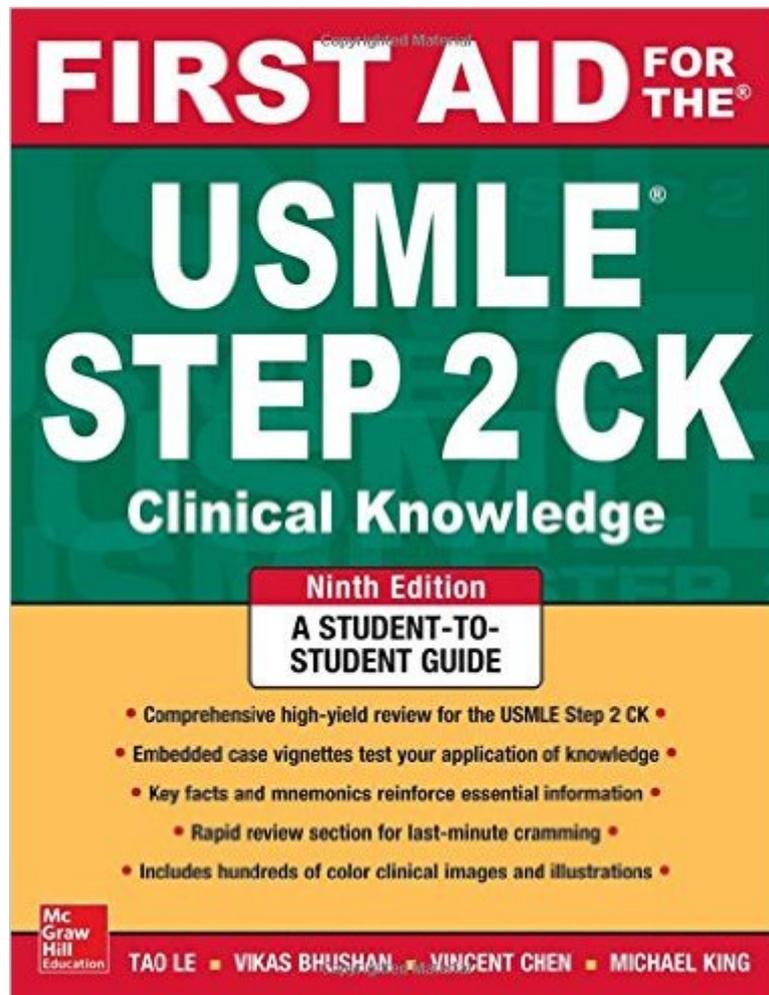


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# First Aid For The USMLE Step 2 CK, Ninth Edition (First Aid USMLE)



## Synopsis

From the authors who helped you pass Step 1, this is your high-yield review for the USMLE Step 2 CK. Completely revised to cover all core areas on the boards, including information on newly tested patient safety and quality improvement topics, *First Aid for the USMLE Step 2 CK: Ninth Edition* features:

- High-yield, bulleted presentation of diseases and disorders you need to remember
- Integrated flash-facts in margins test your knowledge at the point of learning
- Embedded case vignettes test your application of knowledge
- Key facts and mnemonics reinforce essential information
- Rapid-review section for last-minute cramming
- Includes hundreds of color clinical images and illustrations

## Book Information

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## Customer Reviews

While I would swear by the step 1 version of *First Aid*, the step 2 version didn't seem as helpful in studying for that portion of the medical boards. The step 1 book was packed with cold, hard facts, and in my opinion was by far the best study tool for step 1. I can't count the number of times that I had questions on the boards that came directly from data presented in the step 1 book. This doesn't mean I always remembered what the information was, but just that it was there, in the book, to be studied. After that it's up to my blasted brain to remember reading it. The step two book starts out with several pages of "reminder" facts. These are mainly basic science "pearls" of information that will be helpful in preparing for step 2. The remainder of the book is dedicated to case presentation

