PERSONALISED ROADMAP FOR USMLE STEP 1 EXAM

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SUMMARY

To determine medical students' study behaviors when preparing for the United States Medical Licensing Examination (USMLE) Step 1, and how these behaviors are associated with Step 1 scores when controlling for likely covariates and overall make a self centralised plan for step 1 USMLE exam accordingly.

INTRODUCTION

The USMLE Step scores help differentiate applicants for competitive residency programs. Students frequently ask medical educators how to prepare for this high-stakes exam. Multiple resources exist such as books, training programs, and question banks. The purpose of this presentation is to provide aspirants with data on which resources correlate with higher exam scores and the strategies for preparation for the exam.

METHOD

- Make a individual based study plan
- Make use of the time appropriately.quality over quantity of study
- Efficient use of the resources available for step 1
- Personalise the resources
- Set a target score
- Schedule the date as early as possible

Fig 1 : Inclusion criteria for step 1 preparation

RESULTS

The First aid and UWorld Step 1 question bank were used by over 99% of students. Pathoma with accompanying online lectures, was used heavily by many. Other common resources included Goljan audio lectures,Boards and Beyond lectures, the USMLE-Rx and Kaplan question banks, and Anki Flashcards ,Firecracker spaced-repetition review. These latter resources were used less heavily and were identified as less useful to most students compared with the First Aid, UWorld, and Pathoma. Finally, students reported taking an average of 2.8 self-assessment exams.
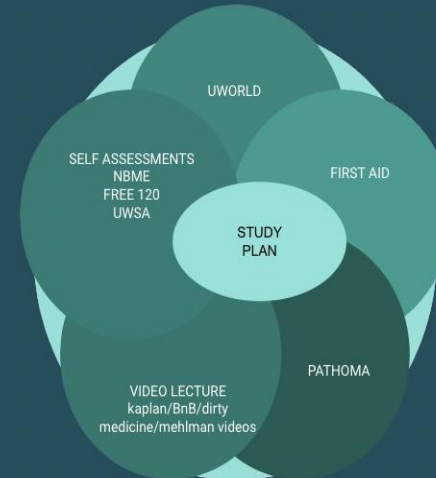
CONCLUSION

There are many resources and similarly various platforms the students use to prepare for the step exams. However all of those seem to be additional .The first and foremost requirement is the determination for repeated revision and confidence of an individual to give the step exams. The PDSA (Plan- Do- Study-Act) cycle works for more than 50% of the aspirants as it gives an individual perspective regarding the study methods and working on their concerns personally.

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