USMLE Step 1

“Survive and Thrive” on the USMLE Step 1 Exam
Full Disclosure

- USMLE Step 1 ICD Test Development Committee: 2007-2011
- USMLE Step 2 CS Test Development Committee: 2012-2016
- USMLE Step 2 CS Interdisciplinary Review Committee: 2016-present
- USMLE Step 1 Committee: 2012-2014
- USMLE Management Taskforce: 2014-present
- Member-at-large, NBME: 2013-present
Overview

• Policies and procedures for USMLE Step 1
  • Registering for exam
  • Special considerations

• Strategies for Success
  • Time management
  • Resource management
  • Game plan
The USMLE, co-sponsored and co-owned by the NBME and the Federation of State Medical Boards, is a three-step examination for medical licensure in the United States.

- Step 1
- Step 2, Clinical Knowledge (CK)
- Step 2, Clinical Skills (CS)
- Step 3
• Results of the USMLE are reported to:
  • medical licensing authorities in the United States for their use in granting the initial license to practice medicine
  • your home institution
  • others (ERAS, residency programs, etc.) only with your permission

www.usmle.org
Key Web Sites

• NBME: www.nbme.org

• USMLE: www.usmle.org

• Prometric Test Centers: www.prometric.com
Students and Residents

**Licensing Exam Services:**
- Apply for USMLE Step Exams
- Request score documents and certificates
- Check the status of your registration and document request history

**Self Assessment Services:**
- Create your own account
- View and purchase sample assessments
- Check status of purchased assessments
• 2019 USMLE Bulletin
  *** You must become familiar with and will be subject to the policies and procedures detailed in the 2019 Bulletin of Information.

• Practice Materials
Prometric Site www.prometric.com

• Schedule your test
• Locate a test center
• Reschedule or cancel test
• Prepare for test day
USMLE Policies

• Time Limit
  • USMLE requires that the dates of passing the Step 1, Step 2, and Step 3 examinations occur within a seven-year period (MD/PhD students must apply for exception- See Bulletin)
  • allow no more than six attempts to pass each Step or Step Component without demonstration of additional educational experience acceptable to the medical licensing authority

• Retakes
  • For Step 1, you may take the failed/incomplete exam no more than three times within a 12-month period
  • If you pass a Step, cannot take it again
GRADUATION REQUIREMENTS

- Pass all required courses
- Pass competency assessment exercises
  - Pass all components of competency assessment weeks (MS1/MS2)
  - Pass OSCE end of third year (MS3)
- **Pass** USMLE Step 1 (MS2)
- **Take** USMLE Step 2CK and 2CS (MS4)
- Course requirements years 3 and 4
UMMSM Policies!!!!!

- Be aware of deadlines and school policies
  - Medical Student Rights and Responsibilities Handbook
    http://ren.mededu.miami.edu/MD_Curriculum/Misc/Important%20Administrative%20Documents%20For%20Students/Medical_Student_Rights_and_Responsibilities_Handbook_2018_19.pdf
    (Note page 30 covers our policies on Licensing Exams)
  - All students must SIT for USMLE Step I PRIOR to the start of any 3rd year clerkships

<table>
<thead>
<tr>
<th>MD/MPH Class of 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Competency Week/Last day of MS2 classes- week of March 11, 2019</td>
</tr>
<tr>
<td>- Public Health Coursework begins Monday, April 29, 2019</td>
</tr>
<tr>
<td>- USMLE must be taken by April 28, 2019</td>
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</table>

<table>
<thead>
<tr>
<th>MD Class of 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Competency Week/Last day of MS2 classes, Friday, May 3, 2019</td>
</tr>
<tr>
<td>- Patient Safety Week begins Monday, June 17, 2019</td>
</tr>
<tr>
<td>- USMLE must be taken by June 16, 2019</td>
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</tbody>
</table>

