



INTERNAL MEDICINE INTEREST GROUP

Your Road to Mastering Internal Medicine



What is Internal Medicine?



The branch of medicine that deals with the **prevention**, **diagnosis** and **nonsurgical treatment** of diseases affecting adults.

It covers a wide range of conditions affecting the internal organs of the body

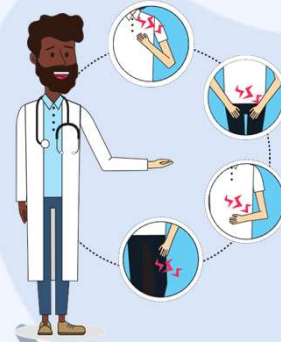


So.. What is really the aim?

Prevention



Diagnosis

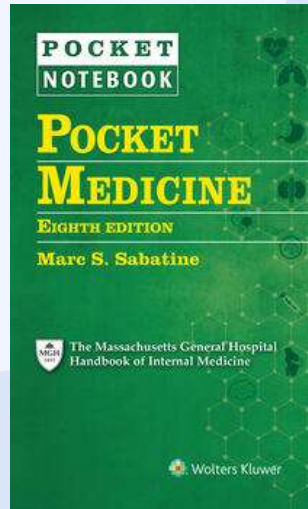


Treatment

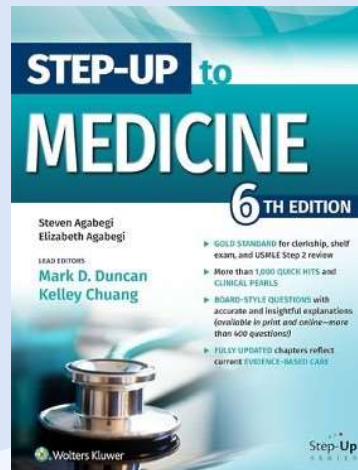


Management





How to study Internal Medicine?





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How to Practice Internal Medicine Clinically



Scope into reality

➤ History and Examination

- Link history and examination findings to the pathophysiology
- Google for online checklists (I personally suggest KSUMC and Geeky Medics)

➤ Teamwork is Everything:

- In your hospital training days, assign a student to practice for each session. Going through don't make the same student repeat the same system.
- Help your group leader to fill the gaps.



Formulating Differential diagnosis

1. Subdivide (Infections, Autoimmune, Metabolic, Malignancies, miscellaneous)
- 2. Patient's demographics
- 3. List your ddx starting from the most relevant
4. List in mind what goes with and against a certain ddx



Labs and Diagnostics



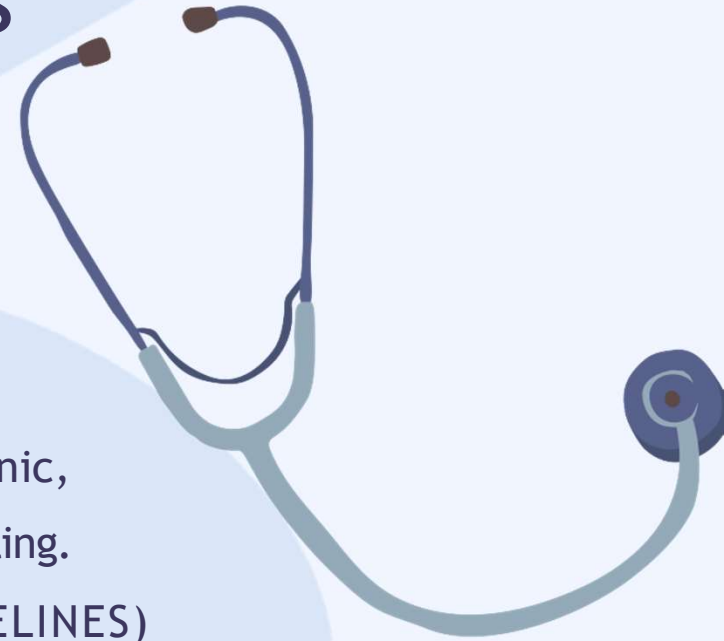
- Subdivide it into routine and specific
- Routine tests are done with most patients admitted (E.g. Blood tests, CXR, KFTs, LFTs, Electrolytes.. etc)
- ➤ Specific is according to your ddx (E.g. ddx: Asthma, Test: Spirometry).
- Look for diagnostic algorithms (GUIDELINES ARE VERY VERY VERY
• IMPORTANT)



Treatment Plans



- Subdivide it into acute and chronic, always mention ABC in acute setting.
- Follow algorithms (AGAIN GUIDELINES)
Relieve the symptoms and most importantly (TREAT THE CAUSE)



Tips and Resources

Study Strategies That Worked for Me:

- Understanding the pathophysiology is very very very important .. even if it means a long youtube video or a lengthy reading.
- Case Studies
- Study groups became my lifeline
- Discussing cases with peers made everything stick better.

Go-To Resources:

- Textbooks (Harrison's Principles of Internal Medicine) and Pocket books like Pocket medicine
- Online Tools: Websites like UpToDate, Medscape, Amboss, and Geeky Medics

Practical Advice:

Time management was one of the biggest challenges I faced. I learned to prioritize my tasks and carve out study time even during busy rotations. Also, don't forget to take care of yourself—burnout is real, and it's important to find a balance.

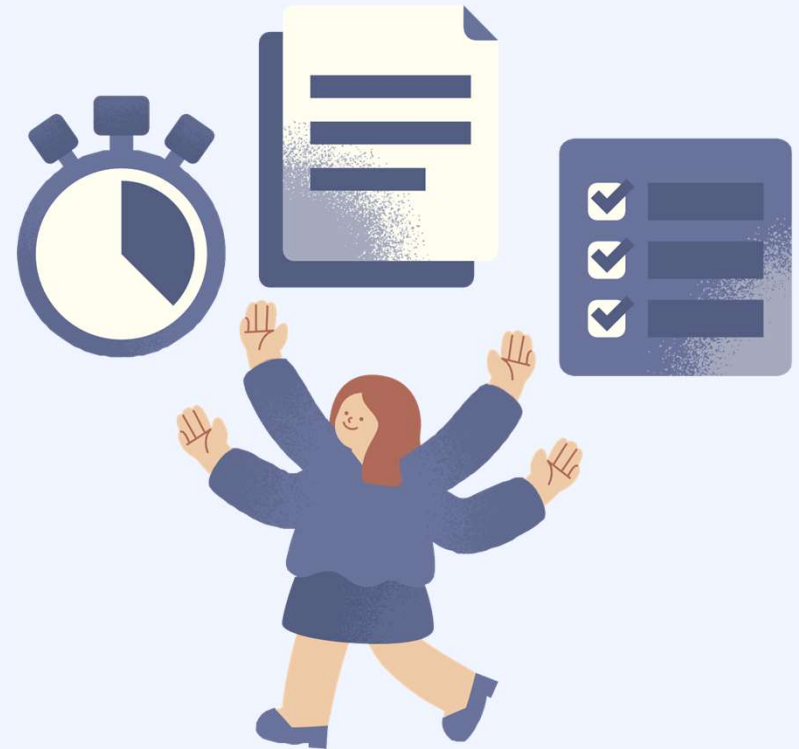
Seek Out Mentors:

Finding mentors in internal medicine was invaluable. They not only provided guidance but also shared their experiences, which helped me see the bigger picture. Don't be afraid to ask questions and learn from their journeys.

Connecting :

Building relationships with the students , residents, and consultants was crucial. These connections not only provided support and resources but also opened doors to opportunities for research, electives, and future career prospects.

Tips and Resources cont.





Thank you for
your attention

