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TAO LE ■ VIKAS BHUSHAN ■ MAE SHEIKH-ALI ■ KACHIU CECILIA LEE



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出版说明

美国医师执照考试 (United States Medical Licensing Examination, USMLE) 是针对全世界各国医学院的学生或毕业生, 欲到美国从医的执照考试, 考试全部为选择题。考试分为:

Step 1 (第一阶段): 考查医学基础学科知识, 包括解剖学 Anatomy, 生理学 Physiology, 生物化学 Biochemistry, 微生物学 Microbiology, 病理学 Pathology, 药理学 Pharmacology, 遗传学 Genetics, 营养学 Nutrition, 神经科学 Neuroscience 等。

Step 2 (第二阶段):

(1) 临床医学知识 (Clinical Knowledge, CK): 包括内科学 Medicine, 外科学 Surgery, 妇产科学 Obstetrics and Gynecology, 儿科学 Pediatrics, 神经病学 Neurology, 家庭医学 Family Medicine, 急诊医学 Emergency Medicine, 预防医学 Preventive Medicine 等。

(2) 临床技能 (Clinical Skill, CS): 主要是考查考生的临床实践操作知识和病例诊断处理能力。

Step 3 (第三阶段): 测试考生的实际工作能力。内容包括采集病史、体格检查、诊断、治疗措施, 以及医疗法规等。

临床技能 (Clinical Skill, CS) 考试采用标准化病人进行考试, 包括综合临床面试 (Integrated Clinical Encounter, ICE)、交流与人际技巧 (Communication and Interpersonal Skills, CIS)、口语水平 (Spoken English Proficiency, SEP) 三部分。本书不但是参加 USMLE 复习的必备参考书, 其中美国医生常用的临床技能和临床用语, 对我国当前的临床技能教学和临床技能竞赛都具有重要参考价值。同时, 本书也是学习临床医学专业英语的好教材。

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DEDICATION

*To the contributors of this and past editions, who took time to share their
experience, advice, and humor for the benefit of future physicians.*

and

*To our families, friends, and loved ones, who supported us in the task of
assembling this guide.*

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PREFACE

The USMLE Step 2 CS can be a source of stress and anxiety, especially among international medical graduates (IMGs), who often find themselves at a disadvantage because of their non-U.S. training background. *First Aid for the USMLE Step 2 CS* is our “cure” for this exam. This book represents a virtual medicine bag of high-yield tools for students and IMGs, including:

- An updated exam preparation guide for the new USMLE Step 2 CS, including proven study and exam strategies for clinical encounters based on the patient-centered interview.
- Expanded guidelines on how to deal with challenging situations, including a range of situations that pose ethical and confidentiality issues.
- Detailed descriptions of high-yield physical exam maneuvers that will win you points without costing time.
- Forty-four full-length practice cases that allow you to simulate the actual Step 2 CS exam, updated to reflect recent exam changes that test your ability to document the patient’s most likely diagnoses and how they are supported by the history and physical exam findings.
- A revised and expanded set of minicases representing common complaints designed to help you rapidly develop a working set of differential diagnoses.

This book would not have been possible without the suggestions and feedback of medical students, IMGs, and faculty members. We invite you to share your thoughts and ideas to help us improve *First Aid for the USMLE Step 2 CS*. See How to Contribute, p. xvii.

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HOW TO CONTRIBUTE

First Aid for the USMLE Step 2 CS incorporates many contributions from students and faculty. We invite you to participate in this process. Please send us:

- Study and test-taking strategies for the Step 2 CS exam
- High-yield case topics that may appear on future Step 2 CS exams
- Personal comments on review books that you have examined

For each entry incorporated into the next edition, you will receive up to a \$20 Amazon.com gift certificate and a personal acknowledgment in the next edition. Significant contributions will be compensated at the discretion of the authors. The preferred way to submit entries, suggestions, or corrections is via our blog:

www.firstaidteam.com

Otherwise, you can e-mail us directly at:

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Contributions sent earlier will receive priority consideration for the next edition of *First Aid for the USMLE Step 2 CS*.

NOTE TO CONTRIBUTORS

All entries are subject to editing and reviewing. Please verify all data and spellings carefully. In the event that similar or duplicate entries are received, only the first entry received will be used. Please follow the style, punctuation, and format of this edition as much as possible. All contributions become property of the authors.

INTERNSHIP OPPORTUNITIES

The author team of Le and Bhushan is pleased to offer part-time and full-time paid internships in medical education and publishing to motivated medical students and physicians. Internships may range from two to three months (eg, a summer) up to a full year. Participants will have an opportunity to author, edit, and earn academic credit on a wide variety of projects, including the popular *First Aid* series. Writing/editing experience, familiarity with Microsoft Word, and Internet access are required. For more information, e-mail a résumé or a short description of your experience along with a cover letter and writing sample to **firstaidteam@yahoo.com**.

