

Internal Medicine Rotation Study Plan

Michael Lorinsky, MD



Boards&Beyond®

Background

I am a practicing Internist at **Massachusetts General Hospital** and Instructor of Medicine at **Harvard Medical School**, where I help rotating students to prepare for their shelf and board exams. As a contributor to **Boards & Beyond**, I am the co-author of the White Coat Companion and the voice behind the Clinical Confidence – Internal Medicine series.



Michael Lorinsky, MD

Resources

I recommend picking one main resource from each of the following categories based on your own learning style/preference:

Foundation

Text (e.g. **White Coat Companion**)

Flashcard deck (e.g. Anki)

Online platform (e.g. **First Aid Forward**) or your own notes

Develop Understanding

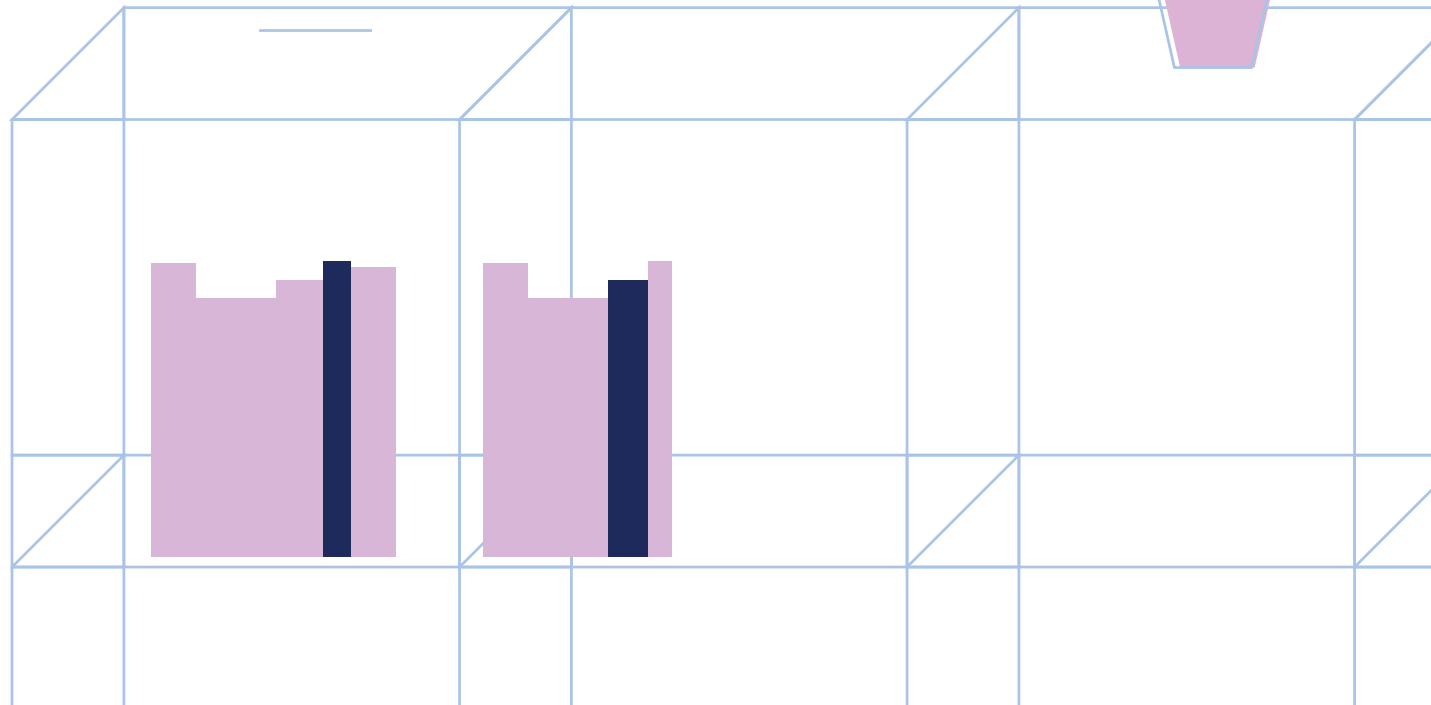
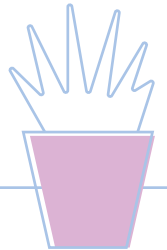
Videos (e.g. **Boards & Beyond**)

Full text books (e.g. Step Up to Medicine, **First Aid for Step 2- Clinical Knowledge**)

Online sources (up-to-date, review articles, or other knowledge databases), didactics, podcasts, and your attendings.

Apply Knowledge

Question Banks (e.g. UWorld, Amboss, etc), practice tests (NBME practice forms).



How to build your own study guide: Best Practices



Move system by system, focusing on one topic each week. If using Boards & Beyond videos, I would begin with Cardiology and then add those questions into the Q-bank.



