“Board Prep Resources for DO’s”

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USMLE Step 1

- Approximately 308 MC questions; 7 blocks of 44 items
- Seven 60-minute blocks; Eight hours in total, completed in one day (including 45 min break and 15 min optional tutorial)
- Administered on various days at Prometric Centers—check website for scheduling; Computer-based

- Scoring:
  - Reported on a 3-digit scale
  - Score range between 1 - 300
  - Minimum passing for Step 1 is 192

- “STEP 1 assesses the examinee’s understanding and ability to apply important concepts of the sciences basic to the practice of medicine, with special emphasis on principles and mechanisms underlying health, disease, and modes of therapy.” (usmle.org, 2015)
Sample USMLE Step 1 Question

Example Item

A 32-year-old woman with type 1 diabetes mellitus has had progressive renal failure over the past 2 years. She has not yet started dialysis. Examination shows no abnormalities. Her hemoglobin concentration is 9 g/dL, hematocrit is 28%, and mean corpuscular volume is 94 μm³. A blood smear shows normochromic, normocytic cells. Which of the following is the most likely cause?

A. Acute blood loss
B. Chronic lymphocytic leukemia
C. Erythrocyte enzyme deficiency
D. Erythropoietin deficiency
E. Immunohemolysis
F. Microangiopathic hemolysis
G. Polycythemia vera
H. Sickle cell disease
I. Sideroblastic anemia
J. β-Thalassemia trait

(Answer: D)
COMLEX

The COMLEX-USA Examination Blueprint

<table>
<thead>
<tr>
<th>Dimension 1: Patient Presentation</th>
<th>Level 1, Level 2 CE, Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Health Concepts and Patients with Presentations Related to Health Promotion, Chronic Disease Management, and Human Development</td>
<td>8 - 16%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Digestion and Metabolism</td>
<td>4 - 10%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Cognition, Behavior, Sensory &amp; Central Nervous Systems, Substance Abuse, and Visceral and Sensory Pain</td>
<td>28 - 38%</td>
</tr>
<tr>
<td>Patients With Presentations Related to the Musculoskeletal System, including Somatic Pain</td>
<td>6 - 12%</td>
</tr>
<tr>
<td>Patients With Presentations Related to the Genitourinary System and Human Sexuality</td>
<td>3 - 8%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Circulation and the Respiratory System</td>
<td>8 - 16%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Thermoregulation</td>
<td>2 - 6%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Trauma, Masses, Edema, Discharge, and the Skin, Hair and Nails</td>
<td>8 - 16%</td>
</tr>
<tr>
<td>Patients With Presentations Related to Pregnancy, the Peripartum, and the Neonatal Period</td>
<td>3 - 8%</td>
</tr>
</tbody>
</table>

- Detailed outline of COMLEX-USA Dimension 1 categories

<table>
<thead>
<tr>
<th>Dimension 2: Physician Tasks</th>
<th>Level 1</th>
<th>Level 2 CE</th>
<th>Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Promotion &amp; Disease Prevention</td>
<td>1 - 5%</td>
<td>15 - 20%</td>
<td>15 - 20%</td>
</tr>
<tr>
<td>History &amp; Physical Examination</td>
<td>5 - 15%</td>
<td>30 - 40%</td>
<td>10 - 20%</td>
</tr>
<tr>
<td>Diagnostic Technologies</td>
<td>1 - 5%</td>
<td>10 - 20%</td>
<td>15 - 25%</td>
</tr>
<tr>
<td>Management</td>
<td>2 - 7%</td>
<td>10 - 20%</td>
<td>25 - 40%</td>
</tr>
<tr>
<td>Scientific Understanding of Health &amp; Disease Mechanisms</td>
<td>70 - 85%</td>
<td>5 - 15%</td>
<td>5 - 10%</td>
</tr>
<tr>
<td>Health Care Delivery Issues</td>
<td>1 - 3%</td>
<td>5 - 10%</td>
<td>5 - 10%</td>
</tr>
</tbody>
</table>

- Detailed outline of COMLEX-USA Dimension 2 categories

Osteopathic principles and practices, by design, are integrated throughout all areas of the examination, as this best reflects the manner in which osteopathic principles and practices permeate osteopathic medicine.

- Two 4-hour computer-based tests, administered in one day
- Each 4-hour block consists of 200 test questions
- “Test questions are predominantly in the single best answer, multiple choice test item or extended matching item formats, with some novel test items including audio-visual test items designed to assess an expanded physician competency subset” (nbome.org, 2015)
- Scoring:
  - Raw score converted to a 3-digit standard score and a 2-digit scaled score for purposes of reporting results
  - 400 (3-digit standard score) or 75 (2-digit standard score) are considered passing benchmarks
- “Level 1 is a problem-based and symptom-based assessment integrating the foundational and basic biomedical sciences of anatomy, behavioral science, biochemistry, microbiology, osteopathic principles, pathology, pharmacology, physiology and other areas of medical knowledge as they are relevant to solving clinical problems and assisting in providing patient care.” (nbome.org, 2015)
A patient presents with a parkinsonian tremor and tardive dyskinesia. Chronic use of which of the following drugs is most likely responsible?

A. chlordiazepoxide  
B. haloperidol  
C. imipramine  
D. morphine  
E. propoxyphene

Correct Answer: B. haloperidol
Main Topic Areas to Review

- Behavioral Science
- Microbiology
- Physiology
- Biochemistry
- OMM*
- Anatomy
- Pharmacology
- Pathology
- Hem/Onc
- GI
- Reproduction
- Respiratory
- Derm
- Cardio
- Neuro
- Psych
- Musculoskeletal
- Endocrine
- Immunology
- Renal
- Ophthalmology
- Infectious Disease
- (Ethics)
- (Statistics)
- (Geriatrics)
Top Rated Resources

• Texts:
  – First Aid
  – Pathoma or Goljan
  – Micro Made Ridiculously Simple
  – OMT Review (aka “The Green Book”)
  – Kaplan

• Question Banks:
  – COMBANK
  – COMQUEST
  – UWORLD
  – Kaplan
  – Firecracker
  – ExamMaster

• Review Programs/ Immersion Courses:
  – Doctors in Training (DIT)
  – Becker Professional Education
  – Northwestern Medical Review
  – Marshall University Medical H.E.L.P. Program

• Practice Tests:
  – USMLE:
    http://www.usmle.org/practice-materials/
  – COMLEX:
    http://www.nbome.org/practice/level1/index.htm
Top Student Recommendations: Texts

• First Aid
• Pathology:
  – Pathoma
  – Goljan
• Microbiology:
  – Micro Made Ridiculously Simple
• OMT Review (aka “The Green Book”)
• Kaplan
Texts for concentrated review and practice questions

- Case Files Series
- Pre Test Series
- Lippincott’s
- Board Review Series
Top Student Recommendations: Question Banks

• COMBANK
• COMQUEST
• UWORLD
• Kaplan
• ExamMaster
• Firecracker*
Top Student Recommendations: Review Programs/Immersion Courses

- Doctors in Training (DIT)
- Becker Professional Education
- Northwestern Medical Review
- Marshall University Medical H.E.L.P. Program
Practice Tests

- **COMLEX**: [http://www.nbome.org/practice/level1/index.htm](http://www.nbome.org/practice/level1/index.htm)
- **Kaplan**
- **ExamMaster**
Center for Teaching and Learning (CTL)
515.271.1516
Center for Teaching and Learning
(Beside Rare Book room in library)
CTL@dmu.edu
www.dmu.edu/ctl/student-support/

At the examination hall...
Oh no — we were not taught this!
Oh good — I’ve never paid attention in class anyway!!