- Policies regarding scheduling DELAYS will be discussed in Spring
Step 1 Content Outline & Specifications

https://www.usmle.org/step-1/#content-outlines

• System
  • 15-20% General principles of Foundational Sciences
  • 60–70%
    • Immune System; Blood & Lymphoreticular; Behavioral health; Nervous & Special Senses; Skin & SubQ Tissue; Musculoskeletal; Respiratory; Cardiovascular; Gastrointestinal; Renal/Urinary; Pregnancy & Childbirth; Female Reproductive & Breast; Male Reproductive; Endocrine
  • 15-20% Multisystem Processes & Disorders; Biostats/Epi/PH; Social Sciences

• Process
  • 10-15% Normal processes
  • 55–60% Abnormal processes
  • 15–20% Principles of therapeutics
  • 10-15% Other
Step 1 Content Outline & Specifications

https://www.usmle.org/step-1/#content-outlines

• **Physician Tasks/Competencies**
  • Medical Knowledge/Scientific Concepts: 55-65%
  • Patient Care: Diagnosis: 20-30%
    • History/Physical Examination
    • Laboratory/Diagnostic Studies
    • Diagnosis
    • Prognosis/Outcome
  • Patient Care: Management: 15-20%
    • Health Maintenance/Disease Prevention
    • Pharmacotherapy
  • Communication/Professionalism: 2-5%
  • Practice-based Learning and Improvement: 4-8%
Step 1 Scoring

• The number of test items you answer correctly is converted to **three-digit score**
  • The minimum passing score is **194**
• Examinees typically must answer 60% - 70% percent of items correctly to pass
• The score report includes a pass/fail designation, numerical scores, and graphical performance profiles by area
• Results are typically available within 3-4 weeks, but may take up to 8 weeks
Application Process

1. Review the 2019 USMLE Bulletin
   Obtain and complete your application materials and submit them online at www.nbme.org
   (Request a 3 month eligibility period; pay 2019 fee of $610)
   INCLUDE APRIL (MD/MPH) OR JUNE (MD)

2. After Submission, PRINT the “Certification of ID” Document in “Associated Documents”

3. Submit the Certification of and Identification and Authorization FORM to NANCY CUEVAS in the Office of Student Affairs (Room 2108) for signature

4. The School-based verification will happen automatically, and once complete you will...

5. Receive a Scheduling Permit verifying your eligibility and authorizing you to schedule the examination

6. Follow the instructions on your Scheduling Permit to schedule your test date at a Prometric Test Center at www.prometric.com

7. On the scheduled test date and at the scheduled time, bring to the test center your Scheduling Permit and the required identification.
CERTIFICATION OF IDENTIFICATION AND AUTHORIZATION FORM
National Board of Medical Examiners® (NBME®)

Document ID: ___________________________ Reference ID: ___________________________
Name: ___________________________ USMLE ID: ___________________________
Email Address: ___________________________ Date of Birth: ___________________________
Medical School: Leonard M. Miller Sch of Med at U Miami

Certification of Identification by Authorized Medical School Official
When completed and submitted to the NBME, this section of the form will become a part of your NBME record and will be used to identify you when you apply to the NBME for a USMLE Step within the next 5 years.

I certify that on the date set forth below the individual named above did appear personally before me, and that I did identify this applicant by: (a) comparing his/her physical appearance with the photograph affixed hereto, and (b) comparing the signature made in my presence on this form with the signature on his/her identifying document.

Name of Authorized School Official: ___________________________
Title: __________________________________________
Signature: __________________________________________ Date: ____________

Bring to Nancy Cuevas to Sign
RMSB Room 2108,
Office of Student Affairs
Special Considerations

- **Test Accommodations:** The USMLE provides reasonable accommodations for examinees with disabilities covered under the ADA
  - You must obtain information from the USMLE website well in advance of applying
  - Your application, your request for accommodations, and documentation must be submitted at the same time. Additional documentation may be required
  - Processing may take up well over 90 days from the date sufficient documentation of the impact of your reported impairment is received

- When test accommodations are granted score reports and transcripts no longer include any annotation that an accommodation was granted.

