

美国医学院校经典实习辅导丛书

# 病房实习指南 (第二版)

FIRST AID FOR THE WARDS

TAO LE ◆ VIKAS BHUSHAN ◆ CHIRAG AMIN

**2nd  
Edition**

**Insider Advice**

**For The Clinical Years**

- ▶ **Completely revised and updated**
- ▶ **A survival guide to the clinical wards**
- ▶ **High-yield summaries of the key diseases**
- ▶ **Student ratings of major clinical textbooks and resources**



人民军医出版社

PEOPLE'S MILITARY MEDICAL PRESS

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## FIRST AID FOR THE WARDS

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Edition**

**Insider Advice  
For The Clinical Years**

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# 内 容 提 要

本书是美国畅销的临床实习系列参考用书之一，由 McGraw-Hill 公司出版。书中内容包括临床实习的准备事项、临床实习的介绍、内科病房实习要点、外科病房实习要点、妇产科病房实习要点、儿科病房实习要点、医学图书介绍及排名等。全书采用 Student-to-Student 的形式，所有内容皆经过临床实习的医生、学生的总结，非常精练、实用，能够切实地帮助医学生的临床实习。

本书适用于医学院校在校学生以及临床医生。

责任编辑 杨 淮

To all our contributors, who took time to share their experience, advice,  
and humor for the benefit of students  
&  
To our families, friends, and loved ones, who endured and assisted in the task  
of assembling this guide.

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# Preface

The change from the passive and controlled environment of the classroom to the fast-paced and active world of the wards can be stressful, confusing, and downright frightening at times. The purpose of *First Aid for the Wards* is to help ease the transition wards students must make as they begin their clerkship rotations. This book is a student-to-student guide that draws on the advice and experiences of medical students who were successful on the wards. It is our hope to familiarize you with life on the wards and to pass on some of the “secrets of success” that we picked up along the way in our training. The facts and wisdom contained within this book are an amalgam of information we, the authors, wished we had known at the beginning of our third year of medical school. *First Aid for the Wards* has a number of unique features that make it an indispensable guide for MD, DO, and DPM students:

- Insider advice from students on how to succeed on your clinical rotations.
- Sample H&P notes, daily progress notes, procedure notes, post-op notes, labor and delivery notes, and admission orders.
- Specific advice on how to give both concise and detailed oral patient presentations.
- Descriptions of typical daily responsibilities and interactions on each core rotation, including medicine, pediatrics, obstetrics and gynecology, neurology, psychiatry, and surgery.
- Key wards lingo with definitions courtesy of Dr. Joseph Segen and *Current Med Talk*.
- High-yield topics outlining the signs and symptoms, differential diagnosis, workup, and treatment of the important and commonly encountered diseases of each rotation.
- Student- and peer-reviewed evaluations of more than 160 commonly used handbooks, reference books, texts, and electronic resources, specifically addressing their usefulness to medical students on the wards.

*First Aid for the Wards* is meant to be a survival guide rather than a comprehensive source of information. It should supplement information and advice provided by other students, house staff, and faculty. It is designed not to replace reference texts as a source of information but rather to provide some essential background information for each core ward rotation. Although the material has been reviewed by medical faculty and students, errors and omissions are inevitable. We urge readers to suggest improvements and identify inaccuracies. We invite students and faculty to continue sharing their thoughts and ideas to help us improve *First Aid for the Wards* (see How to Contribute, page xxi).

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This collaborative project would not have been possible without the thoughtful comments, insights, and advice of the many medical students and faculty whom we gratefully acknowledge for their support in the development of *First Aid for the Wards*.

Special thanks to Andrea Fellows, our tireless editor, Selina Bush, our developmental editor, the section editors, contributors, and faculty reviewers for bringing the book together under constant pressure. For enthusiasm, support, and commitment for this project, thanks to our acquisitions editor, Catherine Johnson. For copyediting support, we thank Bridget Mooney. For speedy typesetting of all those last-minute changes, we thank the staff at Rainbow Graphics.

