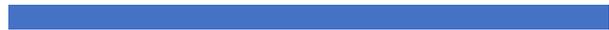


Medical resources:

Everything you need from
websites, podcasts, and apps



You guys are awesome! Thank you for all of the medical websites, podcasts, and apps that you have recommended and submitted. I have tried to group them in a couple of ways:

1. By specialty (alphabetical)
2. By topic (alphabetical)

There is a table of contents for you to reference easily find the resources in the document.

I have also tried to duplicate topics that fall under multiple categories and provide short descriptions where I can. However, I would recommend looking through associated fields and topics that you might find applicable or interesting (especially for fields that cover a breadth of topics).

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Section I: Specialty

Anesthesiology

WEBSITES

- Open anesthesia
 - UVA faculty and residents with quick references for anesthesia and anesthesia subspecialties, self-study session. Podcasts episodes as well.
 - <http://www.openanesthesia.org/#>
 - Self-study is \$239 for 12 months, \$199 for 6 months.

PODCASTS

- ACCRAC (Anesthesia/Critical Care Reviews and Commentary)
 - Anesthesiology from Hopkins discusses topics in anesthesia and board questions/topics. Topics get more complex and subspecialized as the podcasts goes on.
- From the Head of the Bed
 - Interviewed based style with experts from the field discussing various topics. New episodes each week.
- Depth of Anesthesia
 - Critically explores the principles behind anesthesia including physiology, ventilation, and other anesthesia topics
- Dominating the vent
 - Short video podcast series about the ventilator
 - <https://emcrit.org/emcrit/vent-part-1/>

APPS

- CDC Opioid Guideline App
 - Great app to use to quickly convert opioid rx to Morphine Milligram Equivalents (MME) for safer prescribing practices.
- Airway Ex
 - simulates different kinds of intubations or airway procedures for you to perform on your phone. It has many different levels and various cases to choose from. Its free, and a good way to review airway anatomy and perform pretty realistic airway procedures

Cardiology

WEBSITES

- ECG Wave Maven
 - Harvard University website
 - Self-assessment program for EKG review. Some are just to review EKG while some have clinical scenarios.
 - 511 cases
 - Can sort by diagnosis or difficulty
 - <https://ecg.bidmc.harvard.edu/maven/mavenmain.asp>
- Life in the fast lane
 - Great for quick references on understanding and reading EKGs
 - <https://litfl.com/ecg-library/>
- EKG weekly workout
 - University of Maryland.
 - \$25/yr but well worth it if you want to really learn more cutting-edge ECG interpretation
 - Puts out content every week and reflects the most up to date research.
 - <https://ecgweekly.com>

PODCASTS

- CardioNerds: A cardiology Podcast

APPS

- HEART pathway
 - Help Triage chest pain in the ED
- ASCVD risk estimator
 - Statin or no statin?
- CardioEx
- AHA guidelines on the go
- Aspirin guide
 - Help decide who should have ppx aspirin
 - From researchers at Brigham and women's hospital, Harvard medical school

Dermatology

WEBSITES

- Dem net NZ
 - Easily accessible information for those pesky derm cases with lots of pictures, ddx, clinical presentation and treatment.
 - Good for a quick review before calling a derm consult
 - <https://dermnetnz.org>
- Derm modules
 - Lots of modules organized by weeks to set up nicely (consider adding to an elective rotation?)
 - <https://www.aad.org/member/education/residents/bdc>

PODCASTS

APPS

- Visual Dx
 - Derm questions with pictures, treatments, and clinical presentations

Emergency Medicine

WEBSITES

- Life in the fast lane
 - <https://litfl.com>
- EM board bombs
 - Also has podcasts
 - <https://www.emboardbombs.com>
- Wiki EM
 - Basically, Wikipedia but for EM. Super quick reference guide.
 - Also has an app
 - https://www.wikem.org/wiki/Main_Page
- Core EM
 - Organized by topic
 - Has podcasts, procedure overviews, blog posts, and journal reviews
 - <https://coreem.net>
- First 10 EM
 - Website with blog post and videos reviewing common and current items in EM
 - Some recent posts include: remdesivir and reviewing the first real trial, “can we safely reuse N95 masks?”, and “dog therapy for ED stress”
 - <https://first10em.com/>
- Ped EM morsels
 - Blog covering many topics in peds EM
 - <https://pedemmorsels.com/>

