

# KAPLAN MEDICAL USMLE STEP 1

## LECTURE NOTES PHYSIOLOGY

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**Is Kaplan worth it for Step 1?** Overall, Kaplan is a very comprehensive, all-encompassing resource that can be beneficial for students during the 1st and 2nd year but is not focused enough to be appropriate for effective USMLE prep – there are better options, both from a lecture series and question bank perspective.

**Is BRS Physiology good for Step 1?** The physiology notes for organ systems are subpar, and the BRS physiology book makes it more systematic and clear. It's useful for the organ systems test, the overall general understanding of physiology for life and for Step 1.

**How many questions are there in Kaplan Step 1 Qbank?** Step 1 Qbank. This 3,300+ question Qbank replicates USMLE Step 1 and features in-depth answer explanations and step-by-step strategies.

**Is Kaplan useful for USMLE?** Is Kaplan USMLE prep worth it? In our team's opinion – yes. There is a good reason thousands of students elect to go with Kaplan for their USMLE prep each year.

**Are Kaplan lecture notes enough?** Kaplan notes are absolute best review source for USMLE. There is no doubt that it is high yield and one should not attempt USMLE without preparing from them. BUT, as I have mentioned they are review source. So make sure you have your subjects covered in medical school beforehand.

**Is Kaplan harder than actual test?** Some find Kaplan's practice tests to be more challenging than the actual exam, particularly in terms of question complexity and depth of content.

**Is Kaplan good for physiology?** For exams such as the USMLE and MCAT, understanding human physiology is crucial. Kaplan's physiology materials would be designed to help students understand and remember key concepts in human physiology, ensuring they are well-prepared for related questions on these exams.

**What percent of Step 1 is physiology?**

**Is Step 1 the hardest exam ever?** Traditionally, Step 1 has been thought of as both the most difficult and most important USMLE Step exam. There are several reasons for this. Firstly, this exam is the first in the series, and students taking it will have had less experience with the types of questions that the USMLE asks.

**Are Kaplan questions harder than UWorld?** In terms of straight practice material, the difference between Kaplan and UWorld is somewhat negligible, with perhaps Kaplan getting the slight advantage. We found Kaplan's practice questions to be more realistic of actual NCLEX questions, while also rating UWorld's problems explanations out higher.

**Is Amboss better than Kaplan?** The Kaplan program provides more resources for study, plus you have more control over how you can prepare for tests. You can also find more videos and interactive content with Kaplan's questions. Meanwhile, people who want to concentrate on certain topics will find the AMBOSS platform to their liking.

**Is UWorld alone enough for Step 1?** Yes, it's generally recommended for users to complete two full passes of the UWorld Step 1 QBank. However, UWorld also offers a 30-day subscription if you have discovered this service with your exam in 30 days or less.

**What is the hardest USMLE exam in the world?** The United States Medical Licensing Examination (USMLE) takes the top spot as the most challenging exam in the US, with an average preparation time ranging from 200 to 400 hours for each of its three steps.

**Which platform is best for USMLE Step 1?** AMBOSS is the only platform that covers you throughout all your years of medical school and into your residency. Even after Step 1, AMBOSS is there for you with high-yield material for Step 2 CK and all

your NBME® Shelf exams.

**Is Kaplan worth the money?** Verdict: Kaplan MCAT Prep Course Review It gives you everything you need to prep for the MCAT. Now, it is a little pricey when standing up against other prep options, but the quality and quantity of study material you get with Kaplan cannot be disputed.

**Is 60% on Kaplan good?** 65 is passing, over 60 is passing, and so forth. I got 62 percent on both Trainer 6 and 7. The Kaplan book says aim for over 60.

**What is the best resource for USMLE step 1?** The gold standard resources for USMLE prep are often referred to using the acronym UFAPS. This consists of UWorld, First Aid, Anki, Pathoma, and Sketchy.

**Is it worth taking lecture notes?** Actively taking notes during class can help you focus and better understand main concepts. In many classes, you may be asked to watch an instructional video before a class discussion. Good note-taking will improve your active listening, comprehension of material, and retention.

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**Which is better first aid or Kaplan?** Kaplan notes are like text books. They are very useful in the initial stages of preparation. Basic concepts are made clear by these books. On the other hand, First Aid is like a review book, which you read in the final days on preparation.

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explanations out higher.

