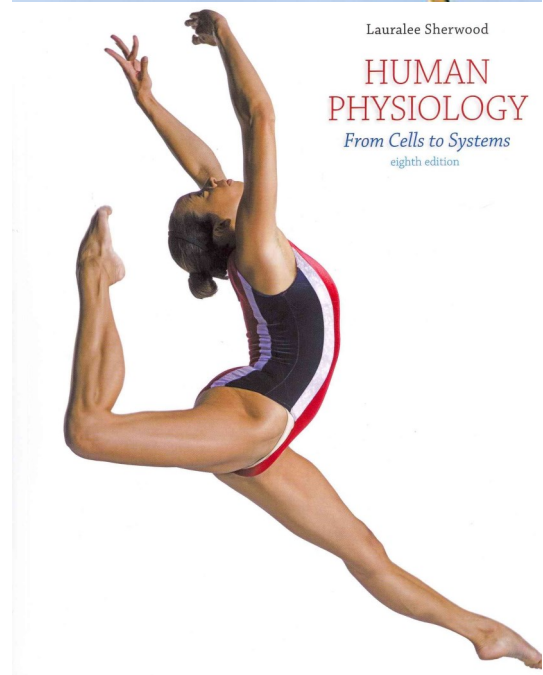
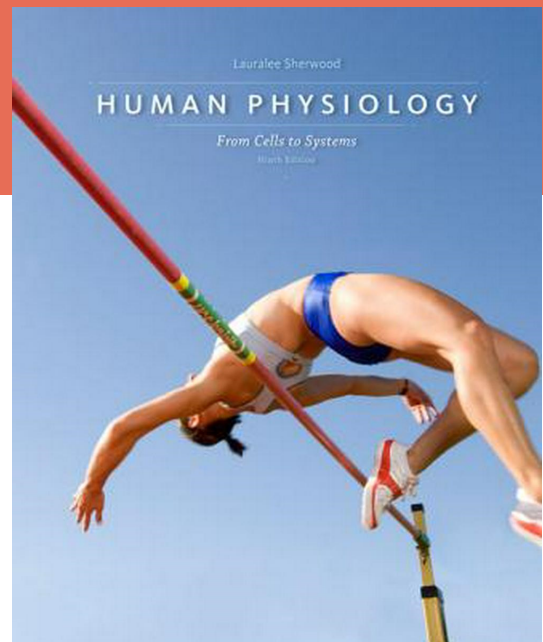
- This book has everything you need to know about physiology in 1st year <3
- Great for those who don't have a science background
- Content is highly examinable
- Chapters are structured into systems

#### Negatives:

- Explains concepts in detail and therefore becomes less useful as you progress throughout medical school as these concepts become common sense and you won't need the 10+ page explanation
- Sometimes information needs to be supplemented with other sources

#### Pro tip:

- First year bible!



# PHYSIOLOGY

## Textbook of Medical Physiology by Guyton and Hall

### Positives

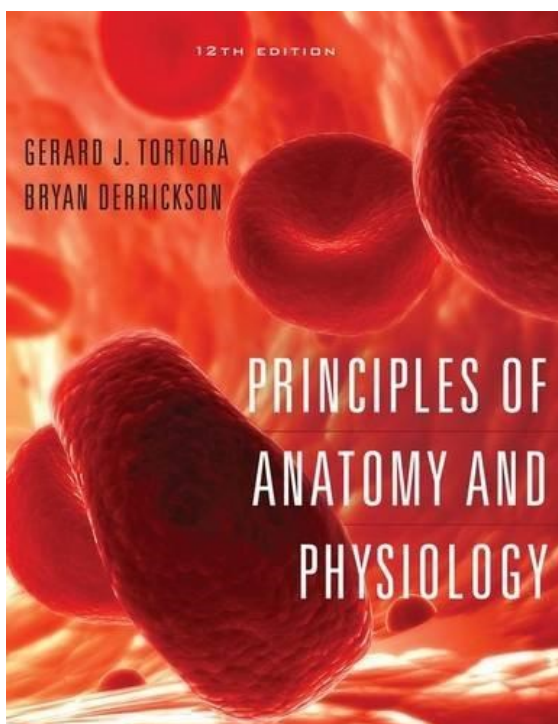
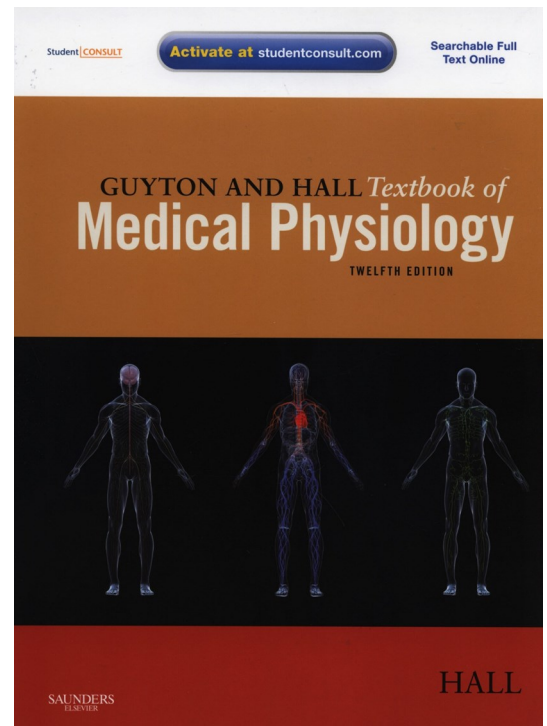
- Very in-depth explanations so you need some base knowledge before throwing yourself into Guyton
- Trustworthy resource for older years, particularly if you want to nut out finer details to impress your CBL group

### Negatives:

- We recommend not using this resource in first year as your first line book for physiology – it will likely be overwhelming but is a good second option if you can't find something elsewhere
- Not as easy to follow as Sherwood

### Pro Tip:

- If you say you got your info from Guyton, no one will question its validity and you look like a gunner



## Principles of Anatomy and Physiology by Tortora

### Positives:

- Book covers both anatomy and physiology – provides most required detail
- Diagrams on point
- Also covers some basic histology, more than enough detail

### Negatives:

- Lots of detail
- Way beyond first year level

# PHYSIOLOGY

## Anatomy and Physiology by Saladin

### Positives:

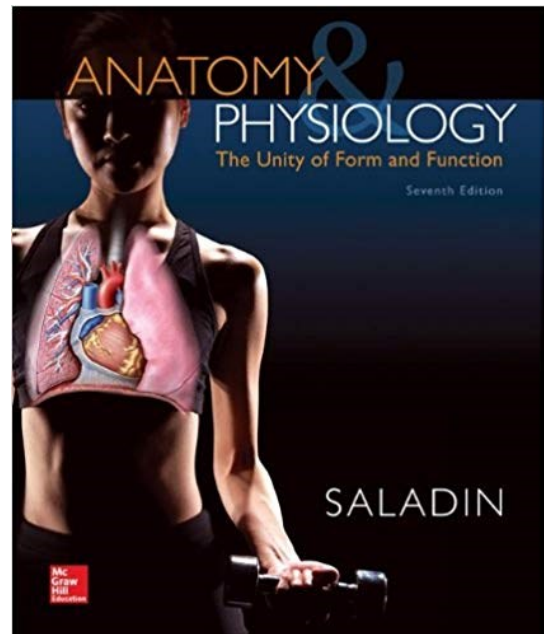
- Covers anatomy, physiology and histology
- Good images, mixture of photos and diagrams

