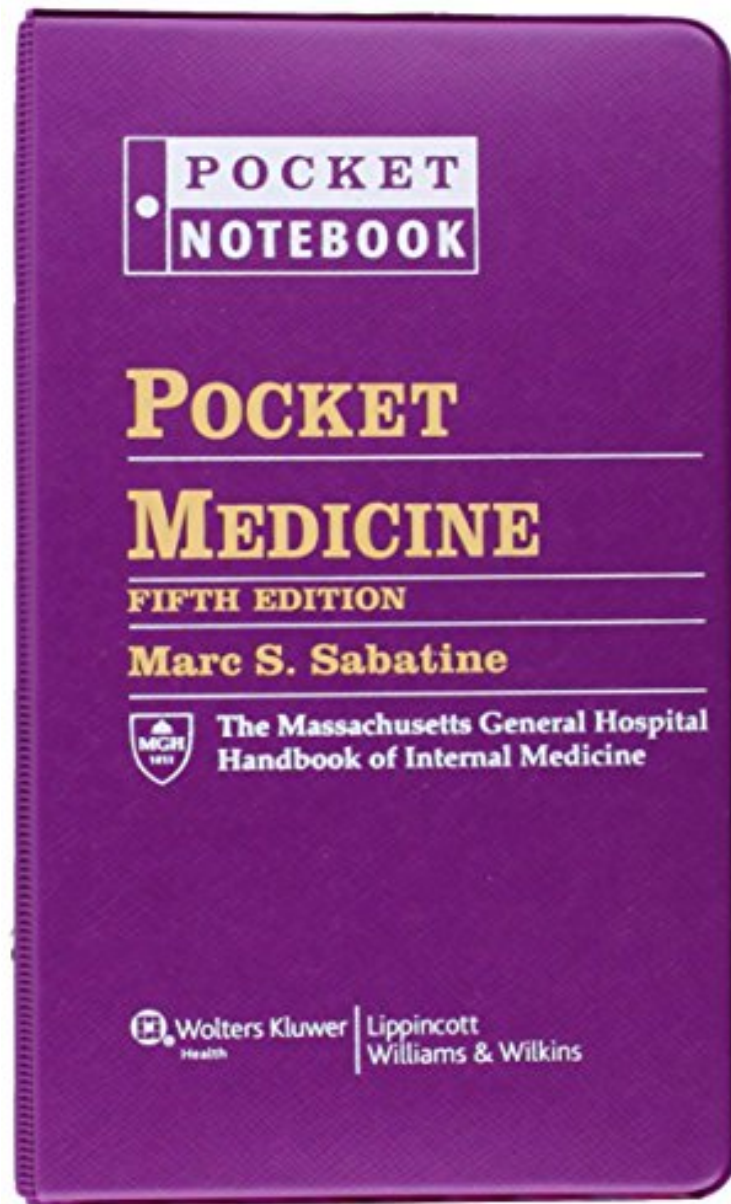


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## **Pocket Medicine: The Massachusetts General Hospital Handbook of Internal Medicine (Pocket Notebook) Fifth Edition**

