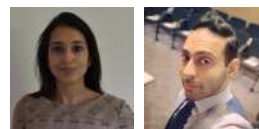


# Arora 120 Day MSRA Planner

Exams Start: 2<sup>nd</sup> September 2022 **#CanPassWillPass**



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Date	Section	Topics to cover	Possible resources
120 days to go 5th May	Cardiovascular 1	Angina   MI   Hypertension   Congenital Heart Disease	NICE CKS Angina, MI, Hypertension Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 22-25 Arora Pharmacology Flash Cards 1,4,10,11,13,17,22,31,40,44,56,58,69,76,93
119 days to go 6th May	Neurology 1	Epilepsy   Parkinson's Disease   Falls   Loss of Consciousness	NICE CKS Epilepsy, Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66
118 days to go 7th May	MSK 1	Osteoarthritis   Rheumatoid Arthritis   SLE   Gout	NICE CKS Osteoarthritis, Rheumatoid Arthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 12, 50, 59-60, 62, 63, 87
117 days to go 8th May	ENT 1	Sore throat   Tonsillitis   Laryngitis   ENT 2 week referral   Ear infection   Tinnitus   Hearing Loss	NICE CKS Sore throat, Tinnitus, Otitis, NICE ENT Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 122-125 Arora Pharmacology Flash Card 64
116 days to go 9th May	Respiratory 1	COPD   Spirometry   Smoking cessation   OSA   URTI   LRTI   Pneumonia	NICE CKS COPD, Smoking, Chest infection Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 32, 35 Arora Pharmacology Flash Cards 15, 47, 57, 64, 99
115 days to go 10th May	Professional Dilemma 1	GMC Good Medical Practice Domain 1 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
114 days to go 11th May	Substance Misuse 1 Immunology 1	Alcohol   Substance misuse (eg opiates, cannabis)   Allergy   Anaphylaxis   Intolerance	NICE CKS Alcohol, Opioid dependence, Anaphylaxis, Food Allergy Arora Clinical Online Course – Alcohol, Immunology chapters Arora Clinical Audiobook – Alcohol, Immunology chapters Arora Clinical Flash Cards 146, 150 Arora Pharmacology Flash Card 60
113 days to go 12th May	ENT 2	Hyperthyroidism   Thyroid Cancer   Goitre   Hypothyroidism (including subclinical)	NICE CKS Hyperthyroidism, Hypothyroidism Arora Clinical Online Course – ENT, Endocrinology chapters Arora Clinical Audiobook – ENT, Endocrinology chapters Arora Clinical Flash Cards 129-130 Arora Pharmacology Flash Cards 19, 92
112 days to go 13th May	Psychiatry 1	Depression   Postnatal depression   Dementia   Delirium	NICE CKS Depression, Postnatal Depression, Dementia, Delirium Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-62, 65-66 Arora Pharmacology Flash Cards 7, 54, 80, 83, 95
111 days to go 14th May	Ophthalmology 1	Acute Eye problems - Glaucoma   Uveitis   Artery/Vein occlusion   Flashes/Floaters   Conjunctivitis   Blepharitis   Subconjunctival Haemorrhage	NICE CKS Glaucoma, Uveitis, Conjunctivitis, Blepharitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
110 days to go 15th May	Professional Dilemma 2	GMC Good Medical Practice Domain 1 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
109 days to go 16th May	Renal 1	Acute Kidney Injury   Chronic Kidney Disease   + Osteoporosis	NICE CKS AKI, CKD, Osteoporosis Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Clinical Flash Cards 118, 142-144 Arora Pharmacology Flash Card 14

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- Pause, return, review, repeat... As many times as you like - Target your weak areas

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- Two key focuses: boost knowledge and enhance exam technique (clinical + SJT)
- Save time, money and planning – created for a 3 to 12 months MSRA preparation plan

💬 "All of your MSRA resources were perfect - thank you so much!"

