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This timely aid, filled with 'down to earth' advice, provides invaluable guidance on avoiding burnout and on how to combat it should it occur. The book offers innovative ways to change working practices, shares advice on building protective mechanisms into daily working life and explores the diverse array of career options that are available to doctors. Key features: The first practical guide to help medical students and junior doctors identify, combat and avoid burnout Recognises and describes the impact that burnout has on the ability of doctors to work safely and of students to study effectively, and the impact burnout has on the wider healthcare system Discusses the factors that affect resilience and how this can be nurtured, and where help can be found for those who feel they are experiencing burnout Enhanced by 'real life' examples throughout Addressing the growing body of evidence that highlights burnout as an increasing problem among medical students and junior doctors worldwide, with a lasting impact on those directly affected, on the wider workforce and entire healthcare systems, this book will enable readers to identify and address problems quickly and see how they can build careers that are personally satisfying. The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. “A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read.” --Review from a 4th year Medical Student 'The Complete Guide to Medical Writing' is intended to consider all aspects of medical/scientific writing in one concise introductory text. It explains how to get published, how to write for a particular audience or in a particular media, what the publishing processes are and what the financial rewards might be. This new edition of the bestselling Pocket Guide to Teaching for Medical Instructors by the Advanced Life Support Group and Resuscitation Council (UK) provides an updated guide for instructors teaching on life support courses. Compiled by authors experienced in designing highly respected and successful courses, this guide gives sound, clear advice on the most effective methods of teaching. Content covers an introduction to the basic principles of teaching and deals in detail with a number of modes of teaching on courses. Lectures, skill stations, role play, workshops, discussions and e-learning are all explored and in each case practical guidance is given to help the reader to become a more effective teacher. Though designed for trainees on life support instructor courses, Pocket Guide to Teaching for Medical Instructors contains practical guidance applicable to any health professional interested in becoming a more effective teacher. The Fifth Edition of the highly praised Practical Guide for Medical Teachers provides a bridge between the theoretical aspects of medical education and the delivery of enthusiastic and effective teaching in basic science and clinical medicine. Healthcare professionals are committed teachers and this book is an essential guide to help them maximise their performance. This highly regarded book recognises the importance of educational skills in the delivery of quality teaching in medicine. The contents offer valuable insights into all important aspects of medical education today. A leading educationalist from the USA joins the book's editorial team. The continual emergence of new topics is recognised in this new edition with nine new chapters: The role of patients as teachers and assessors; Medical humanities; Decision-making; Alternative medicine; Global awareness; Education at a time of ubiquitous information; Programmatic assessment; Student engagement; and Social accountability. An enlarged group of authors from more than 15 countries provides both an international perspective and a multi-professional approach to topics of interest to all healthcare teachers. The Blackwell Guide to Medical Ethics is a guide to the complex literature written on the increasingly dense topic of ethics in relation to the new technologies of medicine. Examines the key ethical issues and debates which have resulted from the rapid advances in biomedical technology Brings together the leading scholars from a wide range of disciplines, including philosophy, medicine, theology and law, to discuss these issues Tackles such topics as ending life, patient choice, selling body parts, resourcing and confidentiality Organized with a coherent structure that differentiates between the decisions of individuals and those of social policy. Fully updated for its second edition, Pass the PSA is written specifically for the Prescribing Safety Assessment (PSA) exam, with one chapter dedicated to each PSA exam section. This latest edition: Introduces a simple, memorable and failsafe approach to prescribing (the 'PReSCRIBER' mnemonic) Specifies the universal basic principles of prescribing for all sections Examines each section's question structure and how to approach it questions (structured identically to the exam) that conclude each chapter Covers all scenarios suggested for questioning in the PSA blueprint Highlights common traps throughout Contains two mock exams Includes finals-level sections on data interpretation and management Accompanying CD-ROM contains chapter 5. Sound Sense. This book provides a practically applicable guide to designing evidence-based medical apps and mHealth interventions. It features detailed guidance and case studies where applicable on the best practices and available techniques from both technological (platform technologies, toolkits, sensors) and research perspectives. This approach enables the reader to develop a deep understanding of how to collect the appropriate data and work with users to build a user friendly app for their target audience. Information on how researchers and designers can communicate their intentions with a variety of stakeholders including medical practitioners, developers and researchers to ensure the best possible decisions are made during the development process to produce an app of optimal quality that also considers usability. Developing Medical Apps and mHealth Interventions comprehensively covers the development of medical and health apps for researchers, informaticians and physicians, and is a valuable resource for the experienced professional and trainee