*Marc S. Sabatine MD MPH*

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The style is that same Pocket Medicine style with lots of abbreviations, and references. If you are having trouble figuring out what that abbreviation is in the book, check the back of the book. If you can get a copy off your colleague, I recommend taking a look first before jumping the gun and buying it without looking at how this is written. I've seen people be put off by the style and so I recommend doing this first if you're completely unfamiliar with the series. Before, I would be searching things very fast on this book. But given the speed of the up to date app on my phone, I'll admit I haven't been using this little buddy as much. The pocket book fits in any white coat. Now I will present changes/differences: New sections (not all inclusive): Cardiac Rhythm Management Devices, Toxicology, Lung Transplant, Dysmotility and Nutrition, Disorders of Colon, Intestinal Ischemia. Some of these were renamed sections. I haven't used the book enough to tell you if these changes make a difference if you're thinking about upgrading from purple. New references: qSOFA for sepsis, cardiac risk assessment tables has been slightly simplified (although the basics are the same), JNC 8 is in the book. The controversial lipid guidelines from AHA are in the book now. Ophthalmic issues section has been changed a lot (I liked the purple version better but maybe its because I'm just used to it). Dislikes: the book I bought uses a more similar flimsy paper as in the purple version. I miss the paper they used in green. But what I was really MAD about is that the publisher didn't do a good job at screening the hole punches and it was hole punched slightly off and now the first couple pages have already ripped out. I'm very unhappy about this but I did not subtract a star as the rating is about the content. Bottomline: it's the same old pocket medicine you love and see your colleagues use. Is it worth upgrading? absolutely not. Will I stop buying future issues? I'm thinking this may be the last one I upgrade as I probably use up to date more often now as an attending but I can appreciate all of the information that is needed to update this little book. Again, borrow one to see if you like the style before buying this. Again, like all of my previous reviews: I didn't get paid by Dr Sabatine or Wolters Kluwer for this review. Also a moment of silence for my purple version. RIP my battered and time tested purple version, RIP. 160 of 167 people found the following review helpful. Buy this and a couple other resources for clerkships, rotations, internship, residency By Jonathan Lee This book is obviously a must-have book for your internal medicine inpatient work whether it's as a medical student, intern, or resident. It is extremely concise, has wide breadth, and is full of citations and evidence. The thing is, it can be a bit too concise. With all the acronyms, you feel like you're reading a different language sometimes. Also, sometimes the guidance is not that flushed out. As you get more and more accustomed throughout residency, it becomes better and better. As such, I'd recommend complementing it with a couple other must-haves: 1) UCSF Hospitalist Handbook - the info is a bit more practical and step-by-step than Pocket Medicine. It's a great complement or alternative (you can get the iPhone/Android version for cheaper through AgileMD). Because it gives way more tangible, practical diagnostic and management steps than the Red/Green book, all my residents would be super surprised at how much more "mature" and "relevant" my diagnostic and management plans were in my presentations. They thought I was a genius and further along than most of my classmates... (and I wasn't too keen on letting them know where most of that genius was coming from :) 2) Sanford Guide (microbio) - this is really the best book for any microbio you'll need on the wards. You'll look like you actually paid attention during microbio with this book. The type is very small and the paper quality sucks. can be a bit slow to navigate through. You can look stuff up by organism or condition, and it has a spectrum of bacteria sensitive to each antibiotic. 3) Tarascons (pharm) - It is far and away the fastest way to get your hands on dosage, forms available, and pricing data. I can't tell you how much of a superstar you'll look like if you actually are talking about dosing as a medical student. This is not something any med students are familiar with. That alone makes this book worth it. Color tabs have made it easier to navigate through. Some of the older drugs are gone. The tables are awesome. 4) Download medscape for general reference questions here n' there. Personally, I like it more than epocrates... and it's free. 5) +/- Maxwells... quickly becomes unnecessary but nice to have in the beginning when you're just learning the ropes and need refreshers on some of the stuff you learned back in 2nd year. 6) Netflix - for call nights and unwinding when you actually get a day off! True Detective is a phenomenal series. 199 of 210 people found the following review helpful. Your best teacher of IM? By Fredware I bought this edition, even though I had the green

(4E) version. I use this book every day since the first day of my third year rotations for Internal Medicine topics (now I am a resident). Pocket Medicine gives you everything you need, regarding the latest information about Internal medicine. Now for those who've never heard of it, or are considering buying this book, why is it so good? It is concise and it gives you the key points. If you really wanted to get more information then you probably need to go to uptodate or the next step up, the holy bible of IM itself, Harrison's. Pocket Medicine is designed to give you everything you need, in your pocket (as if our white coats aren't heavy enough). And the best part about this book versus other pocket manuals is that it cites real articles. NEJM, JAMA, Lancet, real sources of evidence based medicine. Evidence based should be the goal of every medical student, resident, and physician's basis of how they practice. Now the book takes some use to with the abbreviations, acronyms, and how it's formatted out, but once you get used to it, you will be looking up things very fast and before you know it, you will be citing pages in Pocket Medicine. For medical students, anything that your attending is pimping you on, its probably in this book (and its probably more updated than what your attending is looking for). For residents, don't waste any more time trying to figure out admit orders off uptodate, just get it done with this book. Now for those who had the green medicine book, you're wondering, is it really worth the 60 dollars? Medicine doesn't change very much and many treatment protocols are still the same (except for maybe chemotherapy regimens). However, after scanning through about 10 topics, there's at least a one line update (usually more in the range of 3-5). Will it change how you will practice? Unlikely, especially if you were following the green book. But yes, there's abundance of changes everywhere. For example, they updated cystitis even though it's a bread and butter IM issue - I'll leave it to you to buy the book to find out the update ;) although I warn you, its not drastically different. But there are some definite useful updates such as how aggressive you want to be on diabetic management according to the latest guidelines. How aggressive should you be on HgA1c or the BP? You could spend tons of time looking it up, or just flip to the page in 5 seconds. The new consult sections aren't real deal breakers in my opinion (Surgical, Ob/Gyn, Ophtho) because you're probably going to consult those specialists anyways, but its nice to have. At least you'll sound a little smarter when you talk to them for the consultation? The new sections like anaphylaxis and nutritional issues aren't major additions to warrant to buy this book over the green/4e book. Would I still recommend buying this book? Yes. But if you're a poor resident who already had the green book and don't want to spend money that should be going to payback your loans, I would stick to the green book. My only real negative about this edition is that they used the new "recycle"-like paper (the thin type) over what they were using for the green 4e book. It feels cheaper and easier to rip. Otherwise, I recommend it as the gold standard of pocket manuals :D Note: This was not a paid recommendation of the book. I just enjoy Pocket Medicine a lot.

Prepared by residents and attending physicians at Massachusetts General Hospital, the 5th edition of Pocket Medicine: The Massachusetts General Hospital Handbook of Internal Medicine provides key clinical information and solutions to common problems faced in the practice of internal medicine.