# SAVE

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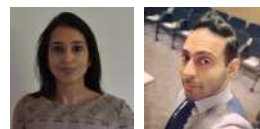


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Date	Section	Topics to cover	Possible resources
108 days to go 17th May	Dermatology 1	Moles   Skin Cancer   Ulcers   Skin infection   Psoriasis   Acne   Eczema	NICE CKS Ulcers, Cellulitis, Impetigo, Acne, Psoriasis, Eczema, NICE Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 132-138 Arora Pharmacology Flash Cards 39, 50, 90
107 days to go 18th May	Women's Health 1	Infertility   Contraception (including Emergency)   Menorrhagia	NICE CKS Infertility, Contraception (various), Menorrhagia Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health, Arora Clinical Flash Cards 84-85, 88-91, 95 Arora Pharmacology Flash Cards 24-25, 46, 94, 98
106 days to go 19th May	Genetics 1	Genetics: Autosomal Dominant and Recessive   X-linked Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148
105 days to go 20th May	Professional Dilemma 3	GMC Good Medical Practice Domain 2 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT, <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
104 days to go 21st May	Cardiovascular 2	Cholesterol   CVD Risk   Statins   Primary/Secondary Prevention   Tachycardia including Atrial Fibrillation   ECGs	NICE CKS CVD Risk Assessment, Lipid Modification, AF Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6-7, 12-14, 24 Arora Pharmacology Flash Cards 6, 13, 30, 32, 84, 100
103 days to go 22nd May	Gastroenterology 1	Irritable Bowel Disease   Lower GI cancer including referral   Inherited Polyps	NICE CKS Crohns Disease, UC, NICE Lower GI cancer Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44 Arora Pharmacology Flash Card 12
102 days to go 23rd May	Endocrinology 1	Hypo/Hyperkalaemia   Hypo/Hypernatraemia   Hyperparathyroidism   Hyper/Hypocalcaemia	NICE CKS Hyponatraemia, Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
101 days to go 24th May	MSK 2	Neck including Whiplash, Radiculopathy, Neck Injury   Back Pain (simple and red flags)   Shoulder including Frozen Shoulder, Rotator Cuff, Dislocation   Wrist eg Carpal Tunnel Syndrome, De Quervain's	NICE CKS Neck (various), Low Back Pain, Shoulder pain, CTS Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 108-111 Arora Pharmacology Flash Cards 59-60, 62
<b>100 days to go 25th May</b>	<b>Catch-up Day 1</b>	<b>Complete any missed days above Review material from days 120 → 101</b>	Consider Arora <a href="#">MSRA Clinical Mocks</a>
99 days to go 26th May	Professional Dilemma 4	GMC Good Medical Practice Domain 2 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT, <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
98 days to go 27th May	Infectious Disease 1	Covid-19   Tuberculosis   Malaria   Yellow Fever	NICE CKS Covid-19, TB, Malaria, Yellow Fever Arora Clinical Online Course – ID chapter Arora Clinical Audiobook – ID chapter Arora Clinical Flash Card 34 Arora Pharmacology Flash Cards 47, 64, 77

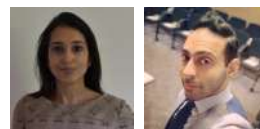
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Date	Section	Topics to cover	Possible resources
97 days to go 28th May	Neurology 2	Meningitis   Encephalitis   Facial Nerve Palsy   Temporal Arteritis   PMR	NICE CKS Meningitis, Bell's Palsy, Giant Cell Arteritis, PMR Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 56, 59, 147 Arora Pharmacology Flash Cards 2, 85
96 days to go 29th May	Respiratory 2	Asthma including Childhood   Pneumothorax   ABGs   Respiratory Failure	NICE CKS Asthma Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
95 days to go 30th May	Endocrinology 2	Cushing's   Addison's Disease   Conn's Syndrome   Obesity	NICE CKS Addison's Disease, Obesity Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Card 85
94 days to go 31st May	Professional Dilemma 5	GMC Good Medical Practice Domain 3 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
93 days to go 1st June	Haematology 1	Anaemia (B12   Folate   Fe)   FBC results   Sickle Cell Disease   Thalassaemia   Spleen	NICE CKS Anaemia (various), Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38
92 days to go 2nd June	ENT 3	Cholesteatoma   Vertigo   Nose including Epistaxis, Polyps, Fracture, Hay Fever	NICE CKS Vertigo, BPPV, Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 119-122 Arora Pharmacology Flash Card 71
91 days to go 3rd June	Neurology 3	Migraine   Tension Headache   Cluster Headache   Medical Overuse Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 53-55, 57 Arora Pharmacology Flash Cards 11, 52, 59, 62, 97
90 days to go 4th June	Ophthalmology 2	Chronic vision loss: Cataract   Age Related Macular Degeneration   Retinopathy (Diabetic and Hypertensive)	NICE CKS Cataract, Age Related Macular Degeneration Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-107
89 days to go 5th June	Professional Dilemma 6	GMC Good Medical Practice Domain 3 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
88 days to go 6th June	Paediatrics 1	Immunisation Schedule   Neonate conditions eg FTT, Jaundice   Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Miscarriage, Ectopic Arora Clinical Online Course – Paediatrics, Women's Health chapters Arora Clinical Audiobook – Paediatrics chapter, Women's Health chapters Arora Clinical Flash Cards 69, 97-99
87 days to go 7th June	Palliative Care 1	Palliative care - Analgesia   Nausea   Dose Calculations	NICE CKS Palliative Care - Analgesia, Nausea Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 26, 52, 59-60, 62
86 days to go 8th June	Cardiovascular 3	Heart Failure   Peripheral Vascular Disease   DVT   Varicose Veins   Shock	NICE CKS Heart Failure, PVD, DVT, Varicose Veins Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16, 18-20 Arora Pharmacology Flash Cards 1, 10, 32, 44, 55, 100
85 days to go 9th June	Neurology 4	Intracerebral bleeds   Multiple Sclerosis   Motor Neurone Disease   Myasthenia Gravis	NICE CKS Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
84 days to go 10th June	Professional Dilemma 7	GMC Good Medical Practice Domain 4 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>

