



[AnKing Step Deck](#) > Community Suggestions

Community Suggestions

author:NiceJewishBoy,state:closed

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author:NiceJewishBoy,
state:closed

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Suggestions per page:

50

[Change Note Suggestions](#)

New Note Suggestions

Delete Note Suggestions

Author:

NiceJewishBoy

Accepted

Accepted at 8:29 a.m. on Dec. 29,
2023 by Ahmed7

Related Note: 1497390253071

Type of change: Other

Rationale for change

6 0

simple mnemonic related to the concept of lowering the patient's blood pressure

Show source

Before

Text

In addition to history and physical, patients *initially* diagnosed with **hypertension** should have the following basic testing:

After

Text

In addition to history and physical, patients *initially* diagnosed with **hypertension** should have the following basic testing, which can be

1. {{e1::Urinalysis}}
2. {{e2::Chemistry}} panel
3. {{e3::Lipid}} profile
4. Baseline {{c4::ECG}}
5. {{e5::TSH}}
6. {{e6::Fasting glucose/HbA1c}}

remembered by the mnemonic **HELP CUT** blood pressure:

1. {{c6:: HbA1c/Fasting glucose}}
2. {{c4::ECG (baseline)}}
3. {{c3::Lipid}} Profile
4. {{c2::Chemistry panel}}
5. {{c1::Urinalysis}}
6. {{c5::TSH}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

[Reply](#)

[Open on Community](#)

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 9:35 p.m. on Feb. 16, 2024

by **Ahmed7**

Related Note: 1555285366251



Type of change: Updated content

Rationale for change

6 0

More informative; don't think brand names belong in the main card section

[>Show source](#)

Before

Text

What is the treatment plan for
**acute decompensated heart
failure?**

L{{c1::asix (furosemide)}} - most
important intervention

After

Text

What is the treatment plan for
**acute decompensated heart
failure?**

L{{c1::oop diuretic (furosemide)}}
- most important intervention

M{{c1::morphine}} - limited evidence for use
N{{c1::itrates}}
O{{c1::xxygen}}
P{{c1::osition}}

M{{c1::morphine}} - limited evidence for use
N{{c1::itrates}}
O{{c1::xxygen}}
P{{c1::osition}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply



[Open on Community](#)

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 7:44 p.m. on May 12, 2024

by **herstein.jacob**

Related Note: 1480995259226



Type of change: Other

Rationale for change

context

👍 6 ⚡ 0

</> Show source

Before

Text

Rules of 4: There are four {{c5::lateral}} structures that start with "S"

1. {{c1::Spinocerebellar}} pathway
2. {{c2::Spinothalamic}} tract
3. {{c3::Spinal trigeminal}} nucleus

After

Text

Rules of 4: There are four {{c5::lateral}} brainstem structures that start with "S"

1. {{c1::Spinocerebellar}} pathway
2. {{c2::Spinothalamic}} tract
3. {{c3::Spinal trigeminal}} nucleus

4. {{c4::Sympathetic (hypothalamospinal)}} pathway

4. {{c4::Sympathetic (hypothalamospinal)}} pathway

▼ [Show unchanged fields](#)

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Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 6:12 p.m. on Jan. 19, 2024

by **NiceJewishBoy**

Related Note: 1582153634961 

Type of change: Other

Rationale for change

 4  0

5 cards in AnKing style it as VZIG, 2 as VariZIG. Let's make it uniform

 Show source

Before

Text

{{c1::VariZIG}} is recommended within 1 day of exposure in all non-immune pregnant women who have been exposed to persons with **VZV**

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

{{c1::VZIG}} is recommended within 1 day of exposure in all non-immune pregnant women who have been exposed to persons with **VZV**

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 4:21 a.m. on Dec. 6, 2023

by **herstein.jacob**

Related Note: 1577584541973 

Type of change: Other

Rationale for change

 4  0

m

 Show source

Before

Extra

If the corpus luteum is removed prior to 10 weeks gestation, progesterone levels decrease precipitously; as a result, the pregnancy becomes high risk for spontaneous abortion. These patients require **progesterone supplementation** (e.g. vaginal progesterone) to **prevent pregnancy loss** until 10 weeks gestation.

After

Extra

- If the corpus luteum is removed prior to 10 weeks gestation, progesterone levels decrease precipitously; as a result, the pregnancy becomes high risk for spontaneous abortion
- These patients require **progesterone supplementation** (e.g. vaginal progesterone) to **prevent pregnancy loss** until 10 weeks gestation
- "Corpus" and "Luteum" each have **6** letters; **6 + 6 = 12**
- "Placenta" has **8** letters
- "Progesterone" has **12** letters

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

1 reply



Cameron

Dec 06, 2023

I like this one, up to others though!

 Reply

Author:

NiceJewishBoy

Accepted

Accepted at 10:59 a.m. on May 11, 2024 by **Ahmed7**

Related Note: 1516475524371 

Type of change: Other

Rationale for change

 4  0

copied from another card

also definition

<https://next.amboss.com/us/search?q=hydrophobia&v=overview>

 Show source

Before

Extra

Hydrophobia (avoidance of water)

After

Extra

Hydrophobia is an irrational fear of swallowing liquids, often associated with painful

dysphagia and triggered by pharyngeal spasms

[Watch 'Hydrophobia in a patient with rabies', The Lancet, via Youtube \(0:36\)](#)

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

Open on Community

0 reply

Author:

NiceJewishBoy

Rejected

Rejected at 7:26 p.m. on Nov. 26, 2023

by **Tahseen**

Related Note: 1569458111557

Type of change: Other

Rationale for change

1 0

The "BELL" mnemonic can help people remember how to prevent ventilator-associated pneumonia in intubated patients.

