

## A note about the kit

The idea of a clerkship kit came from OMSA's desire to make transition to clerkship a little smoother. Historically, we provided a toiletry bag with several items we thought would be useful for clerkship. However, this year we're changing things up a bit – we've collected feedback from medical students across Ontario and we're hoping that this year's kit will be more useful, practical and environmentally friendly. We hope you will find the water bottle and USB drive loaded with relevant documents (including an updated list of useful apps in clerkship) helpful! Remember that you are not alone in your clerkship – OMSA is there every step of the way and always available as a resource to you.

This kit wouldn't have been possible without the dedication of our OMSA council for preparing and distributing the kits, as well as our friends at the OMA and OMA Insurance for their generous contributions to the kits.

Sincerely,  
Safia Ladha, OMSA Director of Services (Queen's University, Class of 2020)

## A note from the Ontario Medical Students Association (OMSA)

Congratulations on completing your pre-clerkship! We wish you the best of luck on your journey as a clerk. As you embark on this next stage of your career, we wanted to remind you of some key OMSA offers/events coming up this year:

### 1) Services

- Keep an eye out for our annual **Wellness Retreat** in early 2020 - a weekend of physical and mental rejuvenation.
- **OMA Advantages** - providing special offers on UpToDate, travel and leisure, auto, and health resources.
- **CaRMS Flight Sale** - Discounts on flights with West Jet and Porter. Check emails for more information.

### 2) Representation

- Join our lobbying efforts by participating in our annual Provincial Day of Action at Queen's Park. Last year, we advocated for a sustainable, long-term solution to unmatched medical students.
- Advocate for issues in our health care system on behalf of medical students.

### 3) Funding Opportunities

- Look out for the **OMSA Innovator Grant** to be awarded up to \$1500 to successful projects.
- **Conference Grants** of up to \$250 for medical student researchers.
- **MSERG Grants** valued at \$5,000 grants to support research projects in medical education

### 4) Communications

- **Scrub-In** is the only medical student magazine of its kind in Canada, publishing articles written by students, highlighting student achievements and discussing current issues in healthcare.
- Check us out **online** [www.omsa.ca](http://www.omsa.ca), like our OMSA Facebook group or follow us on Twitter and Instagram @OMSAofficial.

If you're interested in getting involved with any of these initiatives, consider joining one of our student committees! Committee information and applications can be found online at [www.omsa.ca/en/get-involved](http://www.omsa.ca/en/get-involved) and open in August.

Sincerely,

Debbie Brace, OMSA Chair (McMaster University)  
Sharon Yeung, OMSA Co-Chair (Queen's University)  
Safia Ladha, OMSA Director of Services (Queen's University)  
Austin Yan, Director of Representation (University of Ottawa)  
Victoria McKinnon, Director of Education (McMaster University)  
Samveg Shah, Director of Communications (McMaster University)  
Rae Woodhouse, Director of Finance and Internal Affairs (Queen's University)

# Top Apps for Surviving Clerkship – 2019-2020

## GENERAL

- 1) **OMA Mobile** (Free; Android, Apple): Secure, convenient quick reference to clinical information (Q codes, LU codes) and membership information (OMA Advantages offers, physician contact information, news and events).
- 2) **Medscape** (Free; Android, Apple): A strong general reference for diseases information, journal updates & latest news from health bulletins.
- 3) **UpToDate** (Free, but requires subscription; Android, Apple): If you have a subscription to UpToDate, this app gives you access to all its databases and topics. Don't forget – a subscription discount is available through OMA.
- 4) **MD on Call** (\$13.99; Android, Apple): A quick reference that catalogues the common problems and their approaches that you'll encounter while on call.
- 5) **MDCalc** (Free; Android, Apple): A quick reference for the most relevant, up-to-date and widely-used clinical calculators that support evidence-based patient care
- 6) **Choosing Wisely Canada** (Free; Android, Apple): Access to physician recommendations organized by specialty, and patient materials in both text and PDF formats.
- 7) **ECG Guide** (\$0.99; Android, Apple): Comprehensive guide to common ECG patterns with explanations as well as information on basic approach to ECG interpretation.
- 8) **OnExam** (Free; Apple): Evidence-based guide to history taking and the physical exam. Updated regularly by undergraduate medical students at the Northern Ontario School of Medicine.
- 9) **Evernote** (Free; Android, Apple): Great app to help you stay organized and file learning topics for later review. Consider OneNote, as an alternative.
- 10) **Calculate by QxMD** (Free; Android, Apple): Provides you with an easy and interactive way to determine the value of a variety of medical scores and calculators.
- 11) **VisualDX** (Free, but requires subscription; Android, Apple): Diagnostic clinical tool with added visual medical images.

## DRUGS

- 12) **Epocrates** (Free; Android, Apple): A great reference for drugs, their uses and interactions. Only caveat is that it is an American app without the Canadian drug names.
- 13) **Lexicomp** (Free, but requires subscription; Android, Apple): If your institution provides subscription access, this app gives handy clinical knowledge on drug dosing and calculations.
- 14) **RxTx Mobile** (Free; Android, Apple): Provides Canadian drug information in both English and French, drug monographs, and patient-centered tools such as calculators.
- 15) **Anti-infective Guidelines** (\$24.99, Apple): Features content from the well-known 'Orange Book'. Quick and easy reference for antibiotic selection for common community-acquired infections.
- 16) **Prescribe Smart** (Free, Apple): Quick reference guide to the ODB formulary, including information on costs and LU codes associated with medications in Ontario.

## SPECIALTY-SPECIFIC

- 17) **WikiEM** (Free; Android, Apple): An all-encompassing resource for the generalist in acute care.
- 18) **Diabetes Canada** (Free; Android, Apple): Diabetes Canada Clinical Practice Guidelines for the Prevention and Management of Diabetes, including screening, prevention, diagnosis, care, management and education for individuals living with type 1, type 2 and gestational diabetes.
- 19) **Journal Club: Medicine** (\$6.99; Android, Apple): Provides up-to-date summaries of landmark trials and top articles in internal medicine.
- 20) **iCCS Canadian Cardiovascular Society** (Free; Android, Apple): Delivery of top CCS Guidelines, including Antiplatelet Guidelines and Atrial Fibrillation.
- 21) **Heart Pro III** (\$4.99 Apple iPhone; \$9.99 Apple iPad): An interactive way to learn the heart, this app provides animations, various layers, and 3D models to give a fully comprehensive view of the heart from any angle. Developed in conjunction with the Stanford University School of Medicine.
- 22) **Nerve Whiz** (Free; Android, Apple): Helpful for neurological disorders and injury, the app can determine what nerves are involved based on where the person is weak or experiencing sensory problems.
- 23) **Surgery 101** (\$0.99; Android, Apple): Developed by the University of Alberta, this is a collection of podcasts designed to introduce medical students to a variety of surgical conditions, how to work on a surgery team, and review material for rounds.
- 24) **PediSTAT** (\$5.49 Android; \$4.99 Apple): A quick and easy-to-use reference guide for pediatric patients in the emergency or critical care units.
- 25) **Bullets\* (OrthoBullets)** (Free; Android, Apple): Reference guide for common orthopedic presentations, images and treatment.
- 26) **Anesthesiology pocketcards** (\$4.99; Android, Apple): Reference guide for classification, algorithms and pediatric/adult dosage information for common medications used in anesthesiology.
- 27) **Gynecology and Obstetrics** (Free; Apple): A manual developed by Johns Hopkins that details common presentations in basic and high-risk obstetrics, reproductive endocrinology and gynecologic diseases and oncology.