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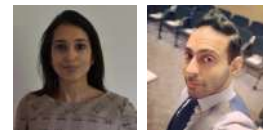


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Date	Section	Topics to cover	Possible resources
83 days to go 11th June	Psychiatry 2	Anxiety   OCD   PTSD   Schizophrenia   Acute psychosis   Bipolar Disorder   Somatisation	NICE CKS Anxiety, OCD, PTSD, Psychosis, Schizophrenia, Bipolar Disorder Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 63-64 Arora Pharmacology Flash Cards 29, 70, 80, 83
82 days to go 12th June	Women's Health 2	Breast Cancer including referral   Familial   Benign Breast Disease   Urinary Incontinence   Endometriosis	NICE Breast Cancer Referral, NICE CKS Incontinence, Endometriosis Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 83, 93-94 Arora Pharmacology Flash Cards 9, 24
81 days to go 13th June	GU Medicine 1	STIs including Chlamydia, Gonorrhoeae   HIV + PEP	NICE CKS STI (various) Arora Clinical Online Course – GU Medicine chapter Arora Clinical Audiobook – GU Medicine chapter
<b>80 days to go 14th June</b>	<b>Catch-up Day 2</b>	<b>Complete any missed days above Review material from days 99 → 81</b>	<b>Consider Arora <a href="#">MSRA Clinical Mocks</a></b>
79 days to go 15th June	Endocrinology 3	Diabetes diagnosis, management and complications (acute and chronic)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86
78 days to go 16th June	Professional Dilemma 8	GMC Good Medical Practice Domain 4 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
77 days to go 17th June	MSK 3	Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury   Foot eg Plantar fasciitis, Injury, Achilles, Mortons, Diabetic Foot	NICE CKS Knee pain, OSD, Plantar fasciitis, Ankle Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 112-114 Arora Pharmacology Flash Cards 59-60, 62
76 days to go 18th June	Renal 2	UTI (adult and kids)   Glomerulonephritis   Renal Stones	NICE CKS UTI (men, women, children), Renal Stones Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Pharmacology Flash Cards 20, 96
75 days to go 19th June	Gastroenterology 2	Irritable Bowel Syndrome   Coeliac Disease   Hernia   Appendix   Abdominal Surgery   Enteral feeding	NICE CKS Irritable Bowel Syndrome, Coeliac Disease, Appendicitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45
74 days to go 20th June	Neurology 5	Stroke   TIA   Neuro assessment - CN   UML vs LMN   Dermatomes   Myotomes   Gait	NICE CKS Stroke and TIA Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 47-50 Arora Pharmacology Flash Cards 11, 22, 31
73 days to go 21st June	Paediatrics 2	Paediatrics development (all 4 areas)   Enuresis   Child safeguarding	NICE CKS Child Maltreatment, Enuresis Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73, 82 Arora Pharmacology Flash Card 27
72 days to go 22nd June	Cardiovascular 4	Pericarditis   Myocarditis   Endocarditis   Valvular Heart Disease   Murmurs   Bradycardia	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17
71 days to go 23rd June	Respiratory 3	Pleural Effusion   Bronchiectasis   Pulmonary Fibrosis   Clubbing   Lung Cancer including referral	NICE CKS Bronchiectasis, NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149

