



## The "Meyering Method" of Self-Study for Emergency Medicine Residents

Buy the book "The 5 Minute EM consult", brand new with the electronic app/version that you can also access it on your cell phone/tablet while on shift. It is a valuable resource to look up management of conditions on the fly. The biggest bang for your buck is the section that tells you criteria for disposition and medication doses.

On each shift - make a list of conditions you saw on patients that day.  
For any condition you do not feel 100% competent with, after your shift go home and read either

- Uptodate chapter on that condition Or;
- FOAMed Resource ie: LITFL/Rebel EM article if available on said condition.

This should take <15 mins if covering 1-3 topics.

Daily:

read 5-10 pages of FIRST AID for the EM Boards chapter book. (can be bought cheaply used or new with electronic version - You can align this with the topic for the block or do this asynchronously). If you do this daily you will recycle the entire book x 2 during the academic year. Rinse and repeat each residency year.

Daily:

Make a word document with medication lists of commonly used medications and indications ie (CAP --> inpt Rocephin 1g +Azithro 500mg 7 days, Outpt PO Azithro 500mg x 5 days/doxy 100mg BID 7 days). Add 3 Meds per week. Daily - Review 3-5 doses for a unique medication and try to commit to memory. If antibiotic dosing - try to commit indications and rationale also to memory (ie what abx for anaerobes).

Daily:

Do 5-10 Rosh review questions - random & untimed in tutor mode. Do this outside of the assigned timed Rosh tests for the block.

The key is consistency - regardless of how tired you may feel after a shift, if you commit to the daily studying which should take 45min total (Including the time it takes for a few rosh q's), you will see noticeable improvement, have a solid basis for clinical practice, as well as you will notice your ITE scores increasing without having to 'cram' .