- Discuss accommodations application with Dr. H. Mechaber
Risks for Poor Performance

- Consistently marginal / poor academic performance during the first two years of medical school
- Prior history of problems with board type exams (MCAT, SAT)
- Performing poorly on mock exams
- Thinking you can’t fail
- Thinking you can’t pass
- Not putting in the time / effort to prepare
- Prolonged study $\neq$ better retention
Strategies for Success
Strategies for Success

Game Plan

1. Recommendations
2. Develop study strategy
3. Time Management
4. Resource Management
5. Practice, practice, practice!
Strategies for Success

Recommendations

- Read all info on the USMLE website including the 2019 Bulletin of Information
- Familiarize yourself with content of exam
- Develop a schedule and study strategy… and stick to it!
  - Craft a WRITTEN plan by DECEMBER
- **Know your test date, and schedule studying accordingly**
- Review and purchase board review materials by holiday break, some will choose to purchase much earlier
- Acquaint yourself with the test software well before your test date
- Don’t procrastinate
- But above all…
Don’t distress ...
De-stress!!!
Miller School of Medicine Campus

The Counseling Center provides mental health services to UM students on the Miller School of Medicine Campus (UMMMSM) by addressing the unique needs of this campus through the delivery of confidential clinical services, targeted outreach and prevention programs, engagement with faculty and staff, and development of materials tailored to the UMMMSM.

The goals of this service model include:

- Support for UM students' mental wellness, through a service model that includes intake assessment, short-term counseling, outreach, and crisis intervention.
- Meet the expressed need of UM students, faculty, and staff at the UMMMSM for services on their campus.
- Make services more easily accessible and available to UM students at the UMMMSM.

We encourage you to explore the Counseling Center's website to learn more about our services and us. Below you will find information on how to access services at UMMMSM, and how to schedule an appointment.

Clinician: Addys Karunaratne, Ph.D., Licensed Psychologist

Location: CRC Room 931

Hours of Operation (Fall and Spring Semesters):

- Monday: 8:30AM-5:00 PM
- Tuesday: 8:30AM-7:00 PM
- Thursday: 10:30AM-7:00 PM
- Friday: 8:30AM-5:00 PM

https://counseling.studentaffairs.miami.edu/services/medical-campus/index.html
Strategies for Success
Study Strategy: Study Smart, Not Hard

- Explore resources best for YOU
- Commit to a process; trust in yourself!
- Seek advice but focus on YOU; not everyone is the same; not everyone learns the same way
- Be an active learner; Use visual elements
- Look for overlaps between subject areas and high yield information
- Assess – study – reassess
- ASK FOR HELP when needed
  - Dr. Adrian Reynolds
  - Dr. Hilit Mechaber
Academic Enhancement Specialist

Our Academic Enhancement Specialist, Dr. Adrian Reynolds, provides both individual and small group sessions that provide opportunities for students in the medical school setting to acquire evidenced-based learning strategies. Topics discussed in these sessions generally include, but are not limited to the following:

- Time management
- Active learning
- Self-regulated learning
- Test-enhanced learning
- Spaced practice
- Variated practice
- Note-taking
- Test-taking
- Test anxiety
- Multiple intelligences
- Learning styles

Resources

Self-regulated, active learning
Time management
Learning How to Learn in Medical School: Study Strategies Every Student Should Know – PPT Slides
Learning How to Learn in Medical School: Study Strategies Every Student Should Know – Video
Crafting my STEP 1 Study Schedule in Six Steps – PPT Slides
Crafting my STEP 2 Study Schedule in Six Steps – Video
Metacognitive Awareness and Test-Enhanced Learning – PPT Slides
Metacognitive Awareness and Test-Enhanced Learning – Video

Adrian Reynolds, PhD
Academic Enhancement Specialist

RMSB Room 2167C
305-243-9637
a.reynolds1@miami.edu

http://www.mededu.miami.edu/contact-us/office-of-student-services/academic-enhancement-specialist
Strategies for Success

