

RESPIRATORY

DAY 1

Foundations of Respiratory Physiology

Total Duration: 1 hour, 20 minutes, 28 seconds

- Content Overview (1:31)
- Lung Volumes and Spirometry (20:27)
- VQ Distribution (19:37)
- Central Regulation of Breathing (6:31)
- Ventilation (15:46)
- Summary (0:53)
- Upper Respiratory Tract Disease (8:00)
- Influenza for the USMLE (7:43)

Suggested Study Duration:

- Watch all the listed videos.
- Spend an additional 20 minutes reviewing the Foundations of Physiology (Respiratory) - PDF Handout

DAY 2

Microbiology of Respiratory Tract Diseases

Total Duration: 46 minutes, 31 seconds

- Sinusitis for the USMLE (3:47)
- Pharyngeal Disease (5:47)
- Laryngotracheitis (3:03)
- Coxsackie AB is Picorna (PERCH) (7:38)
- Epiglottis for the USMLE (6:27)
- Pertussis for the USMLE (1:28)
- Lower Respiratory Tract Disease (3:32)
- Anatomic Distributions of PNA (2:20)
- Think Like a Test Maker (1:56)
- Bronchopneumonia (2:22)
- Mycoplasma for USMLE (8:11)

Suggested Study Duration:

- Watch all the listed videos.
- Spend an additional 20 minutes reviewing the Integrated Microbiology - Respiratory Notes (PDF).

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DAY 3

Respiratory Pathologies and NBME Concepts

Total Duration: 1 hour, 15 minutes, 19 seconds

- Respiratory Microbes for the USMLE (2:26)
- S. Pneumoniae for the USMLE (3:44)
- Pathogenesis of TB (2:30)
- Recurrent Pneumonia for the USMLE (3:00)
- Pneumocystis for the USMLE (3:26)
- Introduction to Top NBME Concepts (2:36)
- A-a gradient (hypoxemia) (23:45)
- Regional Circulation for the USMLE (11:43)
- Physical Exam MCQs (Resp) (9:03)
- Restrictive vs Obstructive Lung Disease (13:06)

Suggested Study Duration:

- Watch all the listed videos.
- Spend an additional 20 minutes reviewing Important Microbes for Respiratory.

DAY 4

Clinical Cases and High-Yield Images

Total Duration: 1 hour, 41 minutes, 18 seconds

- Lung Tumors (6:06)
- Acute Respiratory Distress Syndrome (6:12)
- Conclusion (0:23)
- Integrative Classroom Case: Hypoxemia (5:08)
- Integrative Classroom Case: Restrictive Lung Diseases & Pneumoconiosis (8:11)
- Integrative Classroom Case: Obstructive Lung Diseases (19:27)
- Overview of USMLE Images & PE Findings (13:33)
- Pneumothorax (13:16)
- Pneumonia for the USMLE (19:41)
- Clubbing (2:26)
- Acute Respiratory Distress Syndrome (6:55)

Suggested Study Duration:

- Watch all the listed videos.
- Spend an additional 30 minutes reviewing the Mechanisms of Pharmacology (Respiratory) - PDF Handout.

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DAY 5

Mechanisms of Pharmacology (Respiratory)

Total Duration: 1 hour, 15 minutes, 19 seconds

- Introduction (0:24)
- Pathophysiology of Asthma (4:36)
- β -Agonists (10:03)
- Systemic Toxicities of Corticosteroids (4:42)
- Anti-Leukotrienes & AA Pathway (1:50)
- Asthma Adjuncts (1:21)
- Pulmonary Hypertension Pathophysiology (6:18)
- Pulmonary Hypertension Pharmacology (2:22)
- Anti-Allergic Pharmacology (2:59)

DAY 6

First Aid Rapid Review (Heme, Resp, Embryo)

Total Duration: 1 hour, 8 minutes, 37 seconds (1:08:37)

- Hematology, Respiratory, Pharyngeal Arches