### Negatives:

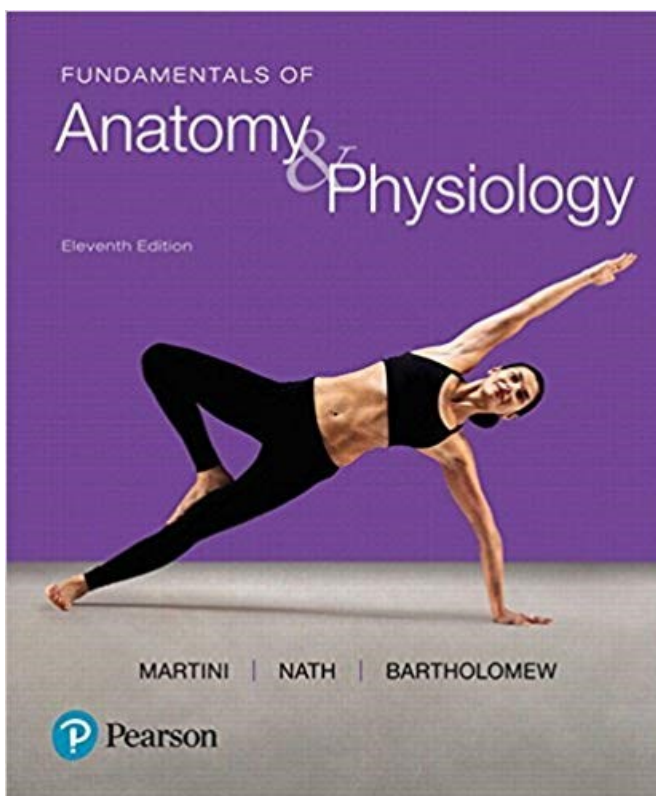
- Lots of detail
- Way beyond first year level

### Pro Tip:

- Histology is its own chapter, not integrated with systems chapters



## Fundamentals of Anatomy and Physiology by Martini and Nath



### Positives:

- Clear, simple explanations
- Lots of images
- Good level of detail as a starting point for first year
- Brief discussion of diseases and pathology to illustrate physiology points

### Negatives:

- Very quickly the level of detail will become insufficient as you progress through the years



# ANATOMY

See also the first year anatomy guide on the AMSS website

## Clinically Oriented Anatomy by Moore

### Positives:

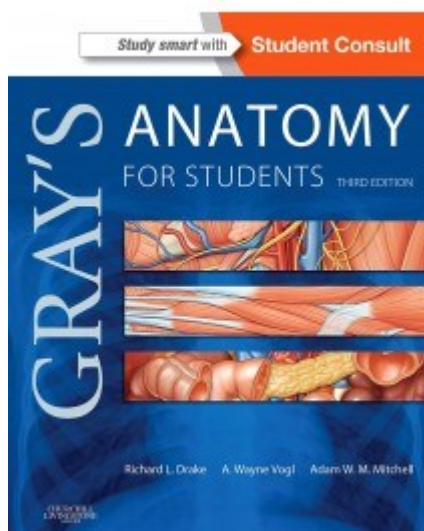
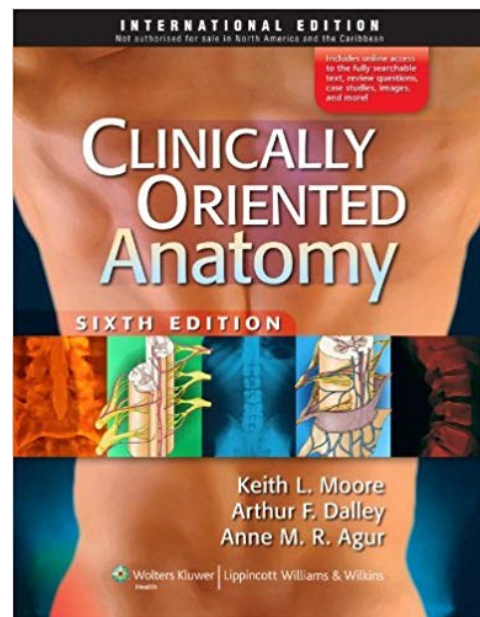
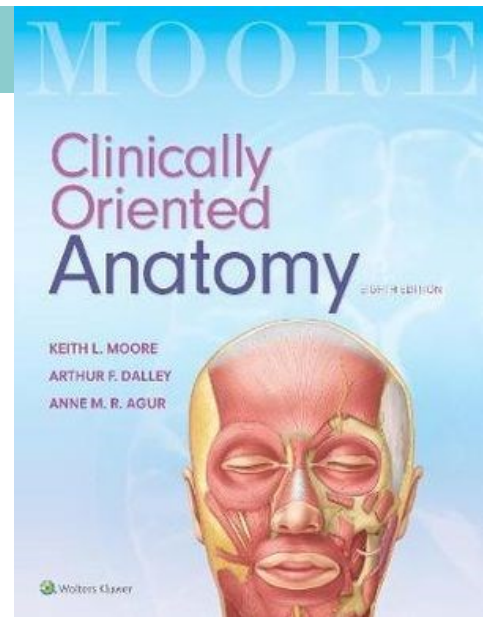
- This book is the go-to text book for all things anatomy, not only in first year, but for all of pre-clinical, would definitely recommend getting familiar with this one
- Clinically orientated 'blue boxes' throughout the book are little nuggets of wisdom
- Good summary tables

### Negatives:

- Unfortunately, pictures are all drawn and not cadaveric (i.e. not actual human specimens). This is good for getting a conceptual understanding but less useful for being able to identify body parts in real life (necessary skill for the spotter exams)
- There is a lot of detail here, you do not need to learn it all
- Doesn't cover most of the clinical elements of anatomy that you need to know
- Hit and miss for lymphatics

### Pro Tip:

- A lot of the content seen in your anatomy (aka 'resource') sheets is drawn from this book (you're welcome in advance)



## Gray's Anatomy for Students by Drake, Vogl and Mitchell

### Positives:

- This version of Gray's is for students so it's a little more approachable than the original

### Negatives:

- Not as nicely laid out as Moore's

# ANATOMY

See also the first year anatomy guide on the AMSS website

## Gray's Atlas of Anatomy by Drake, Vogl, Mitchell, Tibbitts and Richardson

### Positives:

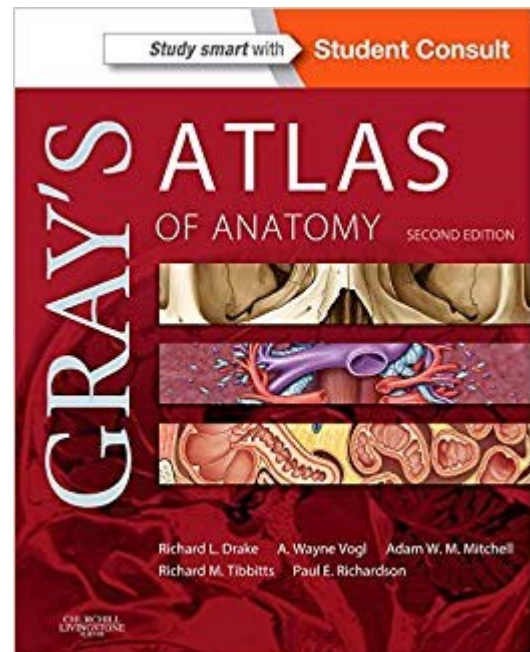
- Provides different views of structures which makes it a good complement to a traditional anatomy textbook (especially for MSK and neuroanatomy)
- Nice images, well labelled