Time Management

- MUST create a WRITTEN, daily schedule
- Prolonged study ≠ better retention
- Keep reasonable study periods
- Set aside time to “decompress”
- Don’t forget fundamentals of maintaining health and wellness
- Include “me” time in your schedule
- Burnout is a real phenomenon; this is a marathon, NOT a sprint
### Sample MD/MPH student schedule

**Pre-Study-Period Goals:**
- Finish 7 of 16 First Aid Chapters
- Finish 12 of 19 Pathoma Chapters
- Finish 25 of 50 UWorld Blocks

**School Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Goal</th>
<th>Actual</th>
<th>Goal</th>
<th>Actual</th>
<th>Goal</th>
<th>Actual</th>
<th>Goal</th>
<th>Actual</th>
<th>Goal</th>
<th>Actual</th>
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<tbody>
<tr>
<td></td>
<td>First Aid (16 chapters)</td>
<td></td>
<td>Pathoma Goal (19 chapters/109 videos total, &gt;1/day)</td>
<td></td>
<td>UWorld Blocks (2,222 Qs total, ~50 blocks; 3-4 Qs/block)</td>
<td></td>
<td>Exercise/Life</td>
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<tr>
<td></td>
<td>Goal</td>
<td>Actual</td>
<td>Goal</td>
<td>Actual</td>
<td>Goal</td>
<td>Actual</td>
<td>Goal</td>
<td>Actual</td>
<td>Goal</td>
<td>Actual</td>
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<tr>
<td>Week 1</td>
<td>Endo-Repro (ends 1/9)</td>
<td>-9</td>
<td>Behavioral</td>
<td>þ</td>
<td>2 of 6 Endo</td>
<td>þ</td>
<td>Ch 1, 3, &amp; 15</td>
<td>þ</td>
<td>3</td>
<td>þ</td>
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<tr>
<td>Week 2</td>
<td>Endo-Repro (ends 1/16)</td>
<td>-8</td>
<td>Pathology</td>
<td>þ</td>
<td>2 of 6 Endo</td>
<td>þ</td>
<td>Ch 1, 3, &amp; 15</td>
<td>þ</td>
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<tr>
<td>Week 3</td>
<td>Endo-Repro (ends 1/23)</td>
<td>-7</td>
<td>Endo</td>
<td>þ</td>
<td>2 of 6 Endo</td>
<td>þ</td>
<td>Ch 1, 3, &amp; 15</td>
<td>þ</td>
<td>3</td>
<td>þ</td>
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<tr>
<td>Week 4</td>
<td>Endo-Repro (ends 1/30)</td>
<td>-6</td>
<td>Repro</td>
<td>þ</td>
<td>4 of 9 Repro</td>
<td>þ</td>
<td>Ch 14</td>
<td>þ</td>
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<tr>
<td>Week 5</td>
<td>Endo-Repro (ends 2/6)</td>
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<td>Ch 15, 16</td>
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<tr>
<td>Week 1</td>
<td>I&amp;I (ends 2/13)</td>
<td>-4</td>
<td>MSK</td>
<td>þ</td>
<td>2 of 4 Rheum</td>
<td>þ</td>
<td>Ch 7</td>
<td>þ</td>
<td>4</td>
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<td>Week 2</td>
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<td>MSK</td>
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<td>Ch 18, 2</td>
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<td>Sketchy Micro 5 Chs</td>
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<td>Ch 8</td>
<td>þ</td>
<td>3</td>
<td>þ</td>
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<tr>
<td>Week 4</td>
<td>I&amp;I/Cabaret (ends 3/6)</td>
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<td>Micro, Immuno</td>
<td>Micro</td>
<td>Sketchy Micro 5 Chs</td>
<td>þ</td>
<td>Ch 19</td>
<td>þ</td>
<td>3 + school practice test</td>
<td>2 + school practice test</td>
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</tbody>
</table>