Add the new system you studied into the Q-Bank on a weekly basis, doing approximately 20 practice questions per day.



Prioritize learning the systems that are the most important for internal medicine and have the largest % of content on the test based on the NBME breakdown.



During the last 3 weeks, focus on finishing questions, reviewing topics that are weak areas for you, and doing 1 or 2 full NBME practice test forms (picking the latest ones that are most reflective of the current test).



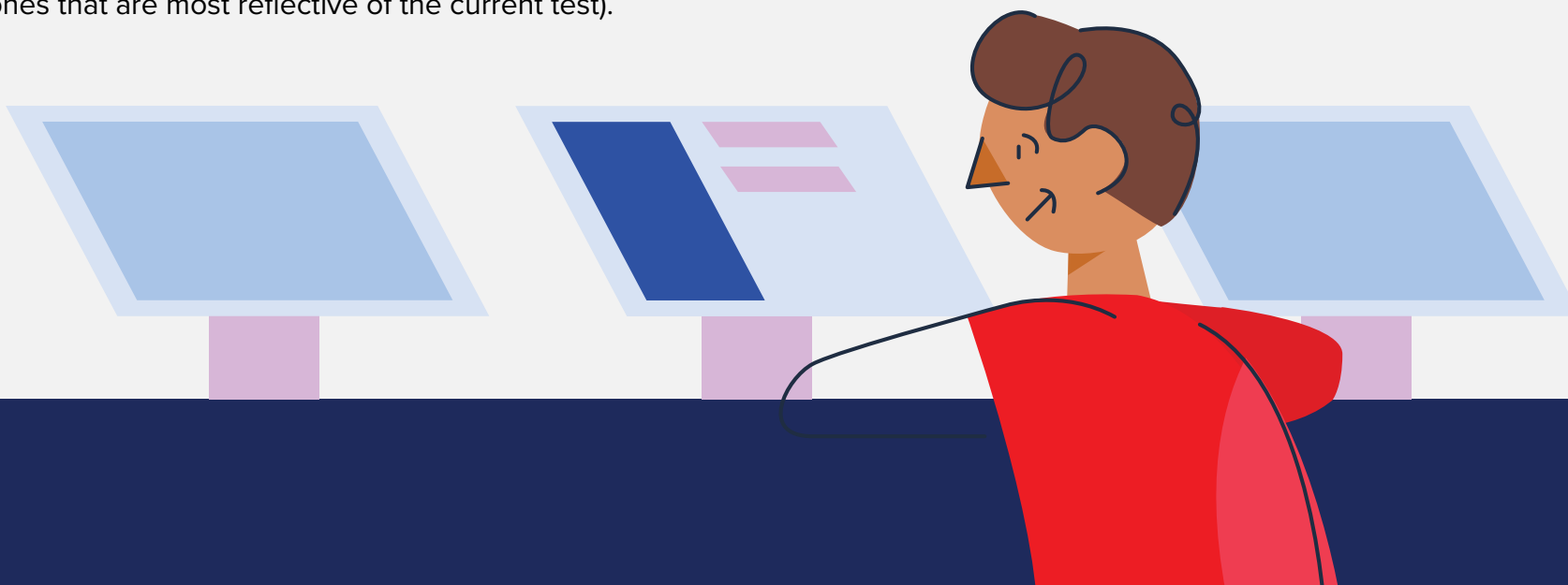
Don't get bogged down in neuro, dermatology, or female reproductive medicine. Focus on topics in these areas that are common in internal medicine, **such as:**

Neuro: Dementia, delirium, syncope, stroke basics

Derm: Drug rashes, infection-related rashes (e.g. viral exanthem), cellulitis, very common conditions (eczema, psoriasis)

Female reproductive: Menopause, vaginitis, incontinence, contraception, gyn/breast malignancies

For the above, think: "Would I see this in a PCP office? Would I see this admitted to medicine on wards?"



How to build your own study guide:

What to avoid



Getting resource overload, or FOMO from others recommending a resource that you aren't using.



