

Swanson's

Family Medicine Review

A Problem-Oriented Approach

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6TH EDITION

Alfred F. Tallia Joseph E. Scherger Nancy W. Dickey

Swanson's
Family Medicine
Review

A Problem-Oriented Approach

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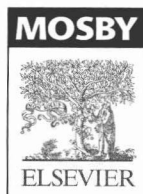
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A PROBLEM-ORIENTED APPROACH,
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Swanson's Family Medicine Review has been a marvelous educational tool for several generations of clinicians. The product of the founding genius of Dr. Richard Swanson, who passed away in 1996, the text has been an effective tool not only for family physicians preparing for certification or recertification but also for clinicians simply desiring to hone their familiarity with the basic concepts pertinent to primary care.

The primary goals of the sixth edition are to update the content and retain the special essence that made previous editions such valued and popular educational instruments. Although the basic format has been retained, this edition is now arranged in a fashion designed to make it easier for readers to find their way through the content. The book is divided into 11 sections. Ten represent a clinical area tested by the American Board of Family Medicine (ABFM), while the 11th section is an illustrated review.

Each section contains chapters covering specific subjects relevant to that section. Each chapter presents clinical cases that simulate real clinical situations, providing the learner with a sense of reality designed to enhance retention of content. Each clinical case is followed by questions concerning diagnosis and management. The question section is followed by an answer section, which provides a detailed discussion relevant to each question. Finally, each chapter has a short summation of key learning points and selected readings and references, including Web sites. The overall process is designed to increase retention and to expand and refine the readers' knowledge of the diagnostic methods, therapeutics, and patient management techniques presented in each case.

Joining me in preparing this edition are two new distinguished family physician co-editors, Nancy W. Dickey, MD, President of the Texas A&M Health Science Center and Vice Chancellor for Health Affairs for the Texas A&M System, and Joseph E. Scherger, MD, MPH, Professor of Family and Preventive Medicine at University of California, San Diego and Founding Dean of the Florida State University College of Medicine. Together as a team, we have reviewed the chapters and case problems for relevance and have chosen areas of emphasis for, and organization of, the content. We selected the sixth edition's content to reflect the broad core of knowledge that the family physician should have, and we valued the input of other family medicine clinicians with special expertise in specific content areas.

We have recruited as chapter authors the finest practicing family medicine experts from academic centers across the United States, who have subsequently reaffirmed and updated chapter content on the basis of thorough needs analyses, including opinions of readers, participants, and faculty in live CME conferences, expert opinion, and other accepted methodologies. The editors and authors anticipate that the reader will both enjoy and profit from their work in preparing this volume. Happy studying and learning!

Alfred F. Tallia, MD, MPH
Editor-in-Chief

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As editor-in-chief, I am indebted to many individuals for their support and assistance in the preparation of the 6th edition of *Swanson's Family Medicine Review*. To begin, I wish to thank my two new co-editors, Nancy W. Dickey, MD, and Joseph E. Scherger, MD, MPH, for their hard work and understanding.

Collectively, we would like to thank my wife, Elizabeth; Dr. Scherger's wife, Carol; and Dr. Dickey's husband, Frank, and our entire families, as well as those of the authors, for their sacrifice of time and their understanding as we prepared this edition.

To Dr. Kenneth Ibsen, our trusted director of continuing education and one of our former co-editors, a true scholar and gentleman, our continuing thanks. And to Ms. Agnes Byrne and the staff at Elsevier, our thanks for their inspiration and support. Our thanks as well to our colleagues in the academic communities that we call home for their help and understanding of the demands that preparation of this edition required.

Alfred F. Tallia, MD, MPH
Editor-in-Chief

TIPS ON PASSING THE BOARD EXAMINATIONS

This section briefly discusses the philosophy and techniques of passing board examinations or any other type of medical examination. Most examinations have moved to computer-based administration. Learn whether this applies to your examination, and if so, read and use the demonstrations provided either on the Internet or elsewhere.

First, realize that you are “playing a game.” It is, of course, a very important game, but a game nevertheless. When answering each question you must ask yourself, “What is it that the examiner wants from this question?” Let us turn our attention to the most common type of question, the multiple-choice question.

