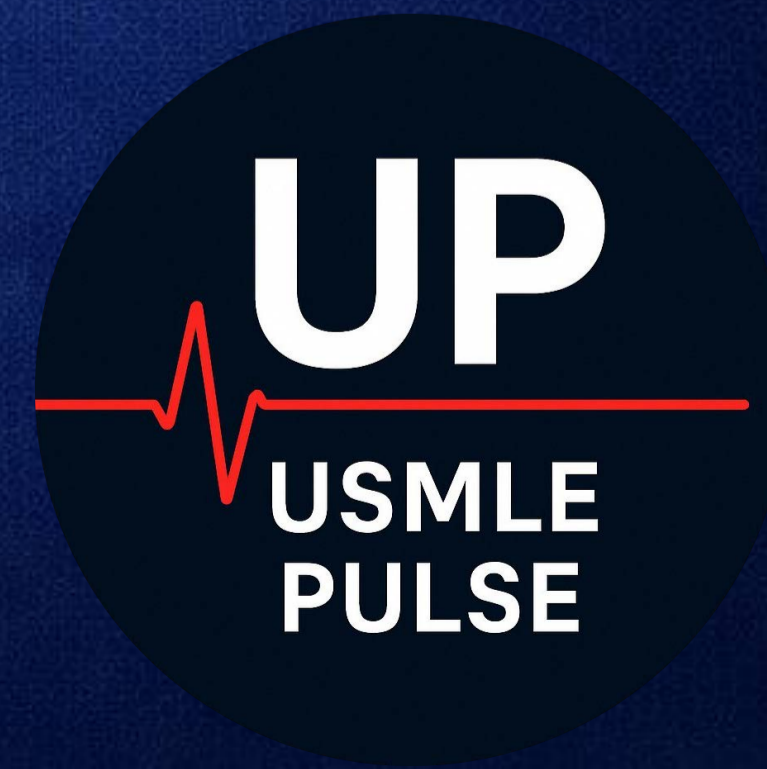


THE ULTIMATE GUIDE TO USMLE STEP 1



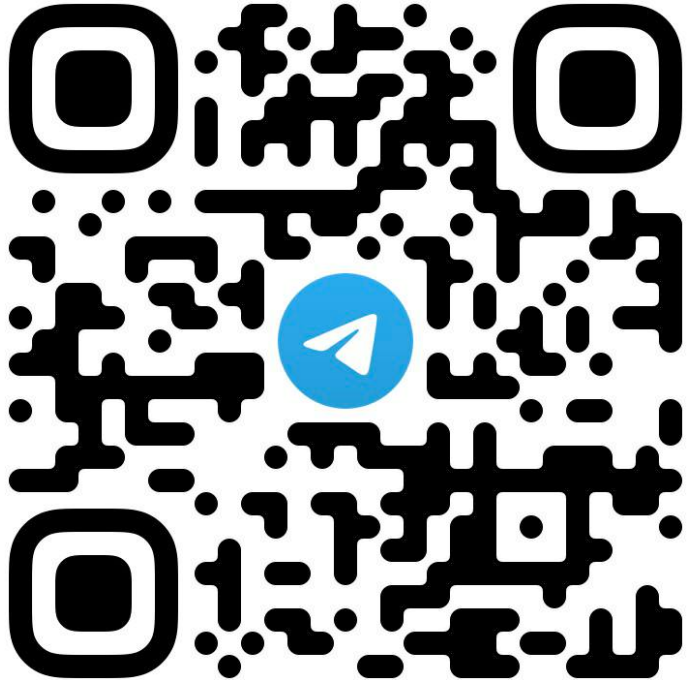
FULL PLAN FROM DAY 1 TO DAY LAST





CVS Module Plan.

For E-version updates
join telegram



⚠ = very high yield (Most tested)



Contact us: Usmlepulse.com

DAY 1

NBME 25 (check which systems you are weak at the most)

DAY 2 CVS (7 pages)

Pathology 304-310 / 314

Hypertension till MI complications (skip the ECG part)

⚠ Hypertension (focus on fibromuscular dysplasia vs atherosclerosis of renal artery)

⚠ Atherosclerosis

⚠ Cholesterol emboli syndrome

⚠ Aortic aneurysm

⚠ Subclavian steal syndrome

⚠ Coronary artery disease and Ischemic heart disease manifestations

⚠ MI and Angina

Pulse Notes

Page 159-169 in usmle pulse notes

DAY 3 CVS (10 pages)

Physiology 298

ECG ⚠

Pathology

ECG Pathology (310-313) ⚠

Cardiomyopathy till DVT (315-321)

