

Mnemonics for Medicine & Surgery

Basic Signs & Symptoms

Chills & Rigors

CAMP

Cholangitis, Abscess, Malaria / Meningitis, Pylonephritis / Pneumonia

Itch, Non-dermatological causes of

DULL JAM

DM, Uraemia, Lymphoma, Leukaemia
Jaundice, Anaemia, Myxoedema

Non-pitting lower limb oedema

MI CHAM

Milroy's, infection (filariasis), Congenital, Hypothyroid, Allergy, Malignancy

Shock

HEN SCAM

Hypovolaemia, Endocrine (adrenal, thyroid), Neuropathic (autonomic)
Spinal cord injury/ Sepsis, Cardiac, anaphylaxis/ anaesthesia, anti HPT, Massive PE

Cardiology

No apex beat

DOPES

Dextrocardia (don't say this first!), Obesity, Pleural/Pericardial effusion, Emphysema, Shock.

3rd Heart Sound

FIPPY

Failure, Incompetence (mitral/tricuspid), Pregnancy/Pill/PE/Pericarditis, Youth

4th Heart Sound

SHIT

Stenosis (aortic/pulmonary), Hypertension/Heart Block, Ischaemic HD, Tamponade

Arrhythmias

ARRHYTHMIAL 4PC

Atrial Myxoma, Rh heart dis, HYPertension, THyrotoxicosis, Mitral valve dis, IHD,
ALcohol
Pneumonia / PE / Pericardial eff, cardiomyopathy

Atrial Fibrillation

ARITHMATIC

Alcohol, Rh fever, IHD, Thyrotoxicosis, Hypertension, Mitral stenosis / MI / Myxoma
(atrial)
ASD, Toxins, Idiopathic/Infective endocarditis Cardiomyopathy/Constrictive pericarditis

Bradycardia, regular

PAD HIM

Physiological (athlete, sleep) / paroxysmal, AV block (2°II, 3°), Drugs (β , dig, amiodarone)
Hypothyroid / hypothermia, Icteric (severe), MI

Dominant R wave in VI

WORD

WPW, Old MI, RBBB, Dextrocardia

EMD Arrest

4Hs 4Ts

Hypothermia, Hypo & hyper-electrolytes, Hypovolaemia, Hypoxia
Toxic (including drugs), Trauma, Tamponade, Tension pneumothorax

JVP

MOP HAIR

Multiple wave form, Occludable, Postural changes
Hepatjugular reflex, Above (fills from), Impalpable, Respiratory changes

| | |
|--|--|
| <i>LVF, Management of</i> | FOAM Frusemide 40mg iv, Oxygen, Atrovent (& Ventolin) nebs, Morphine 2.5 - 5 mg |
| <i>Mitral Stenosis, Complications</i> | PASTRI Pulm ↑BP, A fib, Systemic embolism, Tricuspid regurg, Right heart failure, Infective endocarditis |
| <i>Myocardial infarct, complications</i> | ABCDE x2 Arrhythmias / Aneurysm Bradycardia / ↓BP Cardiac failure / cardiac tamponade Dresslers / Death! Embolism / Extra (VSD, pap muscle rupture) |
| <i>Pericarditis</i> | DRUMSTICK Dresslers, Rh fever / RA, Uraemia, MI, SLE, Trauma, Idiopathic, Coxsackie, X-ray |
| <i>Postural Hypotension</i> | HANDI Hypovolaemia / hypopituitarism, Addisons, Neuropathy (autonomic), Drugs (vasodilators / TCADs, diuretics, antipsychotics), Idiopathic |
| Rheumatic fever: | |
| <i>Major criteria</i> | CASES Carditis, Arthritis (migratory), Subcut nodules, Erythema marginatum, Sydenhams chorea |
| <i>Minor criteria</i> | 4PA Pyrexia, prolonged PR, past Hx, positive (ie ↑)ESR/CRP, Arthralgia |
| <i>Occlusive arterial disease</i> | 6Ps Pain, pallor, pulseless, parasthesia. Paralysis, perishing with cold |
| <i>Splinter haemorrhages</i> | TRIP SAM Trauma, RA, Infective Endo, PAN SLE / Sepsis, Anaemia (profound), Malignancy (haematological) |
| <i>ST elevation</i> | ELEVATION Electrolytes, LBBB, Early Repolarization, Ventricular hypertrophy, Aneurysm, Treatment (eg pericardiocentesis), Injury (AMI, contusion), Osborne waves (hypothermia), Non-occlusive vasospasm (prinzmetal's) |
| <i>SVT Causes</i> | SNAP Sinus tachy, nodal tachy, a fib, paroxysmal atrial tachy |
| <i>Symptoms of aortic stenosis</i> | ASD Angina 2 years } Syncope 1 year } prognosis Dyspnoea 6/12 } |

