Family Medicine rotations are highly variable, lasting anywhere from 4 to 8 weeks. The standard advice is to read on 3 patients per day, and that holds true in FM as in any topic, but since FM covers everyone and everything, it can help to have a guide to be sure you’re covering all the basics. This is our curated list of 50 OnlineMedEd.org videos covering key topics for the Family Medicine NBME shelf / COMAT. Videos in bold are the ones we think are most important to view, those preceded by a +/- less so.

If you watch 3 videos per day you’ll be done in about 16 days, so modify your viewing to suit your needs. We’ve also included a list of relevant Internal Medicine videos if you’re on a longer rotation, and for the gunners there is a “weekend before rotation” guide, too.

Disclaimer: Always consult your medical school syllabus, the NBME shelf description or COMAT description for help in knowing what is relevant for your end of rotation exam. FMS makes no guarantees regarding your shelf scores. Remember you need to read, watch, review, ask questions and learn all you can to do your best on the floor and on your shelf exams!
### 50 Videos for Your Family Med Rotation

#### Preventive Medicine
- Screening
- Vaccinations
- Prevention
- Bias
- CI
- +/- Biostats

#### Internal Medicine
- GI: GERD
- Cardio: HTN
- Cardio: CAD
- Cardio: Heart Failure
- Pulm: COPD
- Pulm: Asthma

#### Pediatrics
- ENT
- Vaccinations
- Allergies
- Stridor Upper Airway
- Stridor Lower Airway
- +/- Preventable Trauma
- +/- Peds Infectious Rashes

#### OB
- Contraception
- Medical Disease
- 3rd Trimester Bleeding
- 3rd Tri Labs (Gestational DM)
- +/- Eclampsia
- +/- Normal Labor

#### Psychiatry
- Anxiety
- Mood Disorders
- Mood, Life & Death
- Eating Disorders

#### Gynecology
- Puberty
- Infertility
- Gyn Infections
- Menopause
- Cancer Intro
- Cervical Cancer
- Incontinence
- Virilization

#### Surgery, Trauma, Subspec
- +/- Pre-Op Evaluation
- SS: Ortho Injuries
- SS: Aorta
- T: Toxic Ingestion

#### Infectious Disease
- ABX Ladder
- ENT
- Pneumonia
- UTI
- +/- HIV
- +/- Genital Ulcers

#### Do? Add These Videos, Too
- Peds: Ortho
- Ortho: Hand
## RELEVANT INTERNAL MED VIDEOS

### NEPHRO
- KIDNEY STONES
- +/- CKD

### GI
- IBD
- GB
- CHRONIC DIARRHEA
- ACUTE DIARRHEA

### HEME ONC
- ANEMIA APPROACH
- +/- ANEMIA: MACROCYTIC
- +/- ANEMIA: MICROCYTIC
- +/- ANEMIA: NORMOCYTIC

### RHEUMATOLOGY
- APPROACH TO JOINT PAIN
- MONOARTICULARARTHROPATHY
- RA
- LUPUS
- +/- OTHER CT

### DERM
- ECZEMATOUS RASHES
- SKIN INFECTIONS
- HYPERPIGMENTATION
- +/- HYPOPIGMENTATION

### NEUROLOGY
- STROKE
- WEAKNESS
- DEMENTIA
- HEADACHE
- BACK PAIN
- DIZZINESS
- TREMOR
- +/- SEIZURE
- +/- COMA

### CARDS
- CHOLESTEROL
- +/- SYNCOPE

### ENDOCRINE
- OUTPATIENT DIABETES
- INSULIN MANAGEMENT
- DIABETIC EMERGENCIES
- THYROID

### PULM
- LUNG CA
- +/- PE

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Should you watch these videos as well? **If you have a 4 week FM rotation** then we advise against it, as time is finite.

If you are on a 6-8 week rotation adding these videos may be helpful.

Your mileage will vary. These are merely suggestions. Always do what works best for you, and helps you learn the most in the time you have.
THE GUNNER GUIDE: WEEKEND EDITION

PREVENTION
- SCREENING
- VACCINATIONS
- PREVENTION

GI
- GERD

CARDS
- HTN
- CAD
- HEART FAILURE

PSYCHIATRY
- ANXIETY
- MOOD DISORDERS

PEDIATRICS
- ENT
- VACCINATIONS

OB
- CONTRACEPTION

PULM
- ASTHMA
- COPD

Who is this for? **Those who hate fun**, and consider golden weekends as simply another chance to study.

For you, we suggest a few videos to watch the weekend prior to starting your new rotation. We worry about you. **We do not recommend this.**

**Instead, we suggest:** you could be enjoying time with friends, binge watching Netflix, house cleaning or going out into the non-hospital world.