



## Pre Clinical Medicine Handbook

The unofficial guide to survival and  
success



**MPS**





# GALENICALS

*The University of Bristol's Medical Students' Society*

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## Introduction:

Dear 1<sup>st</sup> Years

Welcome, welcome to Bristol medical school, congratulations you did it! You may have come straight from school did a gap year, or have completed a degree or been out working for a period of time even started a family of your own, whatever your route in and however circuitous, for a lot of people getting to this point is a dream come true.

The reason this booklet has been written is that a lot of people find the transition to medical school quite challenging. For most of you if you've just done A levels you were taught by people who were trained specifically as teachers, at University many of your lecturers concentrate more on research and come to you from that cutting edge which means their presentation styles are far more variable. The class size is just a little bit bigger at about 250 people so the lecturers won't have that same personal connection with you. There is a huge amount of information to process and there are lots of new experiences to get stuck into being at University. For these and a million other reasons life just got a whole lot more interesting.

The wake up call is that not everyone makes it into the second year a small number have to take another degree or reconsider their career aspirations. This publication contains the mostly unedited responses of your older and battle tested colleagues who were in your shoes one or two years earlier with the same hopes, fears and sense of excitement that you are experiencing now. They have kindly taken the time to pass on their wisdom to you so I suggest you pay close attention.

The beauty of medicine as a career is that although we are all ambitious and high flyers, everybody teaches everybody else, the consultants teach their registrars, the registrars their house officers, the house officers the clinical students and us the clinical students teach you the preclinical students. That's not even to mention the nurses, physios, and occupational therapists who you will meet a couple of years from now. Our advice to you, dear colleagues, is to get used to working together as a team: ask if you don't understand, share what you have learned and help those who need it.

Work hard, make friends, have fun,

We wish you every success,

Ken Murrey, Edward Miles, Hugh Sims Williams



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**Disclaimer:**

The views of this handbook do not reflect the views of Galenicals, and merely contain advice from previous students to help the transmission into medical studies.

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Please join Galenicals to help continue the work of the committee in improving our time here at Bristol Medical School. This document and other hints and tips are available online: [www.galenicals.org.uk](http://www.galenicals.org.uk)

# ***The Preclinical course:***

## **How does/did the preclinical course compare to your previous studies?**

- The complexity of concepts remains the same as A-level
- Totally different to school.
- They throw huge amounts of info at you and there is no time in lectures to think about whether you actually understand.
- You have to decide how much and how in depth you have to learn in order to pass exams.
- The main difference between preclinical and A levels is the volume of information.
- Practicals don't count for anything at all and it's up to you to get the most out of them (in contrast to a level chemistry etc where there are practical exams)
- There is minimal thinking and mostly remembering, but understanding before remembering is more important in Medicine than in subjects such as A level biology.

## **What is/was the hardest thing about it?**

- Working out the most effective way of dealing with so much information and balancing life as a typical student!
- Developing time management skills and study skills to make sure you have a good social life but yet still be in your room studying enough to pass exams.
- I missed having homework's set and regular work being handed in, also missed small group teaching.
- Genetics and drug names
- You are not taught everything that you are expected to know.
- Listening to other people lie about how much work they do

## **What strategies have you employed to cope with the volume of information?**

- Picking out the key concepts and making sure I understood these before I added on the detail. If you do it the other way around you just get bogged down and nothing makes sense.
- I didn't actually have to do much work most of the time, just show up for lectures and revise starting a month or so before exams. Anatomy is the one special case where I did a little nearly everyday, simply due to all the new words we have to learn.
- Go to lectures, all of them.
- Keep up to date with notes
- See studying techniques later in booklet

## **Which strategies that you tried proved to be a waste of your time?**

- Copying the same information from handouts to notes; only write notes to understand a concept or learn key facts.
- Typing anatomy notes with pictures- was easier to right a few notes and look at the anatomy atlas for spot tests
- Writing up lecture notes straight from the handouts one at a time.
- Writing neat notes - I tried it for a bit after looking jealously at someone's gloriously coloured ring binders filled with exact replications of everything in the hand out, but just ended up becoming a scribe, and learning very little.
- Wednesday afternoon DR sessions. You don't know what you are looking at, and there is very little help around. So NEVER bother to miss your sport of a wed afternoon cos you think you need to do a bit more anatomy. It's not worth it.
- Learning all of it months in advance or sacrificing other stuff to learn it, like staying in on a Friday when you really need a break from work. Not worth it.
- Telling people they're working too hard.