### Negatives:

- Cannot be used in isolation
- No explanations or clinical or pathological links

### Pro Tip/Fun Fact:

- Copy available for a 3hr loan from the Barr Smith Library so you can sit in the hub and do your anatomy sheet with it before your resource session



## Gray's Anatomy

### Positives:

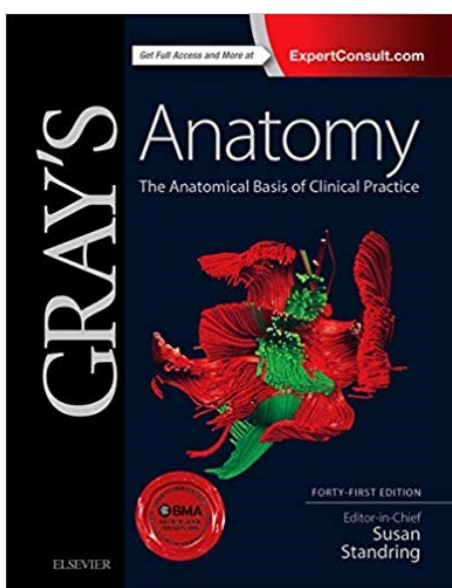
- Excellent labelled diagrams, comprehensive
- Little bit of histology thrown in there as well
- Clinically relevant discussion of surgical techniques, radiology, embryology and pathology (in brief)

### Negatives:

- Hit and miss for lymphatics
- Few photos of actual specimens
- Doesn't cover most of the clinical elements of anatomy
- Not as enjoyable as the TV show

### Fun Facts:

- THE anatomy textbook since 1858, currently in its 41st edition



# ANATOMY

See also the first year anatomy guide on the AMSS website

## Colour Atlas of Anatomy by Rohen

### Positives:

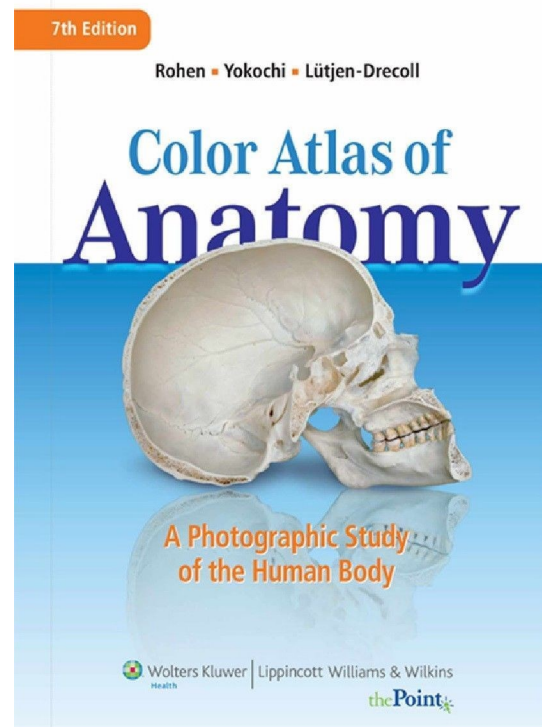
- Filled entirely with A4 sized pictures of cadaveric specimens
- Correlates well with anatomy resource specimens
- Good preparation for spotter test

### Negatives:

- Cannot be used in isolation
- No actual anatomy theory or written information, purely visual learning

### Pro Tip:

- Try to avoid opening this textbook up when in public i.e. on the bus.... You will likely get some odd looks from other commuters



## Teach Me Anatomy (Website) - <https://teachmeanatomy.info/>



### Positives:

- All the organ systems you will study in first year can be found on this website. Presented in an efficient manner with diagrams focusing on the most important details (super relevant to first year)
- Had a clinical anatomy box at the end of most pages (did someone say high yield?)

### Negatives:

- Sometimes can lack the detail required for your cases, especially in later years

### Pro Tip:

- A must use for the upper and lower limb cases in semester 2 (we wish you good luck)



# ANATOMY

See also the first year anatomy guide on the AMSS website

## Radiopaedia (Website) - <https://radiopaedia.org/>

### Positives:

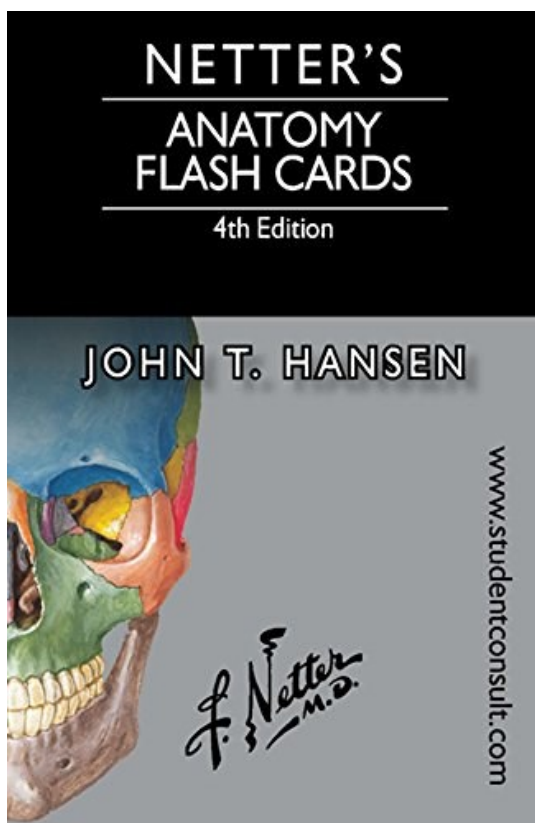
- Super useful for everything imaging
- Pages are nicely organised
- Useful information on how to interpret imaging
- Good summary pages and mnemonics

### Negatives:

- Can be too in depth for first year but definitely useful as you progress through med school

### Pro Tip:

- A lot of the imaging questions on your resource sheets will be from here



## Netter's Anatomy Flash Cards

### Positives:

- Excellent revision resource
- Accurate and reliable
- Great images
- Multiple views (cross sections, radiology, organs)

### Negatives:

- Sometimes too detailed
- The standard set does not include enough neuroanatomy
- Does not cover clinical aspects

### Pro Tip:

- You can buy a separate set of neuroscience flash cards which cover the neuroanatomy from Yr2 cases

# ANATOMY

See also the first year anatomy guide on the AMSS website

## Netanatomy (Website)

### Positives:

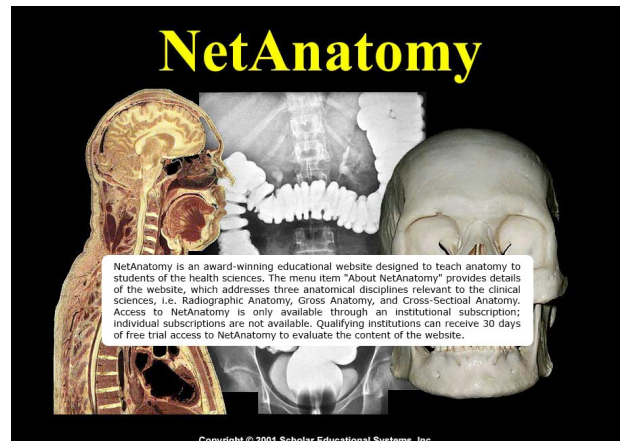
- Good practice for identifying structures in real specimens