Rejection reason

Makes it too difficult broken up easier

Show source

Current

Text

~~What are the recommendations to reduce the risk of **ventilator-**~~

Suggested

Text

Four recommendations to reduce the risk of **ventilator-**

associated pneumonia for intubated patients?
{{c1::Elevate head of bed at 30-45 degrees::positioning}}
Suction of {{c1::subglottic secretions}}
Minimize {{c1::patient transport::action}}
Limited use of {{c1::gastric acid inhibitors::drug}}

associated pneumonia for intubated patients may be remembered by the mnemonic **BELL**:
{{c1::Bed elevation: head of bed at 30-45 degrees::B}}
{{c1::Evacuate/suction subglottic secretions::E}}
{{c1::Limit patient transport::L}}
{{c1::Limit use of gastric acid inhibitors::L}}

Extra

These four recommendations may be remembered with the mnemonic "**BELL**".

- Bed elevation (30-45 degrees)**
- Evacuation of subglottic secretions (suction)**
- Limited use of gastric acid inhibitors**
- Limited patient transport**

Extra

When you ring a bell, you shake it at 30-45 degree angle in either direction

- ▼ [Show unchanged fields](#)
- ▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

1 reply



system

Nov 26, 2023

Added #deck-AnKing Overhaul for Step 1 & 2-AnKingMed,

rejected-suggestion and removed #deck-anKing-overhaul-for-step-1-2-anKingMed,

Author: Co-authors:
NiceJewishBoyherstein.jacob

Accepted

Accepted at 5:54 a.m. on
Feb. 26, 2024 by
herstein.jacob

Related Note: 1488765299956 

Type of change: Other

Rationale for change

 4  0

"should be"

 Show source

Before

Text

For rapid reversal of **warfarin**,
&{{c1::fresh frozen plasma}} (FFP) or &{{c1::prothrombin complex concentrates}} (PCC)
(preferred) should be administered with {{c3::IV vitamin K}}

After

Text

For rapid reversal of **warfarin**, administer &{{c1::fresh frozen plasma}} (FFP) or &{{c1::prothrombin complex concentrates}} (PCC)
(preferred) with {{c3::IV vitamin K}}

 [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 10:59 a.m. on May 11, 2024 by **dollajas**

Related Note: 1481131226679 

Type of change: Other

Rationale for change

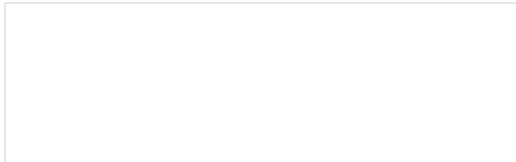
video

 5  0

 Show source

Before

Extra



After

Extra

[Watch 'Dysdiadochokinesia', Doctor O'Donovan, via Youtube \(0:54\)](#)

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:
NiceJewishBoy

Accepted

Accepted at 3:57 a.m. on April 21, 2024
by **morgankota13**

Related Note: 1478834488264



Type of change: Other

Rationale for change

mnemonic

👍 5 ⚡ 0

⟨⟩ Show source

Before

Extra

- AKA "H bodies" or "HbH disease"- HbH tetramers may damage RBCs, thus causing severe anemia
- There are 4 α genes total
- In children and adults with HbH disease, tetramers are classically made of β-chains; however, in fetuses and infants, tetramers are made of γ-chains (~20-40% Hb Barts early in life)

After

Extra

- AKA "H bodies" or "HbH disease"- HbH tetramers may damage RBCs, thus causing severe anemia
- There are 4 α genes total
- In children and adults with HbH disease, tetramers are classically made of β-chains; however, in fetuses and infants, tetramers are made of γ-chains (~20-40% Hb Barts early in life)
- To remember that hemoglobin **H** is a **3** gene deletion, recall that the letter **H** is formed by **3 lines**

▼ [Show unchanged fields](#)

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Discussion

[Reply](#)[Open on Community](#)

1 reply

**Ahmed7**

Apr 21

nice!

[Reply](#)

Author:

NiceJewishBoy

Accepted

Accepted at 11:42 p.m. on March 22, 2024 by **beejumm**

Related Note: 1540593668553



Type of change: Other

Rationale for change

formatting

4 0

[>Show source](#)

Before

Text

What associated symptoms are sometimes present in **REM sleep behavior disorder**?
{{c1::Parkinsonism-
~~(e.g. changes in gait, anosmia, constipation)}~~

After

Text

What associated symptoms are sometimes present in **REM sleep behavior disorder**?
{{c1::Parkinsonism}}

Extra

REM sleep behavior disorder may be a prodromal sign of neurodegeneration

Extra

- e.g. *changes in gait, anosmia, constipation*
- *REM sleep behavior disorder*

may be a prodromal sign of neurodegeneration

✓ [Show unchanged fields](#)

✓ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Rejected

Rejected at 1:44 a.m. on March 8, 2024
by **Cameron**

Related Note: 1516054272346 

Type of change: Other

Rationale for change

 4  3

Adding the rabbit breaks up the monotony of text only cards. The emotional response to the cute rabbit helps solidify the association between the disease (tularemia) and its epidemiology and its source of transmission, making the flashcard more memorable.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573739/>

Rejection reason

I'll take one for the team and send the bunny to a better place :'(

 Show source

Current

Extra

Direct contact → handling rabbits, eating rabbit meat

Suggested

Extra

Direct contact → handling rabbits, eating rabbit meat



Photo credit: [JM Ligero Loarte](#), [CC BY 3.0](#), via Wikimedia Commons

- ▼ [Show unchanged fields](#)
- ▼ [Show unchanged tags](#)

Discussion

Reply



[Open on Community](#)

7 replies



Ahmed7

Mar 03

can push if it gets 3-4 likes excluding OP

1 reply

Reply



herstein.jacob

Mar 03

Personally think this is very unnecessary - I get the desire to add some flare to cards for memory purposes, but I think we should be selective about the use of images. Does not significantly improve card IMO

Author:

NiceJewishBoy

Accepted

Accepted at 1:58 a.m. on Feb. 18, 2024

by **Ahmed7**

Related Note: 1497732761695 

Type of change: Other

Rationale for change

mnemonic improvement

 4  0

 Show source

Before

Extra

- **Loop diuretics** are the first-line treatment for the symptomatic treatment of **acute decompensated heart failure with fluid overload**

- For acute decompensated heart failure, prescribe **LOVE (Loop diuretics, Oxygen, Vasodilator/vasopressor)**