## **What tips would you like to share with the next generation of preclinical medics?**

- If you get fresher's flu, then rest and recover, don't force yourself into lectures. It is important to look after your immune system. And you can easily catch up if someone takes notes for you.
- Although 1st term is very hard don't just stay in your room and study, get out and have fun too. 1st term is all about learning about how to balance work and play!
- Try to understand before you memorise things.
- Make a revision timetable and stick to it.
- Start work towards exams with plenty of time to spare to avoid panic and overworking yourself.
- Not to compare yourself to others all the time, and to work where you are comfortable- for me this was my room, and hardly ever the library.
- Make lots of friends not doing medicine whilst you are in halls.
- The side of the lecture theatre by the walls is the coldest place to sit because of the air conditioning- always takes a jumper even on a sunny day.
- Get involved in medical societies from the outset; don't be afraid to stand for positions on committees; just because you're a first year don't assume that there will be someone older than you who could do the job better.
- Read over practicals before exams!!!
- Use Blackboard, as this often has a massive amount of useful information.
- Get a job as a care assistant. Not the most glamorous of jobs, but it really helps.
- Buy a good umbrella.

## **What would you have done differently in your approach to the course?**

- Not to have such high expectations of myself in university. At A-level it was possible to know model answers for virtually all the questions but with so much information, it is very hard to know even half of it.
- Not try and make hugely detailed notes.
- Do an extra-curricular activity. It is sociable, a great distraction from work and keeps you organised.
- I would have made notes to read through the day before the exam. I did not do that and didn't know what to read the day before because I couldn't possibly read everything again. I ended up reading specific bits and skipping huge areas.
- Not to have assumed that doing no work in first term would be suffice. Yes- you can just about get away with it, but I personally cannot cram last minute and consequently realised I had a lot more work to do in the 2nd term as a result.
- Tried to get more of a regular sleeping pattern so I could concentrate a bit more in lectures.
- Talked to the second years more
- Gone out more, done more sports.

## **What one thing do you wish you'd been told at the start of the course?**

- It is really easy to reach "burn-out" stage by working too hard and that it is normal if you feel really upset by how hard the course is even though other medical students "seem" to be getting on with it just fine.
- I felt really alone during the 1st term when I felt I was the only one who had feelings of giving up because of how hard I found the course.
- Everything is exam material from day 1. Several of us didn't revise stuff from the first few weeks considering it introductory.
- Just how much self-directed learning you need to do.
- I would have liked to have been told that purchasing textbooks for every subject isn't necessary at all.
- Also that writing up anatomy isn't optional but a necessity if to succeed.
- Don't let yourself be daunted because it is possible. But if you don't do the work you'll know about it at exam time
- That things get much better after Easter of the 1st year- a lot of people hated it
- That everyone finds it hard, and that it is possible to pass!!

# ***Useful studying techniques:***

*[Ken Murrey]*

## **Maximising your memory:**

THIS IS THE MEMORY WORLD CHAMPIONSHIPS. Thus learning how to memorise things will serve you well (so go and buy a book on it such as Mnemonics for Medical students). Dominic O'Brien is the world memory champion, he can memorise a pack of cards in 30 seconds, he can repeat back 1800 random numbers just said to him, but by his own admission he is not exceptional anatomically he just learned how to use his brain. His key to success is 'ALI' like Mohammed ALI.

### **A=Associate**

In medicine there is lots of new language to learn, for example Fossa, which means shallow cavity, such as Iliac Fossa which is the area of your abdomen near the front bony part of your hip.

His basic association strategy is:

1)WHAT DOES IT SOUND LIKE?

2)WHAT DOES WHAT IT SOUND LIKE ,LOOK LIKE?

Fossa sounds like fossil, and you find fossils in cavities. Iliac sounds like Lilac the flower.

### **I= Imagine**

Now make a picture of the associations you just made, something stupid funny and colourful works best. A huge grinning t rex dinosaur fossil holding a bunch of lilacs frozen in rock.

### **L= Location**

Imagine that image sitting like a tattoo on your abdomen just inside the bony part of your hip that sticks out. Now when you think of that place you will think of a grinning fossilised t rex holding lilacs and you can easily remember Lilac Fossil =Iliac Fossa

Now you know how the memory world champion got good. There is a ton more to it so get a book, but the basics are ***association, imagination and location***.

