

MNUEMONICS (1J) DRUGS

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Shock: signs and symptoms

TV SPARC CUBE

Thirst
Vomitting
Sweating
Pulse weak
Anxious
Respirations shallow/rapid
Cool
Cyanotic
Unconscious
BP low
Eyes blank

Tension pneumothorax: signs and symptoms

P-THORAX

Pleuritic pain
Tracheal deviation
Hyperresonance
Onset sudden
Reduced breath sounds (and dyspnea)
Absent fremitus
X-ray shows collapse

Lung cancer: main sites for distant metastases

BLAB

Bone
Liver
Adrenals
Brain

Mole: signs of trouble

ABCDE

Asymmetry
Border irregular
Colour irregular
Diameter usually > 0.5 cm
Elevation irregular

Pituitary endocrine functions often affected by pituitary-associated tumor

"Go Look For the Adenoma Please":

Tropic hormones affected by growth tumor are:

GnRH
LSH
FSH
ACTH
Prolactin function

Neurovascular Assessment

5 P's

Pain
Pallor
Paresthesia
Pulse
Paralysis

Mental state examination: stages in order

"Assessed **M**ental **S**tate **T**o **B**e **P**ositively

Clinically **U**nremarkable":

Apppearance and behaviour [observe state, clothing...]

Mood [recent spirit]

Speech [rate, form, content]

Thinking [thoughts, perceptions]

Behavioural abnormalities

Perception abnormalities

Cognition [time, place, age...]

Understanding of condition

[ideas, expectations, concerns]

Atherosclerosis risk factors

"You're a **SAD BET** with these risk factors":

Sex: male

Age: middle-aged, elderly

Diabetes mellitus

BP high: hypertension

Elevated cholesterol

Tobacco