

## Two-Month ABSITE Study Schedule

Ideally the material for the ABSITE should be acquired and reviewed throughout the year either in didactic session, the operating suite, the wards, or the clinic. However, the most intense review usually occurs approximately two months prior to the ABSITE that typically occurs around the end of January every year. Below is a model study schedule outlining the topics to be covered daily in addition to the minimum amount of questions that should be done daily. You should choose a central textbook for reference. I would recommend Sabiston's for PGY 1-3 years and Cameron for PGY 3-5 years. In addition, a review book is helpful to structure your studying – Fiser is an excellent choice (at least baby Fiser (i.e., the ABSITE Review); however, if you want to 'ace' the ABSITE, I would recommend using big Fiser (i.e., Comprehensive ABSITE Review) is an excellent choice. I recommend utilizing an online question bank (in addition to the SCORE Question Bank). Both TrueLearn and ABSITE Quest are great choices. ABSITE Quest is not a typical online question bank (i.e., it sends you 3-10 questions daily to review); however, the content contained within it is very reflective of the ABSITE. TrueLearn is your typical online question bank and its content, too, reflects the ABSITE very well in both content and structure.

In the schedule, I will use the general topic titles. For the exact modules in SCORE that are within each of the topics, please refer to the pdf document at this link:

[http://files.surgicalcore.org/2020-2021\\_GS\\_CO\\_Booklet\\_v3editsfinal.pdf](http://files.surgicalcore.org/2020-2021_GS_CO_Booklet_v3editsfinal.pdf)

### Day 1

- Abdomen (General)
  - o Abdominal Pain
  - o Rectus Sheath Hematoma
  - o Peritoneal Neoplasms and Desmoid Tumors
  - o Peritoneal Dialysis Catheters
- 25 Questions

### Day 2

- Abdomen (Hernia)
  - o Inguinal and Femoral Hernias and Repair
  - o Miscellaneous Hernias and Repair
  - o Ventral/Umbilical Hernias and Repair
  - o Diaphragmatic Hernia and Repair
- 25 Questions

### Day 3

- Abdomen (Biliary)
  - o Biliary obstruction
  - o Bile duct injury and Repair
  - o Biliary Neoplasms and Operation
  - o Cholecystitis, Cholecystectomy, and Bile Duct Exploration
  - o Choledochal Cysts

- o Functional Biliary Disorders and PSC
- 25 Questions

#### **Day 4**

- Abdomen (Liver)
  - o Hepatic Abscess and drainage
  - o Hepatic Neoplasms – primary and metastatic
  - o Portal Hypertension
  - o Liver Biopsy
- 25 Questions

#### **Day 5**

- Abdomen (Pancreas)
  - o Cystic Lesions and IPMNs
  - o Pancreatic Neoplasms – Endocrine and Exocrine
  - o Acute pancreatitis
  - o Pancreas Divisum
  - o Chronic Pancreatitis and Surgery Management
  - o Pseudocyst
- 25 Questions

#### **Day 6**

- Abdomen (Spleen)
  - o Hematologic Disease
  - o Splenic Abscess, Cysts, and Neoplasms
  - o Splenectomy
- 25 Questions

#### **Day 7**

- Alimentary Tract (Esophagus)
  - o Esophageal Motility Disorder
  - o Neoplasms – Benign and Malignant
  - o Perforation and repair
  - o GERD and Antireflux procedure
  - o Hiatal hernia and Repair
  - o Caustic Ingestion and Foreign body
  - o Zenker diverticulum
  - o Esophagectomy
  - o Heller myotomy
- 25 Questions

#### **Day 8**

- Alimentary Tract (Stomach)

- Gastric adenocarcinoma
- Foreign bodies
- Upper GI Bleeding
- GISTs
- Morbid Obesity and Surgery
- Peptic Ulcer Disease and Stress Gastritis
- Function Disorders
- Gastrectomy, Vagotomy, and Gastrostomy
- Post gastrectomy Syndromes
- 25 Questions

## **Day 9**

- Alimentary Tract (Small Intestine)
  - EC fistula
  - Meckel diverticulum
  - Mesenteric ischemia
  - Radiation enteritis and ileus
  - Small bowel obstruction
  - Small bowel neoplasms
  - Infections
  - Short Bowel Syndrome
- 25 Questions

