

## Preparing for the USMLE Step 1

### I. What is the USMLE Step 1?

USMLE = United States Medical Licensing Exam

Step 1: test basic medical science knowledge in the form of clinical vignettes multiple choice questions
Step 2 CK: Clinical Knowledge – multiple choice exam focusing on disease pathogenesis.
Step 2 CS: Clinical Skills – hands-on oral exam involving the H&P and clinical diagnosis skills.
Step 3: Clinical Management

### II. Overview of the Step 1 Exam

- Step 1 is a computer-based test (CBT).
- It lasts eight hours and can be taken any time of the year
- Prometric administers the exam ([www.prometric.com](http://www.prometric.com))
- Seven blocks of 50 questions each with 60 minutes per block.

### III. Scoring of the Exam

- 3-digit score: Passing is about a 182; average is about 215.
- 2-digit score: 0 – 99.
- Test Result Data from 2002:
  - 87% of US medical students taking the exam for the first time passed.
  - 64% of foreign medical graduates (FMG) taking the exam for the first time passed.
  - 36% of repeat FMG exam-takers passed.

### IV. Content of the Exam

#### A. EXAMPLE QUESTION: TYPICAL DIAGNOSTIC QUESTION

A 52-year-old woman is taken to the emergency department because she has become completely paralyzed. By the time she is examined, the paralysis has begun to clear, and it has completely resolved an hour later. She states that she has had previous episodes of severe transient weakness, but that this was the first time that she felt actually unable to move. She has also been experiencing paresthesias. On physical examination, her blood pressure is 160/100 mm Hg. Blood tests reveal serum a sodium of 155 mEq/L, potassium of 2.8 mEq/L, and decreased serum renin. Which of the following is the most likely diagnosis?

- A. Conn syndrome
- B. Cushing syndrome
- C. Mallory-Weiss syndrome
- D. May-White syndrome
- E. McCune-Albright syndrome

**B. EXAMPLE QUESTION: QUESTIONS WITH LOTS OF ANSWER CHOICES**

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  $\mu\text{m}^3$ . 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. Immuno-hemolysis
- F. Microangiopathic hemolysis
- G. Polycythemia vera
- H. Sickle cell disease
- I. Sideroblastic anemia
- J. beta-Thalassemia trait

**C. EXAMPLE QUESTION: BASIC SCIENCE QUESTION HIDDEN IN A CLINICAL VIGNETTE**

A 27-year-old woman goes to an emergency room with severe abdominal pain. She had previously experienced similar episodes of pain that lasted several hours to a few days, but this episode is the most severe. She has also been experiencing nausea, vomiting, and constipation. The physician is left with the impression that she is agitated and somewhat confused, and an accurate history is difficult to elucidate. The patient is sent for emergency laparotomy, but no pathology is noted at surgery. Following the unrevealing surgery, an older surgeon comments that he had once seen a similar case that was actually due to porphyria. The porphyrias are biochemical abnormalities in which of the following pathways?

- / A. Glycogen degradation
- / B. Heme synthesis
- / C. Lipoprotein degradation
- / D. Nucleotide degradation
- / E. Urea cycle

**D. EXAMPLE QUESTION: MULTI-STEP QUESTION**

A 36-year-old man with AIDS develops right-sided weakness involving the lower, but not the upper, limb. MRI scans reveal a ring-enhancing lesion within the white matter of the left frontal lobe. A biopsy shows coagulative necrosis of brain parenchyma with macrophage-rich chronic inflammatory infiltration admixed with microscopic cysts that contain characteristic bradyzoites. Which of the following is the most common source of this type of infection?

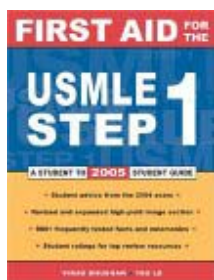
- A. Anopheles mosquitoes
- B. Bird droppings
- C. Cats
- D. Cooling systems
- E. Washbasins

Step 1: Deduce that the diagnosis is cerebral toxoplasmosis (*Toxoplasma gondii*)

Step 2: Recall how the parasite is transmitted to humans (remember pregnant women should stay away from cat litter!)