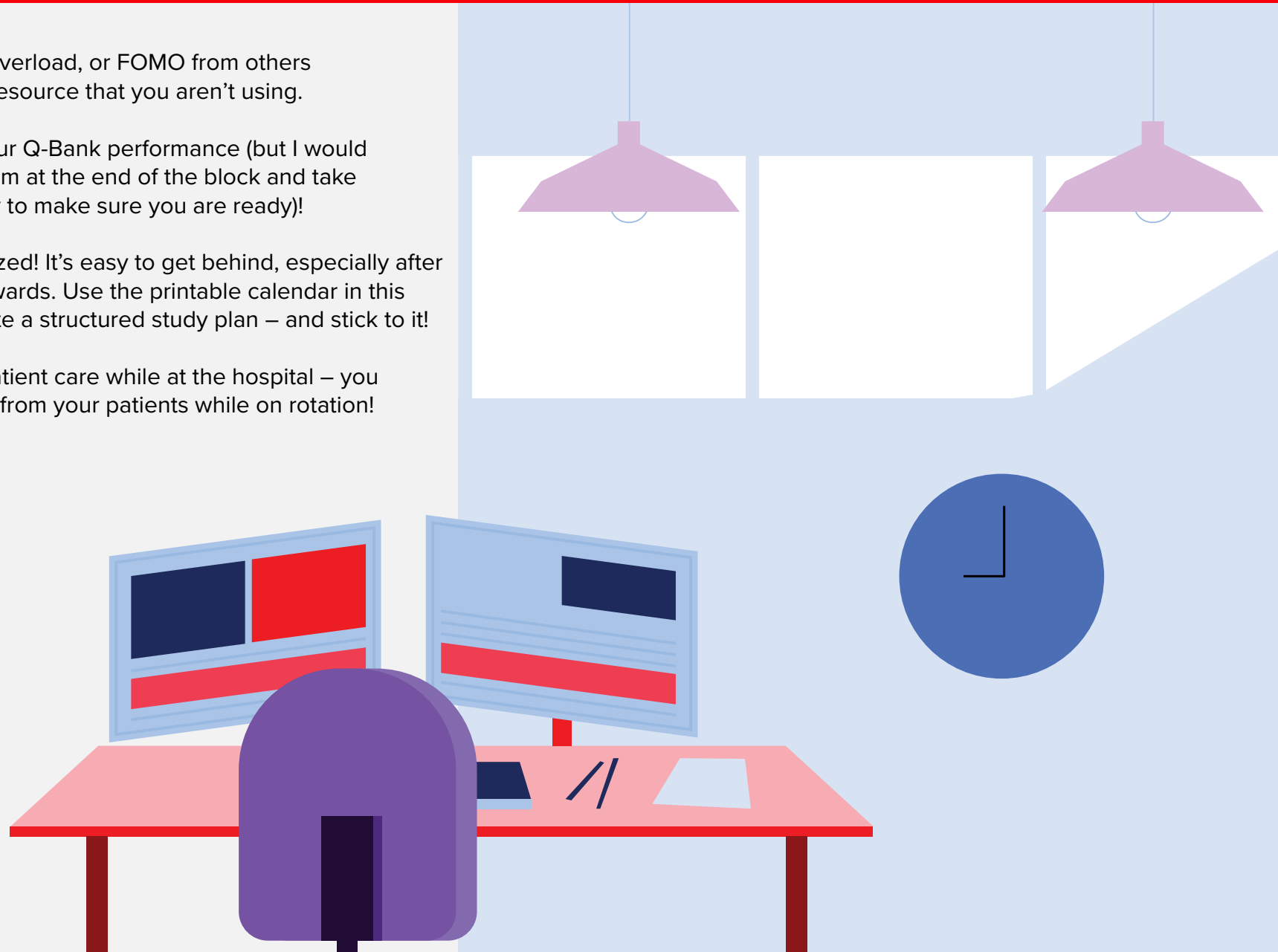
Worrying about your Q-Bank performance (but I would take a practice exam at the end of the block and take the score seriously to make sure you are ready)!



Not staying organized! It's easy to get behind, especially after busy days on the wards. Use the printable calendar in this guide to help create a structured study plan – and stick to it!



Not focusing on patient care while at the hospital – you will learn the most from your patients while on rotation!



Sample IM Timeline (for 12 week rotation) - Part 1

Stay organized! Print your very own study calendar and take control of your learning.

Topic (% of test)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Cardiovascular (10-15%)						
Pulmonary & CC (10-15%)						
Renal (5-10%)						
Gastrointestinal (10-15%)						
Endocrine (8-12%)						
Hematology/ Liquid One (5-10%)						

Sample IM Timeline (for 12 week rotation) - Part 2

Stay organized! Print your very own study calendar and take control of your learning.

Topic (% of test)	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Rheumatology/ MSK (1-5%)						
ID/Immunology (1-5%)						
Neuro (High Yield) (5-10%)						
Derm (High Yield) (1-5%) Female Repro (High Yield) (1-5%)						
Finish Questions, Practice Tests						

Good luck on your IM rotation!

If you stick to a structured plan like the one above, you'll be setting yourself up for success. Preparing with your selected resources is key, but there's more to excelling on the wards than just knowledge - confidence matters, too.

That's where **Clinical Confidence** comes in. Our video series helps you get up to speed with the behaviors, terminology, and practical skills that will make you feel more prepared and less out of your depth from day one.

See you on the wards!



Michael Lorinsky, MD



Your Personalized Medical Journey

Build a study plan that works for you, with support from Boards & Beyond's expert insights and comprehensive resources.

[Click here to learn more!](#)

