



# HELP! HOW DO I STUDY?

Not sure where to go for **information**? Stuck on where to read up for your **clinical attachment**? Don't fret, the National Medical Student Association's Advocacy Working Group has got you covered! Our team has collated this extensive list of resources, as a **National Study Bank**, for all medical students across the Universities of Auckland and Otago.

Every student has their own style of learning, so we've tried our best to gather a **whole variety of resources** for you all, and we've ensured they all have features which are **free**. Have a peruse through and see what you like!

## Interested in learning more about NZMSA?

Check out our socials below!

**Website:** <https://www.nzmsa.org.nz>

**Facebook:** <https://www.facebook.com/NZMSA/>

**Instagram:** <https://www.instagram.com/nzmsa/>

**Disclaimer:** NZMSA has no monetary relationship with these organisations or individuals, nor is NZMSA responsible for the medical education provided by these external sources. Our intention as a student-led, volunteer organisation is to advertise potential resources for medical students.



**nzmsa**

# NEW ZEALAND GUIDELINES



## NZF

- **NZ Formulary:** [nzf.org.nz/nzf\\_1](https://nzf.org.nz/nzf_1)
- **NZ Formulary for Children:** [nzfchildren.org.nz/nzf\\_1](https://nzfchildren.org.nz/nzf_1)
- Your best friend for pharmacology, with everything you need to know about the properties and uses of medications in Aotearoa. 💊 ✨

## Health Pathways

- [healthpathwayscommunity.org](https://healthpathwayscommunity.org)
  - Click the link to the region you're based in! 🌿 🗺️ 🔍
  - A great resource for clinical guidelines, particularly in primary care.
  - 📌 **Username:** healthcare | **Password:** connected

## BPAC NZ

- [bpac.org.nz](https://bpac.org.nz)
- An independent non-profit providing clinical resources and guidelines for clinical practice.

## Starship

- [starship.org.nz/](https://starship.org.nz/)
- From Asthma to Zika virus, you can rely on Starship for pediatric clinical guidelines! 🧸 🧡 ❤️

## BMJ Best Practice

- [bestpractice.bmj.com](https://bestpractice.bmj.com)
- **Not NZ-based** (from the British Medical Journal) but a clinical decision support tool used worldwide to guide health professionals. 🧑🏻⚕️
- Includes clinical calculators, videos and PDFs for student learning!



## Dynamed & UpToDate

- [dynamed.com](https://dynamed.com) | [uptodate.com](https://uptodate.com)
- **Not NZ-based**, but used by clinicians for detailed, comprehensive overviews of many medical conditions and their management. 📖
- *Access depends on your region/educational institutions.*



🌟 **TOP TIP:** If in search for specific guidelines on a condition, try searching for its relevant organisation! For example, the [Asthma Foundation](#) provides great resources and guidelines for health professionals on asthma, COPD, bronchiectasis and more.

# WEBSITES



## Healthify

- [healthify.nz](https://healthify.nz)
- Simplifies medical topics for patients and the public - a valuable perspective to have!

## Geeky Medics

- [geekymedics.com](https://geekymedics.com)
- Provides OSCE guides, MCQs, teaching on exams, history taking, procedures, and more!

## MSD Manuals

- [msdmanuals.com](https://msdmanuals.com)
- Provides highly informative overviews on every condition you need to know! 📖🩺

## Zero to Finals

- [zerotofinals.com](https://zerotofinals.com)
- Presents concise summaries and short podcast episodes covering many clinical conditions. 📖🎧

## Oxford Medical Education

- [oxfordmedicaleducation.com](https://oxfordmedicaleducation.com)
- Medical resources, not from the University itself, but from Oxford-graduated doctors. 🏢

## Teach Me Anatomy

- [teachmeanatomy.info](https://teachmeanatomy.info)
- Quick, easy summaries of all the anatomy you've probably already forgotten. ❤️🫁👉

## Teach Me Physiology

- [teachmephysiology.com](https://teachmephysiology.com)
- Quick, easy summaries of all the physiology you've also probably forgotten. 🫁👉💪

## Teach Me Surgery

- [teachmesurgery.com](https://teachmesurgery.com)
- Quick, easy summaries of a wide array of procedures across various specialities. 🌀

## Radiology Masterclass

- [radiologymasterclass.co.uk](https://radiologymasterclass.co.uk)
- The best way to learn radiology is to see lots of it! This site has great articles to learn from. 🦴

## Radiopaedia

- [radiopaedia.org](https://radiopaedia.org)
- Another great site with a variety of images and cases to view, in many imaging methods. 📺



Available on the App Store.



Also has a YouTube channel.

# WEBSITES



## Medbullets



- **Pre-Clinical:** [step1.medbullets.com](http://step1.medbullets.com) | 📄 **Clinical:** [step2.medbullets.com](http://step2.medbullets.com)
- A collaborative learning resource, divided into pre-clinical and clinical learning, with many teaching methods, including brief summaries on clinical cases, free articles and question banks. 📖✍️📚

## Orthobullets



- [orthobullets.com](http://orthobullets.com)
- An equivalent resource to Medbullets, but specifically for orthopaedics. 🛠️💪🔧

## Life in the Fast Lane

- [litfl.com](http://litfl.com)
- Articles on emergency medicine, critical care and toxicology (great for understanding ECGs)!