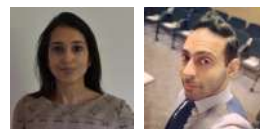
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Date	Section	Topics to cover	Possible resources
70 days to go 24th June	Women's Health 3	Cervical Cancer and screening   Ovarian Cancer   Endometrial Cancer   Gynaecology 2 week referral	NICE CKS Cervical Screening, NICE Gynaecology Suspected Cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
69 days to go 25th June	Gastroenterology 3	Dyspepsia   H Pylori   Peptic Ulcers   GORD   Upper GI Cancer including referral	NICE CKS Dyspepsia (various), NICE Upper GI Cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-41 Arora Pharmacology Flash Card 75
68 days to go 26th June	Gastroenterology 4	Gallstones   Pancreas   Jaundice   Liver Cirrhosis   LFTs   Hepatitis A, B, C	NICE CKS Gallstones, Jaundice, Cirrhosis, NAFLD, Hepatitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46
67 days to go 27th June	Women's Health 4	Menopause including HRT   Fibroids   PCOS	NICE CKS Menopause, PCOS, Fibroids Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 85-87 Arora Pharmacology Flash Card 37
66 days to go 28th June	Men's Health 1	BPH   PSA   Prostate Cancer   Testicles: Epididymo-orchitis, Torsion, Testicular Cancer and referral   Erectile dysfunction	NICE CKS LUTS, PSA, Erectile dysfunction, Prostate Cancer, Undescended testicles, NICE Testicular Cancer Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Clinical Flash Card 100-102 Arora Pharmacology Flash Cards 4, 34, 79
65 days to go 29th June	Haematology 2	Leukaemia   Lymphoma   Myeloma   Blood transfusion	NICE CKS Myeloma, NICE Haematological Cancer Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
64 days to go 30th June	Paediatrics 3	Paediatric infections eg Chickenpox, Scarlet Fever   School Exclusion   Autism   ADHD	NICE CKS Paeds infection (various), Autism, ADHD Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 78-79
63 days to go 1st July	Cardiovascular 5	Review: Angina   MI   Hypertension   Congenital Heart Disease	NICE CKS Angina, MI, Hypertension Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 3-11, 22-25 Arora Pharmacology Flash Cards 1,4,10,11,13,17,22,31,40,44,56,58,69,76,93
62 days to go 2nd July	Neurology 6	Review: Epilepsy   Parkinson's Disease   Falls   Loss of Consciousness	NICE CKS Epilepsy, Parkinson's Disease Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 51-52 Arora Pharmacology Flash Cards 18, 41, 66
61 days to go 3rd July	MSK 4	Review: Osteoarthritis   Rheumatoid Arthritis   SLE   Gout	NICE CKS Osteoarthritis, Rheumatoid Arthritis Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 115-117 Arora Pharmacology Flash Cards 12, 50, 59-60, 62, 63, 87
<b>60 days to go 4th July</b>	<b>Catch-up Day 3</b>	<b>Complete any missed days above Review material from days 79 → 61</b>	<b>Consider Arora <a href="#">MSRA Clinical Mocks</a></b>
59 days to go 5th July	ENT 4	Review: Sore throat   Tonsillitis   Laryngitis   ENT 2 week referral   Ear infection   Tinnitus   Hearing Loss	NICE CKS Sore throat, Tinnitus, Otitis, NICE ENT Cancer referral Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 122-125 Arora Pharmacology Flash Card 64
<b>6<sup>th</sup> July: Free <a href="#">'8 Week Booster' Webinar</a> – 8.30-10.00pm (Click <a href="#">here</a>)</b>			
58 days to go 6th July	Respiratory 4	Review: COPD   Spirometry   Smoking cessation   OSA   URTI   LRTI   Pneumonia	NICE CKS COPD, Smoking, Chest infection Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 29-30, 32, 35 Arora Pharmacology Flash Cards 15, 47, 57, 64, 99

