

Struggling to remember key topics while studying?

Our expert instructors are here to help!

While teaching our PANCE/PANRE Live Review course, our live instructors sprinkle in their favorite mnemonics to help make that tricky information easy to recall when you need it!

Here are a few that you'll hear at the live PANCE/PANRE Review Course. Our instructors are always inventing new ways to remember key information.

CARDIOLOGY TOPIC

Causes of AFIB (PIRATES)

MNEMONIC

- **P**ulmonary
- **I**schemic, idiopathic
- **R**heumatic valvular ds
- **A**nemia, alcohol, age, autonomic
- **T**hyroid ds
- **E**levated BP
- **S**leep apnea, sepsis, surgery

DERMATOLOGY TOPIC

ABCDEs when checking for melanoma

MNEMONIC

- **A**symmetry
- **B**order
- **C**olor
- **D**iameter
- **E**volving

ENDOCRINOLOGY TOPIC

Diabetes Mellitus Type 1: SIPS

MNEMONIC

- **S**aline
- **I**nsulin
- **P**otassium
- **S**earch Cause

NEUROLOGY TOPIC

Reflexes

MNEMONIC

- **"1-2 buckle my shoe"** → **S1/S2**
ankle jerk reflex (near your shoe)
- **"3-4 kick the door"** → **L3/L4**
patellar reflex (knee extension needed to kick)
- **"5-6 pick up sticks"** → **C5/C6**
biceps reflex (bicep needed to flex the arm)
- **"7-8 lay them straight"** → **C7/C8**
triceps reflex (tricep needed to extend the arm)

EENT TOPIC

Diagnosing Macular Degeneration: DAWN

MNEMONIC

- **D**ry
- **A**trophic
- **W**et
- **N**eovascular

GI TOPIC

Cholecystitis: 4 F's

MNEMONIC

- **F**emale
- **F**orty
- **F**air
- **F**ertile

HEMATOLOGY TOPIC

Hemophilia

MNEMONIC

- **"H for H"** - Hemarthrosis for Hemophilia

MUSCULOSKELETAL TOPIC

Red Flags for Low Back Pain: TUNA FISH

MNEMONIC

- **T**rauma
- **U**nexplained Weight Loss
- **N**eurologic Symptoms
- **A**ge >50
- **F**ever
- **I**VDU
- **S**teroid Use
- **H**istory of Cancer

RENAL TOPIC

Metabolic alkalosis: ALKALI

MNEMONIC

- **A**cid loss
- **L**ow chloride
- **(K)** potassium losses
- **A**ldosterone high
- **L**oop and thiazide
- **I**ncreased Sodium bicarb administration

PSYCHIATRY TOPIC

Clozaril side effects

MNEMONIC

- **CLO**zaril → **CLO** → **C**ells are **LO**w
→ agranulocytosis

VASCULAR TOPIC

Peripheral vascular assessment (limb ischemia): 6 P's

MNEMONIC

- 1. Pain**
- 2. Pallor**
- 3. Paresthesias**
- 4. Paralysis**
- 5. Pulselessness**
- 6. Poikilothermia**