## **The Road to Chess Mastery: The Alvin T. U.**

In the realm of chess, mastery is an elusive goal that few achieve. For those seeking the path to excellence, the Alvin T. U. provides an invaluable roadmap. Let's delve into some key questions and answers surrounding this renowned chess program.

### **1. What is the Alvin T. U.?**

The Alvin T. U. is an advanced chess training program developed by National Master Alvin Turner. It is designed to accelerate the development of players of all levels, from beginners to experienced competitors.

### **2. How does the program work?**

The program comprises a comprehensive curriculum that covers every aspect of chess, including opening principles, tactics, positional play, strategy, and endgames. Lessons are delivered through video lectures, interactive exercises, and personalized feedback from certified instructors.

### **3. What are the benefits of joining the Alvin T. U.?**

Members of the Alvin T. U. enjoy numerous benefits, including:

- Access to a structured and individualized learning plan
- High-quality video lessons and interactive exercises
- Expert instruction and personalized feedback
- A supportive community of like-minded chess enthusiasts

### **4. Is the Alvin T. U.????????????**

Yes, the Alvin T. U. is designed to cater to players of all skill levels. Whether you're a complete beginner or an experienced tournament player, the program can help you improve your chess and achieve your goals.

### **5. How do I join the Alvin T. U.?**

To join the Alvin T. U., simply visit the official website at [www.alvinturner.com](http://www.alvinturner.com). Various membership plans are available to meet your specific needs and budget.

So, if you're ready to embark on the path to chess mastery, consider joining the Alvin T. U. With its structured curriculum, expert instruction, and supportive community, it can guide you every step of the way towards becoming a true chess master.

## **Trail Guide to the Body: Exploring the Landscape of Human Anatomy**

**By Andrew Biel**

### **Q: What is the "Trail Guide to the Body"?**

A: The "Trail Guide to the Body" is a comprehensive guide that provides a roadmap to understanding human anatomy. Author Andrew Biel, a renowned movement and anatomy specialist, uses a unique body-map approach to explore the body's structure, function, and interconnectedness.

### **Q: How is the book structured?**

A: The book is organized into 11 chapters, each covering a different region of the body. Each chapter begins with an overview of the region's anatomy and function, followed by a detailed description of the musculoskeletal system, including bones, joints, and muscles. The book also features over 500 illustrations and photographs to enhance understanding.

### **Q: What makes this book unique?**

A: The "Trail Guide to the Body" stands out for its comprehensive approach and its focus on movement analysis. Biel explains how the body's structures work together to facilitate movement and how movement can influence anatomy. The book also provides practical exercises and guidance on how to feel and palpate various anatomical landmarks.

### **Q: Who is this book for?**

A: The "Trail Guide to the Body" is suitable for healthcare professionals, fitness professionals, bodyworkers, and chiunque interested in exploring the human body. It

is an excellent resource for students, practitioners, and anyone seeking a deeper understanding of anatomy and its relationship to movement and well-being.

**Q: How can this book benefit me?**

A: Reading the "Trail Guide to the Body" can enhance your anatomical knowledge, improve your movement skills, and promote overall body awareness. It can also provide insights into how the body adapts to different activities and how injuries occur. By understanding the body's intricate interconnectedness, you can make informed decisions about your health and well-being.

**How many patients are on NIHSS Group A?** NIH Stroke Scale certification course modules include six groups (Groups A through F) and each group includes six patients. Students usually begin with Test Group A and work their way through the groups on an interval of 6 to 12 months.

**How many questions are on the NIHSS certification?** A total NIHSS score could be calculated only for those patients for whom all 15 questions were answered; we included only those certification tests for which a complete score could be calculated for every patient included in the test.

**What is a passing score for the NIH Stroke Scale?** The NIHSS certification test is not timed and may be repeated as many times as desired to obtain a passing score or to improve your score. A score of 93% or greater is required for successful completion to become NIH Stroke Scale certified and to receive the appropriate certificate.

**What is the mnemonic for the NIH Stroke Scale?** BE-FAST indicates Balance, Eyes, Face, Arm, Speech, Time; and NIHSS, National Institutes of Health Stroke Scale.

**What is the cut off score for NIHSS?** Cut-Off Scores Very Severe: >25. Severe: 15 – 24. Mild to Moderately Severe: 5 – 14. Mild: 1 – 5.