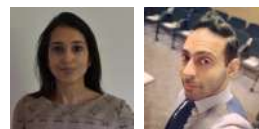
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Date	Section	Topics to cover	Possible resources
57 days to go 7th July	Professional Dilemma 9	Review: GMC Good Medical Practice Domain 1 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
56 days to go 8th July	Substance Misuse 2 Immunology 2	Review: Alcohol   Substance misuse (eg opiates, cannabis)   Allergy   Anaphylaxis   Intolerance	NICE CKS Alcohol, Opioid dependence, Anaphylaxis, Food Allergy Arora Clinical Online Course – Alcohol, Immunology chapters Arora Clinical Audiobook – Alcohol, Immunology chapters Arora Clinical Flash Cards 146, 150 Arora Pharmacology Flash Card 60
55 days to go 9th July	ENT 5	Review: Hyperthyroidism   Thyroid Cancer   Goitre   Hypothyroidism (including subclinical)	NICE CKS Hyperthyroidism, Hypothyroidism Arora Clinical Online Course – ENT, Endocrinology chapters Arora Clinical Audiobook – ENT, Endocrinology chapters Arora Clinical Flash Cards 129-130 Arora Pharmacology Flash Cards 19, 92
54 days to go 10th July	Psychiatry 3	Review: Depression   Postnatal depression   Dementia   Delirium	NICE CKS Depression, Postnatal Depression, Dementia, Delirium Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 60-62, 65-66 Arora Pharmacology Flash Cards 7, 54, 80, 83, 95
53 days to go 11th July	Ophthalmology 3	Review: Acute Eye problems - Glaucoma   Uveitis   Artery/Vein occlusion   Flashes/Floaters   Conjunctivitis   Blepharitis   Subconjunctival Haemorrhage	NICE CKS Glaucoma, Uveitis, Conjunctivitis, Blepharitis Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Card 104
52 days to go 12th July	Professional Dilemma 10	Review: GMC Good Medical Practice Domain 1 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
51 days to go 13th July	Renal 3	Review: Acute Kidney Injury   Chronic Kidney Disease   + Osteoporosis	NICE CKS AKI, CKD, Osteoporosis Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Clinical Flash Cards 118, 142-144 Arora Pharmacology Flash Card 14
50 days to go 14th July	Dermatology 2	Review: Moles   Skin Cancer   Ulcers   Skin infection   Psoriasis   Acne   Eczema	NICE CKS Ulcers, Cellulitis, Impetigo, Acne, Psoriasis, Eczema, NICE Skin Cancer Arora Clinical Online Course – Dermatology chapter Arora Clinical Audiobook – Dermatology chapter Arora Clinical Flash Cards 132-138 Arora Pharmacology Flash Cards 39, 50, 90
49 days to go 15th July	Women's Health 5	Review: Infertility   Contraception (including Emergency)   Menorrhagia	NICE CKS Infertility, Contraception (various), Menorrhagia Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health, Arora Clinical Flash Cards 84-85, 88-91, 95 Arora Pharmacology Flash Cards 24-25, 46, 94, 98
48 days to go 16th July	Genetics 2	Review: Genetics: Autosomal Dominant and Recessive   X-linked Dominant and Recessive	Arora Clinical Online Course – Genetics chapter Arora Clinical Audiobook – Genetics chapter Arora Clinical Flash Card 148
47 days to go 17th July	Professional Dilemma 11	Review: GMC Good Medical Practice Domain 2 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
46 days to go 18th July	Cardiovascular 6	Review: Cholesterol   CVD Risk   Statins   Primary/Secondary Prevention   Tachycardia including Atrial Fibrillation   ECGs	NICE CKS CVD Risk Assessment, Lipid Modification, AF Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 1-2, 6-7, 12-14, 24 Arora Pharmacology Flash Cards 6, 13, 30, 32, 84, 100

