

# ZERO TO FINALS SURGERY FLASHCARDS

## 1 GENERAL SURGERY

- 1-1 ABDOMINAL INCISIONS
- 1-2 PRE-OPERATIVE CARE
- 1-3 CONSENT
- 1-4 POST-OPERATIVE CARE
- 1-5 INTRAVENOUS FLUIDS
- 1-6 ACUTE ABDOMEN CAUSES
- 1-7 ACUTE ABDOMEN MANAGEMENT
- 1-8 APPENDICITIS
- 1-9 OBSTRUCTION
- 1-10 ILEUS
- 1-11 VOLVULUS
- 1-12 TYPES OF HERNIAS
- 1-13 INGUINAL HERNIAS
- 1-14 HIATUS HERNIAS
- 1-15 HAEMORRHOIDS
- 1-16 DIVERTICULAR DISEASE
- 1-17 CHRONIC MESENTERIC ISCHAEMIA
- 1-18 ACUTE MESENTERIC ISCHAEMIA
- 1-19 BOWEL CANCER
- 1-20 STOMAS
- 1-21 GALLSTONES
- 1-22 ACUTE CHOLECYSTITIS
- 1-23 ACUTE CHOLANGITIS
- 1-24 CHOLANGIOCARCINOMA
- 1-25 PANCREATIC CANCER
- 1-26 PANCREATITIS
- 1-27 LIVER TRANSPLANT

## 2 UROLOGY

- 2-1 OBSTRUCTIVE UROPATHY
- 2-2 URINARY CATHETERS
- 2-3 PROSTATIC HYPERPLASIA
- 2-4 PROSTATITIS
- 2-5 PANCREATIC CANCER
- 2-6 EPIDIDYMO-ORCHITIS
- 2-7 TESTICULAR TORSION
- 2-8 SCROTAL LUMPS
- 2-9 TESTICULAR CANCER
- 2-10 LOWER UTIS
- 2-11 INTERSTITIAL CYSTITIS
- 2-12 BLADDER CANCER
- 2-13 PYELONEPHRITIS
- 2-14 KIDNEY STONES
- 2-15 RENAL CELL CARCINOMA
- 2-16 RENAL TRANSPLANT

## 3 VASCULAR SURGERY

- 3-1 PERIPHERAL ARTERIAL DISEASE
- 3-2 ACUTE LIMB ISCHAEMIA
- 3-3 DEEP VEIN THROMBOSIS
- 3-4 VARICOSE VEINS
- 3-5 CHRONIC VENOUS INSUFFICIENCY
- 3-6 LEG ULCERS
- 3-7 LYMPHOEDEMA
- 3-8 ABDOMINAL AORTIC ANEURYSM
- 3-9 AORTIC DISSECTION
- 3-10 CAROTID ARTERY STENOSIS
- 3-11 BUERGER'S DISEASE

## 4 CARDIOTHORACIC SURGERY

- 4-1 HEART ANATOMY
- 4-2 CABG
- 4-3 PROSTHETIC VALVES
- 4-4 ATRIAL SEPTAL DEFECT
- 4-5 VENTRICULAR SEPTAL DEFECT
- 4-6 COARCTATION OF THE AORTA
- 4-7 PERICARDIAL EFFUSION
- 4-8 THORACIC AORTIC ANEURYSMS
- 4-9 THORACIC INCISIONS
- 4-10 LUNG CANCER
- 4-11 TENSION PNEUMOTHORAX
- 4-12 HEART AND LUNG TRANSPLANT

## 5 BREAST SURGERY

- 5-1 BREAST ANATOMY
- 5-2 BREAST LUMPS
- 5-3 BREAST PAIN
- 5-4 GYNAECOMASTIA
- 5-5 GALACTORRHEA
- 5-6 NIPPLE DISCHARGE
- 5-7 LACTATIONAL MASTITIS
- 5-8 BREAST ABSCESS
- 5-9 BREAST CANCER DIAGNOSIS
- 5-10 BREAST CANCER MANAGEMENT