PODCASTS

- Tramacast
 - Fast overview for stabilizing trauma patients
 - Put out by The Eastern Associated for the surgery of Trauma (EAST)
 - Includes both surgical and non-surgical topics (ex. Critical care, resuscitation, transfusion)
- PEMCurrents
 - Cincinnati Children’s hospital discusses topics in Peds EM
 - Quick, fun, and good refresher on basic topics such as sinusitis, constipation, anaphylaxis
- EM Basic
 - General review of medical topics in the ED
- EM Board Bombs
 - Covers EM board style questions (common and obscure), in-depth but entertaining.
 - Relatively short 15-30-minute podcasts.
 - Created by Wake providers!
- PsychED
 - Basic overview of diagnosing and treating common psych conditions
- EM Over Easy
 - 20-30-minute podcasts discussing various topics in EM, including things you didn’t learn in medical school but need to know to be a “high functioning doc”
- R.E.B.E.L. Cast

- REBEL EM (“Rational evidence-based evaluation of learning emergency medicine”) podcast
 - Also, a blog
 - Reviews evidence-based literature and ends with a take-home point
- EM cases
 - It’s a Canadian group that is doing really cutting-edge stuff
 - Interesting for EM, peds, Family medicine, internal medicine
- ER Cast
 - Hippo education
 - EM topics covered by EM physicians and other experts in the field being discussed
 - Tries to get rid of all of the fluff in learning and focus on the important points
- Feminem
 - Females working in emergency medicine
- St Emlyn’s Virtual hospital podcast
 - UK’s premiere EM podcast
 - Evidence based medicine, clinical excellence, well-being, and the philosophy of emergency care
- Taming the SRU
 - Focused on EM but also good for critical care and prehospital medicine
 - Practice algorithms
- Urgent care RAP
 - Free podcast by Hippo education giving 1 monthly free episode helping you stay current on urgent care topics
 - Get full access to the library and 3 hours of episodes each month with the online subscription (\$95/year for resident)
- Academic life in emergency medicine
- FOAM
 - Stands for “free open access medical education”
 - Includes podcasts, blogs, articles on PubMed, conferences streamed for free and more (check out website too)
 - Providers review and references for the listener to actually read to back up what they have heard on the podcast
- EM Clerkship: Emergency medicine for students
 - Relatively short podcast episodes, going through different diagnoses that can be seen in the ED.
 - Good for EM for non-EM specialties.
- Dominating the vent
 - Short video podcast series about the ventilator
 - <https://emcrit.org/emcrit/vent-part-1/>
- EM basics
 - Reviews initial management for common complaints
- EM RAP
 - Subscription fee - \$195/year for residents
 - Board prep, online textbook, and cutting-edge updates
- EMCrit
 - Discussion of crashing and critically ill patients in the EDAPPS

APPS

- MediCode
 - ACLS, BLS, PALS, and NRP algorithms
 - Also has megacode scenarios simulations, practice tests, and videos
- Quick EM
 - Calculators
 - Quick overviews of common complaints
 - Adults and peds
- 5-minute emergency medicine consult
 - Organized by diagnosis with bullet points on etiology, signs/symptoms, PE, workup, testing, interpretation, differential, and treatment
- Antidote app
 - Antidotes and their indications, doses, and comments/pearls
 - Link to poison control
- Full Code
 - Practice ED patient management with many simulated cases (both classic and abnormal presentations)
- Airway Ex
 - simulates different kinds of intubations or airway procedures for you to perform on your phone. It has many different levels and various cases to choose from. Its free, and a good way to review airway anatomy and perform pretty realistic airway procedures
- DDxof
 - Diagnostic and management algorithms of common presentations in the ED
- The Chief complaint
- ABEM board prep
- Ped Guide
 - Pediatric emergency guide put out by children's national
- Resuscitation
 - Virtual patient simulator

Ear, Nose, and Throat (ENT)

WEBSITES

PODCASTS

APPS

- Airway Ex
 - simulates different kinds of intubations or airway procedures for you to perform on your phone. It has many different levels and various cases to choose from. Its free, and a good way to review airway anatomy and perform pretty realistic airway procedures

Family Medicine

WEBSITES

- AAFP workshops - <https://www.aafp.org/events/fmx/cme/opportunities/workshops.html>
- Bedsider.org
 - Great website for birth control education.
 - Great resource for patients to explore and to compare methods, but also useful to pull up during visits to discuss their options and answer questions.
 - It has really nice comparison charts that are patient-friendly and informative.
 - <https://www.bedsider.org>
- NEJM Resident 360
 - Rotation prep and modules
 - <https://resident360.nejm.org/page/whats-new?view=Everything>