Endocrinology & Biochemistry

| | |
|-------------------|---|
| <i>Acromegaly</i> | HOT ACROMEGALY Heart failure, / hypertension, Oedema, teeth wide spaced Appearance / Amenorrhoea, carpal tunnel syn / coarse skin / voice, reek, Oily skin, myopathy, eye (prominent supra-orbital ridge), goitre / gain wt/ galactorhoea / glycosuria, arthropathy, large tongue & nose, yonser |
|-------------------|---|

Acidosis

Metabolic

LUSK

Lactic, Uraemic, Salicylate, Ketoacidosis

Ketoacidosis

SAD

Starvation, Alcohol, DM

Increased Anion Gap

MUD PILES

Methanol / metformin, Uraemia, DKA / AKA
Paraldehyde / phenformin, Iron / INH, lactic, ethylene glycol,
salicylate / shock / sepsis / starvation

Normal Anion Gap Acidosis

HARD UP

Hyperventilation /hyperalimentation, Acetazolamide, RTA, diarrhoea
Ureteral diversion (ureterosigmoidostomy), pancreatic fistula / parenteral NaCl

Addisons, causes of

ANTAM

Autoimmune, Neoplastic, TB, Amyloid, Meningococcal (Waterhouse-Freidhrick)

Diabetes, complications

KNIVES

Kidney, Neuropathy, Infection, Vascular, Eyes, Skin lesions

Hypercalcaemia

NHS MTV FAPD

Neoplastic (Bony mets, Myeloma, Sq lung), Hyperparathyroidism, Sarcoid
Milk-alkali syn., Thyrotoxicosis, Vit D intoxication
Pagets (acute), Addisons, Familial, Drugs

Hypoglycaemia

RE-EXPLAIN

Renal failure, exogenous, pituitary, liver failure, alcohol, infection, neoplasm (insulinoma)

Multiple endocrine neoplasia

MEN I

T3P

Thyroid adenoma, Parathyroid, pituitary, pancreas (islet cell, ZE syndrome)

MEN IIa

2PM

Parathyroid, phaeo, Medullary thyroid carcinoma (MTC – calcitonin)

MEN IIb

2PM MG

As above, plus, marfanoid phenotypes, ganglioneuroma (intestinal & visceral)

Osmolar Gaps

ME DIE

Methanol, ethanol
Diuretics (mannitol, sorbitol, glycerol), Isopropranolol, ethylene glycol

Phaeochromocytoma

4Ps

Pain, pallor, palpitations, perspiration

Gastroenterology

Extra-colonic manifestations of UC & Crohns

A PIE SACK

Aphthous ulcers, pyoderma gangrenosum, Iritis (uveitis), Erythema nodosum
Sclerosing cholangitis, Ank spon & arthritis, clubbing, kidney - nephrotic

Hepatic Encephalopathy

HEPATICUS

Haemorrhage, Electrolyte imbalance ($\downarrow K^+$ alkalosis), protein XS ($\uparrow NH_4^+$ XS),
Alcohol/ Analgesics, Trauma, Infxn, Constipation, Uraemia, Surgery (post systemic shunt)

Haemorrhagic Ascites

MARA

Malignancy, Acute pancreatitis, Ruptured ectopic, abdo trauma

Gallstones **5Fs**
Fat, female, fair, fertile, forty

Gastric Malignancy **5As**
Anaemia, Anorexia, Aesthenia, Acanthosis Nigricans, blood Group A

Jaundice **ABCDEFGHIJ**
Anaesthetics (halothane), Blood transfusions, Contacts, Drugs, Ethanol, Foreign travel,
Gallstones / Gilberts, Homosexual / Haemophilia / Hepatitis, Idiopathic / IVDA
Job - farmers, sewage workers (leptospirosis - Weils)