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Guide to the USMLE Step 2 CS

Introduction

USMLE Step 2 CS—The Basics

Preparing for the Step 2 CS

Test-Day Tips

First Aid for the IMG

Supplement—The USMLE Step 2 CS Travel Guide

INTRODUCTION

As a prerequisite to entering residency training in the United States, all U.S. and Canadian medical students as well as international medical graduates (IMGs) are required to pass a clinical skills exam known as the United States Medical Licensing Examination (USMLE) Step 2 Clinical Skills (CS)—a test involving clinical encounters with “standardized patients.”

Even if you are a pro at taking standardized exams such as the USMLE Step 1 and Step 2 Clinical Knowledge (CK), you may find it challenging to prepare for the USMLE Step 2 CS, which distinguishes itself from other USMLE exams by using live patient actors to simulate clinical encounters. Common mistakes medical students and IMGs make in preparing for the Step 2 CS include the following:

- Panicking because of the unfamiliar format of the test
- Not practicing enough with mock patient scenarios before taking the actual exam
- Not developing a logical plan of attack based on patient “doorway information”
- Failing to understand the required objectives for each patient encounter
- Managing time poorly during patient encounters
- Becoming flustered by challenging questions or situations
- Taking unfocused histories and physical exams
- Failing to understand how to interact with a patient appropriately
- Neglecting to carry out easy but required patient interactions

This book will guide you through the process of efficiently preparing for and taking the Step 2 CS with five organized sections:

- **Section 1** introduces you to the Step 2 CS.
- **Section 2** reviews critical high-yield steps to take during the patient encounter.
- **Section 3** provides high-yield minicases for common doorway chief complaints to help you rapidly develop focused differentials during the exam.
- **Section 4** offers full-length practice cases to help you simulate the real thing.
- **Section 5** rates other resources that help you prepare for the Step 2 CS.

USMLE STEP 2 CS—THE BASICS

Introduction

Like other USMLE exams, the USMLE Step 2 CS is sponsored by the National Board of Medical Examiners (NBME) and the Federation of State Medical Boards (FSMB). According to the USMLE Web site (www.usmle.org), “Step 2 of the USMLE assesses the ability of examinees to apply medical knowledge, skills, and understanding of clinical science essential for the provision of patient care under supervision, and includes emphasis on health promotion and disease prevention. Step 2 ensures that due attention is devoted to the principles of clinical sciences and basic patient-centered skills that provide the foundation for the safe and effective practice of medicine.”

An impressive statement, but what does it mean? Let's dissect the statement so that you can better understand the philosophy underlying the Step 2 CS and anticipate the types of questions and scenarios you may encounter on test day.

- **“Assesses the ability of examinees to apply medical knowledge, skills, and understanding of clinical science”:** This refers to anything and everything you have learned in medical school so far.
- **“Essential for the provision of patient care”:** This alludes to the minimum level of knowledge and skills needed to provide patient care.
- **“Under supervision”:** This signifies that as an intern, you'll typically have a resident and an attending watching over you.
- **“Includes emphasis on health promotion and disease prevention”:** Roughly stated, this means that it's not all about acute MIs, trauma, or sepsis, but also about enabling patients to take control of their own health.
- **“Attention is devoted to the principles of clinical sciences and basic patient-centered skills that provide the foundation for the safe and effective practice of medicine”:** Here again, emphasis is placed on the bare-bones clinical science knowledge and communication skills needed to help reduce morbidity and mortality.

In summary, the test designers want to evaluate your application of clinical knowledge and your ability to communicate well enough to work with other house staff on a joint mission to help keep patients alive and healthy.

But precisely how does one demonstrate the ability to manage disease and promote good health by communicating? The answer is simple: practice. Do this by examining as many patients and colleagues as you can. Then logically synthesize what you uncovered by communicating your findings. For IMGs, we must emphasize that this practice should be done in English, ideally with native English speakers.

The underlying philosophy of the Step 2 CS, therefore, is not to cover the same factual knowledge tested on the Step 1 or Step 2 CK. Rather, its primary objective is to test your ability to apply a fundamental knowledge base by communicating with mock patients toward the goal of extracting enough information to generate a basic differential diagnosis and workup plan. So the best one can do to prepare for the exam is become familiar with its format, practice focused history taking and patient interactions, and present cases in a logical and well-rehearsed fashion.

What Is the USMLE Step 2 CS?

The USMLE Step 2 CS is a one-day exam whose objective is to ensure that all U.S. and Canadian medical students seeking to obtain their medical licenses—as well as all IMGs seeking to start their residencies in the United States—have the communication, interpersonal, and clinical skills necessary to achieve these goals. To pass the test, all examinees must show that they can speak, understand, and communicate in English as well as take a history and perform a brief physical exam. Examinees are also required to exhibit competence in written English and to demonstrate critical clinical skills by writing a brief patient note (PN), follow-up orders, and a differential diagnosis.

Test designers aim to evaluate your application of clinical knowledge and ability to communicate on a solid level while maintaining a comfortable and professional rapport.