## 6 EAR, NOSE AND THROAT

- 6-1 HEARING LOSS
- 6-2 AUDIOMETRY
- 6-3 PRESBYCUSIS
- 6-4 SUDDEN SENSORINEURAL HL
- 6-5 EUSTACHIAN TUBE DYSFUNCTION
- 6-6 OTOSCLEROSIS
- 6-7 OTITIS MEDIA
- 6-8 OTITIS EXTERNA
- 6-9 EAR WAX
- 6-10 TINNITUS
- 6-11 VERTIGO
- 6-12 BPPV
- 6-13 LABYRINTHITIS
- 6-14 MÉNIÈRE'S DISEASE
- 6-15 ACOUSTIC NEUROMA
- 6-16 CHOLESTEATOMA
- 6-17 FACIAL NERVE PALSY
- 6-18 NOSEBLEEDS
- 6-19 SINUSITIS
- 6-20 NASAL POLYPS
- 6-21 OBSTRUCTIVE SLEEP APNOEA
- 6-22 TONSILLITIS
- 6-23 QUINSY
- 6-24 TONSILLECTOMY
- 6-25 LYMPHADENOPATHY
- 6-26 NECK LUMPS
- 6-27 HEAD AND NECK CANCER
- 6-28 TONGUE DISORDERS 1
- 6-29 TONGUE DISORDERS 2
- 6-30 MOUTH AND GUM CONDITIONS

THANK YOU FOR PICKING UP A COPY OF THESE FLASHCARDS.

THEY ARE DESIGNED AS A TOOL FOR LEARNING THE COMMONLY TESTED MEDICAL FACTS.

I RECOMMEND KEEPING TRACK OF THE SCORES YOU GET WHEN TESTING YOURSELF, SO THAT YOU CAN IDENTIFY WHAT AREAS ARE STRONG AND WEAK FOR YOU. THIS WILL HELP YOU TARGET YOUR REVISION.

IF YOU FIND ANY ERRORS OR HAVE ANY QUESTIONS, PLEASE CONTACT ME BY EMAIL AT: [TOM@ZEROTOFINALS.COM](mailto:TOM@ZEROTOFINALS.COM)

## 7 ORTHOPAEDICS

- 7-1 OSTEOARTHRITIS
- 7-2 JOINT REPLACEMENT
- 7-3 FRACTURES
- 7-4 ANKLE FRACTURES
- 7-5 HIP FRACTURES
- 7-6 COMPARTMENT SYNDROME
- 7-7 OSTEOMYELITIS
- 7-8 SARCOMA
- 7-9 BACK PAIN
- 7-10 SCIATICA
- 7-11 CAUDA EQUINA SYNDROME
- 7-12 SPINAL STENOSIS
- 7-13 MERALGIA PARAESTHETICA
- 7-14 TROCHANTERIC BURISITIS
- 7-15 MENISCAL TEARS
- 7-16 ACL TEAR
- 7-17 OSGOOD-SCHLATTER DISEASE
- 7-18 BAKERS CYST
- 7-19 ACHILLES TENDON RUPTURE
- 7-20 PLANTAR FASCIITIS
- 7-21 BUNIONS
- 7-22 MORTON'S NEUROMA
- 7-23 GOUT
- 7-24 FROZEN SHOULDER
- 7-25 ROTATOR CUFF TEAR
- 7-26 SHOULDER DISLOCATION
- 7-27 OLECRANON BURISITIS
- 7-28 REPETITIVE STRAIN INJURY
- 7-29 EPICONDYLITIS
- 7-30 DE QUERVAIN'S TENOSYNOVITIS
- 7-31 TRIGGER FINGER
- 7-32 DUPUYTREN'S CONTRACTURE
- 7-33 CARPAL TUNNEL SYNDROME
- 7-34 GANGLION CYST

## 8 ANAESTHETICS

- 8-1 GENERAL ANAESTHETIC
- 8-2 SPINAL ANAESTHETIC
- 8-3 AIRWAY DEVICES
- 8-4 CENTRAL VENOUS CATHETERS
- 8-5 PAIN
- 8-6 INTENSIVE CARE UNIT
- 8-7 ARTERIAL BLOOD GASES
- 8-8 ACUTE RESPIRATORY DISTRESS
- 8-9 CARDIOVASCULAR SUPPORT
- 8-10 HAEMODIALYSIS