What these tips provide the learner is a way to “outfox the fox.” So, how do you outfox the fox? Following these rules will maximize the chances.

RULE 1: Allocate your time appropriately. At the beginning of the examination, divide the number of questions by the time allotted. Pace yourself accordingly, and check your progress every half hour.

RULE 2: If using a computer-administered examination, take time before the examination to become familiar with the mechanics of maneuvering through the examination program. Learn whether you can return to questions you weren’t sure about, or whether this is not allowed.

RULE 3: Answer every question in order. On some computer-administered examinations you run the risk of not being able to return to an unanswered question. Although American Board of Family Medicine examinations allow you to return, not all examinations permit this. And some examinations use unfolding question sequences that do not let you return to a previous

question. On paper-administered examinations, you run the risk of mis-sequencing your answers and having all answers out of order.

RULE 4: Do not spend more than your allotted time on any one question. If you don’t know the answer and you are not penalized for wrong answers, simply guess.

RULE 5: Even if you are penalized for wrong answers (most examinations no longer do this) and you can eliminate even one choice, answer the question. Percentages dictate that you will come out ahead in the end.

RULE 6: If there is a question in which one choice is significantly longer than the others and you do not know the answer, select the long choice.

RULE 7: If you are faced with an “all of the above” choice, realize that these are right far more often than they are wrong. Choose “all of the above” if you do not know the answer.

RULE 8: Become suspicious if you have more than three choices of the same letter in a row. Two of one choice in a row is common, three is less common, and four is almost unheard of. Something is probably wrong.

RULE 9: Answer choices tend to be very evenly distributed. In other words, the number of correct “a” choices is close to the number of correct “b” choices, and so on. However, there may be somewhat more “e” choices than any other, especially if there are a fair number of “all of the above” choices. If you have time, do a quick check to provide yourself with some reassurance.

RULE 10: Never, never change an answer once you have recorded it on the computer unless you have an extraordinary reason for doing so. Many people taking multiple-choice-question examinations, especially if they have time on their hands after completing the examination, start second-guessing themselves and thinking of all kinds of unusual exceptions. Resist this temptation.

RULE 11: Before you choose an answer, always, always read each and every choice. Do not get caught by seeing what you believe is the correct answer jump out at you. Read all of the choices.

RULE 12: Scan the lead-in to the answers and the answers first, then read the clinical case/vignette. This way you will know what is being tested and will better attend to the necessary facts. Read each question carefully. Be especially careful to read words such as *not*, *except*, and so on.

Success cannot be guaranteed with these or any other rules. I do, however, believe that these rules will help you achieve better results on your board examinations.

Alfred F. Tallia, MD, MPH

Editor-in-Chief

It has been estimated that it will take 89 hours to complete this activity. Accordingly, Kaplan Medical CME designates this educational activity for up to 89 hours in Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he or she actually spent completing the educational activity. These credits will be available from January 1, 2009 to December 31, 2011.

TARGETED AUDIENCE

This activity is designed to meet the educational needs of family practice physicians preparing for certification, recertification, and/or review of contemporary recommended practice behaviors. However, experience with previous editions suggests that it will also meet the educational needs of physicians in other specialties as well as physician assistants and other health care professionals desiring an up-to-date review of the essentials of primary care.

LEARNING OBJECTIVES

Upon completion of all or selected parts of this activity, participants should have:

1. reinforced and/or expanded their pre-existing knowledge in a way that will help improve the quality of their patient care;
2. learned new information that will have updated their pre-existing knowledge concerning current diagnostic methodologies, medications, and treatments;
3. gained further knowledge concerning state-of-the-art diagnostic strategies, treatment protocols, and/or clinical management strategies;
4. gained further insight into sensitive and effective ways communicated with patients;

5. and, if applicable, enhanced their knowledge concerning topics relevant to their certification or recertification examinations.

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Section	Maximum Credit Hours*	Fee
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11. Illustrated Review	2	\$15.00
Entire book (10% discount)	89	\$667.50 less 10% = \$600

*These hours represent the average number of hours reported by five different readers of the 4th edition, adjusted to account for the greater length of the 5th and 6th editions.

Registration Form for CME Credits

Swanson's Family Medicine Review, 6th Edition

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