seeking a text on how to develop user friendly medical apps. This book tackles the most common challenges that medical students experience that lead to burnout in medical school by carefully presenting guidelines for assessment, management, clinical pearls, and resources for further references. Written by national leaders in medical student wellness from around the country, this book presents the first model of care for combating one of the most serious problems in medicine. Each chapter is concise and follows a consistent format for readability. This book addresses many topics, including general mental health challenges, addiction, mindfulness, exercise, relationships and many more of the important components that go into the making of a doctor. Medical Student Well-being is a vital resource for all professionals seeking to address physician wellness within medical schools, including medical students, medical education professionals, psychiatrists, addiction medicine specialists, hospitalists, residents, and psychologists. Trieste Publishing has a massive catalogue of classic book titles. Our aim is to provide readers with the highest quality reproductions of fiction and non-fiction literature that has stood the test of time. The many thousands of books in our collection have been sourced from libraries and private collections around the world. The titles that Trieste Publishing has chosen to be part of the collection have been scanned to simulate the original. Our readers see the books the same way that their first readers did decades or a hundred or more years ago. Books from that period are often spoiled by imperfections that did not exist in the original. Imperfections could be in the form of blurred text, photographs, or missing pages. It is highly unlikely that this would occur with one of our books. Our extensive quality control ensures that the readers of Trieste Publishing's books will be delighted with their purchase. Our staff has thoroughly reviewed every page of all the books in the collection, repairing, or if necessary, rejecting titles that are not of the highest quality. This process ensures that the reader of one of Trieste Publishing's titles receives a volume that faithfully reproduces the original, and to the maximum degree possible, gives them the experience of owning the original work. We pride ourselves on not only creating a pathway to an extensive reservoir of books of the finest quality, but also providing value to every one of our readers. Generally, Trieste books are purchased singly - on demand, however they may also be purchased in bulk. Readers interested in bulk purchases are invited to contact us directly to enquire about our tailored bulk rates. Written by the top medical student rotators, this book provides medical students with the often elusive information and skills required to ace their clinical rotations. Chapters cover all major medical sub-specialties such as internal medicine, general surgery, cardiology, dermatology, orthopedics, neurosurgery, and ophthalmology. Additionally, the book offers many novel features including a review of core rotation skills for oral presentations and a walk-through of a day in the life of the medical student on a particular rotation. It focuses on the common cases that students actually encounter in the hospital. This format thereby administers a complete, concise overview of what is needed for each rotation. A unique resource, The Ultimate Medical School Rotation Guide is not only instructional and comprehensive, but also assuring and supportive as it encourages students to appreciate this rewarding time in their medical careers. Part of the skill of nursing and healthcare involves being able to decipher and understand the meanings of results and abbreviations. Fully updated, this second edition is a handy survival guide which will supply you with up-to-date information and help you understand this language, so that you can provide appropriate holistic care to your patients. This novel resource uses cases, illustrating the most common presentations in acute general medicine and surgery, to teach a logical step-by-step approach to diagnosis. It is a perfect companion throughout a medical course, from easing students into their clinical placements to Finals preparation. With increasing numbers of dental patients being elderly or having medical conditions, it is important for the dentist to understand how these conditions may impact dental treatment. The Dentist's Quick Guide to Medical Conditions presents the relevant information dentists need—symptoms, diagnostic tests, medications prescribed, and dental management—for each disease and condition. Chapters will focus on each major bodily system, including respiratory, cardiovascular, hematologic, endocrine, gastrointestinal, immune, nervous, reproductive, and urinary, as well as chapters on the liver, kidneys, skin, and psychological conditions. Appendices list guidelines for antibiotic prophylaxis, additional conditions requiring antibiotics, and a quick list of diagnostic tests. This publication shows designated first-aid providers how to diagnose, treat, and prevent the health problems of seafarers on board ship. This edition contains fully updated recommendations aimed to promote and protect the health of seafarers, and is consistent with the latest revisions of both the WHO Model List of Essential Medicines and the International Health Regulations.