PODCASTS

- Charting Pediatrics
 - Children's Hospital Colorado covering a variety of pediatric topics
- Curbsiders
 - Great primary care internal medicine podcast going in depth with experts in the field on a variety of topics. Multiple people recommended this.
- Clinical Problem Solvers
 - Similar to the Curbsiders. Goes through diagnostics schema for common conditions and presentations. Also has a good website with diagrams and a paid app (\$2.99) with some of the same information.
- AFP podcast
 - Hosted by FM residents and produced by the AAFP covering highlights from the latest edition of the AFP journal.
- PEMCurrents
 - Cincinnati Children's hospital discusses topics in Peds EM
 - Quick, fun, and good refresher on basic topics such as sinusitis, constipation, anaphylaxis
- PHM from Pittsburg
 - Dr Tony Tarchichi from UPMC's children's hospital
 - Pediatric hospitalist medicine
- JAMA Pediatrics Editor's Summary
 - ~15-minute episodes reviewing the most recent issue of JAMA peds
- Primary Care Rap
 - Hippo education
 - Recommended by many family medicine residents to cover a variety of topics in family medicine
 - Has a free podcast series with 1 monthly episode. Get full access to current and prior episodes and 3 hours of monthly episodes with a yearly subscription
 - \$95/year for residents (this is the time...it is like 4x as expensive as an attending...whomp whomp)
- Urgent care RAP

- Free podcast by Hippo education giving 1 monthly free episode helping you stay current on urgent care topics
- Get full access to the library and 3 hours of episodes each month with the online subscription (\$95/year for resident)

APPS

- MediCode
 - ACLS, BLS, PALS, and NRP algorithms
 - Also has megacode scenarios simulations, practice tests, and videos
- Health Maintenance Visit checklist
 - Gives grids with screening, education, and anticipatory guidance
- ASCCP
 - HPV/cervical cancer screening guideline app
 - Currently under construction with no app available. they hope to release it in later spring or early summer 2020. Keep checking back. It is worth it! Original version cost some money but way easier than looking through the PDF.
- AHRQ ePPS app
 - Plug in age, sex, tobacco use, and sexual activity and it takes you through all of the recommendations for the annual physical exam/health maintenance with links to the research and level of recommendation
- CDC vaccine schedule app
 - Search by age, condition
 - When vaccines are contraindicated
 - How to do catch up vaccinations
- CDC STD treatment app
 - Everything you need to know about STD treatment and alternative treatments
- CDC contraception app
 - Everything you need to know about contraception and which to recommend and which are contraindicated
- ABFM exam prep
 - Great board review questions
- ABFM CKSA
 - More board review questions (but you get points that go towards the total you need for graduation). New set of questions each quarter.
- Palliative Care Fast Facts
 - writeups on various aspects of pain management, end-of-life care planning, and guidelines for adjuvant palliative therapy
- AHA guidelines on the go
- AFP
 - Get the journal articles on your phone
- Aspirin guide
 - Help decide who should have ppx aspirin
 - From researchers at Brigham and women's hospital, Harvard medical school

Internal Medicine

WEBSITES

- Stanford School of medicine Internal medicine education material
 - A whole list of topics with important information and great overview
 - <http://errolozdalga.com/medicine/pages/0Subspecialties/MasterIndexList.html>
- NEJM Resident 360
 - Rotation prep and modules
 - <https://resident360.nejm.org/page/whats-new?view=Everything>

PODCASTS

- Curbsiders
 - Great primary care internal medicine podcast going in depth with experts in the field on a variety of topics. Multiple people recommended this.
- Clinical Problem Solvers
 - Similar to the Curbsiders. Goes through diagnostics schema for common conditions and presentations. Also has a good website with diagrams and a paid app (\$2.99) with some of the same information.
- Core IM
 - “5 pearls, clinically relevant pearls on IM topics, why do we do what we do?, and dissecting clinical reasoning”
- The Intern at work
 - Canadian based podcast
- NEJM this week
 - Reviews the latest research studies each week
- The Drive with Peter Attia
 - Former surgical oncologist who transformed his practice to a variant of primary care focused on longevity and extending health span (not just lifespan).
 - Variety of topics such as sleep, anxiety reduction, intermittent fasting, mindfulness, new drugs, COVID
- Taming the SRU
 - Focused on EM but also good for critical care and prehospital medicine
 - Practice algorithms
- Freely Filtered
 - Nephrology podcast discussing new journal articles in-depth

APPS

- MediCode
 - ACLS, BLS, PALS, and NRP algorithms
 - Also has megacode scenarios simulations, practice tests, and videos
- Medski Modules
- AHRQ ePPS app

- Plug in age, sex, tobacco use, and sexual activity and it takes you through all of the recommendations for the annual physical exam/health maintenance with links to the research and level of recommendation
- CDC vaccine schedule app
 - Search by age, condition
 - When vaccines are contraindicated
 - How to do catch up vaccinations
- CDC Opioid Guideline App
 - Great app to use to quickly convert opioid rx to Morphine Milligram Equivalents (MME) for safer prescribing practices.
- UCSF Hospitalist handbook
 - Good alternative to Pocket Medicine
- Harrison's manual of medicine
- Cardio Ex
- Pulm Ex
- Gastro Ex
- Palliative Care Fast Facts
 - writeups on various aspects of pain management, end-of-life care planning, and guidelines for adjuvant palliative therapy
- ABG Acid-base Eval
- AHA guidelines on the go
- Resuscitation
 - Virtual patient simulator
- Aspirin guide
 - Help decide who should have ppx aspirin
 - From researchers at Brigham and women's hospital, Harvard medical school