After

Extra

- **Loop diuretics** are the first-line treatment for the symptomatic treatment of **acute decompensated heart failure with fluid overload**

- For acute decompensated heart failure, prescribe **LOVE (Loop diuretics, Oxygen, Vasodilator/vasopressor, Elevation (sitting up))**

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 3:28 p.m. on March 4, 2024

by **NiceJewishBoy**

Related Note: 1549119800605



Type of change: Other

Rationale for change

concise

 4  0

 Show source

Before

Text

When a woman presents with **secondary amenorrhea**, what are the three "first-line" differentials you should have in your head?
{{c1::Pregnancy::Most common cause}}
{{c1::Hypothyroidism}}
{{c1::Hyperprolactinemia}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

What are the three "first-line" differentials for **secondary amenorrhea**?
{{c1::Pregnancy::Most common cause}}
{{c1::Hypothyroidism}}
{{c1::Hyperprolactinemia}}

Discussion

[Reply](#)[Open on Community](#)

0 reply

Author:
NiceJewishBoy

Accepted

Accepted at 9:35 a.m. on April 24,
2024 by **Cameron**

Related Note: 1535916392937 

Type of change: Other

Rationale for change

 5  0

sounds better

 Show source

Before

Text

Child passes a large-**bloody** bowel movement is suggestive of {{c1::Meckel diverticulum::diagnosis}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

What is the likely diagnosis in a child who passes a large, **bloody** bowel movement?

{{c1::Meckel diverticulum}}

Discussion

[Reply](#)[Open on Community](#)

2 replies

**beejumm**

Apr 24

We can remove ::Diagnosis}} from the cloze hint?

1 reply

Reply



NiceJewishBoy

beejumm Apr 24

Sure, removed

Reply

Author:

NiceJewishBoy

Accepted

Accepted at 10:59 a.m. on May 11, 2024 by dollajas

Related Note: 1510191179769



Type of change: Other

Rationale for change

4 0

concise

</> Show source

Before

Extra

- Can be described as comma, spiral, or S-shaped in question stems
- May present as infectious ileocectitis / pseudoappendicitis (fever, RLQ pain, leukocytosis, profuse watery diarrhea, and hx of sick contact)

After

Extra

- Can be described as comma, spiral, or S-shaped
- May present as infectious ileocectitis / pseudoappendicitis (fever, RLQ pain, leukocytosis, profuse watery diarrhea, and hx of sick contact)

▼ [Show unchanged fields](#)

⌄ [Show unchanged tags](#)

Discussion

Reply

Open on Community

2 replies



Ahmed7

May 11

I added this to emphasize that this is how it can present in question stems → prompting the reader to pay more attention to this specific fact

Reply



dollajas

May 12

i like the idea but it seems popular. implied that it will be described that way on a test so i will approve

Reply

Author:

NiceJewishBoy

Accepted

Accepted at 6:06 p.m. on May 18, 2024

by **NiceJewishBoy**

Related Note: 1542575731191

Type of change: Other

Rationale for change

5 0

Wouldn't anyone taking olanzapine experience sedation and weight gain due to H1 antagonism? I guess we can hedge with the word "can" but I'd be just as comfortable leaving it as "causes"

[⟨/⟩ Show source](#)

Before

Text

A 22-year-old woman on olanzapine experiences **sedation and weight gain** due to antagonism of the {{c1::H₁ histamine}} receptor

- ▼ [Show unchanged fields](#)
- ▼ [Show unchanged tags](#)

After

Text

Olanzapine can cause **sedation and weight gain** due to antagonism of the {{c1::H₁ histamine}} receptor

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 1:49 p.m. on March 4, 2024

by **NiceJewishBoy**

Related Note: 1582152721656



Type of change: Other

Rationale for change

paraphrased AMBOSS definition

 3  0

[⟨/⟩ Show source](#)

Before

Extra

After

Extra



Battle sign is ecchymosis located over the mastoid process due to a basilar skull fracture impacting the petrous portion of the temporal bone

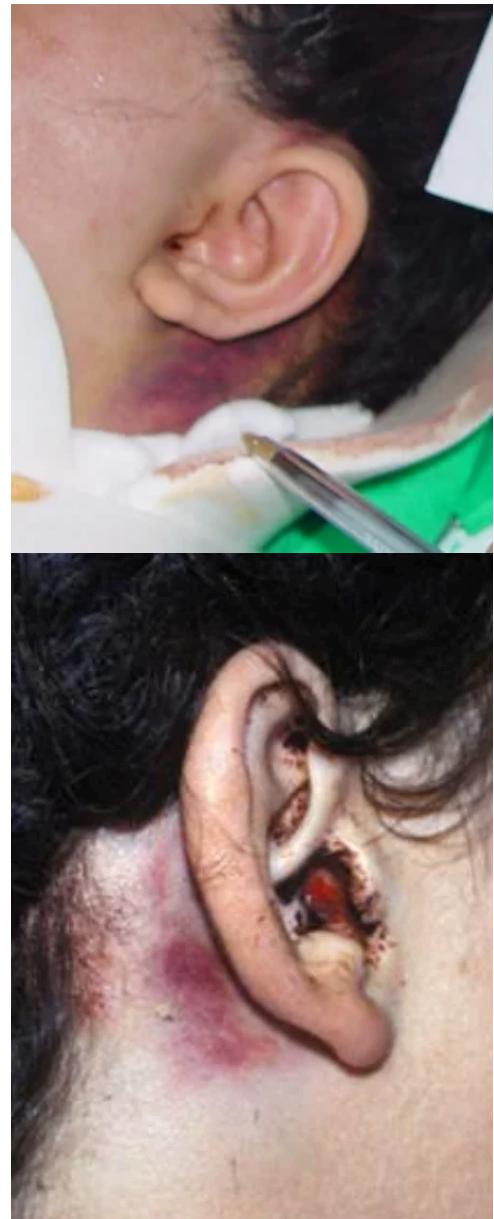


Photo credit (both images): [Piotr et al., CC BY 3.0](#), via Our Dermatology Online

Photo credit (both images): [Piotr et al., CC BY 3.0](#), via Our Dermatology Online

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Discussion

[Reply](#)[Open on Community](#)