Now add **T for Time**-there is no substitute for spending time on a subject, and **R for Repetition**-your brain will only pay attention (make a permanent memory of) things it sees at least three times, there is just too much information out there. We can rearrange **T** and **R** with **ALI** and get **TRAIL**.

Furthermore I would add 'CHUNKS', you will get lots of detail, to package it together in chunks such as a mnemonic works very well. e.g. Ooh, Ooh, Ooh To Touch And Feel Very Green Vegetables And Hobbits. Is one mnemonic for the cranial nerves...(you will soon learn the other version). So now you have the mnemonic 'TRAIL CHUNKS' to remind you how to process the huge volume of info you'll be getting. Chunks are also things like colourful doodles, cartoons, graphs, tables, spider diagrams, poems, rhymes, songs, daydreams, models anything visual or musical works well so get CREATIVE.

## How to be successful?

Once you know how to learn stuff properly you need to plan how you will get it all in your brain. Planning is Key, so use the PORTAL system:

**P**=Plan decide your TARGET-what kind of mark do I want 51%, 65%, 75%? Look at the TIME you have available and then decide what TASKS you will need to do to achieve that target.

**O**= operate, go to the lectures, then in private study understand the notes and makes summaries-this will take about 1hour minimum per lecture.

**R**=Review, this is crucial, after processing the lecture, review the notes you made and absorb. This will take about 15minutes per lecture.

**T**=Test. Self test, using multiple choice questions on line, in crash course, in text books. Also you might make up your own quizzes based on the lecture notes. This is really useful in seeing if you actually remember what you have understood.

**A**=Assess. What have you learned well? What hasn't stuck at all?

**L**= Learn. Go back to the bits you were weak on, use TRAIL CHUNKS to memorise. These two mnemonics PORTAL and TRAIL CHUNKS will help you plan and learn effectively. (See what I mean about repetition?)

# Exam Technique:

This section looks at the individual methods used by some of your predecessors. Exam technique is very individual but hopefully you will find pieces of information that are useful for **you**.

## Sheena Lam:

### *What revision techniques have worked for you?*

I find revising with a friend helps a lot in terms of remembering things. One can teach the topic to the other, who will then have to explain in their own words the topic back to their friend. This method really makes me identify that I understand the topic/concept fully.

I'm a visual learner and love sticking up mind maps onto walls a few weeks before exams to identify that I understand the topic/concept fully.

## Leonie Giesen:

### *What revision techniques have worked for you?*

- Condense notes and pick out the key concepts e.g. muscle contraction and make sure you learn these.
- Write key facts on post-it notes and stick them everywhere!
- Make up games e.g. for pharmacology, match drugs to their effect.
- Take breaks - go for walks, make some food, talk to friends.
- If things get desperate, reward yourself with a haribo for every 10 minutes of work!

During the days before exams, I got together with a couple of friends in halls and we went over our notes and talked about things we didn't understand. That really helped to cram in a few more facts and gave me confidence that I did know something!

### *If you have consistently scored merit/distinction, how did you do it?*

I've loved the course and haven't ever really found the work a chore so I think I kept up to date with going through lectures quite well during the term. I also planned out my revision - I aimed for 6 hours a day, which was achievable for me so I got satisfaction out of finishing the day's work and then I could relax. I also split up each element so I kept going over it over the whole revision period. I also went on hockey tour over Easter, which motivated me to work when I got back! I think I also slept a bit more than some of my friends during the term!

## Mohammed Lahie:

### *What revision techniques have worked for you?*

- A realistic revision timetable.
- Reading everything (I mean everything, not just highlighted bits) as many times as possible (3 or 4 times in my case).
- Clarifying things with wikipedia, the BNF, textbooks etc. Revising a little anatomy every night, and the past week's anatomy the night before the weekly spot test.
- Revising different subjects on the same day to take away from the monotony. For example a little biochemistry and a little pathology.

### *If you have consistently scored merit/distinction, how did you do it?*

- Yes I have. I scored a distinction in MCBoM and a Merit in HBOM, and a distinction in CVS/MS (even though they are not awarded for this exam, I got marks equivalent to a distinction).
- I went to most of the lectures.
- I tried not to skip bits and read pretty much everything several times.

**Duncan Brown:*****What revision techniques have worked for you?***

Firstly, reading over lectures and reviewing lectures sometime in the following 3 weeks after that lecture was given. I read over lectures in bulk at the end of a section. Making sure you understand the lectures when you read them- absolutely compulsory. If you don't understand, then seek advice immediately- I found tutorials most useful for this. Then in the weeks leading up to Easter exams, read and definitely summarise the lecture notes onto revision cards or Venn diagrams. I personally love colourful diagrams which summarise information and sticking them around the room where can read and review them regularly, for example by the sink, just for some morning enlightenment whilst brushing those teeth!