Neurology

WEBSITES

- Continuum
 - Lifelong learning in neurology
 - <https://journals.lww.com/continuum/pages/default.aspx>
- NeuroBytes
 - American academy of neurology
 - Short videos reviewing diagnosis and management of certain neurological conditions
 - <https://www.aan.com/education-and-research/online-learning-programs/neurobytes/>

PODCASTS

- Thank you for this consult
 - Put on by a neurologist and psychiatrist
 - Topics include sleep, psychosis, attachment
- Navigating Neuropsychology
 - Explore neuropsych through cutting edge findings, discussions on important topics, and interviews with experts

APPS

- NeuroLocalizer
 - Put in the neurological symptoms and it localizes the abnormality in the neuro system
- NIH stroke scale
 - Walks through all the steps and then gives you the score at the end

OB/GYN

WEBSITES

- Pelvic surgery
 - Videos, surgical tips, tutorials and new/emerging technologies
 - <https://academyofpelvicsurgery.com>
- Bedsider.org
 - Great website for birth control education.
 - Great resource for patients to explore and to compare methods, but also useful to pull up during visits to discuss their options and answer questions.
 - It has really nice comparison charts that are patient-friendly and informative.
 - <https://www.bedsider.org>
- The Millennial Bump
 - Millennial's guide to all things pregnancy and childbirth
 - Conducts interviews with practitioners in the field in a blog format
 - Walks through what a woman should be thinking about when choosing the place of birth
 - <https://www.millennialbump.com>

PODCASTS

- CREOGs over Coffee
 - OB/GYN topics in a nice, short format helping to cover some high yield topics

APPS

- ASCCP
 - HPV/cervical cancer screening guideline app
 - Currently under construction with no app available. they hope to release it in later spring or early summer 2020. Keep checking back. It is worth it! Original version cost some money but way easier than looking through the PDF.
- ACOG app
 - Real all the practice bulletins, committee opinions
 - Useful calculators
 - Should be free if you have a med student account or if you have received junior fellow information from your program
- CDC STD treatment app
 - Everything you need to know about STD treatment and alternative treatments
- CDC contraception app
 - Everything you need to know about contraception and which to recommend and which are contraindicated
- Repro Tox
 - Great to check effects of medications on reproduction
- Lactmed
 - Help determine which medications are safe in breastfeeding
- OBAppSuite
 - All things OB – bishop score, EDD, GBS algorithm, VBAC success, APGAR score, etc.

Ophthalmology

WEBSITES

- Eye wiki
 - The eye encyclopedia written by eye physicians and surgeons (run by the American academy of ophthalmology)
 - https://eyewiki.aao.org/Main_Page
- Eye Guru
 - Created by UCLA residents, free
 - Understanding the essentials, practice modules, videos, and a blog
 - www.Eyeguru.org
- Eye rounds
 - University of Iowa; case-based learning, videos and tutorials
 - www.eyerounds.org

PODCASTS

- Eyes for ears
 - Topics range from broad diagnoses and diagnostic categories to understanding research studies. Created by residents at Yale for residents and easily understood

APPS

- Snellen Chart (for android)
- Eye handbook (EHB)
 - Vision tests, standard eye chart, and color vision tests

Orthopedics

WEBSITES

- VuMedi
 - Videos and tutorials on a variety of surgical (and now some non-surgical) procedures/topics
 - Look for your specialty when signing up
 - Free to register
 - <https://www.vumedi.com>
- AO Surgery reference
 - Good review of the anatomy
 - <https://surgeryreference.aofoundation.org/orthopedic-trauma/adult-trauma>
- Ortho bullets
 - Quick reference guide with links to images
 - <https://www.orthobullets.com>

PODCASTS

- She can fix it
 - “Highlight and empowers women in orthopedic surgery”
- Orthobullets
 - Daily high yield review by “orthobullets” online
- JAAOS unplugged
 - “the yellow journal”
 - Cutting edge primary research and in-depth review of articles from world experts in orthopedics
 - Monthly podcast
 - Intended for all stages of learning