### Negatives:

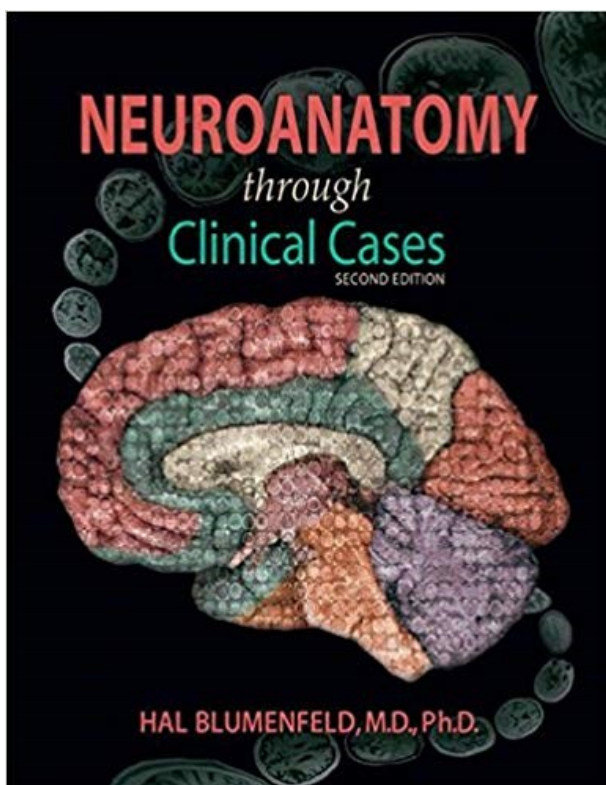
- No clinical discussion
- No explanations or descriptions

### Pro Tip:

- Many questions in the anatomy worksheets are taken directly from here



## Neuroanatomy Through Clinical Cases by Blumenfeld



### Positives:

- Strongly clinically related
- Relates physical examination and history to the anatomy
- Excellent discussion of anatomy and function
- Great explanations
- Coloured, labelled diagrams
- Mechanisms and flow chart summaries
- Excellent summary tables
- Radiology included

### Negatives:

- Few images of specimens

### Pro Tips/Fun Facts:

- THE neuroanatomy textbook
- Become a convert early in second year and it will serve you well

# CLINICAL SKILLS

## Clinical Examination by Talley & O'Connor

### Positives:

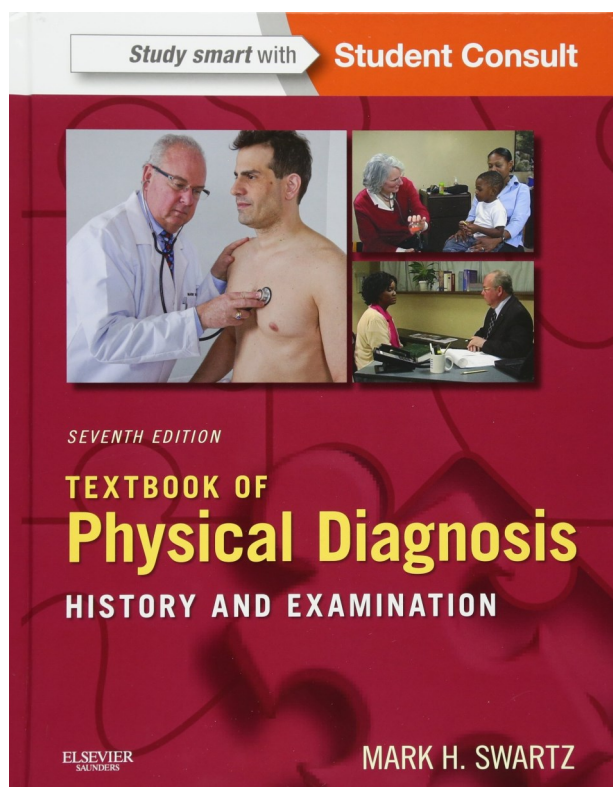
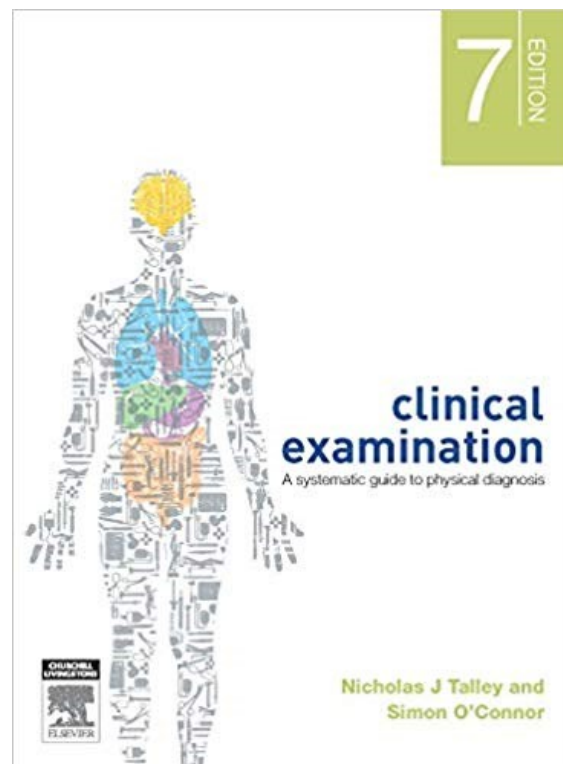
- Super well organised and correlates brilliantly with clinical skills objectives
- Will be useful throughout the entirety of your medical school life
- Physical examination detail is great (explains clinical findings) and follows a brilliant system

### Negatives

- Occasionally the detail is beyond what's necessary for first years
- The physical examinations outlined here are slightly different to what you are taught and examined on (but it is still a must read)

### Pro Tip/Fun Fact:

- Search “The guy who is always naked in Talley and O'Connor” for some relevant med student memes



## Textbook of Physical Diagnosis by Swartz

### Positives:

- Tables that organise and summarise the knowledge really well
- Good holistic understanding of each system
- Useful for histories

### Negatives:

- Doesn't reflect med-school objects as well as Talley and therefore often gets used less as it's harder to find information

### Pro tips:

- Useful for CBL as it goes into more pathological depth



# CLINICAL SKILLS

## The Patient History by Tierney, Henderson, Smetana

### Positives:

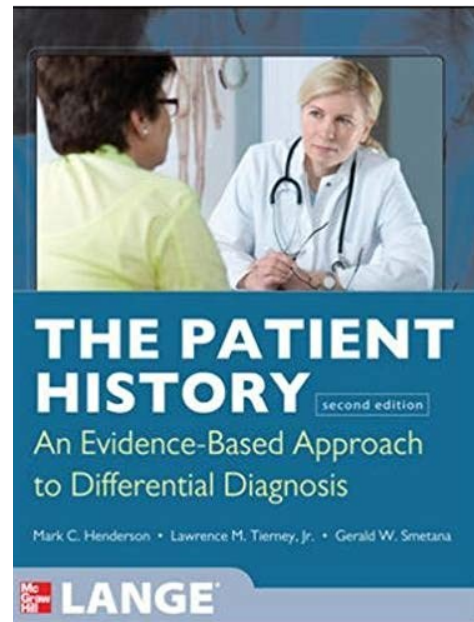
- Excellent for creating a list of differentials
- Discusses prevalence of different conditions and the key distinguishing history questions
- Good summary approach algorithms
- Identifies red flags in the history