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 4:04 p.m. on Feb. 27, 2024

by **NiceJewishBoy**Related Note: 1517780734419 

Type of change: Other

Rationale for change

mnemonic order/sounds better

 4  0[>Show source](#)

Before

Text

Exposure to carcinogenic asbestos is most commonly seen in:

- {{e1::Construction}} workers
- {{e2::Shipyard}} workers
- {{c3::Plumbers}}

Extra

- "Shipyard Construction requires Plumbers"- Asbestos is an **insulator** that was infused into cement, woven into mats / fabrics, and used insulation for **house building**
- Ultimately causes interstitial lung disease (fibrosis) → restrictive pattern of PFTs

After

Text

Exposure to carcinogenic asbestos is most commonly seen in:

- {{c2::Shipyard}} workers
- {{c1::Construction}} workers
- {{c3::Plumbers}}

Extra

- "Shipyard Construction requires Plumbers"- Asbestos is an **insulator** that was infused into cement, woven into mats / fabrics, and used as insulation for home construction
- Ultimately causes interstitial lung disease (fibrosis) → restrictive pattern of PFTs

[▼ Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 3:35 p.m. on March 2,

2024 by **Cameron**

Related Note: 1488248270304 

Type of change: Other

Rationale for change

 3  0

mnemonic

6fdf10f4-692c-4a93-9cc4-c34cbfa76854

 Show source

Before

Extra

Yellow when flat; "yellow when you lay low"

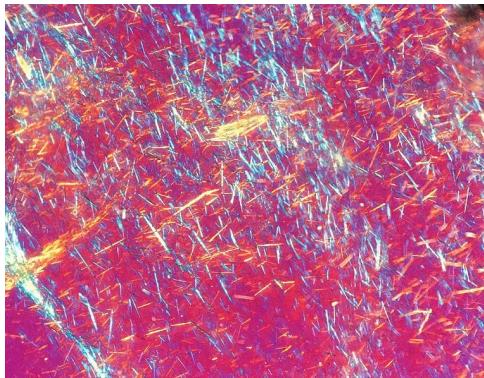


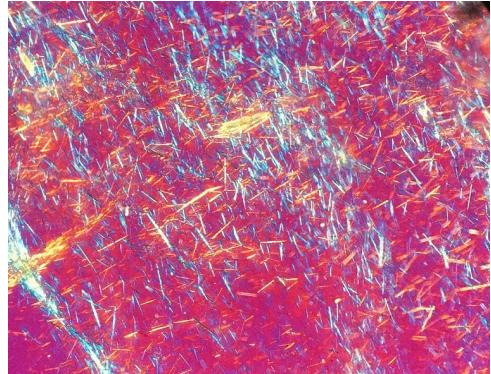
Photo credit: [Atlas of Medical Foreign](#)

After

Extra

- *Yellow when flat; "yellow when you lay low"*

- **Gout = negative; pseudogout = weakly positive**



[Bodies](#), CC BY-SA 2.0, via Wikimedia

Commons

Photo credit: [Atlas of Medical Foreign Bodies](#), CC BY-SA 2.0, via Wikimedia

Commons

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Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 3:25 p.m. on Feb. 26, 2024 by **Ahmed7**

Related Note: 1482359729870 

Type of change: Other

Rationale for change

 4  0

mnemonic callback to right-sided heart disease

 Show source

Before

Extra

Can confirm with elevated urinary 5-hydroxyindoleacetic acid (5-HIAA)

After

Extra

- Can confirm with elevated urinary 5-hydroxyindoleacetic acid (5-HIAA)
- "Be FDR"

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Rejected

Rejected at 5:56 p.m. on Feb. 26, 2024

by **NiceJewishBoy**

Related Note: 1482971559443 

Type of change: Other

Rationale for change

 3  2

Feel the answer is kinda given away

 Show source

Current

Text

Pancreatic adenocarcinoma
often presents with weight
 $\{\{c1::loss\}\}$, secondary to
malabsorption and anorexia

Extra

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Suggested

Text

Pancreatic adenocarcinoma
often presents with weight
 $\{\{c1::loss\}\}$

Extra

Secondary to malabsorption and
anorexia

Discussion

[Reply](#)[Open on Community](#)

7 replies

**cmahlen**

Feb 24

agree

[Reply](#)**GroupG_Strep93**

Feb 25

Support

[Reply](#)**Sameem**

Feb 25

Almost all carcinomas present with weight loss, this one specifically due to malabsorption, thinkbit should be kept in text but okay if others agree

.....

Author:

NiceJewishBoy

Accepted

Accepted at 1:55 p.m. on Dec. 30, 2023 by **Ahmed7**Related Note: 1475353493333 

Type of change: Other

Rationale for change

 7  0

card sounds like it's a cloze deletion asking whether ischemia or toxins cause intrarenal azotemia

[>Show source](#)**Before****After**

Text

azotemia is most commonly due to
acute tubular necrosis (ischemia/toxins)

Text

azotemia is most commonly due to
acute tubular necrosis caused by ischemia/toxins

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

4 replies



Ahmed7

Jan 07

support

@herstein.jacob @Cameron @shmuelsash @Sameem @StanG
@zarathustra @Tahseen @Bilal @Morgankota13
@thomas.holmes @Joe @jwill @NiceJewishBoy

1 reply

 Reply



Sameem

 Ahmed7 Jan 07

Support

 Reply



zarathustra

Jan 07

Author: Accepted at 6:53 p.m. on Feb. 24, 2024
NiceJewishBoy by **NiceJewishBoy**

Related Note: 1473638500096  Type of change: Other

Rationale for change

 3  0

mnemonic

  Show source

Before

Extra

i.e. work with computer
manufacturing

- ▼ [Show unchanged fields](#)
- ▼ [Show unchanged tags](#)

After

Extra

- i.e. work with computer
manufacturing
- "Bair"-ylliosis = "air"-ospace

Discussion

Reply

 Open on Community

0 reply

Author: Accepted at 1:06 p.m. on Jan. 2, 2024
NiceJewishBoy by **Ahmed7**

Related Note: 1489633052064  Type of change: Updated content

Rationale for change

 3  0

m

I think generally speaking with "similar sound" mnemonics like this one it's

best to reformat them in a way that puts emphasis on the similar sound

</> Show source

Before

Extra

aka observer effect
Ha, laughing at you! Change behavior cause someone is watching you

