

USMLE Prep Strategies

アメリカ臨床留学に挑戦する皆さん：

アメリカ臨床留学（レジデント、フェロー）に必須の USMLE は、昔と違ってパスすればよいという時代ではなくなりました。可能な限り高得点で一回でパスしないと、その後の道は険しくなります。

内科系で 220 以上、できれば 230 以上、
外科系は 230－240 以上。
Step2CS は必ず一回でパスして下さい。

もちろん以上が達成されない場合も諦める必要はなく、その他の要素で Advantages を示せば Match のチャンスはあります。

ただ、以上を達成することをまずは目指して下さい；それが達成すれば可能性は高まります。

以下に 2015 年度ハワイ大学医学部を優秀な成績（USMLE 240-260）で卒業した 2 人の医師のサジェスションと意見をまとめました。

USMLE の準備の仕方は個人個人やり方があるでしょう。日本で最近パスされた方の意見も聞かれるのもよいと思いますが、数年経つと情報も状況も変わるので気をつけてください。以下はアメリカ・ハワイ大学の学生の USMLE 準備の典型的な方法ですので、参考にして下さい。

- Question Bank と Book を有効に活用する。Questions は 2 度する。
- Step2CS は下記リソースを活用すると同時に、臨床実習などベッドサイドで日々訓練する。
- 計画を立てて、コンスタントに毎日行なう。
- 気の合う友人とグループを作って、お互いチェックしながら協力しながら行なう。質問や不安がある時に相談する仲間を持つ。
- 余りに多くのリソースではなく、決めたリソースに集中して行なう。
- アメリカの学生の場合は（進級する上で）受験の Deadline があるのでそれまでに必死に準備している；日本の皆さんも計画を立て自ら Deadline を定めて準備すべきであるが、模擬試験などで上記の点数が取れそうもなければ、（自信を持って取れそうになるまで）無理に受験しないこと。
- Step3 はアメリカの場合学生時代には受験しない；レジデント中に受験する。日本の場合医学部卒業していれば Step3 も受験可能であるが、レジデントの Matching のためには必須ではない（ことが多い）。

Good Luck !!!

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Junji 町

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Info from UH/JABSOM graduates

There are two types of resources: Question Bank and Book

The best seems to use these:

- USMLE World

<https://www.uworld.com/>

- First Aid

- Pathoma

The following are suggestions and opinions of 2 UH students who graduated from UH in 2015 and both got scores of 240-260 in USMLE.

For Step 1, I think the things that everyone MUST HAVE is:

1) **USMLE World Question Bank**: This is not a text book. It's a question bank (online mondai shuu) that EVERYONE in the U.S. gets. Do it TWICE. The best way to study for step 1 is doing as many questions as possible!!

- Also, addition to the question bank, you can buy 2 Assessment Exams which I highly recommend (They are practice exams that give you a score prediction, it's pretty accurate)

https://www.uworld.com/step1/step1_qbank.aspx

2) **First Aid 201x**: Get the newest edition (comes out every year). EVERYONE buys this book too

[http://www.amazon.com/First-Aid-USMLE-Step-](http://www.amazon.com/First-Aid-USMLE-Step-2016/dp/1259587371/ref=sr_1_2?ie=UTF8&qid=1450506781&sr=8-2&keywords=first+aid)

[2016/dp/1259587371/ref=sr_1_2?ie=UTF8&qid=1450506781&sr=8-2&keywords=first+aid](http://www.amazon.com/First-Aid-USMLE-Step-2016/dp/1259587371/ref=sr_1_2?ie=UTF8&qid=1450506781&sr=8-2&keywords=first+aid)

Another good resource for pathology is:

Pathoma

<http://www.pathoma.com/>

If you buy this you get access to a book and video lecture series. Very simple and good resource.

Others:

- **Kaplan Question bank**: Again this is an online question bank. Some people do this if they want to do more question, but it is not as good as USMLE World.