--Publisher's description. With new medications, medical therapies, and increasing numbers of older and medically complex patients seeking dental care, all dentists, hygienists, and students must understand the intersection of common diseases, medical management, and dental management to coordinate and deliver safe care. This new second edition updates all of the protocols and guidelines for treatment and medications and adds more information to aid with patient medical assessments, and clearly organizes individual conditions under three headings: background, medical management, and dental management. Written by more than 25 expert academics and clinicians, this evidence-based guide takes a patient-focused approach to help you deliver safe, coordinated oral health care for patients with medical conditions. Other sections contain disease descriptions, pathogenesis, coordination of care between the dentist and physician, and key questions to ask the patient and physician. For our most life-changing decisions, this is a practical guide to the law and how it really works, written to be accessible not only for lawyers, but also for clinicians, patients and anyone concerned about them. A Guide to Medical Computing aims to present an account of both the clinical applications and the computer science aspects of computing in medicine. It is intended to serve as a guide to medical computing first by introducing the reader to computers themselves and then by outlining to him the processes involved in applying them in a particular instance. It attempts to explain subject without excessive use of technical terminology. This book is organized into nine chapters. These chapters include an introduction to the hardware and software of computers along with a useful glossary of terms. There are also sections that deal the planning of computer-based projects and the introduction to the writing of computer programs that will be valuable for doctors who are new to computing techniques but need to make use of them in their clinical or research work. This book will be of interest to persons dealing with studies on medical computing and to medical students and practicing doctors. The new edition of the BMA Complete Home Medical Guide is a jargon-free medical reference book that gives you all the information you need to help safeguard the present and future well-being of your family. From viral infections to immune disorders, this essential medical guide contains in-depth coverage of over 750 medical conditions, with explanations of causes, symptoms, diagnosis, treatment, and prevention. This medical encyclopedia contains easy-to-use symptom charts for self-diagnosis and a separate section on child diseases and symptoms to safeguard the whole family's health. This edition is fully up-to-date with the latest medical information and advances, with over 1,800 images for reference. The most comprehensive and accessible health and medical guide around, this is a must for every home. Previous edition ISBN 9781405348836 Do you suffer from chronic pain, insomnia, anxiety, depression, epilepsy or MS? World expert, Professor Mike Barnes, explains how medical cannabis can help. Cannabis has been used as a medicine for over 6,000 years, but fell out of favour in the 1960s. Declared illegal, it was largely replaced with modern, synthetic drugs. Now medical cannabis is enjoying a come back and patients find it is helpful for: Pain control - approximately 25 per cent of patients using opioids for pain no longer need to take them thanks to medical cannabis, Childhood Epilepsy; Multiple sclerosis; Cancer; Anxiety and depression; Insomnia and many other chronic conditions. The Beginner's Guide to Medical Cannabis, by Professor Michael Barnes, a leading expert in the area, explains how it works and the difference between medical and recreational cannabis. It looks at the evidence of its effectiveness, gives an honest opinion on its safety, explains how to use it, where to get it and tells you where it's legal. The first edition of this book (titled “The Clinician’s Guide to Medical Writing”) has become a standard in its field and remains an indispensable reference for any clinician, academic physician, or health professional who wishes to hone their writing skills. However, since its publication in 2004, significant changes have taken place in the way medical professionals communicate with each other and the world. Medical Writing: A Guide for Clinicians and Academicians, 2e retains all of the fundamental writing advice of the first edition and has been expanded to include two brand new chapters: How to Write a Research Protocol (including why a research project needs a written protocol, elements of the research protocol and common problems) How to Write a Grant Proposal (including sections on government and private grant funding sources, what you need to know about grant writing, and elements of a successful grant proposal) New information is also included throughout the book on becoming a successful writer, medical tables and figures, conflict of interest and disclosures, how to review a scientific article, statistical analysis, “pay-to-publish” journal publishing, electronic submission of manuscripts, issues in medical publishing and the future of medical writing and publication. New appendices address commonly encountered research and statistical terms and memorable aphorisms regarding writing, medical and otherwise. This book is for the clinician who wants to write. It is for the physician, physician assistant, or nurse practitioner

who sees patients and who wants to contribute to the medical literature. You may be an assistant professor aspiring to promotion or a clinician in private practice who seeks the personal enrichment that writing can bring. If you are new to medical writing or even if you have been the author of some articles or book chapters and seek to improve your abilities, this book can help you. Who am I that I can make this assertion and write this book, both fairly presumptuous? Here's my reasoning. As a practicing physician, writing has been my avocation; unlike the authors of many other writing books, I am not a journal editor. Over 14 years in private practice and 26 years in academic medicine, I have written all the major models described in this book: review articles, case reports, editorials, letters to the editor, book reviews, book chapters, edited books, authored books, and reports of clinical research studies. Most have been published. Not all. Perhaps my most significant qualification is not that I have managed to produce a lengthy curriculum vitae. In my opinion, what is more important for you, the reader, is that I have made all the errors. That's right, the mistakes. This book is a compilation of every bit of useful information that I have learnt during my time in medicine, it covers virtually every specialty and is organised into easily understandable chapters. History taking: what questions to ask, how to ask them, why you are asking them, plus tips to easily remember histories and to impress examiners. Performing examinations: detailed step-by-step instructions on how to perform a perfect clinical examination, what you are