

HEMATOLOGY



DAY 1

Foundations of Hematology and NBME Top Concepts

Total Duration: 1 hour, 33 minutes, 43 seconds

- Key Concepts for Heme Physiology (1:05)
- Blood Composition Overview Concept (1:42)
- Fetal Erythropoiesis (10:45)
- Haemoglobin Physiology (30:26)
- Components of Blood (20:01)
- Summary and CBC Interpretation for the USMLE (0:52)
- Introduction to NBME Top Concepts: Hematology (7:52)
- Heme Synthesis (5:40)
- CYP Inducers (3:47)
- Lead Poisoning (3:01)
- Approach to the Blood Smear (8:32)

Suggested Study Duration:

- Spend an additional 30 minutes reviewing the Foundations of Physiology (Hematology) - PDF Handout

DAY 2

Anemias and Platelet Pathologies

Total Duration: 42 minutes, 14 seconds

- Intro to Anemia (3:07)
- Microcytic Anemia (5:01)
- Acute Phase Reactants (1:41)
- Summary of Microcytic Anemia (2:00)
- Macrocytic Anemia (5:14)
- B12 Physiology (1:30)
- Normocytic Anemia (6:58)
- HUS/TTP (2:57)
- Polycythemia (2:56)
- Platelet Pathology (5:33)
- Warfarin vs. Heparin (2:35)
- Multiple Myeloma (2:42)

Suggested Study Duration:

- Spend an additional 20 minutes reviewing Important Microbes for Hematology.

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DAY 3

Sickle Cell Disease and Peripheral Smear

Total Duration: 1 hour, 16 minutes, 17 seconds

- Integrative Classroom Case: Sickle Cell Disease (4:49)
- Neurology: Stroke (19:22)
- Hematology Overview (2:14)
- Peripheral Blood Smear (8:47)
- RBC Inclusions (9:48)
- Sickle Cell Disease (12:33)
- Complications of Asplenia (3:44)
- Summary of RBC Inclusions (3:25)
- Mechanisms of Extravascular RBC Hemolysis (1:39)
- Mechanisms of Intravascular RBC Hemolysis (2:11)
- Rapid Review of Normocytic Anemia (7:45)

Suggested Study Duration:

- Spend an additional 30 minutes reviewing Peripheral Blood Smear interpretations.

DAY 4

Hemostasis and Pharmacology

Total Duration: 47 minutes, 8 seconds

- Aplastic Anemia (11:40)
- Cold and Warm AIHA (0:51)
- HUS/TTP (1:42)
- Cells of the Immune System (2:17)
- Causes of Eosinophilia on USMLE (0:58)
- Causes of Plasma Cells on USMLE (2:33)
- Causes of Mast Cells on USMLE (2:22)
- Hypercoagulable Pathology (integration) (5:12)
- Anti-coagulants (overview) (0:44)
- Primary Hemostasis Pharmacology (8:54)
- Secondary Hemostasis Pharmacology (Heparin vs. Warfarin) (3:47)
- Heparin Induced Thrombocytopenia (2:02)
- Direct Factor Inhibitors (4:06)

Suggested Study Duration:

- Spend an additional 30 minutes reviewing Mechanisms of Pharmacology (Hematology) - PDF Handout.