## ECG Mave-Waven

- [ecg.bidmc.harvard.edu/maven/mavenmain.asp](http://ecg.bidmc.harvard.edu/maven/mavenmain.asp)
- A wide array of ECG cases to help you practice! ❤️

## Skill Stat ECG Simulator

- [skillstat.com/tools/ecg-simulator/](http://skillstat.com/tools/ecg-simulator/)
- A game to learn 27 of the most common ECG patterns. 🎮

## Ninja Nerd



- [ninjanerd.org](http://ninjanerd.org)
- Great videos on a variety of medical topics using the classic whiteboard + marker combo. 😎

## ABG Ninja

- [abg.ninja](http://abg.ninja)
- Know your ABGs? ECGs? APGAR and GCS Scores? Quiz yourself on these skills and more! 🔥

## DermNet

- [dermnetnz.org](http://dermnetnz.org)
- A comprehensive Aotearoa-based resource on all things dermatology-related! 👍

## Global Health Media



- [globalhealthmedia.org](http://globalhealthmedia.org)
- A global health initiative with teaching videos for both health workers and the public.








Available on the App Store.




Also has a YouTube channel.

# APPS


## Previously Mentioned

-  *BMJ Best Practice*
-  *Dynamed*
-  *UpToDate*
-  *Geeky Medics*
-  *MSD Manuals*
-  *Teach Me Anatomy*
-  *Teach Me Physiology*
-  *Teach Me Surgery*
-  *Bullets (a combination of Medbullets and Orthobullets)*


## Human Dx

- Solve medical cases, develop your diagnostic reasoning skills and ask questions on this interactive app! 


## ClinicalSkills

- Provides equipment details, instructions and supplementary videos for many common clinical procedures. 


## Responder

- Had CPR training? Use your skills as a cardiac responder in real emergency situations in your community through this app! 


## MDCalc

- A clinical essential used by students and doctors alike, with quick medical calculators and scoring systems. 


## Script

- Easy-access antibiotic treatment guidelines *specifically* for Auckland DHB and Starship Children's Hospital. 


## Complete Anatomy

- While access to all the anatomy requires a subscription, the skeletal system is available to view for free! 

## MedAll






- Contains clinical information, question banks and clinical calculators for both healthcare students and professionals. 

## Flora - Green Focus



- A Pomodoro timer, but make it cute! Take time away from your phone and grow a garden of plants through study. 

# YOUTUBE CHANNELS



## Previously Mentioned

-  Geeky Medics
-  Zero to Finals |  Ninja Nerd
-  Oxford Medical Education
-  Global Health Media


## Medicosis Perfectionalis

- Great videos on anatomy, physiology and pathophysiology to aid in your study, if you like an illustrative guide.  



## KenHub

- Fantastically brief visual illustrations and explanations to guide your understanding of anatomy.  



## Institute of Human Anatomy

- More for public education, but has great cadaver dissections illustrating the real-life anatomy of many interesting topics! 




## Paul Bolin, M.D.

- Concised, focused PowerPoint side lectures on a variety of clinical topics, some long-form and others quite brief!  



## Osmosis

- Quick illustrative summaries on physiology and pathophysiology to brush up your knowledge of disease processes!  


## Armando Hasudungan

- Lectures on pathophysiology and pharmacology, great for visual learners who enjoy the drawing format!   




## AnatomyZone

- Another great resource to visualise anatomy in a different style - the more you see, the better you understand!  

## Osama Naga, MD

- Long form, comprehensive PowerPoint lectures covering everything you need to know in pediatrics. 

## Dr James Gill

- Thorough guides through many clinical examinations, with explanations on what you're actually testing.   

# PODCASTS

## Previously Mentioned

- 🩺 *BMJ Best Practice*
- 📖 *UpToDate Talk*
- 🔥 *Zero to Finals*
- 🦴 *Radiopedia:*
  - *The Radiopedia Reading Room Podcast*
- 🥷 *Ninja Nerd*
- 📌 *Geeky Medics*
- 🌊 *Osmosis:*
  - *Raise the Line*

## Goodfellow Unit

- A great NZ-based resource providing quality information on clinical presentations in primary care. 🩺🌿

## Dr NOS

- A Kiwi podcast, created by Dr Maple Goh, inviting many other doctors and highlighting various medical fields. 🇳🇿🌟

## Getting Better - A Year in the Life of a Māori Medical Student

- A short series of episodes created by Dr Emma Espiner, exploring Aotearoa's healthcare system and highlighting ethnic disparities impacting Māori. The podcast travels across the country, breaks down statistics, covers the COVID-19 pandemic and shares the real-life experiences of tangata whenua. 🔍⚖️

## IM Reasoning

- Another Kiwi podcast, created by Dr Art Nahill and Dr Nic Szecket, with a focus on clinical reasoning. 🧠🗣️🩺🧠

## This Podcast Will Kill You

- Discussed by Dr Erin Updyke and Dr Erin Wels over cocktails, learn the history and biology of various diseases. 🍷🌿🩺🌿

## Instant Anatomy

- If hearing anatomical terms helps them become familiar, try listen to Dr Robert Whitaker's Instant Anatomy podcast! 🫁👉

## Dr. Matt & Dr. Mike's Podcast

- Join in on Dr Matt and Dr Mike's Medical Podcast's short podcast episodes on all sorts of anatomy and physiology! 💪🫁🧬



# SOMETHING MISSING?

If you know a **great resource** you'd like to **share with medical students across Aotearoa**, or would like to provide general feedback on this project, please let us at NZMSA's Advocacy Working Group know using the link below!

We'll try our best to **include your responses in future distributions** of our National Study Resources Bank.

**Google Form:** <https://forms.gle/54acKUbdqoL5Hqto7>



**nzmsa**