looking for, why you are performing each step, and how to look confident and faultless in your OSCEs. Revision: put simply these sections contain key knowledge about each specialty that is crucial to your learning as a medical student. They contain hints and tips throughout to help with your understanding of the subject and cut out all of the waffle found in other books. This makes them an invaluable source of information not only for your written exams, but as a quick reference in your junior doctor years. Medication: covers the major medications, in what situations they should be used, possible side effects, and how each work on the body. Investigations: these sections detail the investigations you would order to support or disprove diagnosis, plus how to interpret and present the results, e.g. bloods, ECGs, X-rays, ABGs, and more. Clinical Skills: detailed step-by-step instructions how to perform virtually all the clinical skills you will need to become a doctor, e.g. venepuncture, urinary catheterization, cannulation, and much more. Appendix: the book also contains extensive appendices that are full of valuable information. Throughout the book I also refer to 'tricks of the trade' that my colleagues and I have found to be a great help throughout our careers. I am very proud of this book. I honestly believe that it will help you tremendously with your studies, and also save you time and money which may have been spent on buying and painstakingly reading through the other, overly complicated medical textbooks currently on the market. This book will be a 'how to' guide for medical students interested in pursuing a career in academic surgery. It will discuss personal traits and rationale for going into academic surgery. It will review accomplishments as a medical student that are key components of beginning an academic career and highlight what makes a student competitive for a surgical program. Sections will be devoted to mentorship, research experience and personal experiences that lead to success. The editors will also focus on gender and work-life balance issues that often are perceived as barriers to a career in academic surgery. It will also provide key dates and sample application information for students to use as templates. An accessible guide to family health care discusses drug interactions, symptoms, first aid, and how to choose a family doctor, including a new research about hormone therapy and heart surgery. The #1 guide to the principles and clinical applications of evidence-based medicine has just gotten better! A Doody's Core Title ESSENTIAL PURCHASE for 2011! No other resource helps you to put key evidence-based medicine protocols into daily clinical practice better than Users' Guides to the Medical Literature. An instant classic in its first edition, this detailed, yet highly readable reference demystifies the statistical, analytical, and clinical principles of evidence-based medicine, giving you a hands-on, practical resource that no other text can match. Here, you'll learn how to distinguish solid medical evidence from poor medical evidence, devise the best search strategies for each clinical question, critically appraise the medical literature, and optimally tailor evidence-based medicine for each patient. The new second edition of this landmark resource is now completely revised and refreshed throughout, with expanded coverage of both basic and advanced issues in using evidence-based medicine in clinical practice. FEATURES: Completely revised and updated to reflect the enormous expansion in medical research and evidence-based resources since the first edition Innovative organization guides you from the fundamentals of using the medical literature to the more advanced strategies and skills for use in every day patient care situations Abundant and current real-world examples drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using medical literature in patient care decisions Practical focus on the key issues in evidence-based practice: What are the results? Are the results valid? How to I apply to results to the care of my patients? More than 60 internationally recognized editors and contributors from the U.S., Canada, South America, Europe, and Asia -- the best of the best in the discipline NEW coverage on how to: --Avoid being misled by biased presentations of research findings --Interpret the significance of clinical trials that are discontinued early --Influence clinician behavior to improve patient care --Apply key strategies for teaching evidence-based medicine Also look for JAMAevidence.com, a new interactive database for the best practice of evidence based medicine. This book is a practical guide for medical practitioners as they navigate through breastfeeding problems that occur in day-to-day practice. If mothers have a breastfeeding complication they are often directed to their GP. In complex situations, medical staff will be making decisions around what treatment plan to follow and whether a mother can keep breastfeeding. In recent years there has been growing evidence that medical professionals often advise mothers to stop breastfeeding while undergoing treatment, when in reality this was not a necessary step. In a time when breastfeeding rates are decreasing, it is important that medical professionals give accurate advice and support a mother's choice to breastfeed if the situation allows it. A Guide to Supporting Breastfeeding for the Medical Profession includes contributions from a wide range of medical professionals and each chapter is written with the practitioner in mind. Contributors include GPs, paediatricians, neonatologists, lactation specialists and midwives. Doctors have a vital role to play in supporting and facilitating breastfeeding, and without the appropriate knowledge they can often inadvertently sabotage it. This book will be of interest to GPs and paediatricians as well as nurse prescribers, midwives and health visitors. This essential guide provides a lifeline to authoritative, reliable information on medical management, giving you all the skills you need whether managing a junior colleague as a lead doctor, or running multidisciplinary consortia in the NHS or private sectors. Learn key skills from leadership, managing change, quality control, and project management through to doctors in