For helping to review the books in this edition, we thank Maria Rumsey, Rosanna Gray-Swain, Christian Ramers, Jennifer Moranda, Matthew J. Elias, Alexander C. Tsai, Jane Bang, Rahul Tendulkar, Erica Goorevich, Donna Mazloomdoost, Kiran Beyer, Ginger Bohl, Nirav Shah, Wes Crisp, Daniel Perry, Andrew Tang, Tracy Mueller, Michael Huang, George Dittrick, Robin L. Epp, Devi Nampiarampil, Melissa MacCoy-Zale, Justine Yun, Thomas Carroll, Brooke E. Hohn, Liezl Irisari, Justin B. Rufener, David Lee, Jennifer R. Chan, Gretchen Kluesner, Andrew C. Eppstein, Edward Piepmeier, Amitpal Johal, Sandeep M. Chadha, Jose A. T. Suros, Matthew Sunderlin, Alicia Rogers, David Vadnais, Mila Felder, Tony Recker, Melanie J. Donnelly, Bismruta Misra, Barry McKenzie, Lily Limsuvanrot, Lemi Luu, James Kong, Chris Carlson, David Lloyd, Borislava Burt, Claire Najim, Parmi Suchdev, Lin Jin, Matthew Hurford, Parka Oldenburg, Sabah Igbal, Michael Baldovsky, Stephanie Hemm, Julianna Whiteman, Michele Brown, Geneen Gin, Sandra Taylor, Shelby Clarke, Sean Frederick, Kishore Vellody, Sara Myers, Laurent Dreyfuss, Stephen Moses, Stephanie Fong, Deborah Lloyd, Joan Cavin, Nandish Thukral, Ellen Amador, Kristin Egan, Jason Morgan, Amish Patel, Kari Hultgren, J Anspach, Carrie Bassett, Fernando Fleischman, Nathan Radcliffe, and Jeremy Graff.

Thanks to Geffen School of Medicine, Harvard Medical School, UC San Francisco School of Medicine, and the University of Washington School of Medicine for sharing their curriculum materials.

We apologize if we have forgotten anyone. Please e-mail us for the next edition.



# How to Contribute

*First Aid for the Wards* is a work in progress—a collaborative project that was refined through the many contributions and changes received from students and faculty. The authors and McGraw-Hill intend to update *First Aid for the Wards* so that the book grows both in quality and in scope while continuing to serve as a timely guidebook to survival and success on the wards. We invite you to participate in this process by passing on your own insights.

Please send us:

- Tips for survival and success on the wards.
- New topics, diagrams, and tables that you feel should be included in the next edition.
- Mnemonics or algorithms you have used on the wards.
- Personal ratings and comments on books that you have used while on the hospital wards, including books that were not reviewed in this edition.
- Your medical school's handbook to the clerkships.
- Corrections and clarifications.

For each entry incorporated into the next edition, you will receive a **\$10 Amazon.com gift certificate**, as well as a personal acknowledgment in the next edition. Significant contributions will be compensated at the discretion of the publisher.

The preferred way to submit suggestions and contributions is via electronic mail. Please include name, address, school affiliation, phone number, and e-mail address (if different from address of origin). If there are multiple entries, please consolidate into a single e-mail or file attachment. Please send submissions to:

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You can also use the contribution forms on the following pages. Feel free to photocopy these forms or attach additional pages as needed. Please send your contributions and corrections, neatly written or typed, to:

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All entries become properties of the authors and are subject to review and edits. Please verify all data and spelling carefully. In the event that similar or duplicate entries are received, only the first entry received will be used. Include a reference to a standard textbook to facilitate verification of the fact. Please follow the style, punctuation, and format of this edition if possible.

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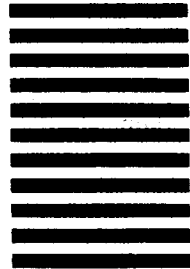
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