Mouth Ulcers **DRAG TIE**
Drug (gold, steroid), Rheumatological (bechet, reiter), Aphthous, ??
Trauma, Infecion (HSV, VZV; syphilis, TB, Erythema Multiforme)

Haematology & Oncology

Macrocytic Anaemia **Macrocytic Anaemia Leaves Big Fat Reticulocytes**
Myxoedema, Alcohol, Liver disease, B12 def., Folate def., Reticulocytosis

Target Cells **HOT LIPS**
Haemoglobinopathy, Obs jaundice, Thallasaemia
Liver abscess, Iron def., Polycythaemia, Sideroblastic anaemia

Multiple Myeloma **BAHRAIN UV**
Bone pain, Anaemia, Hyper Ca²⁺, Renal failure, Amyloidosis, Infection, Neuropathy
(hyper) Uricaemia / viscosity

Suspect malignancy in melanoma **BITCHES**
Bleeds, Irregular / Itch, Tender, Colour change, Halo, Enlargement, Satellite lesions

Tumours which spread to bone **PUBLIK T**
Prostate, Uterine, Breast, Lung, Intestine (stomach), Kidney, Thyroid

Nephrology

Chronic –vs- Acute renal disease **SNAB**
Small kidney, Neuropathy (periph), Anaemia, Bone disease

Chronic Renal Failure **GLAD SHOP**
Glomerulonephritis, Lupus, Analgesics, DM
Systemic vascular disease, Hypertension, Obstruction, Polycystic kidney disease

Nephrotic Syn **GLADDER**
Glomerulonephritis, SLE, DM, Eclampsia, Renal vein thrombosis

Unilateral palpable kidney **Wilms HARP**
Wilms, Hydronephrosis, Acute Renal Vein thrombosis, acute pylonephritis, Renal Cell Ca,
PKD, pyonephrosis

Neurology

- Absent ankle jerks but extensor plantars* **Sex can make the F*ing ankles Dorsiflex**
Subacute combined degeneration of the cord
Conus Medullaris
Motor Neurone disease
Tabes dorsalis
Fredreich's Ataxia
Diabetic neuropathy
- Altered Mental State* **AEIOU TIPS**
Alcohol (drugs), Endocrine, Insulin, Opiates, Ureamia
Toxins / trauma / tumour, Infections, Psychosis / Porphyria, SOL / stroke / seizure / shock
- Cerebellar signs* **VANISH DDT**
Vertigo, Ataxia, Nystagmus, Intention tremor, Slurred speech, Hypotonia
Dysdiadokokinesia, Dysmetria, Titubation
or **PINARDS**
Past-pointing, Intention tremor, Nystagmus, Ataxia, Rebound, Dysdiad, Slurred Speech
- Confusion* **DIM FACES**
Drugs / Dehydration, Infection, Metabolic / MI,
Fracture / Failure, Alcohol / Anaemia, CVA, Electrolyte disturbances, S.O.L.
- Dystrophia Myotonica* **BIG CHIPS**
Balding (frontal), Intellectual impairment, Glucose intolerance
Cataracts / Cardiomyopathy, Handshake / Hyporeflexia, ↓IgG, Ptosis, Small gonads
- Mononeuritis Multiplex* **DRAW CLAPS**
DM, RA, AIDS, Wegeners
Carcinomatosis / Churg-Strass, Leprosy, Amyloid, PAN, SLE
- Multiple sclerosis* **CURSED HIV**
Cerebellar signs, UMNL, Retrobulbar neuritis, Spastic paraparesis, Euphoria
Dementia / Depression / Diplopia
Horners, Incontinence, Vertigo / Vomiting
- Muscles supplied by Median Nerve* **LOAF**
Lumbricales, Opp pollicus, Abd pollicus, Flex pollicus brevis
- Neuropathic Ulcers* **TADS**
Tabes Dorsalis, Alcohol, DM, Syringomyelia
- Parkinsons* **PARKINSONS**
Pill rolling, akinesia, rigidity, kyphosis, instability, neck titubation, shuffling gait,
occulogyric crisis, nose tap (glabellar), small writing
- Peripheral neuropathy* **DANG THE PAPIST**
DM, Alcohol, Nutrition (B1, B2, B12), Guillian Barre
Trauma, Hereditary, Environmental (lead, drugs)
Paraneoplastic, Amyloid, Porphyria, Inflammatory, Syphilis, Tumours of nerves (HMSN)
- Polyneuropathy* **VITAMINS**
Vit def / vasculitides, infection (TB, leprosy, syphilis, polio)
Toxins (amiodarone, antiseptics, INH, lead, metronidazole, phenytoin, vincristine)
Amyloid, Metabolic (alcohol, DM, ↑thyroid, porphyria, liver & renal failure),
Idiopathic / Inherited, Neoplasm, Systemic (SLE, PAN, multiple myeloma)