## **Day 10**

- Alimentary Tract (Large Intestine) – Part 1
  - Appendicitis
  - C. diff Colitis
  - Ischemic Colitis
  - Colon Cancer
  - Volvulus
  - Diverticulitis
  - Lower GI Bleeding
- 25 Questions

## **Day 11**

- Alimentary Tract (Large Intestine) – Part 2
  - Function disorders
  - Polyposis Syndromes
  - Appendectomy and Colectomy
  - Colostomy
  - IBD surgical management
- 25 Questions

## Day 12

- Alimentary Tract (Anorectal) – Part 1
  - Anal Cancer
  - Anal Dysplasia and STDs
  - Anal Fissure
  - Anorectal Abscess/Fistulae
  - Hemorrhoids and management
  - Rectal Cancers
  - Fecal Incontinence
- 25 Questions

## Day 13

- Alimentary Tract (Anorectal) – Part 2
  - Sphincterotomy
  - Drainage of abscess and repair of fistula
  - Excision Perianal condylomas
  - Anal/Rectal Cancer (excision, transanal resection) – APR vs LAR
  - Rectal Prolapse and Repair of rectal prolapse
- 25 Questions

## Day 14

- Endoscopy and Breast (Part 1)
  - Bronchoscopy (including BAL)
  - EGD
  - Lower GI Endoscopy
  - Atypical Hyperplasia and LCIS
  - Benign Disease and inflammatory disease (fat necrosis, mastitis, abscess, Mondor disease)
  - Hereditary and Inflammatory breast cancer
- 25 Questions

## Day 15

- Breast (Part 2)
  - Invasive carcinoma and DCIS
  - Paget disease of nipple
  - Breast disease during pregnancy/lactation
  - Breast mass – cyst aspiration and biopsy
  - Male breast mass
  - Nipple discharge and duct excision
  - Mastectomy and reconstruction
  - Sentinel lymph node and axillary lymphadenectomy
- 25 Questions

## Day 16

- Endocrine
  - Incidentaloma
  - Hyperaldosteronism
  - Hypercortisolism
  - Hyperparathyroidism - parathyroidectomy
  - Hyper and hypothyroidism
  - Pheochromocytoma - adrenalectomy
  - Thyroid cancer and nodule – thyroidectomy
  - MEN syndrome
  - Adrenal and parathyroid cancers
- 25 Questions

## Day 17

- Skin & Soft Tissue (Part 1)
  - Cellulitis and hidradenitis
  - Melanoma and nevi – surgical management/sentinel lymph node biopsy
  - Necrotizing Soft Tissue Infection – debridement
  - Nonmelanoma skin cancers
  - Paronychia and Felon
  - Pilonidal cyst/sinus and excision
  - Soft Tissue Masses
- 25 Questions

## Day 18

- Skin & Soft Tissue (Part 2) & Plastic Surgery
  - Lymphedema/Lymphangitis
  - Pressure Ulcer
  - Soft Tissue Sarcomas and resection
  - Ilioinguinal-femoral lymphadenectomy
  - Skin grafting
  - Complex wound closure
- 25 Questions

## Day 18

- Surgical Critical Care (Part 1)
  - Abdominal compartment syndrome
  - ARDS
  - Anaphylaxis
  - Cardiac Arrest and Brain Death (Organ Donors)
  - Cardiac Arrhythmias and Cardiac Failure (Cardiac Pacing)
  - Endocrine Dysfunction and Hepatic Failure

- Shock (hypovolemic, neurogenic, septic)
- Hypoxemic syndromes and Respiratory Failure
- 25 Questions

## **Day 19**

- Surgical Critical Care (Part 2)
  - Hepatic Failure
  - Neurologic Dysfunction
  - Pain, Agitation, and Delirium
  - Difficult Airway and Intubation
  - Renal Failure
  - Vascular Access
  - Nutritional Support
- 25 Questions

## **Day 20**

- Trauma (Part 1)
  - Burns and Frostbite/hypothermia
  - Thoracic Trauma (cardiac, chest wall, pleural, diaphragm, tracheobronchial and lung, vascular)
  - Colon/rectal trauma
  - Duodenal/pancreatic trauma
  - Esophageal/stomach/small intestinal trauma
  - Geriatric and pediatric trauma
  - Initial Trauma Assessment/Management
- 25 Questions