APPS

- Touch surgery: surgical videos

Pediatrics

WEBSITES

- Healthychildren.org
 - Great reference for all things peds. Very readable so applicable both to the provider and as a patient/parent handout
 - Also has a Spanish site that is identical and Spanish handouts
 - Sponsored by the AAP
 - <https://www.healthychildren.org/English/Pages/default.aspx>
- Ped EM morsels
 - Blog covering many topics in peds EM
 - <https://pedemmorsels.com/>
- NEJM Resident 360
 - Rotation prep and modules
 - <https://resident360.nejm.org/page/whats-new?view=Pediatrics>

PODCASTS

- Charting Pediatrics
 - Children's Hospital Colorado covering a variety of pediatric topics
- PEMCurrents
 - Cincinnati Children's hospital discusses topics in Peds EM
 - Quick, fun, and good refresher on basic topics such as sinusitis, constipation, anaphylaxis
- PHM from Pittsburg
 - Dr Tony Tarchichi from UPMC's children's hospital
 - Pediatric hospitalist medicine
- JAMA Pediatrics Editor's Summary
 - ~15-minute episodes reviewing the most recent issue of JAMA peds
- PedsRAP
 - Free podcast by Hippo education giving 1 monthly free episode helping you stay current on pediatrics
 - Get full access to the library and 3 hours of episodes each month with the online subscription (\$95/year for resident)
- Don't forget the bubbles
 - Podcast made by the authors of the pediatric blog "don't forget the bubbles"
- Primary care perspectives
 - Made by Dr Katie Lockwood, a primary care pediatrician at CHOP
 - Discussing hot topics in primary care pediatrics

APPS

- AAP red book app
 - Infectious disease app centered on pediatrics
- CDC vaccine schedule app
 - Search by age, condition
 - When vaccines are contraindicated

- How to do catch up vaccinations
- eVM (Vademecum Metabolism)
 - Review inborn errors of metabolism (labs, emergency management, maintenance treatment, and more)
- Pedi STAT
 - Pediatric dosing guide
 - \$4.99
- Harriet lane handbook
- AAP pediatric care online-access for residents
- Bili-calc
- Ped Guide
 - Pediatric emergency guide put out by children's national

Psychiatry

WEBSITES

- Mad in America
 - Blog discussing new and exciting changes in psychiatry and how we think about providing psychiatric care in the USA
 - <https://www.madinamerica.com>

PODCASTS

- Thank you for this consult
 - Put on by a neurologist and psychiatrist
 - Topics include sleep, psychosis, attachment
- Psychiatry and psychotherapy
 - Dr David Puder discusses medication management and psychotherapy techniques
- PsychED
 - Basic overview of diagnosing and treating common psych conditions
- Navigating Neuropsychology
 - Explore neuropsych through cutting edge findings, discussions on important topics, and interviews with experts

APPS

- DSX-V DDx

Radiology

WEBSITES

- Case stacks
 - Radiology courses and modules
 - Subscription fee ranging from \$17/month - \$34/month
 - <https://www.casestacks.com>
- Start radiology
 - Quick refresher, breaks down the basics of radiology
 - Also has an internship page that groups radiology topics by internship specialty
 - www.Startradiology.com
- Radiopedia
 - A go to quick reference on all things radiology
 - www.radiopedia.org
- Core Ultrasound
 - 5-minute videos on ultrasound basics, broken down by system. They also review basics of the fast and rush exams, ultrasound guided IV placement, etc.
 - <https://www.coreultrasound.com/5ms/>
- ESSR MSK radiology
 - European society of musculoskeletal radiology
 - Has great ultrasound guidelines, walking you through how to use the ultrasound to evaluate different structures in MSK
 - <https://www.essr.org/subcommittees/ultrasound/>

PODCASTS

APPS

- Sublux
 - Free radiology app with plain films, highlighting features of normal films as well as what pathologies to look for
- POCUS
 - Ultrasound guide
- Videos for POCUS: Ultrasound
- UBC radiology
- RadQuiz
- Basic radiology – second look
- Differential diagnosis guide
- Thorax – thoracic radiology

Surgery

WEBSITES

- Microsurgeon
 - Pretty much all things microsurgery, organized by topic/surgery
 - <https://www.microsurgeon.org>
- Core EM
 - Organized by topic
 - Has podcasts, procedure overviews, blog posts, and journal reviews
 - <https://coreem.net>
- Surgical Critical Care
 - Great articles, evidence-based guidelines, and instructional videos
 - Orlando health surgical critical care fellowship website with guidelines, resources, lectures, and research
 - <http://surgicalcriticalcare.net>
- VuMedi
 - Videos and tutorials on a variety of surgical (and now some non-surgical) procedures/topics
 - Look for your specialty when signing up
 - Free to register
 - <https://www.vumedi.com>
- Plastic surgery key
 - Compiles articles from textbooks for comprehensive research. Kind of like an encyclopedia
 - <https://plasticsurgerykey.com>