Pontine Haemorrhages **3Ps**
Paralysis, Pin-point pupils, Pyrexia

Premature senile dementia **DEEP SHIT**
Deficiency B12, Epilepsy, Endocrine (myxoedema), Parkinsonism
Syphilis (GPI), Huntingtons, Injury, Tumour

Proximal Myopathy **PD HEN**
Polymyositis, Dermatomyositis, Hereditary Muscular Dystrophies,
Endocrine (DM, Cushings, Osteomalacia, Thyrotoxicosis - DM COT), Neuropathy

Pupils:
Small **HAPPY**
Horners, Argyll-Robertson, Pontine haemorrhage, Pilocarpine, Happy (morphine)

Argyll Robertson **SADE** (accommodates but doesn't react – c.f. prostitute)
Syphilis, Alcohol, DM, Encephalitis

Small muscle wasting **MARS BAR**
MND / Myopathies, Apical tumours, RA, Syringomyelia
Brachial Plexus injuries, Ageing, cervical Rib

Syncope **HEAD, HEART & VESS'LS**
Hypoglycaemia / hypoxia, epilepsy, anxiety, drop attack (brain stem Dysfunction - TIA)
Heart attack, embolism, aortic obstruction (stenosis, myxoma, IHSS), rhythm, tachy - VT
Vasovagal, ectopic preg, situational (on the crapper), subclavian steal, low SVR (anaphylaxis,
shock, DIC), Sick sinus syndrome

Wernickes and Korsakoffs **CANON**
Confusion, Ataxia, Nystagmus, Ocular palsy, Neuritis

Pes Cavus **Disease Can Shorten The Foot**
DM
Charcot Marie Tooth
Syringomyelia
Tabes dorsalis
Fredreich's Ataxia

Pharmacology & Toxicology

ACEI, Side FX **CAPTOPRIL**
Cough, anaphylaxis, palpitations, taste, orthostatic ↓BP, Potassium (↑K⁺),
Renal impairment, impotence, leucocytosis

Anti-epileptic side FX **ABCDEFGH**
Ataxia, blood dyscrasia, cleft lip, dupuytrens / vit D def, exfoliation of skin & Stevens
Johnson's. Fits, GI upset / gum hypertrophy, hepatitis / hairy

Barbiturate side FX **ABCD**
Ataxia, behavioural disturbance, ↓concentration / coma, depression / drowsy / diplopia

Cholinergic OD side FX **DUMB BELS**
Diarrhoea, Urination, Miosis / muscle weakness, bronchorrea
Bradycardia, emesis, lacrimation, salivation / sweating