**School Schedule Week First Aid (16 chapters) DIT/Sketchy Micro Videos Pathoma Goal (19 chapters/109 videos total, >1/day) UWorld Blocks (2,222 Qs total, ~50 blocks; 3-4 Qs/block) Exercise/Life**
Sample MD student schedule
Sample MD student schedule
Sample MD student schedule
Strategies for Success

Resource Management

• You can’t review it all – so stick with what has worked for you!
  – Class notes
  – Videos
  – Textbooks
  – Tutors

• Other Resources
  – Board review books
  – On-line materials
  – Board prep courses
Strategies for Success
USMLE Study Guides

- First Aid USMLE Step 1
- USMLE Step 1 Secrets
- High-Yield Comprehensive USMLE Step 1 Review
- Underground Clinical Vignettes USMLE Step 1
- BSS: Body Systems Review I
- USMLE Step 1 Recall: Buzzwords for Boards
- Rypins' Basic Sciences Review
- Kaplan USMLE Step 1 Home Study Program
- Rapid Review Series: USMLE Step 1
- Deja Review: USMLE Step 1 Essentials
- Cracking the Boards: USMLE Step 1
- Board Simulator: Normal and Abnormal Processes
- Laughing Your Way to Passing the USMLE
- Step-Up to USMLE Step 1
- BSS: General Principles in the Basic Sciences
- Rypins' Q&A for Basic Sciences Review
- Blueprints Q&A USMLE Step 1
- PreTest: Clinical Vignettes USMLE Step 1
- USMLE Step 1 Made Ridiculously Simple
- PreTest Self-Assessment and Review
- Rapid Preparation for the USMLE Step 1
- Lange Practice Tests for the USMLE Step 1
- Research & Education Assn: USMLE Step 1
- Lange Q&A: USMLE Step 1
- Appleton & Lange Outline Review for USMLE Step 1

UMMSM Prior Student Survey Details will be posted
Strategies for Success
USMLE Study Guides

• How to Decide?
• Spend time exploring resources
• The more time you invest early on will improve your confidence
• Do NOT overextend your resources or suddenly change your plans midway
• Audio vs Visual, or BOTH
• Concepts vs Memorizing facts
Strategies for Success

Practice Exams

• USMLE Step 1 Orientation and Practice Materials
  – The software has over 100 practice test items and a software tutorial
  – Cost = Free
Strategies for Success

Practice Exams

• Computer Based Testing (CBT) practice session at the Prometric Test Center
  – [https://apps.nbme.org/CBTPSRegistrationWeb/jsp/usmle_CBTPS_registration.jsp](https://apps.nbme.org/CBTPSRegistrationWeb/jsp/usmle_CBTPS_registration.jsp)
  – The session is a maximum of 3.5 hours and is divided into three 1-hour blocks of 46-50 multiple-choice test items each.
  – When you complete the session, you will receive a printed percent correct score.
  – Cost = $75
Strategies for Success

Practice Exams

• NBME Comprehensive Basic Science Exam

Cost = PRICELESS!

Provided for free by UMMSM
Strategies for Success

Practice Exams

• NBME Self-Assessment Services
  – Comprehensive Basic Science Self-Assessment (CBSSA)
    https://nsas.nbme.org/nsasweb/servlet/mesa_main

Six forms: 200 multiple choice items each
(One form has an expanded feedback option)
  Cost = $50
  Cost for expanded feedback form = $60

*There is no limit to the number of times you may purchase and take any form of a self-assessment*
Strategies for Success
Practice Exams

• Comprehensive Basic Science Self-Assessment (CBSSA)
  – Expanded feedback includes:
    • Number of items answered incorrectly by category
    • Average time spent on each incorrect item
    • Percentage of items answered incorrectly
    • Ability to review the text of incorrectly answered items

• Longitudinal Performance Profiles
  – Participants receive longitudinal performance profiles that display the 6 most recent completed assessments
Strategies for Success

• Game Plan
• Manage Time Wisely
• Study smart, not hard!
• Manage resources
• Practice, practice, practice
• Take care of yourself
“Survive and Thrive” on the USMLE Step 1 Exam