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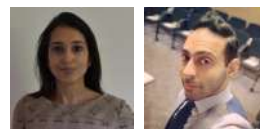
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Date	Section	Topics to cover	Possible resources
45 days to go 19th July	Gastroenterology 5	Review: Irritable Bowel Disease   Lower GI cancer including referral   Inherited Polyps	NICE CKS Crohns Disease, UC, NICE Lower GI cancer Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 42-44 Arora Pharmacology Flash Card 12
44 days to go 20th July	Endocrinology 4	Review: Hypo/Hyperkalaemia   Hypo/Hypernatraemia   Hyperparathyroidism   Hyper/Hypocalcaemia	NICE CKS Hyponatraemia, Hypercalcaemia Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter
43 days to go 21st July	MSK 5	Review: Neck including Whiplash, Radiculopathy, Neck Injury   Back Pain (simple and red flags)   Shoulder including Frozen Shoulder, Rotator Cuff, Dislocation   Wrist eg Carpal Tunnel Syndrome, De Quervain's	NICE CKS Neck (various), Low Back Pain, Shoulder pain, CTS Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 108-111 Arora Pharmacology Flash Cards 59-60, 62
42 days to go 22nd July	Professional Dilemma 12	Review: GMC Good Medical Practice Domain 2 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
41 days to go 23rd July	Infectious Disease 2	Review: Covid-19   Tuberculosis   Malaria   Yellow Fever	NICE CKS Covid-19, TB, Malaria, Yellow Fever Arora Clinical Online Course – ID chapter Arora Clinical Audiobook – ID chapter Arora Clinical Flash Card 34 Arora Pharmacology Flash Cards 47, 64, 77
<b>40 days to go 24th July</b>	<b>Catch-up Day 4</b>	<b>Complete any missed days above Review material from days 59 → 41</b>	<b>Consider Arora <a href="#">MSRA Clinical Mocks</a></b>
39 days to go 25th July	Neurology 7	Review: Meningitis   Encephalitis   Facial Nerve Palsy   Temporal Arteritis   PMR	NICE CKS Meningitis, Bell's Palsy, Giant Cell Arteritis, PMR Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 56, 59, 147 Arora Pharmacology Flash Cards 2, 85
38 days to go 26th July	Respiratory 5	Review: Asthma including Childhood   Pneumothorax   ABGs   Respiratory Failure	NICE CKS Asthma Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 26-28
37 days to go 27th July	Endocrinology 5	Review: Cushing's   Addison's Disease   Conn's Syndrome   Obesity	NICE CKS Addison's Disease, Obesity Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Card 131 Arora Pharmacology Flash Card 85
36 days to go 28th July	Professional Dilemma 13	Review: GMC Good Medical Practice Domain 3 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
35 days to go 29th July	Haematology 3	Review: Anaemia (B12   Folate   Fe)   FBC results   Sickle Cell Disease   Thalassaemia   Spleen	NICE CKS Anaemia (various), Sickle Cell Disease Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter Arora Clinical Flash Cards 139-141 Arora Pharmacology Flash Card 38

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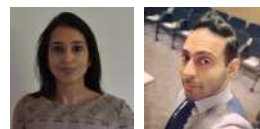


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## MSRA Boost on Social Media

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Date	Section	Topics to cover	Possible resources
34 days to go 30th July	ENT 6	Review: Cholesteatoma   Vertigo   Nose including Epistaxis, Polyps, Fracture, Hay Fever	NICE CKS Vertigo, BPPV, Nose: Epistaxis, Allergic Rhinitis, Sinusitis Arora Clinical Online Course – ENT chapter Arora Clinical Audiobook – ENT chapter Arora Clinical Flash Cards 119-122 Arora Pharmacology Flash Card 71
33 days to go 31st July	Neurology 8	Review: Migraine   Tension Headache   Cluster Headache   Medical Overuse Headache	NICE CKS Headache (various) Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 53-55, 57 Arora Pharmacology Flash Cards 11, 52, 59, 62, 97
32 days to go 1st August	Ophthalmology 4	Review: Chronic vision loss: Cataract   Age Related Macular Degeneration   Retinopathy (Diabetic and Hypertensive)	NICE CKS Cataract, Age Related Macular Degeneration Arora Clinical Online Course – Ophthalmology chapter Arora Clinical Audiobook – Ophthalmology chapter Arora Clinical Flash Cards 105-107
31 days to go 2nd August	Professional Dilemma 14	Review: GMC Good Medical Practice Domain 3 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
30 days to go 3rd August	Paediatrics 4	Review: Immunisation Schedule   Neonate conditions eg FTT, Jaundice   Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	NICE CKS Immunisation, Jaundice in Newborn, Antenatal, Miscarriage, Ectopic Arora Clinical Online Course – Paediatrics, Women's Health chapters Arora Clinical Audiobook – Paediatrics chapter, Women's Health chapters Arora Clinical Flash Cards 69, 97-99
29 days to go 4th August	Palliative Care 2	Review: Palliative care - Analgesia   Nausea   Dose Calculations	NICE CKS Palliative Care - Analgesia, Nausea Arora Clinical Online Course – Palliative Care chapter Arora Clinical Audiobook – Palliative Care chapter Arora Clinical Flash Card 145 Arora Pharmacology Flash Cards 26, 52, 59-60, 62
28 days to go 5th August	Cardiovascular 7	Review: Heart Failure   Peripheral Vascular Disease   DVT   Varicose Veins   Shock	NICE CKS Heart Failure, PVD, DVT, Varicose Veins Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Cards 15-16, 18-20 Arora Pharmacology Flash Cards 1, 10, 32, 44, 55, 100
27 days to go 6th August	Neurology 9	Review: Intracerebral bleeds   Multiple Sclerosis   Motor Neurone Disease   Myasthenia Gravis	NICE CKS Multiple Sclerosis Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter
26 days to go 7th August	Professional Dilemma 15	Review: GMC Good Medical Practice Domain 4 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
25 days to go 8th August	Psychiatry 4	Review: Anxiety   OCD   PTSD   Schizophrenia   Acute psychosis   Bipolar Disorder   Somatisation	NICE CKS Anxiety, OCD, PTSD, Psychosis, Schizophrenia, Bipolar Disorder Arora Clinical Online Course – Psychiatry chapter Arora Clinical Audiobook – Psychiatry chapter Arora Clinical Flash Cards 63-64 Arora Pharmacology Flash Cards 29, 70, 80, 83
<b>9<sup>th</sup> August: Free <a href="#">'4 Week Booster' Webinar</a> – 8.30-10.00pm (Click <a href="#">here</a>)</b>			
24 days to go 9th August	Women's Health 6	Review: Breast Cancer including referral   Familial   Benign Breast Disease   Urinary Incontinence   Endometriosis	NICE Breast Cancer Referral, NICE CKS Incontinence, Endometriosis Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 83, 93-94 Arora Pharmacology Flash Cards 9, 24