After

Extra

- AKA the observer effect
- "HA"-thorne = "HA", laughing at you! You change your behavior because someone is watching you

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 10:05 a.m. on Oct. 26, 2023 by **Ahmed7**

Related Note: 1697080709817 

Type of change: Other

Rationale for change

mnemonic

 0  0

</> Show source

Before

Extra

After

Extra

other primary risk factors

- thyroid disorders, scleroderma,
Dupuytren contracture,

ASCVDsecondary risk factors

- previous shoulder injury,
prolonged immobilization,
arthroscopic surgery

other primary risk factors

- thyroid disorders, scleroderma,
Dupuytren contracture,

ASCVDsecondary risk factors

- previous shoulder injury,
prolonged immobilization,
arthroscopic surgery

- Think of "sticky sugars"
(diabetes) causing "sticky
shoulders" (adhesive capsulitis)

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

2 replies



Ahmed7

Oct 26, 2023

okay with this

 Reply



system

Oct 27, 2023

Added

accepted-suggestion, #deck-AnKing Overhaul for Step 1 & 2-AnKingMed and removed #deck-anking-overhaul-for-step-1-2-ankingmed,

Author: **NiceJewishBoyCameron** Co-authors: Accepted at 7:33 p.m. on Feb. 26, 2024 by **herstein.jacob**

Related Note: 1581878151605  Accepted

Type of change: Other

Rationale for change

concise

 3  0

 Show source

Before

Text

DVT, PE, and ischemic stroke are complications that may occur in antiphospholipid syndrome
{{c1::True::True/False}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

DVT, PE, and ischemic stroke are possible complications of antiphospholipid syndrome
{{c1::True::True/False}}

Discussion

Reply

 Open on Community

0 reply

Author: Accepted at 3:35 p.m. on March 2, 2024
NiceJewishBoy by **herstein.jacob**

Related Note: 1550334542442  Type of change: Other

Rationale for change

 3  0

concise

  Show source

Before

Text

Where is the pain felt with
osteoarthritis of the hips?
{{c1::Groin-region}}

- ▼ [Show unchanged fields](#)
- ▼ [Show unchanged tags](#)

After

Text

Where is the pain felt with
osteoarthritis of the hips?
{{c1::Groin}}

Discussion

Reply

 Open on Community

0 reply

Author: Accepted at 5:06 p.m. on March 28, 2024 by **NiceJewishBoy**

Related Note: 1584057309166  Type of change: Other

Rationale for change

 4  0

concise

[⟨/⟩ Show source](#)

Before

Text

{{c1::Allergic}} rhinitis is an upper airway pathology characterized by *watery rhinorrhea* and *eye symptoms*

Extra

~~As well as sneezing~~

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

{{c1::Allergic}} rhinitis is an upper airway pathology characterized by *watery rhinorrhea, sneezing, and eye symptoms*

Extra

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoyAhmed7

Co-authors:

Accepted

Accepted at 1:36 p.m. on Jan. 15, 2024 by NiceJewishBoy

Related Note: 1544457534936 

Type of change: Other

Rationale for change

clarity

 4  0

[⟨/⟩ Show source](#)

Before

Text

After

Text

`{{c1::Bisphosphonates::drug class}}` = corrosive esophagitis (remain upright 30 mins)

Patients should remain upright for **30 minutes** after administration of `{{c1::bisphosphonates::drug class}}` due to risk of corrosive esophagitis

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

5 replies



thomas.holmes

Dec 28, 2023

Personally like original better, conveys same info in about half the words, faster for reviews

1 reply

 Reply



NiceJewishBoy

 thomas.holmes Dec 28, 2023

That's fine! Go ahead and reject. No worries

 Reply



NiceJewishBoy

Jan 15

@Ahmed7 I think Wildspin has been outvoted lol

Author: Accepted at 1 a.m. on Dec. 29, 2023
NiceJewishBoy by **Ahmed7**

Related Note: 1585183545491  Type of change: Other

Rationale for change

 3  0

malapropism

  Show source

Before

Extra

In the context of a serious motor vehicle collision, this patient's hypotension and tachycardia refractive to fluid resuscitation, including vasopressors, combined with atrial fibrillation on ECG and a negative FAST, are highly suspicious for cardiac contusion

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Extra

In the context of a serious motor vehicle collision, this patient's hypotension and tachycardia refractory to fluid resuscitation, including vasopressors, combined with atrial fibrillation on ECG and a negative FAST, are highly suspicious for cardiac contusion

Discussion

Reply

 Open on Community

2 replies



Cameron

Malapropism... just learned a new word!

Dec 29, 2023

1 reply

Reply



NiceJewishBoy

Reply Cameron Dec 29, 2023

Yep! Refractiveness is a physics/optics concept. The author meant refractory

Reply

Author: Co-authors: Accepted Accepted at 2:09 p.m. on
NiceJewishBoyAhmed7

Related Note: 1550620467543  Type of change: Other

Rationale for change

 3  0

"Alcoholic" is derogatory; should be replaced with alcohol use disorder throughout the deck. AUD is also a curable disease, not an inalterable population demographic trait like whether someone is elderly or an infant

</> Show source

Before

Text

Subdural hematoma is most commonly seen ~~among~~:
{{c1::elderly::population}}
{{c2::alcoholics::population}}
{{c3::infants (shaken baby)::population}}

After

Text

Subdural hematoma is most commonly seen in:
{{c1::Elderly patients::Population}}
{{c2::Alcohol use disorder::Disease}}
{{c3::Infants (shaken baby syndrome)::Population}}