PODCASTS

- Behind the Knife
 - In-depth and “behind the scenes” look at interesting and controversial side of surgery
- ABSITE review episodes
- Tramacast
 - Fast overview for stabilizing trauma patients
 - Put out by The Eastern Associated for the surgery of Trauma (EAST)
 - Includes both surgical and non-surgical topics (ex. Critical care, resuscitation, transfusion)
- WISER (women in surgery at Emory residencies)
 - 20-30-minute podcast episodes that tell life stories of female surgeons from all fields of surgery
 - Often discussing explicit and implicit biases, how to navigate challenging situations, and offers mentoring and great advice.
- Legends of surgery
 - In-depth surgical history podcast
 - Looks at famous surgeons, their contributions, advancements in patient care, etc.

APPS

- Touch surgery: surgical videos
- VuMedi

Urology

WEBSITES

- Pelvic surgery
 - Videos, surgical tips, tutorials and new/emerging technologies
 - <https://academyofpelvicsurgery.com>

PODCASTS

APPS

Section II: Topics

Anatomy

WEBSITES

- Teach me anatomy
 - <https://teachmeanatomy.info>
- Pelvic surgery
 - Videos, surgical tips, tutorials and new/emerging technologies
 - <https://academyofpelvicsurgery.com>

PODCASTS

APPS

- Essential anatomy
- 3D Human
- Pocket anatomy
- Quiz anatomy
- Visual anatomy 3D

Calculators

APPS

- MD Calc
- Quick EM
- Smart Medical Reference
 - Lab references, drug guide, differential diagnosis, tests/procedure references, medical calculators

Case based learnings

WEBSITES

- NEJM
 - 63 interactive medical cases
 - https://www.nejm.org/multimedia/interactive-medical-case?query=main_nav_lg

PODCASTS

APPS

- Prognosis: your diagnosis
 - Case based learning to improve your diagnostic skills
- Figure 1
 - Case based learning to expand clinical knowledge
- Differential diagnosis guide

Critical care

WEBSITES

- Dominating the vent
 - Short video podcast series about the ventilator
 - <https://emcrit.org/emcrit/vent-part-1/>

PODCASTS

- EMCrit
 - Discussion of crashing and critically ill patients in the ED
- ICU Primary Preicast
 - ICU pharmacology and physiology
 - Created to prepare ICU fellows for their primary CICM exams
- The internet book of critical care
 - Also has a free online textbook that is updated regularly
- Taming the SRU
 - Focused on EM but also good for critical care and prehospital medicine
 - Practice algorithms

APPS

- ABG Acid-base Eval
- Resuscitation
 - Virtual patient simulator

Financial

WEBSITES

- The physician philosopher
 - Author of “The money meets the medicine” podcast
 - Website and blog on how to gain “financial freedom”
 - Has recommendations on resources such as books, financial advisors and insurance agents
 - Also has a book
 - <https://thephysicianphilosopher.com>
- Whitecoat investor
 - Need I say more? Everything financial from a physician’s perspective
 - Online courses (\$\$\$ ironically but maybe worth it if you need something more structured)
 - Also, a book
 - <https://www.whitecoatinvestor.com>
- Physician on fire
 - Okay maybe this is everything you need to know...has everything from top credit cards, mortgages, physician jobs, student loans, and many calculators (ex. Compound interest)
 - Covering topics such as frugality, retirement, and taxes
 - <https://www.physicianonfire.com>

PODCASTS

- The money meets medicine
 - Covers finance topics from commonly made mistakes by physicians, managing student loans, how to plan for your child’s college education, etc.
- Passive Income MD

APPS

- You Need a Budget (YNAB)
 - Get 1 year free while you are still students (email wake ID)
 - Otherwise \$80 annually

General and for everyone

WEBSITES

- Reddit topics to know before intern year (a whole host of them)
 - https://www.reddit.com/r/medschool/comments/85fics/residency_bang_for_the_buck_list_of_things_an/
- Online med ed for the intern
 - Basically, an intern bootcamp in online medEd format
 - Currently \$250 (normally \$399)
 - <https://onlinemeded.org/spa/residency>
- AMBOSS
 - Everything a student needs to know and to the point
 - <https://www.amboss.com/us>
- MomMD
 - Connecting women in medicine - forums, blogs, articles
 - <https://mommd.com>
- Doximity
 - Great for news updates, articles, and networking
 - If you don't already have one, I highly recommend making an account in order to use the app to make calls to your patients without them getting your cell number.
 - <https://www.doximity.com>
- Medbullets
 - Great when I forget something that we have learned at some point and need a very brief review, for example drug class/MOA/side effects.
 - <https://step2.medbullets.com>
- Stanford videos
 - Review basic exam techniques and principles
 - <https://stanfordmedicine25.stanford.edu/videos.html>