**Vicki Clack:*****What revision techniques have worked for you?***

I write things out over and over and also walk around the room reciting things. I make up stupid links to remember complicated words

***If you have consistently scored merit/distinction, how did you do it?***

I just revised really hard in the holidays and didn't listen when I was told that just knowing the basic principles were enough because they weren't. Also late night cramming is not a bad thing

**Merryn Raiker*****What revision techniques have worked for you?***

Making revision cards of the main points - you can never learn everything so understand the concepts rather than learn the details

***If you have consistently scored merit/distinction, how did you do it?***

As with the last question, you cant know every little detail so don't try and don't get stressed about it. During the week after Easter I made sure I relaxed and kept revision during that week to a minimum, I watched lots of films instead and so went into the exams feeling reasonably refreshed. Also don't revise just before going in to the exam it makes you panic.

**Rebecca Copplesstone*****What revision techniques have worked for you?***

Flash cards, drawing a spider diagram linking biochemical pathways, talking to a friend on the course about different subjects and testing each other.

***If you have consistently scored merit/distinction, how did you do it?***

Even though I didn't write up lots of lecture notes I always made sure I understood the basic principles from a lecture as we did them. I made lots of notes around my handout book during lectures- this brings back the lecture to me really quickly when it comes to revision.

**Rich Pellat*****What revision techniques have worked for you?***

Start with a blank page.

Write out everything you know from memory even if it's one line. Then you know that you know that one line. Then read quickly through your notes a couple of times and do it again. Repeat, repeat, and repeat. Once you understand something in general, the specifics become much easier to remember.

***If you have consistently scored merit/distinction, how did you do it?***

I haven't, and judging by the social lives of some of those that have, I don't want to!

**Ken Murray*****What revision techniques have worked for you?***

Having processed the notes during term time and written a good set of revision notes then spend the pre exam period revising and refreshing and testing.

***If you have consistently scored merit/distinction, how did you do it?***

Use techniques outlined in this booklet.

**Emily Brookes*****What revision techniques have worked for you?***

Review new material the same day you receive it and ensure you understand it.

***If you have consistently scored merit/distinction, how did you do it?***

Serious grafting! ; )

**Sophie Robinson*****What revision techniques have worked for you?***

I wrote up lecture notes, and then mind maps and then talked over it with a friend and tested each other. Revising with someone else for a few days just before exams always helped me lots coz it drives you a bit mad doing it by yourself all the time!

**Nikki Yates*****What revision techniques have worked for you?***

Summarising my notes onto one post it note for every lecture, so I can quickly flick through them when I have a spare minute and I don't get bogged down with pages and pages of notes. They are also handy to stick onto the wall, so you can learn them by reading them when you don't even realise you are reading them!

***If you have consistently scored merit/distinction, how did you do it?***

I haven't.

**Sam Bartlett*****What revision techniques have worked for you?***

Cramming. Revising with other people. Making big posters. Using the library white boards with a group of people. Crash Courses!!

***If you have consistently scored merit/distinction, how did you do it?***

I didn't, I'm just not that clever and I had a life.

**Claire Somerton*****What revision techniques have worked for you?***

Cramming. Unfortunately it is the only way that works for me. I have to have 'the fear' before I have any motivation to work. But the volume of knowledge is so vast and in so much detail that it is very difficult to retain that over a long period, so you need to go over it all the night before.

***If you have consistently scored merit/distinction, how did you do it?***

Understand the information, don't just learn it. If you go away and actually think about what you've been lectured on today rather than just accept it then it is much more likely to go in. Coming up to exams concentrate on the subjects you know the most about. Personally I just accept that embryology never ever sinks in no matter how long I spend on it, so I put don't know on the T/F questions and

always opt not to do it on the EMQs. If you concentrate on the things you are good at (which are usually the things you find most interesting) you can get really really good marks on these, which more than makes up for missing out a couple of T/F questions on the things you know nothing about.

### **Vicki Taylor**

#### ***What revision techniques have worked for you?***

Flash cards and posters.

#### ***If you have consistently scored merit/distinction, how did you do it?***

Hard work, I'm afraid! But also try to integrate information: it really impresses examiners if you can relate different parts of the course since it shows that you really understand the material.