Extra

Extra

all result in brain atrophy → tension on bridging veins

All result in brain atrophy → tension on the bridging veins

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 5:33 p.m. on Feb. 4, 2024

by **NiceJewishBoy**

Related Note: 1481331145178

Type of change: Updated content

Rationale for change

aesthetics

3 0

Show source

Before

Text

Is chronic myeloid leukemia associated with **JAK2 mutations?**

~~{{{c1::No-(associated with Philadelphia chromosome)}}}~~

Extra

After

Text

Is chronic myeloid leukemia associated with **JAK2 mutations?**

`{{{c1::No}}}`

Extra

Associated with the Philadelphia chromosome

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 7:53 p.m. on Dec. 21, 2023

by **Ahmed7**

Related Note: 1556716766782 

Type of change: Other

Rationale for change

om

 3  0

 Show source

Before

Text

What are the following
decelerations on contraction
stress testing indicative of?
Early: {{c1::head compression}}
Variable: {{c1::cord
compression}}
Late: {{c1::uteroplacental
insufficiency}}

After

Text

What are the following
decelerations on contraction
stress testing indicative of?
Variable: {{c1::cord
compression}}
Early: {{c1::head compression}}
Late: {{c1::uteroplacental
insufficiency}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

1 reply



thomas.holmes

Dec 21, 2023

Support

 Reply

Author:

NiceJewishBoy

Accepted

Accepted at 2:21 p.m. on Feb. 9, 2024

by NiceJewishBoy

Related Note: 1433983774974



Type of change: Updated content

Rationale for change

concise

 3  0

 Show source

Before

Extra

- **Power** is the only *thing* we can modify (oxytocin); we can't do much about the other two
- Consider C-section for the other two if arrest of active phase is diagnosed

After

Extra

- **Power** is the only "P" we can modify (oxytocin)
- Consider C-section for the other two if arrest of active phase is diagnosed

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 5:12 a.m. on Feb. 25, 2024

by **Cameron**

Related Note: 1496582482448

 1

Type of change: Updated content

Rationale for change

 4  0

There isn't a card in AnKing that defines NIPPV (I think maybe there should be one). In lieu of a specific card I think a brief explanation of what NIPPV is would be warranted.

Source: AMBOSS - <https://next.amboss.com/us/article/xq0E0h?q=nippv#Z39ec6b94dcd469c1552ec36375de3926>

  Show source

Before

Extra

- Consider high flow nasal cannula only if the condition is not immediately life threatening
- Maintain a low threshold for intubation and mechanical ventilation- NIPPV may be contraindicated (e.g., AMS, agitation, hemodynamic instability)

After

Extra

- CPAP and BIPAP are both types of NIPPV
- Consider high flow nasal cannula only if the condition is not immediately life threatening
- Maintain a low threshold for intubation and mechanical ventilation- NIPPV may be

contraindicated (e.g., AMS, agitation, hemodynamic instability)

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author: Accepted at 4:48 p.m. on Jan. 20, 2024
NiceJewishBoy by **NiceJewishBoy**

Related Note: 1547242124159 

Type of change: Other

Rationale for change

rewording

 3  0

  Show source

Before

Extra

- You wanna shut down the menstrual cycle to reduce endometrial proliferation and sloughing secondary to estrogen
- NSAIDs is a bit of a weird one because, generally speaking, they should be considered to worsen bleeding by inhibiting platelets. And yet, NSAIDs can adequately treat AUB especially

After

Extra

- OCPs reduce endometrial proliferation and sloughing secondary to excess estrogen
- NSAIDs, generally speaking, worsen bleeding by inhibiting platelets. Yet paradoxically, NSAIDs can treat AUB, especially if started at the onset of menses

if started at the onset of menses}

✓ [Show unchanged fields](#)

✓ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 4:51 p.m. on Jan. 20, 2024
by **Ahmed7**

Related Note: 1488247899844 

Type of change: Other

Rationale for change

mnemonic

 3  0

 Show source

Before

Extra

classically arises in the PIP and DIP joints of the fingers

After

Extra

- Classically arises in the PIP and DIP joints of the fingers
- Osteoarthritis arises towards the **end** of your life and the **ends** (DIPs) of your fingers

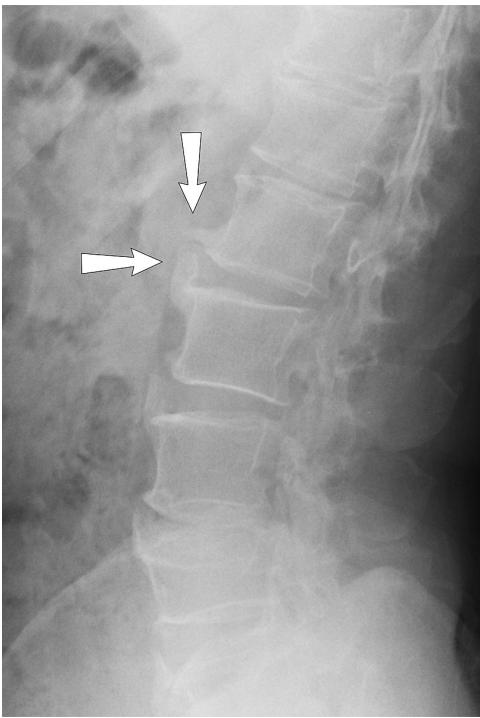


Photo credit: [Nevit Dilmen, crop and annotation by Mikael Häggström, M.D.](#)
Author info - Reusing images-
Conflicts of interest: NoneMikael Häggström, M.D., CC BY-SA 3.0, via Wikimedia Commons

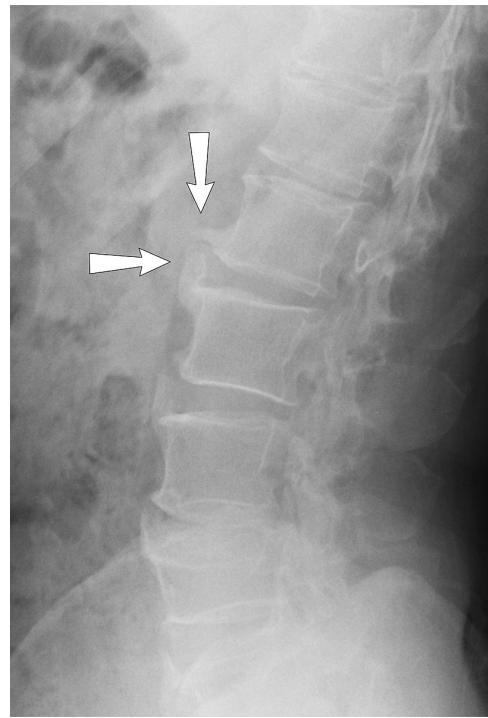


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Author info - Reusing images-
Conflicts of interest: NoneMikael Häggström, M.D., CC BY-SA 3.0, via Wikimedia Commons