PODCASTS

- Thank you for this consult
 - Put on by a neurologist and psychiatrist
 - Topics include sleep, psychosis, attachment
- Medical Spanish podcast
 - Goes through how to address certain diseases and diagnoses in Spanish, how to interview the patient, and then explain the diagnosis to the patient
- Las Doctoras Recomiendan
 - Another good medical Spanish podcast
- MedNet 21 CME podcast
 - Ohio state
 - Useful topics spanning the entirety of medicine
- AMA journal of ethics
 - Monthly podcast covering the monthly themes such as surgical ethics, end-of-life care, undocumented immigrants, genome editing, etc.
- Docs outside the box

- Doctors doing things "outside the box" and how they have used their positions for good outside of medicine. It talks about interesting stories of real doctors outside of the medical setting (ex: one that went into Hollywood) and is pretty inspirational and fun to listen to!
- The Nocturnist
 - Shares stories about the physician experience to compel, provoke, and demystify doctorhood
- 2 Docs talk
 - General medicine podcast covering a range of topics from health disparities to drug prices
- The undifferentiated medical student
 - Good for those exploring fellowships and subspecialties
 - Each episode interviews an attending from a different specialty, going through their day and how the practice different in various settings
- Bodies
 - Documentary series starting with a medical mystery and walking through patient perspectives as the mystery is uncovered

APPS

- MediCode
 - ACLS, BLS, PALS, and NRP algorithms
 - Also has megacode scenarios simulations, practice tests, and videos
- MD Calc
- Fast Facts
 - Helpful tool to guide conversations in palliative care
- Doximity
 - Incredibly useful tool to call patients (and now video visits)
 - Can program the patient to see any phone number you want (ex. Your office number or the hospital number)
 - The patient does not see your personal phone number
- Smart Medical Reference
 - Lab references, drug guide, differential diagnosis, tests/procedure references, medical calculators
- HumanDx
 - Enter your field and solve daily cases (about 5 min per case)
- UpToDate
- Medscape
- VitalTips
 - evidenced based approaches to and tips for different conversations (serious news, prognosis, GOC, conflict, dying, oops, etc.) with patients
- Prognosis: your diagnosis
 - Case based learning to improve your diagnostic skills
- Figure 1
 - Case based learning to expand clinical knowledge

Geriatrics

WEBSITES

PODCASTS

- MDTea
 - Caring for our older population
- GeriPal
 - Geriatrics and palliative care podcast

APPS

- Palliative Care Fast Facts
 - writeups on various aspects of pain management, end-of-life care planning, and guidelines for adjuvant palliative therapy

Infectious diseases, immunology, and vaccines

WEBSITES

PODCASTS

- This podcast will kill you
 - Each episode covers a disease: from its history, to biology, and how worried we need to be about the disease

APPS

- CDC vaccine schedule app
 - Search by age, condition
 - When vaccines are contraindicated
 - How to do catch up vaccinations
- Sanford Guide – Antimicrobial
 - Free guide for antimicrobials with summaries on drugs
- EMRA
 - Quick antibiotics reference options for infections
 - Subscription required
- AAP red book app
 - Infectious disease app centered on pediatrics

Journals, databases, search engines

WEBSITES

- Web of science (technology-based literature)
 - <https://login.webofknowledge.com/error/Error?Error=IPError&PathInfo=%2F&RouterURL=https%3A%2F%2Fwww.webofknowledge.com%2F&Domain=.webofknowledge.com&Src=IP&Alias=WOK5>
- SCOPUS
 - <https://www.scopus.com/home.uri>
- Cochrane reviews
 - <https://www.cochranelibrary.com/cdsr/about-cdsr>
- PubMed
 - <https://www.ncbi.nlm.nih.gov/pubmed/>
- Wiki Journal Club
 - Summarizes and reviews landmark studies. Organized by specialty.
 - https://www.wikijournalclub.org/wiki/Main_Page
- NEJM Journal watch
 - Organized by specialty. Get emails about most recent articles that you can link to and read more
 - Subscription fee (\$129/year for online only)
 - <https://www.jwatch.org>
- NEJM first watch
 - Subset of NEJM journal watch with some free articles and medical news
 - <https://www.jwatch.org/medical-news>
- Medscape
 - <https://www.medscape.com>

PODCASTS

- NEJM this week
 - Reviews the latest research studies each week

APPS

- UpToDate
- DynaMed (alternative to UpToDate)

Learning Languages

PODCASTS

- Notes in Spanish
 - Real conversations to help you start speaking Spanish
 - Multiple different levels of podcasts for learners of all stages
- News in slow Spanish
 - Weekly news in Spanish. Multiple levels for all learners
 - Also has other languages (just replace Spanish with your desired language)
- Coffee break Spanish
 - Learn Spanish in coffee break sessions
 - Also has other languages (just replace Spanish with your desired language)

APPS

- Duolingo

Medical History

PODCASTS

- Bedside rounds
 - Medicine's history through storytelling and how medicine intersects with society and culture
- Sawbones
 - Medical history podcast. Topics ranging from kombucha to cupping to the CDC and plague medicine
 - Put on by a family medicine doctor and her comedian husband
- Legends of surgery
 - In-depth surgical history podcast
 - Looks at famous surgeons, their contributions, advancements in patient care, etc.