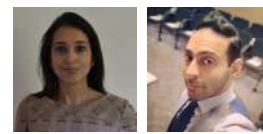
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Date	Section	Topics to cover	Possible resources
23 days to go 10th August	GU Medicine 2	Review: STIs including Chlamydia, Gonorrhoeae   HIV + PEP	NICE CKS STI (various) Arora Clinical Online Course – GU Medicine chapter Arora Clinical Audiobook – GU Medicine chapter
22 days to go 11th August	Endocrinology 6	Review: Diabetes diagnosis, management and complications (acute and chronic)	NICE CKS Diabetes Arora Clinical Online Course – Endocrinology chapter Arora Clinical Audiobook – Endocrinology chapter Arora Clinical Flash Cards 126-128 Arora Pharmacology Flash Cards 33, 36, 49, 67, 78, 86
21 days to go 12th August	Professional Dilemma 16	Review: GMC Good Medical Practice Domain 4 + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
<b>20 days to go 13th August</b>	<b>Catch-up Day 5</b>	<b>Complete any missed days above Review material from days 39 → 21</b>	Consider Arora <a href="#">MSRA Clinical Mocks</a>
19 days to go 14th August	MSK 6	Review: Knees eg Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, OA, Replacement, Injury   Foot eg Plantar fasciitis, Injury, Achilles, Mortons, Diabetic Foot	NICE CKS Knee pain, OSD, Plantar fasciitis, Ankle Arora Clinical Online Course – MSK chapter Arora Clinical Audiobook – MSK chapter Arora Clinical Flash Cards 112-114 Arora Pharmacology Flash Cards 59-60, 62
18 days to go 15th August	Renal 4	Review: UTI (adult and kids)   Glomerulonephritis   Renal Stones	NICE CKS UTI (men, women, children), Renal Stones Arora Clinical Online Course – Renal chapter Arora Clinical Audiobook – Renal chapter Arora Pharmacology Flash Cards 20, 96
17 days to go 16th August	Gastroenterology 6	Review: Irritable Bowel Syndrome   Coeliac Disease   Hernia   Appendix   Abdominal Surgery   Enteral feeding	NICE CKS Irritable Bowel Syndrome, Coeliac Disease, Appendicitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 36-37 Arora Pharmacology Flash Cards 16, 42, 45
16 days to go 17th August	Neurology 10	Review: Stroke   TIA   Neuro assessment - CN   UML vs LMN   Dermatomes   Myotomes   Gait	NICE CKS Stroke and TIA Arora Clinical Online Course – Neurology chapter Arora Clinical Audiobook – Neurology chapter Arora Clinical Flash Cards 47-50 Arora Pharmacology Flash Cards 11, 22, 31
15 days to go 18th August	Paediatrics 5	Review: Paediatrics development (all 4 areas)   Enuresis   Child safeguarding	NICE CKS Child Maltreatment, Enuresis Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 70-73, 82 Arora Pharmacology Flash Card 27
14 days to go 19th August	Cardiovascular 8	Review: Pericarditis   Myocarditis   Endocarditis   Valvular Heart Disease   Murmurs   Bradycardia	Arora Clinical Online Course – Cardiovascular chapter Arora Clinical Audiobook – Cardiovascular chapter Arora Clinical Flash Card 17
13 days to go 20th August	Respiratory 6	Review: Pleural Effusion   Bronchiectasis   Pulmonary Fibrosis   Clubbing   Lung Cancer including referral	NICE CKS Bronchiectasis, NICE Lung Cancer Arora Clinical Online Course – Respiratory chapter Arora Clinical Audiobook – Respiratory chapter Arora Clinical Flash Cards 33, 149
12 days to go 21st August	Women's Health 7	Review: Cervical Cancer and screening   Ovarian Cancer   Endometrial Cancer   Gynaecology 2 week referral	NICE CKS Cervical Screening, NICE Gynaecology Suspected Cancer Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Card 92
11 days to go 22nd August	Gastroenterology 7	Review: Dyspepsia   H Pylori   Peptic Ulcers   GORD   Upper GI Cancer including referral	NICE CKS Dyspepsia (various), NICE Upper GI Cancer referral Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 38-41 Arora Pharmacology Flash Card 75