### Negatives:

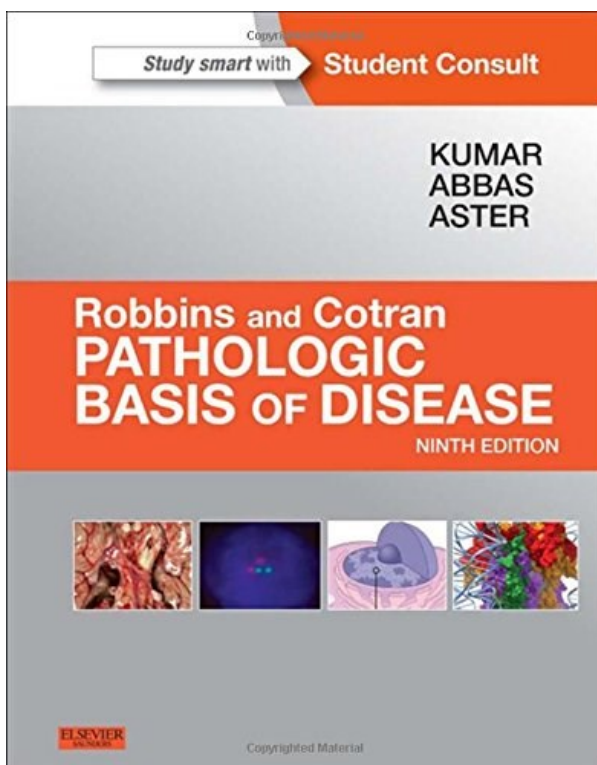
- Does not discuss the pathophysiology or risk factors of different conditions
- No discussion of physical examination, investigations or management

### Pro Tip:

- Good CBL resource for creating differentials



# PATHOLOGY



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

### Positives:

- Very detailed pathological mechanisms, useful throughout pre-clin
- Well laid out, good diagrams
- Histopathological correlates discussed

### Negatives:

- Intimidating starting place, beyond first year level
- Limited discussion of how the disease causes the symptoms and signs

# PATHOLOGY

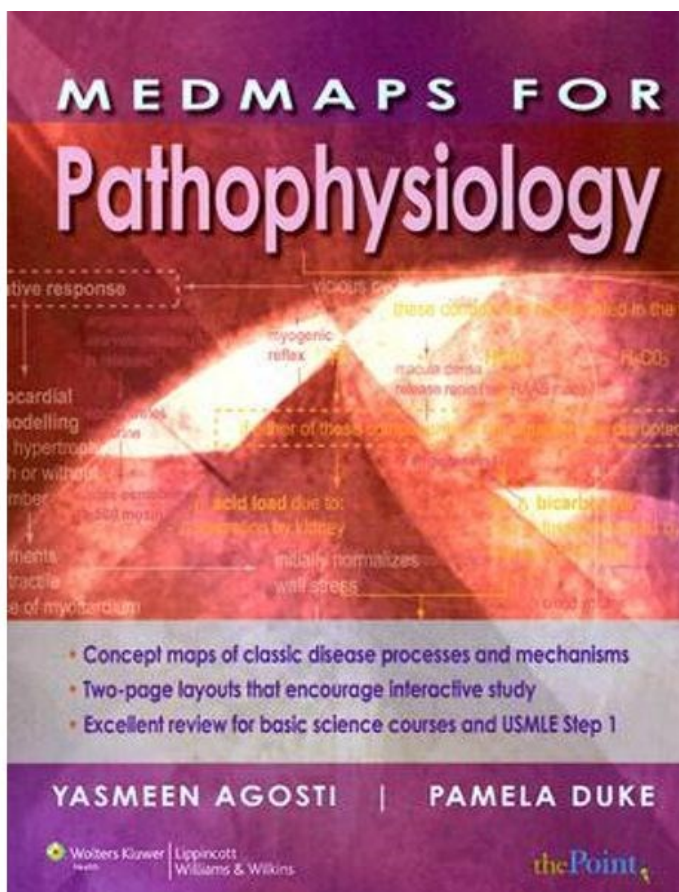
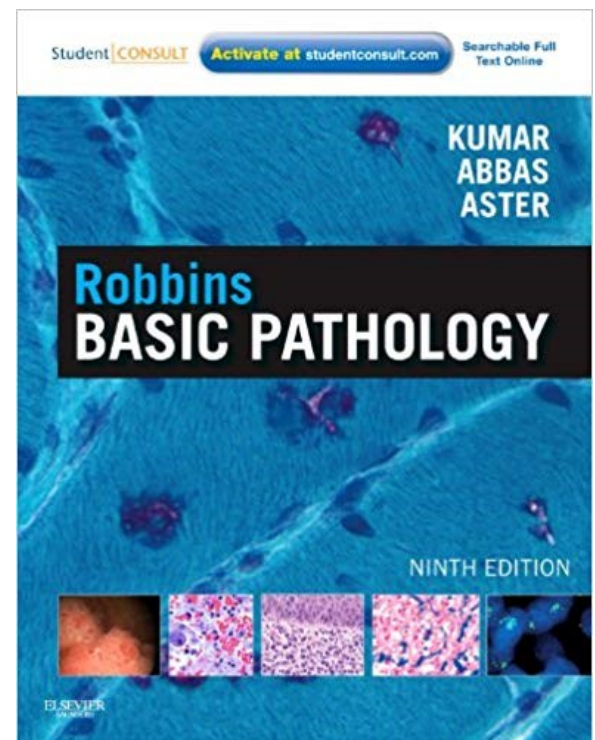
## Robbins Basic Pathology by Abbas, Aster & Kumar

### Positives:

- Slightly simpler than “Pathological basis of disease”, but still VERY detailed
- Useful diagrams that are easily translatable into a mech

### Negatives:

- Very detailed, way beyond first year level
- Limited discussion of how the disease causes the symptoms and signs



## Medmaps for Pathphysiology by Agosti and Duke

### Positives:

- Useful starting point when creating a mech
- Good for understanding the concept of a “mechanism”

### Negatives:

- Mechanisms can be inaccurate and misleading and occasionally lack required detail