## **Day 21**

- Trauma (Part 2)
  - Hepatic injury
  - Urinary tract injuries (upper and lower)
  - Pelvic fractures and retroperitoneal hematoma
  - Splenic injury
  - Trauma in Pregnancy
  - Upper aerodigestive tract injury
  - Vascular injury – Abdomen, extremities, and neck
- 25 Questions

## **Day 22**

- Trauma (Part 3)
  - Bite and envenomation injuries
  - Brachial plexus injury
  - Extremity injuries

- Tendon repair
- FAST
- Fasciotomy
- Smoke inhalation injury (carbon monoxide poisoning)
- Traumatic brain injury and spine fracture
- 25 Questions

## **Day 23**

- Vascular-Arterial
  - Acute thrombosis and ischemia (lower extremity bypass)
  - Cerebrovascular Disease (CEA)
  - Compartment Syndrome
  - Diabetic Foot Infection
  - Peripheral arterial disease – bypass and amputations
  - Vascular Diagnosis
  - Aortic Dissection
  - Aneurysms – Aortic, Peripheral, and Visceral (open and endovascular repair)
  - Renal Artery Disease
  - Thoracic Outlet Syndrome
  - Graft infection
  - Nonatherosclerotic occlusive disease
- 25 Questions

## **Day 24**

- Vascular-Venous and Access
  - Evaluation of swollen leg
  - Thrombophlebitis and varicose veins
  - Venous stasis (surgical management)
  - Venous thromboembolism and IVC Filter placement
  - Fistula/Graft creation
  - Venous access placement
  - Vascular Exposure - Principles
- 25 Questions

## **Day 25**

- Transplantation and Immunology
  - Organ Preservation
  - Organ Retrieval
  - Live Donor hepatectomy and nephrectomy
  - Liver, Pancreas, and Renal transplantations
  - Components of Immune System
  - Immune Response
  - Surgery in Immunocompromised

- Transplant Immunology
- 25 Questions

## Day 26

- Thoracic Surgery and Pediatric Surgery (Part 1)
  - Pleural effusion/empyema
  - Pneumothorax/Pleurodesis
  - Thoracostomy and Thoracentesis
  - Chylothorax
  - Malignant tumors of Lung and Resections
  - Mediastinitis and Mediastinal Masses
  - SVC Syndrome
  - Pediatric Abdominal Mass
  - Appendicitis
  - Lower GI Bleeding
  - Pyloric Stenosis and pyloromyotomy
- 25 Questions

## Day 27

- Pediatric Surgery (Part 2)
  - Inguinal Hernia and repair
  - Intussusception and reduction
  - Malrotation and Ladd procedure
  - Meckel Diverticulum and management
  - Umbilical Hernia and repair
  - Aerodigestive tract foreign bodies
  - Anorectal malformations
  - Biliary Atresia/Kasai procedure
  - Hirschsprung Disease and treatment options
  - Congenital diaphragmatic Hernia
  - Cryptorchidism
- 25 Questions

## Day 28

- Pediatric Surgery (Part 3)
  - Choledochal cysts
  - Esophageal atresia/TEF
  - Gastroschisis/Omphalocele
  - NEC
  - Branchial Cleft Anomaly
  - Chest wall deformities
  - Meconium Ileus
  - Thyroglossal duct cyst



- 25 Questions

## **Day 29**

- Head and Neck
  - Evaluation of neck mass
  - Upper airway obstruction
  - Head and Neck cancers
  - Lymph node biopsy
  - Tracheostomy
  - Modified Neck Dissection
  - Parotidectomy
- 25 Questions

## **Day 30**

- Genitourinary
  - Hydrocele
  - Scrotal Pain and Masses
  - Acute Urinary Retention
  - Neoplasms
  - Cystostomy
  - Nephrectomy
- 25 Questions

## **Day 31**

- Ob/Gyn
  - Ectopic Pregnancy
  - Pelvic Inflammatory Disease
  - Gynecologic Neoplasms
  - Hysterectomy and Salpingo-oophorectomy
  - Cesarean section
  - Surgical Considerations of Pregnant patient
- 25 Questions

## **Day 32**

- Anesthesia
  - General Anesthesia
  - Regional and Local Anesthesia
  - Prescribing Opioids
  - Choice of Anesthesia
  - Conscious Sedation
  - Intraoperative Monitoring
  - Nerve Blocks (digital and peripheral)
  - Acute and Chronic Pain Management