**What is a score of 22 on the NIHSS?** 1–4 = minor stroke. 5–15 = moderate stroke. 15–20 = moderate/severe stroke. 21–42 = severe stroke.

**What is the best NIHSS score?** The scale is made up of 11 different elements that evaluate specific ability. The score for each ability is a number between 0 and 4, 0 being normal functioning and 4 being completely impaired. The patient's NIHSS score is calculated by adding the number for each element of the scale; 42 is the highest score possible.

**Is NIHSS certification free?** Option #2: NIHStrokeScale.org by BlueCloud The BlueCloud Basic Membership (free of charge) offers online training for the NIHSS. Access to the course requires registration with BlueCloud.

**How much does it cost to get NIHSS?** You'll need to create an account with the American Heart Association and pay the NIHSS registration fee. If you're an AHA member, the course is free, but if not, it's \$10. Those who are obtaining the NIHSS for the first time will enroll in Group A.

**What is a bad NIHSS score?** The NIHSS was considered as significant for a score of >7 associated with bad prognosis, increased risk of death, and severe disability, and for a score of 3.

**How long is NIHSS certification good for?** NIH Stroke Scale certification is good for one year after someone initially receives certification. After that initial renewal, recertification is needed every two years. The renewal process after that first year includes completing continuing education courses.

**How often should NIHSS be done?** Obtain full NIHSS scores a minimum of every 2 hours for the first 24 hours during reperfusion; after that obtain full NIHSS scores at least every 4 hours, increasing the time between assessments as dictated by changes in a patient's status.

**How do I code my NIHSS score?** ICD-10 code R29. 7 for National Institutes of Health Stroke Scale (NIHSS) score is a medical classification as listed by WHO under the range - Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified .

**How many patients are in the NIHSS test?** Three full certification sets of six patients each that allows you to score patients and submit your answers to an accrediting organization for certification.

**What is the first thing measured in the NIH Stroke Scale?** Level of Consciousness: 1 = Not alert; but arousable by minor stimulation to obey, answer, or respond.

**How do you interpret NIHSS score?**

**What NIHSS score is fall risk?** Conclusion: Poststroke patients at risk of falls can be identified by an NIHSS score of  $\geq 4$ .

**What are the results of the NIHSS test?** The NIHSS is composed of 11 items, each of which scores a specific ability between a 0 and 4. For each item, a score of 0 typically indicates normal function in that specific ability, while a higher score is indicative of some level of impairment.

**What is neglect in NIHSS?** Extinction and Inattention (formerly Neglect): If the patient has a severe visual loss preventing visual double simultaneous stimulation, and the cutaneous stimuli are normal, the score is normal. If the patient has aphasia but does appear to attend to both sides, the score is normal.

**What is the best gaze on the NIH scale?** Best Gaze: Only horizontal eye movements will be tested. If the patient has a conjugate deviation of the eyes that can be overcome by voluntary or reflexive activity, the score will be 1. If a patient has an isolated peripheral nerve paresis (CN III, IV or VI), score a 1. Gaze is testable in all aphasic patients.

**What is the NIHSS score for a mild stroke?** The NIHSS score is defined as the sum of 15 individually evaluated elements, and ranges from 0 to 42. Stroke severity may be categorized as follows: no stroke symptoms, 0; minor stroke, 1–4; moderate stroke, 5–15; moderate to severe stroke, 16–20; and severe stroke, 21–42 [6, 7].

**How many categories are on the NIHSS?** Using a numerical scale to determine stroke severity, health care providers record the person's performance in 11 categories, such as sensory and motor ability. The following example shows the specific instructions used to correctly determine performance, and the scale scoring, for category 1a.



**How many patients at NIH?** Demographic information is based on 14,925 patients seen in the Clinical Center in the 2021 fiscal year. The Clinical Center has a workforce of 1,824 permanent federal employees.

**What is the median NIHSS score?** Most strokes were due to either large-artery atherosclerosis (18%) or cardioembolism (71%). The median baseline NIHSS score was 18 (IQR, 12-23), and the median ASPECTS score was 8 (IQR, 6-9).

**What is a 25 NIHSS score?** Stroke severity may be stratified on the basis of NIHSS scores as follows: Very Severe: >25. Severe: 15 – 24. Mild to Moderately Severe: 5 – 14.

[the road to chess mastery](#)[the alvin t u](#), [trail guide to the body andrew biel](#), [nihss test group a answers](#)

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