# PATHOLOGY

**Calgary Guide (Website) - <https://calgaryguide.ucalgary.ca/>**

## **Positives:**

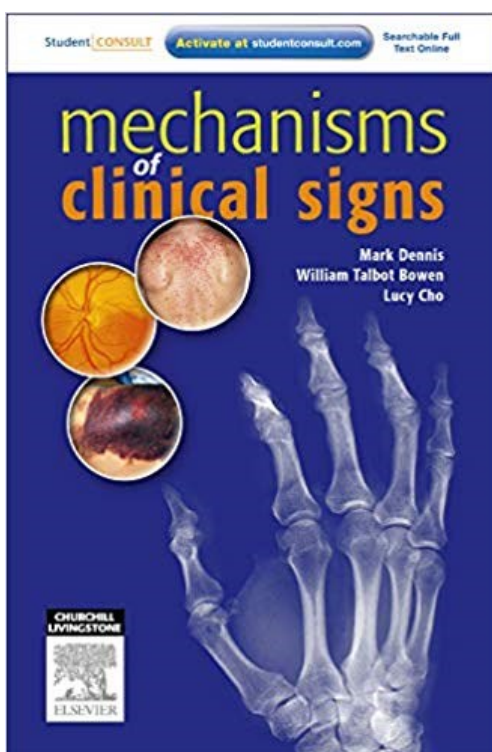
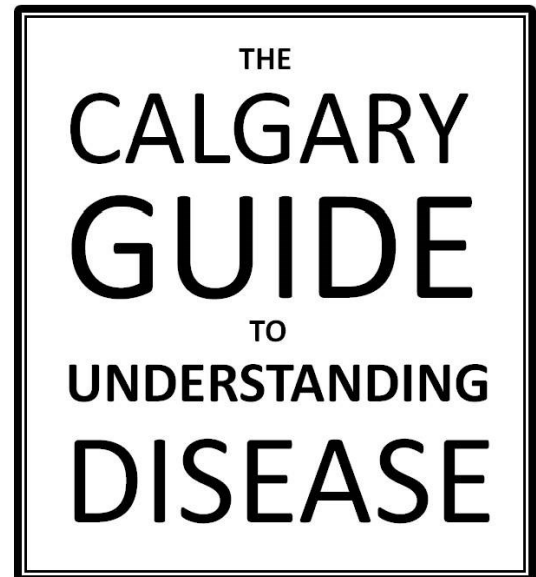
- Useful starting point when creating a mech
- Often appropriate level of detail for first year and information is accurate
- Free resource!

## **Negatives:**

- As you progress through medical school it can lack necessary detail
- Sometimes difficult to navigate. There is a contents and a search option. (Sometimes you have to brainstorm synonyms until you find the right search term.)

## **Pro tips:**

- Don't rely too heavily on Calgary guide. It's important to try and develop your own mechanisms rather than simply copying theirs .



**Mechanisms of Clinical Signs by  
Dennis, Bowen & Cho**

## **Positives:**

- Good simple mechanisms for some clinical signs
- Explanatory images and diagrams
- Concise and well organised

## **Negatives:**

- Does not include mechanism to symptoms
- Not comprehensive

## **Pro tips:**

- Good to know about and refer to as needed but not a core textbook



# HISTOLOGY

See also Saladin and Tortora

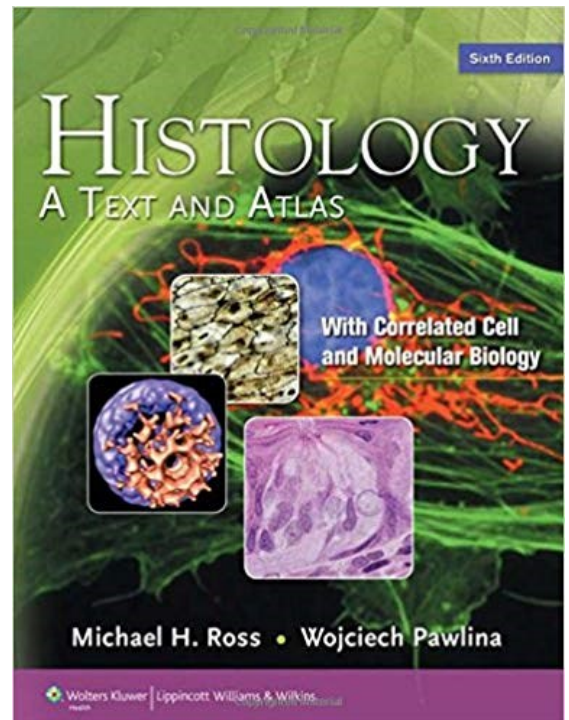
## Histology: A Text and Atlas by Ross & Pawlina

### Positives:

- Useful to supplement lectures
- Comprehensive images and discussion
- Combination of micrographs and diagrams

### Negatives:

- Very detailed, much beyond the level required in first year!



## Blue Histology (Website) - <http://www.lab.anhb.uwa.edu.au/mb140/>

### Positives:

- Quick summaries with images
- Also has MCQ quiz to test your knowledge
- Labelled micrographs

### Negatives:

- The website is a little difficult to navigate at first but it's worth sticking with



# FUNDAMENTALS OF BIOMEDICAL SCIENCE

Note that unlike the more medical courses such as CBL and clinical skills, FBS is basically entirely based around the lectures and therefore it's not really necessary to use textbooks or online resources. However, if you feel you want to review topics or learn a concept in more detail, then we would recommend Lippincott's Illustrated Reviews. These are the books that many of the lecturers will likely use for their lectures so, if you do feel you need them, the three mentioned will be relevant

## Lippincott's Illustrated Reviews: Microbiology, Biochemistry, Immunology

### Positives:

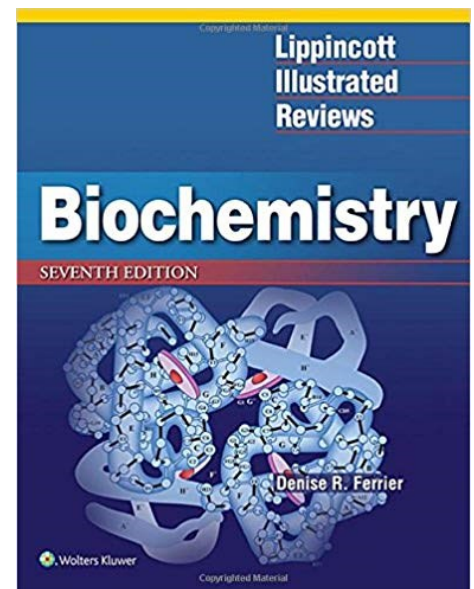
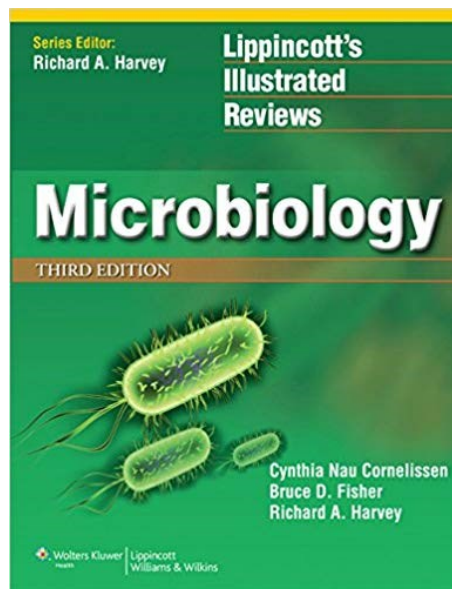
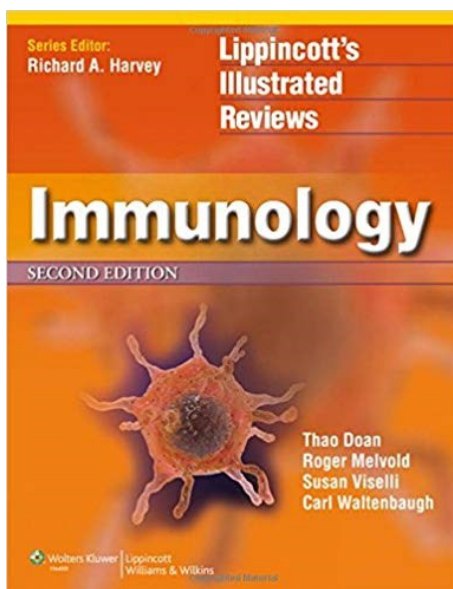
- Perfect amount of detail presented in a concise way
- Easy to understand