- Cyclosporin Side FX* **4HRT**
4H - Hyper K+, hypertension, gum hypertrophy, hairy
R – Renal toxicity
T - Tremor
- Digoxin S/E* **GECCKO**
GIT – n&v, abdo pain, ulcers
Eyes – blurring, halo, xanthopsia
CNS – depression, confusion, delirium, hallucinations
Cardiac – ANY arrhythmia
K - low
- Gynaecomastia (drugs)* **DISCO MTV**
Digoxin, Isoniazid, Spironolactone, Cimetidine, Oestrogens
Methyldopa/metronidazole, TCAD, Verapamil
- MAOI side FX* **3Hs**
Hepatocellular jaundice, Hyperthermia, hypertension
- Propranolol, Contra-indications* **ABCDE**
Asthma, heart Block, cardiac failure, DM (hypoglycaemic shock), Extremities (occlusive arterial disease)
- Pulmonary Oedema, non-cardiac* **PONS**
Phosgene / paraquat / phenothiazines, opioids / organophosphates, Nitrous dioxide, salicylate
- TCAD side FX* **CAN WOO**
Cvs, Anticholinergic, Neuro, Withdrawal, Overdose, Others
- Rat poison* **RATS PANIC**
Red squill, arsenic, thallium, strychnine
PNU, phosphorus, ZN phosphide, alpha naphtha thiurea (ANTU), norbormide, indanediones, coumarin / cholecalciferol
- Steroids Side FX* **HIGH COMPACT IMPS**
Hypertension, Immunosuppression, Gastric Ulcer (bleeding), Heartburn
Cataract, Osteoporosis, Muscle weakness, Path # / Psychosis, Acne / Altered Glucose, Cushingoid, Thin skin
Increased appetite, Myopathy, poor wound healing, stress response reduced
- Or **AM CUSHINGOID**
Acne, Myopathy (prox) / muscle wasting (prox)
Cushingoid / Cataract, Ulcers, Striae, skin thin (bruising), Hypertension / hairy, Infection, Glycosuria, Obesity / Osteoporosis / Oedema, Immunosuppression / Insomnia, Depression
- Warfarin* **WEPT**
Warfarin, Extrinsic pathway, measure PT

Psychiatry

- Depression* **PISS CAGE**
Psychomotor mov'ts, ↓interest, suicidal, ↓↑sleep
↓concentration, ↓↑appetite, guilt, ↓energy
- Suicide risk factors* **SAD PERSON**
Sex / single / sickness, age, depression
Previous attempt, EtOH, reality testing, social support, organised plan, note / no spouse

Radiology

Bilateral hilar lymphadenopathy **Please Helen lick my popsicle stick**
Primary TB, histoplasmosis, lymphoma, mets, pneumoconiosis, sarcoid

Mediastinal Mass

Anterior **4Ts**
Thyroid, Thymoma, Teratoma, Terrible lymphoma

Middle **HABIT5**
Hernia / haematoma, aneurysm, bronchogenic Ca / duplication cyst, inflammation (sarcoid, histio, coccidio, TB), Tumour 5 – lung, lymphoma, leukaemia, leiomyoma, lymph nodes

Ossification centres at elbow **CITROEn**
Capitellum, internal (med epicond), trochlea, radial head, olecranon, external (lat epicond)

Radio-opaque ingestants **CHIPES**
Cocaine condoms / chloral hydrate / calcium, heavy metals, iron / iodides, psychotropics (TCADs, phenothiazines), enteric coated Ba, Solvents (CCl₄)

Respiratory

Acute Asthma **NOAH**
Nebulisers, Oxygen, Antibiotics / Aminophylline, Hydrocortisone

Asthma Triggers **ASTHMAD**
Allergens, Stress/Sports, Temp, Hereditary, Microbiology, Anxiety, Drugs

Chronic cough, non-smoker, normal CXR **HARD**
Heart failure (MS), Asthma, reflux (GORD), drip / drugs

Cryptogenic Fibrosing Alveolitis **5Cs**
Clubbing, Cyanosis, Crackles, Cough, Corticosteroids

Fibrosis

Upper lobe **CHARTS**
Coal workers pneumoconiosis (PMF), Histiocytosis X, Ank spon / ABPA, Radiation, TB, Silicosis (PMF) / Sarcoidosis

Lower lobe **RASIO**
RA, Asbestosis, Scleroderma, Idiopathic fibrosing alveolitis, Other (durgs – Amiodarone, busulphan, bleomycin, hydralazine, MTX, nitrofurantoin)

Lung abscess **SOAP**
Spread (hepatic, subphrenic) / Septic emboli, Obstruction (FB, tumour), Aspiration (alcohol, bulbar palsy, achalasia, CVA), pulmonary infarct / pneumonia

Pleural effusions

Exudative **PINTARS**
Pneumonia / Pancreatitis, Infarction, Neoplasm, TB/ Trauma, Abscess, RA, Systemic stuff (SLE, Sarcoid, Systemic sclerosis)

Transudative **CHARM** (All the failures - heart, liver, renal etc.)
Carditis, Hypothyroid, Hypo-Albuminaemia, Renal, Meigs / Malabsorption