- 25 Questions

### **Day 33**

- Biostatistics
  - Clinical Trials
  - Evaluating Study
  - Expressing/Summarizing Data
  - Levels of Evidence
  - Outcomes
  - Research Design in Outcome
  - Surveys and Qualitative Research
  - Tests of Significance
- 25 Questions

### **Day 34**

- Fluids and Electrolytes & Acid-Base
  - Hypo & hypercalcemia
  - Hypo & hyperkalemia
  - Hypo & hypernatremia
  - Magnesium and Phosphorus Disorders
  - Acid-Base Disorders
- 25 Questions

### **Day 35**

- Geriatric Surgery/End-of-Life Care
  - Advanced Directives, DNR, Power of Attorney
  - Frailty
  - Goal Setting
  - Palliative and hospice care
  - Perioperative Management of Geriatric Patients
- 25 Questions

### **Day 36**

- Infection & Antimicrobial Therapy
  - Antimicrobial Agents
  - Antimicrobial Stewardship
  - Diagnostic Approach
  - Hospital-acquired and opportunistic infections
  - Intra-abdominal Infections
  - Preoperative Assessment and Management of coexisting infection
  - Prevention and treatment of Surgical Site Infections
- 25 Questions

**Day 37**

- Minimally Invasive Surgery Principles
  - o MIS Principles
  - o Robotic Surgery Principles
  - o Safe Use of Surgical Energy
- 25 Questions

**Day 38**

- Nutrition & Metabolism
  - o Effects of Surgery, Illness, and Injury on Nutritional Requirements
  - o Nutritional Assessment
  - o Nutritional Pharmacology and Immunonutrition
  - o Nutritional Requirements
- 25 Questions

**Day 39**

- Oncology & Tumor Biology
  - o Adjunctive Therapy for Cancer
  - o Genetic Susceptibility
  - o Screening and Biomarkers
  - o Tumor Immunology
- 25 Questions

**Day 40**

- Preoperative Evaluation & Perioperative Care
  - o Common postoperative problems
  - o Evaluation of surgical risk
  - o Management of perioperative risk
  - o Postoperative pain management
  - o Prophylaxis of VTE
  - o Ventilatory Support/Management
- 25 Questions

**Day 41**

- Transfusion & Disorders of Coagulation
  - o Evaluation of Ongoing Bleeding and Lab Assessment of coagulation
  - o Inherited and Acquired Coagulation Disorders
  - o Normal Mechanisms of Hemostasis and Coagulation
  - o Transfusion (Indications, Risks, Type and Crossmatch, component therapy)
- 25 Questions

**Day 42**

- Wound Healing
  - o Wound closure and postoperative care
  - o Wound healing
- 25 Questions

### **Day 43**

- Ethics, Professionalism, & Quality Improvement
  - o Advanced Directives
  - o Capacity
  - o Informed Consent
  - o Pediatric Medical Decisions
  - o Surrogate Decision Making
  - o Withdrawing Care
  - o Delivering Bad News
  - o Medical Errors and Apology
  - o Safe Handoff
  - o Methods Evaluate Performance
  - o Quality Improvement Methods
  - o Cost Awareness & Risk-Benefit Analysis
  - o Root Cause Analysis (identifying System errors)
- 25 Questions

### **Day 44 to 60**

- Review High-yield material
- 40 Questions

I recommend scheduling review sessions approximately 2-3 times a week to focus on the high-yield topics in addition to explaining any concepts that may not be clear. There are several high-yield documents that can be used in the few weeks proceeding the ABSITE, e.g., the ABSITE Killer. In addition, take the night before the exam off from studying and try to get a good night of sleep.

After the examination, I recommend writing down all the concepts/questions you can remember. This way you have a study guide for future exams. Questions are often reused from year to year.

*If you have more than two months, I recommend:*

- Listening to the Behind the Knife podcast when you are driving or working out. This is a great review!
- Read the respective chapters to each system/topic in a surgical textbook (e.g., Sabiston's, Cameron) and take notes you can use to supplement your review book.
- Take a mock ABSITE approximately two months prior to the actual examination – TrueLearn offers an assessment examination (mock ABSITE) online.