⚠ Cardiomyopathies

⚠ Heart failure

⚠ Shock

⚠ Cardiac tamponade

⚠ Pulsus paradoxus

⚠ Infective endocarditis

⚠ Rheumatic fever

⚠ Pericarditis

⚠ Hereditary hemorrhagic telangiectasia

⚠ Myxomas

Pulse Notes

pages 170-176 in Usmle pulse notes

Revise

Revise day 2

DAY 4 CVS (7 pages)

Embryology (284-287)

ALL

⚠ Fetal circulation

Anatomy 288

ALL

⚠ Ortner syndrome

⚠ Heart blood supply

Pathology 302-304

Congenital heart diseases ⚠

Pulse Notes

pages 138-141

page 156

Revise

Day 3

Question ID (21 questions)

1833,1750,35,202,2130,2023,11764,1871,15197,654,1623,1751,1699,7646,8332,8333,11837,1883,2009,19523,108008

DAY 5 CVS (5 pages)

Physiology (289-293)

cardiac output variables till pressure volume loops



Pulse Notes

177-187

Revise

Day 4

Question ID (33 question)

76,40,2074,2075,185,444,7568,82,11636,463,203,241,43,94,8610,92,11640,181,447,89,15195,73,39,1882,473,449,15839,228,1040,14992,453

DAY 6 CVS (8 pages)

Physiology (294-301)

Splitting of s2 till capillary fluid exchange

⚠ Splitting of S2

⚠ Auscultation of the heart

⚠ Heart murmurs

⚠ Myocardial action potential

⚠ Pacemaker action potential

⚠ Baroreceptor

⚠ Capillary fluid exchange

Pulse Notes

Pages 142-155

Revise

Day 5

Question ID (33 question)

462,14999,192,7616,15885,188,231,86,83,14978,36,446,1439,180,14989,14993,95,15886,10467,1705,12144,12151,8294,8293,205,15534,1782,230,176,15840,14997

DAY 7 CVS (7 pages)

Pharmacology (322-328)

ALL

⚠ Nitrates

⚠ Calcium channel blockers

⚠ Antianginal therapy

⚠ Lipid-lowering agents

⚠ Digoxin

⚠ Antiarrhythmics

Pulse Notes

Pages 188-193

Revise

Day 6

Question ID (34 question)

15000,37,464,179,98,31,201,293,15199,15310,15001,118
33,952,726,15729,15269,204,15528,97,843,193,186,15
78,15354,196,198,2109,200,472,85,1881

DAY 8 CVS

REST DAY

DAY 9 CVS (41 questions)

solve questions:

195,15650,194,2099,2100,96,93,1532,11849,461,457,2096,
2105,42,90,11851,227,15693,189,913,667,239,914,11770,10
8081,2117,943,8711,246,233,448,300,443,75,724,1850,136
00,232,975

solve questions:(study vasculitis first FA p.478-
479+ pulse notes page 370-372)

450, 451, 452, 458, 459, 460, 758, 1852, 6445, 18475,
18996, 20774

Press 'space' for AI or '/' for commands

DAY 10 CVS (61 questions)

solve questions:

20476,19539,20257,19537,20911,19535,20313,19534,
,20262,21472,14964,8458,15198,15542,240,242,84,9
39,91,187,244,2107,238,944,235,15651,11797,2106,21
24,15574,234,243,945,33,2070,2071,237,2108

solve questions:

15516,2055,14976,1973,14745,1557,1609,1976,1511,1
661,1983,1977,1515,1518,1622,15391,1517,1625,1589,1
2187,1529,157,1653,456,1978,14743,183,951,11780

DAY 11 CVS (54 questions)

Solve questions:

19281,15891,15196,8296,15188,20259,14987,947,19556,15241,20
253,21478,13979,15180,19284,19339,7218,7219,19540,20966,19
531,14966,20910,19577,16596,19574,15875,19402,19541,19561,1
9259

Solve questions:

15868,20258,19533,20986,19568,19280,19567,19558,21156,195
26,22698,19935,15240,19525,16532,19674,19331,14741,18536,14
998,15213

DAY 12 CVS (76 questions)

Revise day 7

Solve questions:

901,140,711,780,898,948,38,1196,1944,689,900,159,1254,1
60,144,11745,8563,1516,8546,7640,625,1252,150,149,147,
156,154,15515,141,8869,1565,136,778,1948,1506,1508,138,
137

Solve questions:

165,164,315,781,1780,11844,1344,11925,1507,161,899,1342
,143,2006,11836,153,1505,142,1509,1166,148,19173,18630,
21458,18840,18709,14744,14780,22787,18889,166,11634,
712,163,145,155,714

DAY 13

REST DAY (Next module is Respiratory)