

## DOMINATE THE ABSITE

	TOPIC	SURGICAL REVIEW	DEVIRGILIO	TRUE LEARN 20 Questions
1	Wound Healing			
2	Hemostasis & Coagulation			
3	Surgical Infectious Disease			
4	Nutrition, Digestion, & Absorption			
5	Immunology & Transplantation			
6	Statistics & Epidemiology			
7	Anesthesia			
8	Hernias			
9	Esophagus			
10	Stomach			
11	Small Bowel			
12	Colon, Rectum, Anus			
13	Hepatobiliary			
14	Pancreas			
15	Tumor Biology			
16	Melanoma, Sarcoma, Lymphoma, Spleen			
17	Thyroid, Parathyroid, Adrenal			
18	Breast			
19	Cardiovascular & Cardiac Surgery			
20	Vascular Disease			
21	Pulmonary & Thoracic Disease			
22	Trauma & Critical Care			
23	Management of Specific Traumatic Injuries			
24	Burns			
25	Neurosurgery			
26	Pediatric Surgery			
27	Urology			
28	Gynecology			
29	Otorhinolaryngology			
30	Orthopedic Surgery			

### **How to use this study plan**

There are 90 boxes above, each representing a different activity to complete. Try to do one activity each day. Therefore, this is a 90 day study plan. I start ABSITE studying in mid October to allow myself to miss a few days, yet stay on track to complete the entire plan before the ABSITE. The first task for each row is to read the corresponding chapter from *The Surgical Review* by Porrett. This will give you a solid foundation of knowledge. Next, do the corresponding review questions from *Review of Surgery for ABSITE and Boards* by DeVirgilio. This helps you learn actively rather than passively. These questions are extremely well written with brief but extremely clear explanations, and they cover the most high yield points of every subject. Finally, do 20 review questions for each topic from TrueLearn.com. I highly recommend downloading the True Learn app and purchasing a 90 day subscription. You can easily knock out 20 questions each day while waiting for the OR to turnover.

Next, create a word document with a section corresponding to each topic above (30 topics). When you do review questions, write down briefly what you learned from each question you got wrong. Periodically review these notes, and then thoroughly review them the week of the ABSITE, since this is the information that you are weakest on.

I highly recommend you track your progress by writing the date in each box above when you complete that activity. Research shows that simply tracking what you do will make you more successful in that activity. This is your year to dominate the ABSITE!