### **Adam Stoneham**

#### ***What revision techniques have worked for you?***

Working with other medics and vets. Making revision as fun as possible. We all took it in turns to cook dinner during exams. Mind maps with lots of pictures and diagrams. Silly words, pictures and stories to remember drug names and pathways. Finding out what the Latin and Greek names mean and remembering them.

#### ***If you have consistently scored merit/distinction, how did you do it?***

Merits are aptly named, unless you're exceptionally gifted. I don't regret that I put other things first in my pre-clin years.

### **Stella Dilke**

#### ***What revision techniques have worked for you?***

I wrote out notes in hardback books and turned them into chapters and referenced them with textbooks. I also made a series of posters with all the drugs and bugs I had to learn and put them up above my desk so that whenever I was procrastinating/staring into space I was learning. It worked really well and the subjects I made the best notes for I did really well in the exams that corresponded.

#### ***If you have consistently scored merit/distinction, how did you do it?***

I got a couple of marks off a merit in every exam I have taken and that is mainly because I crammed in holidays. I didn't even go home at Easter, just went to my grandmothers and worked and worked. I think I would have done better if I had made more effort in term time but I don't regret it. I know a couple of people who don't have any proper friends because all they have done is work all year and I think that is a really silly choice to make. If you are going to be somewhere for 6 years without your family you need to feel at home somewhere

### **Ian Robertson**

#### ***What revision techniques have worked for you?***

For biochemistry and more science-y parts I went for a kind of "learn important chunks then fill in the gaps" kind of approach. Try to learn all the processes as fully as you can and try and link them all together like: Glycolysis, TCA Cycle, Fatty Acid Synthesis, Beta-oxidation and all that. The stuff in between I would say there really isn't enough time to learn it fully enough so just try and familiarize yourself with it as much as you can by reading it through over and over.

Don't try and write up all your lectures into a neat folder with dividers for each unit, there really isn't the time. I would say read through a whole unit and establish which are the most important bits and then got through and make notes on those. Only when you have done that for all the unit's can you afford to start making notes on less important bits in between.

It is also very important to talk as much as you can through with friends as you can, the acid test to see if you know some thing is if you can explain it to someone else.

***If you have consistently scored merit/distinction, how did you do it?***

Didn't get any, but I will say Aim high but don't be too disappointed if you fail to reach distinctions, you have to realise university is a big step up from school or college. Your peers will be the cream of the academic crop many of them will be amongst the brightest, highest achieving students in their respective schools and colleges, so just be proud you can keep up with them and get through the first year.

**Emily Barrow**

***What revision techniques have worked for you?***

Revision cards and practice! Get the Gray's Anatomy flashcards

***If you have consistently scored merit/distinction, how did you do it?***

Ha! yeah right! For HBoM I think u need a genuine interest, thats the only thing I got a distinction in.

**Helen Burt**

***What revision techniques have worked for you?***

I write a new notebook for each element/system so that I can just reread the notebook when I need to. I can also use them again for the clinical years and revision in the future.

***If you have consistently scored merit/distinction, how did you do it?***

Made sure I concentrated on the parts of the course that I didn't understand instead of just doing the bits I did understand. In the second year, you have to use your time wisely, you HAVE to revise fully for CNS/renal true-false at Easter as you do not get the opportunity at the end of term to do it again.

# **Text books:**

The information contained in this handbook; is not the view of Galenicals, but contains a collection of opinions from students before you in an effort to help your transition into medical education here at Bristol.

## **General tips surrounding books:**

- If you wait until you start each element before buying books you'll know if you need one and what kind of detail to look for.
- You do not need a biochemistry textbook unless you plan to intercalate in this subject.
- Never go to Borders unless there's a student 20% off day. Use eBay, Amazon second hand or facebook marketplace. Alternatively find a slightly shelf-damaged book and take it to the counter for a discount. I Got 50% off Gray's anatomy. We shared all our books between the medics and vets who lived nearby which saved a fortune.
- You don't actually need to buy very many books in your first year; You will need an anatomy atlas but can survive solely using library books.
- You NEED an anatomy textbook and an anatomy atlas will improve your anatomy exam performance no end (cover up the labels and recall the anatomical feature from memory)

## **Good Text Books:**

### **Anatomy:**

- Langman's concise embryology: great CD for visualising incredibly complex ideas
- Gray's anatomy for students:
  - Clearer illustrations, better layout, and is easier to use.
- Colour Atlas of Anatomy
- Moore's Anatomy: clear pictures, good mix of photos, illustrations and x-rays etc. more detail than you will ever need! Color Atlas of Anatomy: brilliant photos, easy to relate to the dissections
- Any book concentrating SPECIFICALLY on muscles