questions, the kind of questions you will find on step 2. These questions are divided up by topic and presented in a logical format. I think that because of the nature of step 2, it is much more difficult to put together a book that encompasses the majority of the information that will be presented on that portion of the boards without turning it into Harrison's. Due to the nature of the case presentation questions, they take up a great deal of space on the page and can be time consuming to read. This was easily avoided in the step 1 book because many one-line facts can be listed on a single page. I found the book a helpful review, but not a useful study tool. I would suggest to anyone preparing for step 2 to read through the book and judge for yourself. It is well known that if you take 100 medical students, you will find 100 various study methods. Some will love this book, and others will hate everything about First Aid, their books, what they stand for, and how they are destroying society. (Sometimes med students can get a bit wacky). Basically, I would suggest you peruse the pages at your medical bookstore, if it looks like it may help, by all means make the purchase. You may also be able to find it used for a cheaper price. I would suggest that this NOT be your only study/review tool as the step 1 version could have easily been. I would supplement it with as many practice questions that you have time to read. This seemed to be the preferred method for everyone in my class. Whatever you choose to study, I wish you the best of luck. Step 2 is now on computer and only takes 1 day, but 8 hours of sitting at a computer reading "60 year old blah blah blah presents with blah blah blah can get very old no matter how you prepare. Thanks for your time....

Unlike the step 1 First Aid book, which was simply phenomenal (not to mention vital) for studying for the exam, the First Aid for Step II CK was a so/so text. It's fairly long, and wasn't as concise or as targeted as the step I book, and took more time to really study it and attain the same degree of comfort that I had after reading the first one. Some of this could be accounted for by the sheer scope of the examination itself. Not only does this cover all of the core specialty rotations (and a fair amount of subspecialty info as well) that you will be exposed to as a 3rd year clinical clerk, but it also needs to re-cover a good portion of the step I material that has been delightfully repackaged (i.e. those yummy glycogen storage diseases that you thought were gone forever.... think again! This time, they give you the vague clinical presentation, and then ask about the enzyme). Within my class, there were really 3 groups of studiers for the step II, and the texts they used (as opposed to those who decided to "wing it"). Some loved this text, some thought that "Step Up" was hands down the best, and some swore by "Crush Step II". Personally... I read this one and "Crush", and thought that "Crush" was a tad more on target and high yield... but I also read this book first, so I may have hit Crush more comfortable in general. No matter what you choose, read something, and preferably

more than 1 something, as a single text probably isn't going to be enough. Secondly, and probably more importantly, do practice questions! Whether it's USMLE world, or Kaplan's Qbank, it's definitely the best way to prepare for the exam. The test itself is very long (8 hours), and by the 3/4 point you'll probably be blinking stupidly, drooling, and struggling to remember what to do first.. point.. or click? The more practice you have, the better prepared you'll be, and really... everybody seems to make it through ok. Do the prep work, and you'll be just fine, and the "First Aid: Step II CK" is as good a place as any to start.

Better than the 8th edition (which I also own). More algorithms, easier to read, more mnemonics and hints in the margins. Would recommend purchasing even if you own the 8th edition, which came out in 2012. Three years is a long time in terms of the Step and I don't want to risk missing out on any new facts. I still don't like the overall formatting, which is not in the exact style of the classic First Aid For Step 1 book. However, still lacking in spelling out what the "next best step" would be in most cases. Would still need to buy MTB 2 to complement this book.

I was very disappointed with this resource for CK prep. I found Step 2 secrets to be far superior. I purchased and read First Aid for Step 2 CK based on my positive experience with First Aid for Step 1. Much to my disappointment, First Aid for CK contained quite a large amount of basic information that just isn't high yield on step 2. For example, the basic ins and outs of ECG. On the exam, pertinent ECG findings are usually given, and then you're asked to make a clinical decision (e.g. next test or step in management) based on the ECG findings and other data presented. Step 2 secrets is a much more clinically oriented review of material for CK. **WARNING:** don't rely heavily on First Aid for CK or you'll be disappointed. USMLE world and Kaplan Qbank are probably the best review resources out there, with review books serving as supplements. Unfortunately, First Aid for Step 2 CK was not very helpful. See my review of step 2 secrets, as I consider it to be the best text resource (remember, only as a supplement to online question banks) for CK. I'm not bashing the First Aid series because many are very good books. For example, First Aid for step 2 CS is right on the money (see my review of First Aid for step 2 CS).

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