- ✓ [Show unchanged fields](#)
- ✓ [Show unchanged tags](#)

Discussion

Reply



[Open on Community](#)

0 reply

Author: Co-authors:
NiceJewishBoyherstein.jacob

Accepted

Accepted at 6:18 a.m. on
Feb. 24, 2024 by
herstein.jacob

Related Note: 1503855562190

Type of change: Updated content

Rationale for change

5 0

a803d6ce-eaeb-4dbc-8eda-e56c7d4aa3cc

<https://next.amboss.com/us/article/wj0hcT?q=pharyngitis#vkYAp6>

The epidemiology here is kind of confusing. Overall viral pharyngitis (e.g. adeno, rhinovirus) is more common than bacterial pharyngitis.

</> Show source

Before

Text

Which cause of **pharyngitis** is *more commonly* seen in children and adolescents?
{{c1::Strep pyogenes (GAS)}}

Extra

EBV is typically asymptomatic at a young age

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

Which cause of **pharyngitis** (EBV or GAS) is *more commonly* seen in children and adolescents?
{{c1::Strep pyogenes (GAS)}}

Extra

Discussion

Reply

↗ Open on Community

8 replies



NiceJewishBoy

@Anking-maintainers

Feb 23

2 replies

Reply



Ahmed7

NiceJewishBoy Feb 23

Can also do

Which cause of pharyngitis (EBV or GAS) is more commonly seen...

Reply



Sameem

Feb 23

Why not do, which cause of bacterial pharyngitis is more

Author:

NiceJewishBoy

Accepted

Accepted at 4:18 p.m. on Dec. 18, 2023

by herstein.jacob

Related Note: 1539449147455



Type of change: Other

Rationale for change

4 0

more specific. the practice question cited in the additional resources part of the card mentions behavioral changes as being part of SLE. "CNS" is vague and could mean AMS or behavioral changes or other things

</> Show source

Before

Text

Fever, joint pain/swelling,
CNS/seizure and nephritis is
suggestive of
{{c1::SLE::diagnosis}}

After

Text

Fever, joint pain/swelling,
behavioral changes, seizure and
nephritis is suggestive of
{{c1::SLE::diagnosis}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

3 replies



Ahmed7

Dec 25, 2023

@herstein.jacob @Cameron @shmuelsash @Sameem @StanG
@zarathustra @Tahseen @Bilal @Morgankota13
@thomas.holmes @Joe @jwill

1 reply

 Reply



herstein.jacob

 Ahmed7 Dec 25, 2023

Support

 Reply



Sameem

Dec 26, 2023

Support

Author:

NiceJewishBoy

Accepted

Accepted at 7:04 p.m. on Dec. 21, 2023

by Ahmed7

Related Note: 1488502510409 

Type of change: Other

Rationale for change

 3  0

other cards e3476244-7e8e-4b32-a8ce-a100bee1e086 test the flexor vs extensor thing so it's easy to think this card is testing that

</> Show source

Before

Text

Atopic dermatitis
(eczematous) usually appears
on the {{c1::face}} in **infancy**

After

Text

Atopic dermatitis
(eczematous) usually appears
on the extensor surfaces
and {{c1::face}} in **infancy**

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

1 reply



Cameron

Dec 21, 2023

AMBOSS also agrees, support
[https://next.amboss.com/us/article/A40RNT?
q=atopic+dermatitis#Za968e02cf8ada5650b1a0c536cae11f9](https://next.amboss.com/us/article/A40RNT?q=atopic+dermatitis#Za968e02cf8ada5650b1a0c536cae11f9)

 Reply

Author:

NiceJewishBoy

Accepted

Accepted at 12:42 p.m. on Jan. 17, 2024

by **thomas.holmes**

Related Note: 1573184565020



Type of change: Updated content

Rationale for change

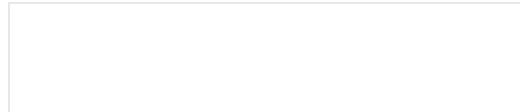
3 0

mnemonic

</> Show source

Before

Extra



▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Extra



Discussion

Reply

Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 8:02 p.m. on Dec. 6, 2023

by thomas.holmes

Related Note: 1526155194961



Type of change: Other

Rationale for change

3 0

m

</> Show source

Before

Extra

After

Extra

Parents who smoke outside the home should be counseled on cessation (chemicals from cigarette smoke absorb to clothes / skin / hair)

- Parents who smoke outside the home should be counseled on cessation (chemicals from cigarette smoke absorb to clothes / skin / hair)

- OMAR: Otitis Media, Asthma, Respiratory tract infections

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 12:01 a.m. on Feb. 16, 2024 by **Ahmed7**

Related Note: 1474670581496 

Type of change: Updated content

Rationale for change

concise

 3  0

 Show source

Before

Text

A(n) {{c1::increased}}
immunoreactive trypsinogen
may be indicative of {{c2::cystic fibrosis}}

After

Text

A(n) {{c1::increased}}
immunoreactive trypsinogen
may indicate {{c2::cystic fibrosis}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 2:02 a.m. on Jan. 18, 2024

by **Ahmed7**

Related Note: 1482289605857 

Type of change: Updated content

Rationale for change

 3  0

mnemonic

 Show source

Before

Extra

- Volvulus of the ~~midgut~~ is seen in infants/ children
- Volvulus of the ~~cecum~~ is seen in young adults
- Volvulus of the ~~sigmoid colon~~ is seen in the elderly

After

Extra

- Volvulus of the ~~midgut~~ is seen in ~~minors~~ (infants/ children)
- Volvulus of the ~~cecum~~ is seen in ~~college~~ (young adults)
- Volvulus of the ~~sigmoid colon~~ is seen in ~~senior citizens~~ (the elderly)