difficulty, appraisals and revalidation, managing exceptional performance, and poor performance Comprehensive coverage of NHS and private healthcare, primary care, acute and emergency care, mental health, and many other sectors Gain insight into important topics such as healthcare innovations and technologies, implementing evidence-based medicine, medical education, patient safety, and primary care consortia Refine your management skills with advice, wisdom, and practical help from key opinion leaders, medical professionals, and management experts In this world of change, reforms and new government initiatives, can you afford not to build on your existing skills? Whether you are new to medical management or an experienced director wishing to stay up to date and refine your expertise, this book will be an invaluable source of advice to help you manage the delivery of high-quality care. Medical school is hard - but it won't be for you! The Thriver's Guide to Medical School is a collection of personal stories from an underdog doctor who was once dismissed from medical school, combined with supporting insights from Harvard researchers, world-renowned physicians, TEDx speakers, and much more - on the importance of failure and how to bounce back from any setback. This book seeks to help you . . . Identify and let go of negative thoughts to make room for powerful ones Create confidence in the face of fear and failure Cope with loss, burnout, heartbreak, and any other situation you might encounter in medical school and in life Richman wants you to know that you can achieve greatness and be kind to yourself. You can strive for excellence and show yourself compassion. You can be an exceptional doctor and an extraordinary human being. The Thriver's Guide to Medical School is for anyone who has felt alone in their hardships and is ready to do more than survive them - they're ready to thrive. Reflective writing is an established and integral part of undergraduate medical curricula, and also features in postgraduate medical education and revalidation. This book guides and teaches medical students - and all medical and paramedical staff - through the process of writing reflective essays and less formal reflective pieces clearly, concisely, and accurately. Sections on English writing skills, alongside anonymised successful and unsuccessful examples of reflected essays, explore both the principles and practice of effective writing. This clear, practical book is a valuable resource for medical undergraduates and postgraduates, whether English be their first or an additional language. Scientific and Medical Communication: A Guide for Effective Practice prepares readers to effectively communicate in professional scientific communities. The material in this book is firmly grounded in more than 500 published research findings and editorials by scientific writers, authors, and journal editors. Thus, this text provides the broadest and most comprehensive analysis of scientific writing. In addition, carefully selected and thoroughly annotated examples from the scientific and medical literature demonstrate the recommendations covered in the text. These real-world examples were carefully selected so that the scientific content can be understood by those without a detailed background in any particular scientific or medical field—thus clearly illustrating the content organization and writing style. This text will prepare individuals to write and edit scientific manuscripts, conference abstracts, posters, and press releases according to journal and professional standards. Readers will also learn to conduct effective searches of the scientific and medical literature, as well as proper citation practices. The must-have guide to getting into medical school. Each chapter guides you through another step of the process, from deciding if medicine is for you and choosing a medical school, to passing the UKCAT and BMAT exams, applying to Oxbridge and getting through the interview. The practice of clinical medicine is inextricably linked with the need for moral values and ethical principles. The study of medical ethics is, therefore, rightly assuming an increasingly significant place in undergraduate and postgraduate medical courses and in allied health curricula. Making Sense of Medical Ethics offers a no-nonsense introduction to the principles of medical ethics, as applied to the everyday care of patients, the development of novel therapies and the undertaking of pioneering basic medical research. Written from a practical rather than a philosophical perspective, the authors call upon their extensive experience of clinical practice, research and teaching to illustrate how ethical principles can be applied in different 'real-life' situations. Making Sense of Medical Ethics encourages readers to understand the principles of medical ethics as they apply to clinical practice; explore and evaluate common misconceptions; consider the ethics underlying any medical decision; and as a result, to realize that a good appreciation of medical ethics will help them to practise more effectively in the future. Holistic approach to understanding medical statistics This hands-on guide is much more than a basic medical statistics introduction. It equips you with the statistical tools required for evidence-based clinical research. Each chapter provides a clear step-by-step guide to each statistical test with practical instructions on how to generate and interpret the numbers, and present the results as scientific tables or graphs. Showing you how to: analyse data with the help of data set examples (Click here to download datasets) select the correct statistics and report results for publication or presentation understand and critically appraise results reported in the literature Each statistical test is linked to the research question and the type of study design used. There are also checklists for critically appraising the literature and web links to useful internet sites. Clear and concise explanations, combined with plenty of examples and tabulated explanations are based on the authors' popular medical statistics courses. Critical appraisal guidelines at the end of each chapter help the reader evaluate the statistical data in their particular contexts.

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