### **Physiology:**

- Physiology by Constanzo
  - easy to understand, highlights key concepts, good for systems
  - exam syllabus based heavily on this book
- Vander's Human Physiology
  - is useful during the systems teaching in the second year
  - very useful especially with term 1 physiology and with Cardiovascular physiology.
- German and Stanfield Physiology

- Medical dictionary provided by MDU
- Macleods Clinical Examination (for 2<sup>nd</sup> year)
- Pharmacology, Rang Dale and Ritter!!! Amazing book!
- Pharmacology (H.P.Wrang)
- Instant Notes Biochemistry
  - concise, clear, covers everything you need to know
- Wheater's Functional Histology (Paul. R.Wheater)
- Pathogens (a book from the library)
- Integrated Colour Text series

### **Crash Course series:**

- Pharmacology
  - all the basics and great for systems
- Metabolism & Nutrition:
  - very useful for condensing such a huge topic but there are lots of copies in the library
- Cardiovascular system
- Muscles bones and skin.

### **Which weren't even worth the trip to Borders?**

- Big biochemistry books; you can always use the library copy.
  - Devlin - biochemistry. Way too advanced and big for medics to use. It's just a scary book, which I didn't feel like even trying to use. I bought it and didn't use it once. And I don't think a biochemistry textbook is needed if you go to all the lectures.
- Big pathology and pharmacology books (the ones the lecturers recommended) for revision.
- Society, Health and Illness textbooks
  - Just use them from the library for this part of the course (these books are not used in other areas of the course)
- Neuroanatomy – Haines
- Biochemistry by Stryer
- Wheater's Hstology
- Metabolism and Nutrition short notes.
  - Everyone told me to buy it and I only used it once. I found that my notes on the subject were good enough.

# Websites:

- Blackboard (University of Bristol)
  - However online tests that are up on blackboard are negatively marked and very unforgiving!
- Galenicals website – provides useful tips & links
- [www.flashcardexchange.com](http://www.flashcardexchange.com) (make revision cards and test yourself on them, as well as see other peoples flashcards)
- Acland's Atlas on the Bristol website
- The bookshelf facility at <http://www.ncbi.nlm.nih.gov/books> has loads of textbooks which you can search through on the net.
- Gray's anatomy online at <http://www.bartelby.com/107/> may be the only way to find out some of the answers to the anatomy workbook!
- I'm a Wikipedia man and brave enough to admit it.
  - [www.wikipedia.org](http://www.wikipedia.org) most of my revision!
  - is amazing and has saved my life many times! Although it is largely unreferenced in many articles it tends to be very accurate and very detailed on a very broad range of topics. Definitely a worth while bookmark.
  - The information can be inaccurate and sometimes plain wrong though, so make sure to double check if the info you're after is actually important.
- Google Scholar good for journals when doing SSC
- [http://www.webhealthcentre.com/mcq/student\\_center\\_index1.asp](http://www.webhealthcentre.com/mcq/student_center_index1.asp)
- [http://education.yahoo.com/reference/gray/;\\_ylt=Av9adjVDI.HFRTKuiL4VM1X0HYkC](http://education.yahoo.com/reference/gray/;_ylt=Av9adjVDI.HFRTKuiL4VM1X0HYkC)
- [http://education.yahoo.com/reference/gray/;\\_ylt=Av9adjVDI.HFRTKuiL4VM1X0HYkC](http://education.yahoo.com/reference/gray/;_ylt=Av9adjVDI.HFRTKuiL4VM1X0HYkC)
- <http://cmbi.bjmu.edu.cn/www-learn/micro-ac-uk/MCQs/MCQ.html>
- <http://www.fleshandbones.com/>
- <http://www.studentconsult.com/spleen/>
- <http://www.medicalmnemonics.com/>
- <http://cna.uc.edu/embryology/contents.htm#Chapter1>
- <http://www.anatomy.tv/default.aspx> the uni will tell you the password
- <http://www.projects.ex.ac.uk/essphys/mcq/MCQPracticeExam.htm>
- [http://download.videohelp.com/vitualis/med/main\\_anatomy\\_index2.htm](http://download.videohelp.com/vitualis/med/main_anatomy_index2.htm)
- <http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed>
- [www.indiana.edu/](http://www.indiana.edu/) great embryology animation