For Step 2CK:

1) **USMLE World Question Bank Step 2CK**: Just like Step 1, everyone does the USMLE World Question Bank

https://www.uworld.com/Step2CK/Step2CK_qbank.aspx

Other than that, there is no 1 book that is best for step 2. Popular ones are:

- 1) First Aid Step 2 (newest edition)
- 2) Master the Boards Step 2 (I used this one)

http://www.amazon.com/Master-Boards-USMLE-Step-CK/dp/162523113X/ref=sr_1_1?ie=UTF8&qid=1450507016&sr=8-1&keywords=master+the+boards+step+2

For Step 2CS

- 1) First Aid Step 2 CS: I used this one, and it is very popular

http://www.amazon.com/First-Aid-USMLE-Step-Fifth/dp/0071804269/ref=sr_1_1?ie=UTF8&qid=1450507098&sr=8-1&keywords=first+aid+usmle+step+2+cs

- 2) USMLE World Question Bank Step 2CK

https://www.uworld.com/Step2CS/Step2CS_cs.aspx

For Japanese students, I suggest they only use a few resources (First Aid + USMLE World) instead of trying to learn from too many resources.

With regards to studying for USMLE step examinations, it is really broken down into 3 major parts, which I utilized different resources. R and I utilized roughly the same books and question banks, so I will try to explain what we used, the rationale, and the effectiveness of respective resources.

Step 1:

Question Banks

- 1) **USMLE World QBank** - this is by and far the best question "bank" available. The questions, by consensus, the most consistent and accurate in terms of level of difficulty. There are approximately 2000 questions across all specialties. R and I went through this question bank 2 times through. Of note the USMLE World Qbank can also be purchased with 2 simulated exams, which you should absolutely purchase and utilize because simulating an actual exam is very important.

- 2) **NBME examinations** - These are simulated exams produced by the NBME and therefore are the "closest" to the real questions on the exam. In fact, some people have said that a few questions (only a handful) have been the same question reused on their actual examination or a familiar picture/pathologic specimen was shown on their actual test that they had already seen on the practice NBME. Is a bit costly per exam, but well worth the price.

*** Note neither of the practice exams is as long as the actual exam. So R and I would either do 1 practice test and several extra blocks or sometimes take two NBME's back to back to simulate an accurate length of exam

- 3) **Kaplan USMLE Question Bank**: also an excellent question bank. R and I did these questions by organ systems to learn the material first (along with reading USMLE Step 1 First Aid). These questions focus on more minutiae, which is good and bad. The good is the breadth appears to be

greater and the level of detail seems to be more nit-picky, but also it will have questions that are outside of the "bread-and-butter" cases. If you have to choose between this and USMLE World for time or budgetary constraints, USMLE world is by far the best

4) **Extra questions**: there are other qbanks and question resources such as **USMLE Rx, First Aid Q&A, First Aid Cases**, which are also useful, but I think should be utilized as ancillary qbanks (question banks) if you have absolutely extra time and have completed the above resources.

Books:

1) **First Aid for USMLE Step 1**: BY FAR THE MOST USEFUL BOOK. Memorize this book cover to cover. Almost every bread and butter question will have the answers in this, but it is in bullet point format which some people don't like. It is updated every year so buy the latest version.

2) **Kaplan Review for USMLE**: Similar to first aid, but in Kaplan format, but it is included usually when you buy Kaplan qbank. Usually memorizing step 1 takes all the time

3) **Step 1 secrets**. I think this is a great read. Easy to read case vignettes with very critical clinical pearls which are good for the exam.

Utilizing these resources alone should be more than sufficient to do well on step 1. Additionally, doing questions on a daily basis will take lots of time. To give you an idea, R and I, while doing qbank averaged only about 80-120 questions per day because of reading, annotating, and researching pathophysiology or pharmacological principles, etc related to a question we might have gotten wrong.

If you have questions about step 2 or 3, I can write you again, but step 1 is usually the biggest hurdle.