- Pneumothorax* **ST PATS FC**
Spontaneous / Sport, Trauma
Pneumonia, Positive Ventilation, Abscess/ Asthma/ Ascend (in aeroplane), TB, Sarcoid
Fibrosing Alveolitis, Carcinoma / COAD / CF
- Pulmonary Oedema, non-cardiac* **PONS**
Phosgene / paraquat / phenothiazines, opioids / organophosphates, Nitrous dioxide, salicylate

Rheumatology

- 4As of Ank Spon*
Apical fibrosis, anterior uveitis, aortic regurg, achilles tendonitis
- Carpal Tunnel Syn* **DOG ARM PIT**
Dialysis, Obesity, Gout
Amyloid/Acromegaly, RA, Myxoedema, Pregnancy/Pill, Idiopathic, Trauma/TB
- Dupuytren's contracture* **POT FACED**
Peyronie's, Occupation, Trauma
Familial, Alcohol, Cirrhosis, Epilepsy (antiepileptics), DM
- Seronegative Arthropathies* **SCRAP BW**
Stills, Colitis, Reiters, Ankylosing Spondylitis, Psoriasis, Bechets, Whipples
- Sarcoid* **SARCOID**
S - Skin (erythema nodosum, nodules, lupus pernio, scar infiltrations)
A - Arthritis, ↑ ACE
R - Respiratory (bilateral hilar lymphadenopathy)
C - Calcium ↑, CNS, Cranial & periph nerve palsies
O - Orbit (keratoconjunctivitis, glaucoma, uveitis), Organomegaly
I - Interstitial lung fibrosis
D - Diabetes insipidus
Or **PERNIO**
Pulmonary, Eyes, Renal, Nerves, Infiltration (scars), Organomegaly
- Swollen DIP joints* **SPROG**
Sarcoid, Psoriasis, Reiters, OA, Gout

Surgery

- Abdominal distension* **5Fs**
Fat, Fluid, Faeces, Flatus, Fetus
- Acute Abdomen* **MEDIC CURSES A MOP**
Mesenteric Adenitis, Enteritis, Diverticulitis, Ischaemic Colitis
Cholecystitis, Ulcers, Renal Colic, Salpingitis, Ectopic Pregnancy, Small bowel obstruction
Appendicitis
Meckels Diverticulum, Ovarian Cyst, Pancreatitis
- Bleeding PR* **Haemorrhoidal DRAIN**
Haemorrhoids, Diverticulitis, Radiation enteritis, AV malformation, Ischaemia, Neoplasm
- GI obstruction* **PV D&C**
Pain, Vomiting, Distension, Constipation

Haematemesis

GUM BLEEDING

Gastritis, Ulcer, Mallory-Weiss
Biliary (Haemobilia), Large varices, Esophagitis, Entero-aortic fistula, Duodenitis, IBD,
Neovascularisation, Gastric carcinoma

Ng tube removal post op

Ps

Peristalsis, Passage of flatus, Paucity of aspirate, Patient Peckish

Leg Ulcers

VAIN PAIN

Venous, Arterial, Infection (e.g. syphilis), Neuropathic
Pressure sores, Arthritis (e.g. RA, PAN), Injury / IDB, Neoplastic

Pancreatitis

GET SMASHED

Gallstones / Gravid, Ethanol, Trauma (incl. surgery)
Steroids, Mumps, Autoimmune (PAN), Scorpion bites, Hyper-lipid / calcium / hypothermia,
ERCP, Drugs (azathioprine, thiazide diuretics)

Ronson's criteria for above: (i.e. you're fucked if...)

ACUTELY (What A GAL)

> 48 hours (FUCH BO)

| | | |
|------|--------------------|-----------|
| ↑WCC | ↑Fluid sequestered | (>6L) |
| ↑Age | ↑Urea | (>10mmol) |
| ↑Glu | ↓Ca ²⁺ | (<2mmol) |
| ↑AST | ↓Haematocrit | (>10%) |
| ↑LDH | ↑Base XS | (>-4) |
| | ↓O ₂ | (<8kPa) |

Prophylactic antibiotics

APPLE

Amputations, Prosthesis, Penetrating wounds, Large bowel surg, Endocarditis

Small bowel obstruction

SHAVIT

Stone, Hernia, Adhesions, Volvulus, Intussusception, Tumour