News (stay up to date with medical news and headlines)

WEBSITES

- Wiki Journal Club
 - Summarizes and reviews landmark studies. Organized by specialty.
 - https://www.wikijournalclub.org/wiki/Main_Page
- Doximity
 - Great for news updates, articles, and networking
 - If you don't already have one, I highly recommend making an account in order to use the app to make calls to your patients without them getting your cell number.
 - <https://www.doximity.com>
- Stat news
 - Great place for easy-to-read articles on current events in medical research, health policy, and current events.
 - Written by people on the front lines of the event
 - Available in podcast, blog, and email newsletters
 - <https://www.statnews.com>
- NEJM Journal watch
 - Organized by specialty. Get emails about most recent articles that you can link to and read more
 - Subscription fee (\$129/year for online only)
 - <https://www.jwatch.org>
- NEJM first watch
 - Subset of NEJM journal watch with some free articles and medical news
 - <https://www.jwatch.org/medical-news>

PODCASTS

- Along this vein
 - 2 Docs Talk features short conversations between 2 physicians regarding topics in medicine and health policy-- short and interesting tidbits on contemporary issues in medicine

Oncology

WEBSITES

- Quad shot news
 - Email subscription
 - Sent 4 days a week with brief synopsis of big advances in cancer care and treatments; 5th day of the week is a quiz on the information sent that week
 - <http://www.quadshotnews.com>

PODCASTS

- ASCO (American society of clinical oncology) Action podcast
 - Specific to those interested in how policy effects cancer care
 - ASCO also has many other podcasts to look at

APPS

- VitalTips
 - evidenced based approaches to and tips for different conversations (serious news, prognosis, GOC, conflict, dying, oops, etc.) with patients
- Palliative Care Fast Facts
 - writeups on various aspects of pain management, end-of-life care planning, and guidelines for adjuvant palliative therapy

Pharmacology

WEBSITES

- Tox and Hound
 - Articles that go deeper into the topics of pharmacology that are clinically relevant
 - Well known on their tramadol piece - <https://emcrit.org/toxhound/tramadont/>
 - <https://emcrit.org/category/toxhound/>
- Micromedex solutions
 - one stop shop for pharm information. dosages, dose adjustments, indications, contraindications, interactions, side effects, brand names, formulations, etc.
 - <https://www.micromedexsolutions.com/home/dispatch/ssl/true>
- Deprescribing.org
 - Helpful website to guide deprescribing principles. Also, an app (“IAM medical guidelines’)
 - <https://deprescribing.org>

PODCASTS

APPS

- Sanford Guide – Antimicrobial
 - Free guide for antimicrobials with summaries on drugs
- Lexicomp
 - Basically, Micromedex but Lexicomp version. UpToDate uses Lexicomp for its drug material
- CDC opioid guideline app
 - Quick links on prescribing, calculating MME
- Good Rx
 - Prescription savings
 - Patients can also access. Must have dosage and quantity correct to be able to use the coupon at the pharmacy
- Micromedex
- CredibleMeds
 - Drug-drug interactions
- Sanford Guide – Antimicrobial
 - Free guide for antimicrobials with summaries on drugs
- EMRA
 - Quick antibiotics reference options for infections
 - Subscription required
- Epocrates
- About Herbs
 - Memorial Sloan Kettering Cancer Center's guide to botanicals, supplements, complementary therapies, and more
- Repro Tox
 - Great to check effects of medications on reproduction
- IAM medical guidelines
 - Deprescribing app

Procedures

APPS

- Thumbroll: medical training
- Touch surgery: surgical videos
- VuMedi
- Lippincott Procedures

Public health and policy

WEBSITES

PODCASTS

- Tradeoffs
 - Examination of healthcare, policies, and people
- Harvard Chan: this week in health
 - Top headline news in health
- In sickness and in health
 - Chronic illness podcast looking at issues related to chronic illness, disability, healthcare, and mortality

APPS

Wellness

APPS

- Headspace (meditation)
- Calm
- Anxiety coach
- Breath2relax
- Mood tools – depression help
- Panic relief