**V. Preparing for the Exam****A. Buyer Beware!**

- Not all prep material is good.
- Because the exam is now very clinically focused, older “traditional” prep material is not very useful.

**B. Recommended Books****1. First Aid For The Usml Step 1 2005 (First Aid for the Usml Step 1)**

[Vikas Bhushan](#) (著), [Tao Le](#) (著)

U.S. 定価 : \$39.95

価格 : **¥4,821 (税込)**

[新品/ユーズド価格 : ¥4,821 より](#)

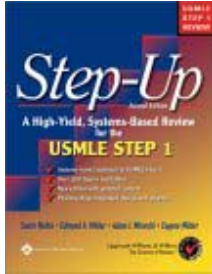


この商品は国内配送料無料でお届けします！[詳しくはこちら](#)。[代金引換](#)もご利用できます。（マーケットプレイスの商品は除く）

発送可能時期：通常 24 時間以内に発送します。

エディション：ペーパーバック

## 2. Step-Up: A High-Yield, Systems-Based Review for Usmle Step 1 (Usmle Step 1 Review)




[Samir Mehta](#) (著), [Adam Mirarchi](#) (著), [Edmund Milder](#) (著), [Eugene Milder](#) (著), [Samir and Mehta](#) (著)

U.S. 定価 : \$36.95

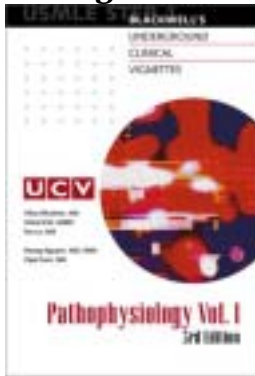
価格 : **¥4,459 (税込)**

新品/ユーズド価格 : **¥4,359** より

 この商品は国内配送料無料でお届けします！ [詳しくはこちら](#)。 [代金引換](#)もご利用できます。（マーケットプレイスの商品は除く）

発送可能時期 : 通常 24 時間以内に発送します。


## 3. Blackwell's Underground Clinical Vignettes: Step 1 Bundle (Blackwell's Underground Clinical Vignettes)



[Vikas Bhushan](#) (著)

U.S. 定価 : \$142.95

価格 : **¥15,681 (税込)**

 この商品は国内配送料無料でお届けします！ [詳しくはこちら](#)。 [代金引換](#)もご利用できます。（マーケットプレイスの商品は除く）

発送可能時期 : ただいま予約受付中です。

## 4. High-Yield Series

[Ronald W., Phd Dudek](#) (著)

U.K. 定価 : £10.95

価格： **¥2,311 (税込)**

新品/ユーズド価格： **¥2,311** より



この商品は国内配送料無料でお届けします！ [詳しくはこちら](#)。 [代金引換](#)もご利用できます。（マーケットプレースの商品は除く）

発送可能時期：通常 24 時間以内に発送します。

## 5. Lippincott, Williams, and Wilkins (LWW) Board Review Series (BRS)

### Physiology (Board Review Series)



[Linda S., Ph.D. Costanzo](#) (著)

U.S. 定価： \$34.95

価格： **¥4,218 (税込)**

新品/ユーズド価格： **¥4,218** より



この商品は国内配送料無料でお届けします！ [詳しくはこちら](#)。 [代金引換](#)もご利用できます。（マーケットプレースの商品は除く）

発送可能時期：通常 24 時間以内に発送します。

### あわせて買いたい

『[Physiology \(Board Review Series\)](#)』と『[Pathology \(Board Review Series\)](#)』、どちらもおすすめ！



+



価格合計： **¥8,436**

## C. Recommended Web Services

1. Kaplan Medical QBank ([www.kaplanmedical.com](http://www.kaplanmedical.com))
  - Internet-based question bank of 2100
  - Closest thing to the real thing
  - Subscription service
2. WebPath ([www-medlib.med.utah.edu/WebPath/webpath.html](http://www-medlib.med.utah.edu/WebPath/webpath.html))
  - Wealth of high-quality gross and microscopic images with short descriptions
3. The official site: <http://www.nbme.org/>