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Author:

NiceJewishBoyshmuelsash

Co-authors:

Accepted

Accepted at 4:15 a.m. on

Nov. 1, 2023 by

shmuelsash

Related Note: 1518573493811 

Type of change: Updated content

Rationale for change

 0  0

these cloze deletions have a looot of text in them. The extra info should be put in the extra section

 Show source

Before

Text

Androgen deficiency and excess
in ~~congenital adrenal~~
~~hyperplasia~~

Signs of deficiency (17 α -hydroxylase deficiency)

XX: {{c1::Normal genitalia}}
XY: {{c1::Female, ambiguous}}

Signs of excess (21 β -hydroxylase deficiency or 11 β -hydroxylase deficiency)

After

Text

Androgen deficiency and excess
in **congenital adrenal**
hyperplasia

Signs of deficiency (17 α -hydroxylase deficiency)

XX: {{c1::Normal genitalia}}
XY: {{c1::Female, ambiguous}}

Signs of excess (21 β -hydroxylase deficiency or 11 β -hydroxylase deficiency)

XX: {{c2::Male external}}

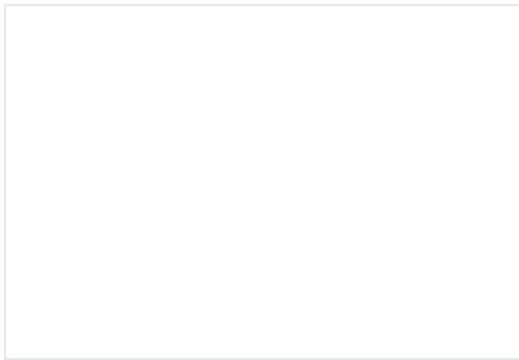
~~XX: {{c2::Male external genitalia/virilization (hyperandrogenism during embryogenesis), precocious puberty (excess androgens are aromatized to estrogen by aromatase in the granulosa cells of the ovaries)}}~~

~~XY: {{c2::Normal male external genitalia at birth with precocious puberty}}~~

genitalia/virilization*, precocious puberty**}}

XY: {{c2::Normal male external genitalia at birth with precocious puberty}}

Extra



Extra

*hyperandrogenism during embryogenesis

**excess androgens are aromatized to estrogen by aromatase in the granulosa cells of the ovaries

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

Open on Community

1 reply



Cameron

Support

Nov 01, 2023

Reply

Author: Accepted at 4:06 a.m. on Jan. 25, 2024
NiceJewishBoy by **NiceJewishBoy**

Related Note: 1480563971359  Type of change: Updated content

Rationale for change

 3  0

concise

 Show source

Before

Text

When a left shift is seen with immature RBCs it is called a(n) {{c1::leukoerythroblastic}} reaction

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

A left shift with **immature RBCs** is called a(n) {{c1::leukoerythroblastic}} reaction

Discussion

Reply



[Open on Community](#)

0 reply

Author: Co-authors:
NiceJewishBoyherstein.jacob

Accepted

Accepted at 5:57 a.m. on Feb. 26, 2024 by **herstein.jacob**

Related Note: 1590016412023 

Type of change: Other

Rationale for change

 3  0

concise; supportive implies there isn't any other care given

</> Show source

Before

Text

What is the *management* for
viral pharyngitis?
{{c1::Supportive care-only}}

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

After

Text

What is the *management* for
viral pharyngitis?
{{c1::Supportive care}}

Discussion

Reply

↗ Open on Community

0 reply

Author:

NiceJewishBoy

Accepted

Accepted at 10:04 p.m. on Dec. 30,
2023 by **Ahmed7**

Related Note: 1473733000524



Type of change: Other

Rationale for change

mnemonic similar sound

👍 3 ⚡ 0

</> Show source

Before

Extra

After

Extra

May also produce **anterior** pituitary hormone **ACTH** leading to **Cushing syndrome**
"Small cell, Smokers, Central, paraneoplastic Syndromes"

May also produce **anterior** pituitary hormone **ACTH** leading to **Cushing syndrome**
"Small cell, Smokers, "S"entral, paraneoplastic Syndromes"

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

1 reply



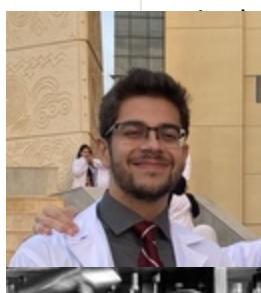
Ahmed7

Dec 30, 2023

hi, I DM'ed you on the community!
<https://community.ankihub.net/>

 Reply

AnkiHub LLC is unaffiliated with Ankitects Pty Ltd, Anki, AnkiWeb, or AnkiMobile.



or:

JewishBoy

Accepted

Accepted at 2:56 p.m. on Jan. 8, 2024

by NiceJewishBoy

ed Note: 1476583320663



Type of change: Other

Motivation for change

 3  0

more concise. I also generally speaking think wording like "in alcohol use disorder," or "in T2DM" is better than "alcoholic" or "diabetic" since person-first language is generally regarded as being more polite these days. it depends on the condition but I think this article generally provides



a good guide <https://www.nih.gov/nih-style-guide/person-first-destigmatizing-language#homelessness>

</> Show source

Before

Extra

- This triad is only present in ~30% of patients with Wernicke encephalopathy per AMBOSS- Seen in **alcoholic** (most common) or other **severely malnourished** patients (e.g. anorexia nervosa, hyperemesis gravidum)
- **Korsakoff** syndrome symptoms include **confabulation, personality change, and permanent memory loss**

After

Extra

- This triad is only present in ~30% of patients with Wernicke encephalopathy per AMBOSS- Seen in cases of severe *malnourishment* such as **alcohol use disorder** (most common), **anorexia nervosa**, and **hyperemesis gravidarum**
- **Korsakoff** syndrome symptoms include **confabulation, personality change, and permanent memory loss**

▼ [Show unchanged fields](#)

▼ [Show unchanged tags](#)

Discussion

Reply

 Open on Community

0 reply

Next →