

RENAL



DAY 1

Renal Physiology

Total Duration: 1 hour, 8 minutes, 32 seconds

- Introduction to USMLE Renal Physiology (5:25)
- Organization of the Kidney (12:59)
- Glomerular Physiology (8:39)
- GFR (2:59)
- RPF (6:30)
- RBF and Filtration Fraction (4:31)
- Practical USMLE Qs (7:31)
- Regional Aspects of Nephron (19:58)

Suggested Study Duration:

- Spend an additional 20-30 minutes reviewing the Mechanisms of Pharmacology (Renal) Handout, focusing on nephron physiology and GFR concepts.

DAY 2

Renal Microbiology and Pathophysiology

Total Duration: 1 hour, 4 minutes, 44 seconds

- Overview of Session (0:58)
- Renal Microbiology for USMLE (4:05)
- Acute Cystitis (3:47)
- Renal Physiology Integration (4:44)
- Enterococcus for USMLE (4:05)
- Acute Interstitial Nephritis (0:46)
- Sterile Pyuria for USMLE (3:54)
- Pathophysiology of UTI (8:19)
- UTI Microbiology for USMLE (4:19)
- Medications for UTI in Pregnancy (1:40)
- Pregnancy Physiology Integration (4:51)
- Staghorn Calculus & Kidney Stones (3:07)
- Cystitis vs Pyelonephritis (3:09)
- Micturition Autonomic Integration (4:16)
- Urinary Tract Histology Integration (1:25)
- Squamous Cell Carcinoma of Bladder (3:33)
- Adenovirus for USMLE (2:50)
- Prostatitis for USMLE (0:57)
- Summary (3:59)

Suggested Study Duration:

- Spend an additional 20 minutes reviewing the Integrated Microbiology - Renal Notes (PDF) and consolidating key microbiology concepts.

RENAL

DAY 3

Top NBME Renal Concepts

Total Duration: 2 hours, 26 minutes, 58 seconds

- Introduction (2:01)
- Renal Casts (10:30)
- Kidney Stones (9:45)
- Urea Cycle + Stones pt. 2 (11:08)
- Intro to Nephritic/Nephrotic (1:20)
- Nephrotic Syndrome (12:36)
- Nephritic Syndrome (11:21)
- Renal Failure (4:47)
- Diuretics (7:56)
- Conclusion (2:30)
- Overview (0:52)
- Rapid Review of Casts & Stones (25:40)
- Polycystic Kidneys (19:13)
- Rapid Review of Nephrotic & Nephritic Syndromes (21:30)
- Tumors of the Urinary Tract (5:49)

Suggested Study Duration:

- Spend an additional 30 minutes creating active recall questions for Nephritic vs. Nephrotic syndromes and kidney stones.

DAY 4

Renal Pharmacology and Acid-Base Physiology

Total Duration: 1 hour, 44 minutes, 52 seconds

- Integrative Classroom Case: Renal Embryology (13:27)
- Integrative Classroom Case: Electrolyte Disturbances (11:45)
- Nephron Physiology (integration) (7:40)
- Aldosterone vs. ADH (6:07)
- Renal Pharmacology (3:53)
- Medications which cause HyperK (integration) (3:50)
- Systematic Approach to Acid Base Qs on the USMLE (10:35)
- Compensation (11:22)
- Winter's Formula (6:25)
- Davenport Diagram (7:29)
- High Yield NBME Style Qs (22:19)

Suggested Study Duration:

- Spend an additional 30 minutes reviewing the Mechanisms of Pharmacology (Renal) Handout, focusing on acid-base disturbances and renal pharmacology.

HyGuru | Study Plan:

- Spend an additional 30 minutes reviewing the Mechanisms of Pharmacology (Renal) Handout, focusing on acid-base disturbances and renal pharmacology.