### Negatives:

- If you want to buy these you'll have to buy all three separately as they are a series of books

### Pro tips:

- The Biochemistry one is the only one really relevant to FBS. Microbiology and Immunology may be more relevant for MMI
- Note that you can succeed in FBS without a textbook



# OTHER TEXTBOOKS

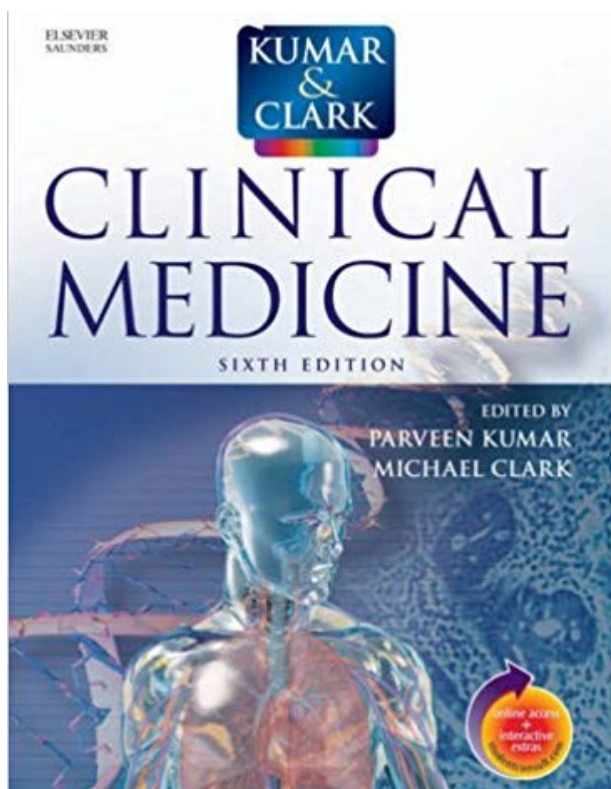
## Harrison's Principles of Internal Medicine

### Positives:

- Detailed information about pathophysiology, clinical presentation and management for each disease. Broad range of information covered!

### Negatives:

- Can be a little difficult to understand in first year but very useful resource in later years



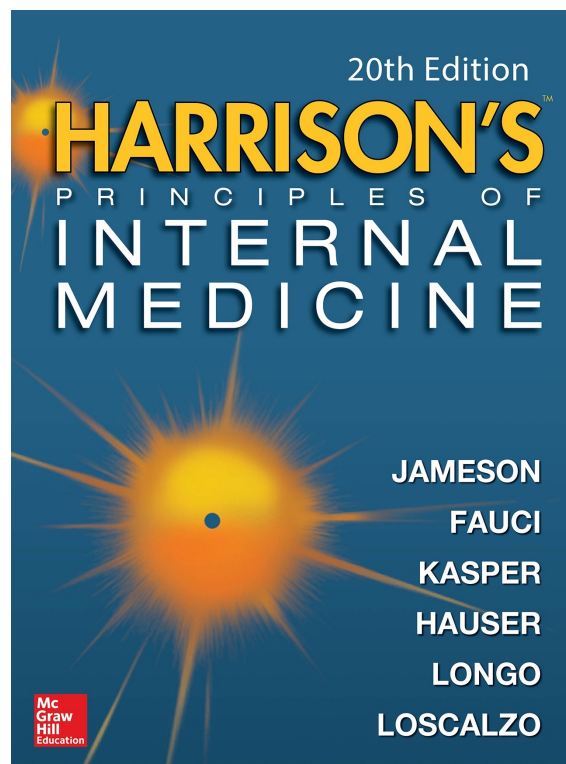
## ECG Made Easy by Hampton

### Positives:

- Simple explanations, short book
- Examples with discussion
- Practice questions with answers

### Negatives:

- Not triaged into 'need to know' and rarer conditions



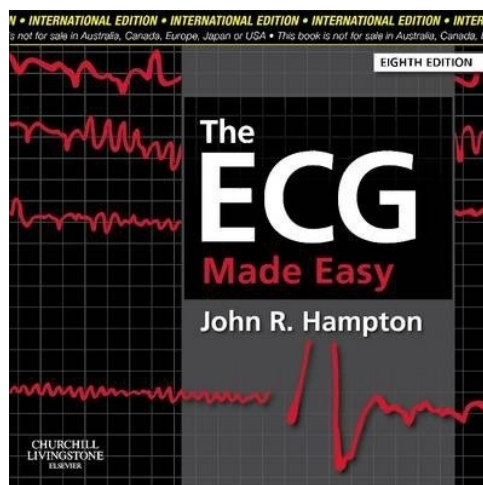
## Clinical Medicine by Kumar and Clark

### Positives:

- Good level of detail regarding diagnosis, investigations, management
- Background anatomy and physiology

### Negatives:

- Limited information on pathophysiology
- UK-centred epidemiology information





# OTHER TEXTBOOKS

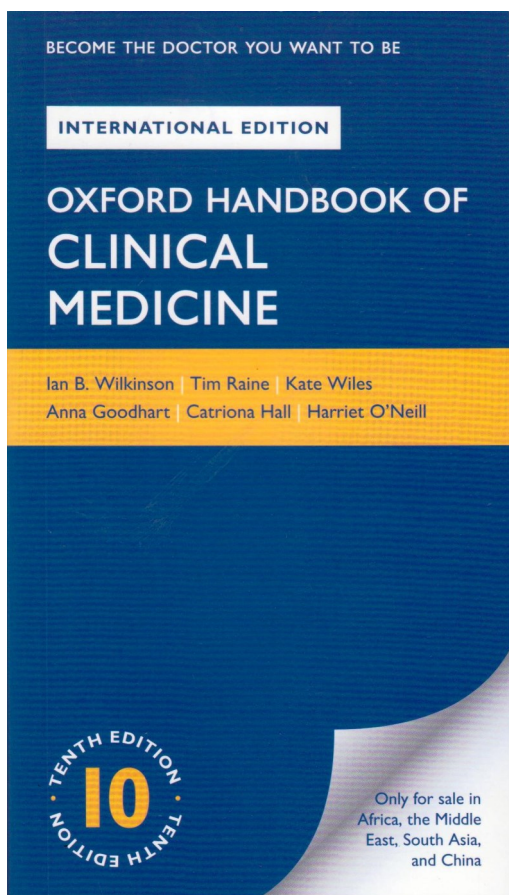
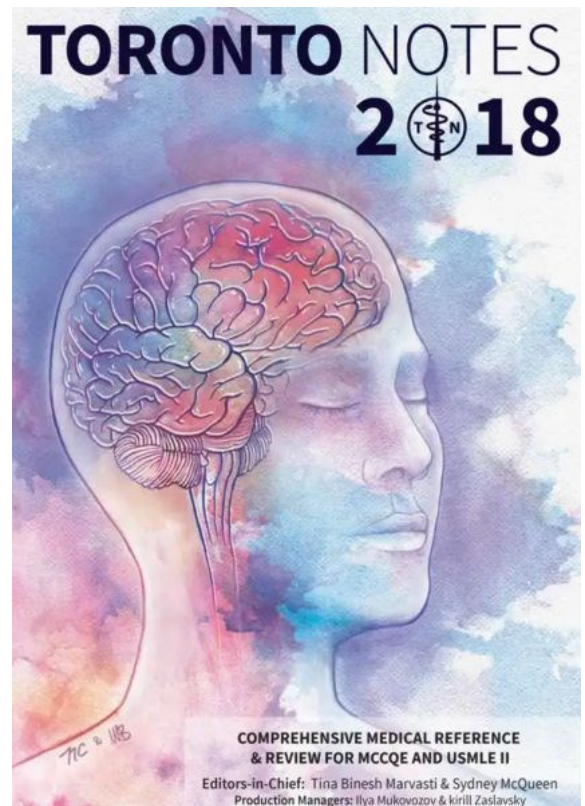
## Toronto Notes by Kim & Mukovozov

