

# Psychiatry Clerkship Resources

## Textbooks

- **First Aid for the Psychiatry Clerkship**
  - 250 pages of psychiatry, in bullet point format
  - **Recommended for:** students interested in psychiatry or aiming for an A.
  - **Pro:** and covers *everything* you will need for the shelf exam in a bullet-point style with brief explanations. Use as review, overview, or reference while working through UW. This book is also useful for the actual clerkship as it covers all diagnostic criteria and has “clinical pearl” sidenotes
  - **Con:** Dry, detailed. Bullet points are not as engaging as case studies, and the psychopharm & drug side effects are overly detailed and could be skimmed
  - Use in week one and then do UWorld next 3 weeks
  - Estimated time to complete: 5-10 hours
  - If searching for a copy please contact Ashton Hunter at [ahunte32@uthsc.edu](mailto:ahunte32@uthsc.edu)
- **Case Files for Psychiatry 6<sup>th</sup> edition (7<sup>th</sup> will be out 6/2024)**
  - 60 case vignettes followed by explanations, subject overview, and 3-5 MCQs
  - **Recommended for:** students interested in psychiatry or at least aiming for an A. Recommended for students who want a very thorough and deep resource that combines case vignettes with textbook-style explanations. Compared to FA, this is more textbook style as opposed to bullet point style
  - **Pro:** comprehensive resource that covers 60 clinical vignettes and follows them with explanations and 3-5 multiple choice questions. The explanations are 2-3x as deep as UWorld and take time to cover and review the entire topic. Because of the way information is presented, this book has a lot of clinical utility as well
  - **Con:** Very long. If you do this and UWorld you are an absolute champ. Vignettes are clinically styled not multiple choice, so it is easy to read too passively
  - Use alongside clerkship throughout all 4 weeks, doing 1-2 cases per day
  - Estimated time to complete: 20 hours
  - If searching for a copy please contact Ashton Hunter at [ahunte32@uthsc.edu](mailto:ahunte32@uthsc.edu)

## Audio

- **Dr. High Yield, MD** Available on YT. He has content for every shelf exam + Step 2
  - **Recommended for:** students who want a grab-bag high yield review either at beginning of clerkship or the day before the test.
  - **Pros:** Fast paced, high yield, covers a lot of topics very quickly. Really good to use as a starting point to build on, or as a last-minute refresher right before the test.
  - **Cons:** superficial and based on associations, which means poor internalization of concepts and bad for building deep knowledge base. Not good to use as a reference or to cement knowledge and therefore not as useful for wards
  - Time to complete: 1-1.5 hours.
  - [https://www.youtube.com/watch?v=jcQuS\\_18eRg](https://www.youtube.com/watch?v=jcQuS_18eRg)

- **Divine Intervention Podcasts** You may be familiar with Divine or, if not, he is similar to Daddy Goljan. Hundreds of episodes, and a Psychiatry playlist (find the listed episodes on his excel sheet on the website).
  - <https://divineinterventionpodcasts.com/>
  - <https://www.youtube.com/watch?v=hsSgt9QzwcM>
  - Of note, you can access his content on Apple podcasts for on-the-go listening
- **Emma Holliday** is another fabulous resource for high-yield information. She only has videos and slides available for medicine, surgery, psychiatry, and pediatrics but worth the time to take a listen
  - <https://willpeachmd.com/emma-holliday-lectures>

### Anki

At this point the ship has likely sailed, and you are either an anki-er or not. Below is a link to the Anking youtube channel if you want to get started.

- Recommended for people who want a discrete daily task to accomplish, a clear study path, people who struggle with retention, or people like doing flashcards. Better for shelf than wards.
- **Pro:** Spaced repetition is incredible for retention, especially remembering things from early in clerkship. Helpful way to memorize DSM criteria and drug side effects which are not particularly conceptual.
- **Con:** soul-sucking and time consuming. May spoil UWorld questions. Also, cards are not always correct and may be outdated, though this may be changing with the new AnkiHub live card updates.
- Time required: 30-60 minutes per day
- <https://www.youtube.com/watch?v=2dxWjkhobIM>

### Online Med Ed.

Comparable to Boards and Beyond with broad overlook for concepts in each clerkship. It's no longer a free resource but may be worth the investment if you want additional foundation information.

- <https://learn.onlinemeded.com/pages/welcome-to-onlinemeded-no-enrollments>

### Other high-yield apps for 3<sup>rd</sup> and 4<sup>th</sup> year

1. AMBOSS (knowledge) / UpToDate
  - a. AMBOSS knowledge = UpToDate but at a med student/intern level
  - b. UpToDate useful for more detail + references
2. MDCalc
  - c. You'll encounter lots of calculators during rotations, all of the high-yield ones on MDCalc
3. DxSaurus
  - d. You plug in a symptom or disease, and it gives you a broad differential – attendings \*love\* a differential to see that you're ~thinking~
4. PocketPEX
  - e. Gives you a checklist of items to hit for your physical, broken down by organ system.
5. USPSTF
  - f. Plug in patient characteristics and it gives you all the relevant screenings they need. Good for clinic in general but particularly family med and IM