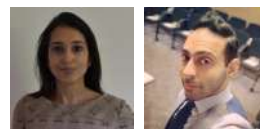
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Date	Section	Topics to cover	Possible resources
10 days to go 23rd August	Gastroenterology 8	Review: Gallstones   Pancreas   Jaundice   Liver Cirrhosis   LFTs   Hepatitis A, B, C	NICE CKS Gallstones, Jaundice, Cirrhosis, NAFLD, Hepatitis Arora Clinical Online Course – Gastroenterology chapter Arora Clinical Audiobook – Gastroenterology chapter Arora Clinical Flash Cards 45-46
9 days to go 24th August	Women's Health 8	Review: Menopause including HRT   Fibroids   PCOS	NICE CKS Menopause, PCOS, Fibroids Arora Clinical Online Course – Women's Health chapter Arora Clinical Audiobook – Women's Health chapter Arora Clinical Flash Cards 85-87 Arora Pharmacology Flash Card 37
8 days to go 25th August	Men's Health 2	Review: BPH   PSA   Prostate Cancer   Testicles: Epididymo-orchitis, Torsion, Testicular Cancer and referral   Erectile dysfunction	NICE CKS LUTS, PSA, Erectile dysfunction, Prostate Cancer, Undescended testicles, NICE Testicular Cancer Arora Clinical Online Course – Men's Health chapter Arora Clinical Audiobook – Men's Health chapter Arora Clinical Flash Card 100-102 Arora Pharmacology Flash Cards 4, 34, 79
7 days to go 26th August	Haematology 4	Review: Leukaemia   Lymphoma   Myeloma   Blood transfusion	NICE CKS Myeloma, NICE Haematological Cancer Arora Clinical Online Course – Haematology chapter Arora Clinical Audiobook – Haematology chapter
6 days to go 27th August	Paediatrics 6	Review: Paediatric infections eg Chickenpox, Scarlet Fever   School Exclusion   Autism   ADHD	NICE CKS Paeds infection (various), Autism, ADHD Arora Clinical Online Course – Paediatrics chapter Arora Clinical Audiobook – Paediatrics chapter Arora Clinical Flash Cards 78-79
5 days to go 28th August	Professional Dilemma 17	Review: GMC Good Medical Practice full review + Consider an MSRA SJT Mock	GMC Good Medical Practice Booklet Arora MSRA SJT <a href="#">Audiobook Course</a> Arora MSRA <a href="#">Mock Exams</a>
4 days to go 29th August	Mocks Day	Review days 1-58 and Continue Mocks	<a href="#">Arora MSRA Mocks</a>
3 days to go 30th August	Mocks Day	Review days 59-115 and Continue Mocks	<a href="#">Arora MSRA Mocks</a>
2 days to go 31st August	Mocks Day	Final preps	<a href="#">Arora MSRA Mocks</a>
1 day to go 1st September	Mocks Day	Final preps	<a href="#">Arora MSRA Mocks</a>

**2nd September - Exams Start**

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