### Positives:

- Short and succinct notes about a disease.
- Easy to understand dot-point format
- Good tables for comparative information.
- Good mnemonics

### Negatives:

- Very brief; will need to supplement with resources that have greater detail



## Oxford Handbook of Clinical Medicine

### Positives:

- Well organised, concise
- Covers clinical features, investigations, management and brief pathophysiology

### Negatives:

- Uses lots of acronyms that might be hard to approach for a first year
- As it is designed as a summary and reference book it is lacking on explanations

# ONLINE RESOURCES

**UpToDate (Website) - <https://www.uptodate-com.proxy.library.adelaide.edu.au/contents/search>**

## Positives:

- Always provides up-to-date information (shocker)
- Information is super detailed and this database generally has something for most topics so if you're having trouble finding something in a textbook, this is a reliable place to find the answers to your questions
- Particularly useful for diagnosis and management information



## Negatives:

- When we say super detailed, we mean SUPER-DUPER detailed. It's easy to get bogged down in all the nitty gritty info and before you know it, you'll have sunk hours into learning unnecessary details. Use with caution in first year, more relevant in later years.
- Limited discussion of pathophysiology (good for some topics but not others)
- Aimed at a US audience (US management guidelines)

## Pro Tips/Fun Facts:

- Because the information on here is constantly updated, it will sometimes disagree with older edition textbooks and older edition lecturers #tension

**ECG Wave-Maven (Website) - <https://ecg.bidmc.harvard.edu/maven/mavenmain.asp>**

The screenshot shows the ECG Wave-Maven website. At the top, it says 'ECG Wave-Maven' with a heart rate line graphic. Below that, it says 'Self-Assessment Program for Students and Clinicians'. A section titled 'What is ECG Wave-Maven?' explains that proficiency in ECG interpretation is an essential skill and that the program aims to address limitations in traditional approaches. A box on the right lists navigation options: 'Browse the Case List (quiz mode)', 'Browse with Diagnoses (reference mode)', 'View a Random Case', 'View the Most Recent Case', 'Search Cases by Diagnosis', and 'Provide Feedback to the Authors'. A note at the bottom states 'Note: this site requires cookies and javascript to be activated.' Below this, a blue box says 'ECG Wave-Maven now has a page on Facebook. "Like" us there for updates and notification of new cases!'. At the bottom, it lists 'Sponsored By:' with logos for 'The Carl J. Shapiro Institute for Education and Research at Harvard Medical School and Beth Israel Deaconess Medical Center' and 'The Provost's Fund for Innovation in Instructional Technology at Harvard University'. It also lists 'Site Developers:' with names: 'Larry A. Nathanson, M.D.', 'Seth McClennen, M.D.', 'Charles Safran, M.D.', and 'Ary L. Goldberger, M.D.'.

## Positives:

- Comprehensive practice library for ECGs with good explanations

## Negatives:

- Way beyond expected level for year 1

## Pro Tip:

- Most useful for later years

# ONLINE RESOURCES

**BMJ Best Practice (Website) - <https://bestpractice-bmj-com.proxy.library.adelaide.edu.au/welcome>**

## Positives:

- Great place to begin your study as BMJ gives a nice step-by-step approach to cases along with concise explanations of epidemiology/aetiology/pathophysiology for all diseases covered in the cases
- Very useful summary of the presenting features of a disease
- Lists differentials for each condition
- Very concise

## Negatives:

- It's British which means a lot of the guidelines don't reflect the Australian ones, so sometimes your information may conflict with others
- Limited detail, few explanations



**AMH (Website) - <https://amhonline-amh-net-au.proxy.library.adelaide.edu.au/>**



## Positives:

- Brilliant resource for pharmacology!
- Used by doctors in a clinical setting.
- Covers drug indications, contraindications, side effects, dosages, etc.
- Reflects Australian practice

## Negatives:

- No detailed mechanism of action; very brief.



# ONLINE RESOURCES

**eTG (Website) - <https://primo-direct-apac.hosted.exlibrisgroup.com/pds>**

## Positives:

- Reflects Australian practice
- Comprehensive discussion of management of most conditions, but with a focus on pharmacological management
- Well organised, concise and simple

## Negatives:

- Limited discussion of non-pharmacological management

## Pro tip:

- Complements AMH



**Draw.io (Website) - <https://www.draw.io/>**

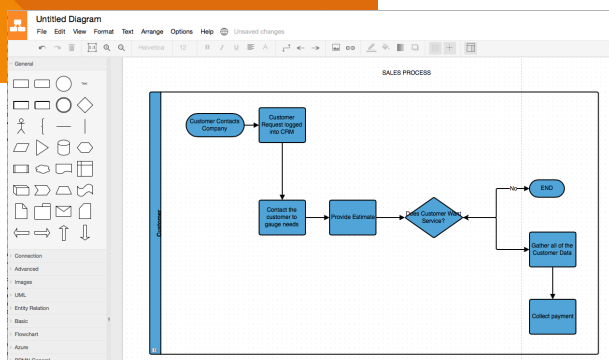


## Positives:

- First stop when you want to make a mech on your computer for your case write ups
- Can save mechanisms to your device and edit later

## Negatives:

- Keeping up with making mega mechs in CBL is painful
- Zoom function can be a bit temperamental



# ONLINE RESOURCES

## Khan Academy Medicine (YouTube) - @khanacademymedicine

### Positives:

- Good level of detail, particularly good of explanations of physiology and pathophysiology
- Starts very simply, good intro

### Negatives:

- Does not cover every condition

### Pro tip:

- Useful for FBS too



## Osmosis (Youtube) - [https://www.youtube.com/channel/UCNI0qOojpkhsUtaQ4\\_2NUhQ](https://www.youtube.com/channel/UCNI0qOojpkhsUtaQ4_2NUhQ)



### Positives:

- Simple introduction to various conditions
- Short and engaging videos
- Touches on presentation, diagnosis, management

### Negatives:

- Not comprehensive

## BMJ OnExamination (Website)

### Positives:

- Clinically oriented questions for revision

### Negatives:

- Way beyond first year level, more useful in third year

### Pro tip:

- Good for exam revision, particularly in the third year although it doesn't match up exactly with the UofA course



**BMJ** OnExamination