

## TimeSheet

In each slot, write the activity you will perform. Use the resources list, your time table and test schedule to fill in each slot.

Contact session has been blocked.

Add your dissection sessions.

Add your non-academic activities.

Block out your sleep times

Start and end times for the day is your choice and not fixed.

Be prepared to adjust the slots. Life happens.

Slots are 1 hour.

A slot consists of 2 work sessions.

A work session = 20 min work, 10 minute break.

You can do 45 minutes work, 15 break or other variation optimal for you.

# TimeSheet

Week 1	Main topic for the week: Thorax						
	01 March 2020	02 March 2020	03 March 2020	04 March 2020	05 March 2020	06 March 2020	07 March 2020
	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 am							
12 - 13 pm							
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22 - 23 pm							
23 - 24 pm							

# TimeSheet

Week 2      Main topic for the week: Head and Neck

08 March 2020    09 March 2020    10 March 2020    11 March 2020    12 March 2020    13 March 2020    14 March 2020

Sunday                    Monday                    Tuesday                    Wednesday                    Thursday                    Friday                    Saturday

	08 March 2020	09 March 2020	10 March 2020	11 March 2020	12 March 2020	13 March 2020	14 March 2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
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21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

# TimeSheet

Week 3      Main topic for the week: Head and Neck and NeuroAnatomy

15 March 2020    16 March 2020    17 March 2020    18 March 2020    19 March 2020    20 March 2020    21 March 2020  
 Sunday            Monday            Tuesday           Wednesday        Thursday           Friday            Saturday

	15 March 2020	16 March 2020	17 March 2020	18 March 2020	19 March 2020	20 March 2020	21 March 2020
	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 am							
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21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

# TimeSheet

Week A      Main topic for the week: Revision and Preparation

22 March 2020    23 March 2020    24 March 2020    25 March 2020    26 March 2020    27 March 2020    28 March 2020  
 Sunday            Monday            Tuesday           Wednesday        Thursday           Friday            Saturday

	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
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9 - 10 am							
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22 - 23 pm							
23 - 24 pm							

# TimeSheet

week 4      Main topic for the week: Upper limb and back  
 29 March 2020    30 March 2020    31 March 2020    01 April 2020    02 April 2020    03 April 2020    04 April 2020  
 Sunday            Monday            Tuesday           Wednesday        Thursday           Friday            Saturday

	29 March 2020	30 March 2020	31 March 2020	01 April 2020	02 April 2020	03 April 2020	04 April 2020
	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
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11 - 12 am							
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20 - 21 pm							
21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

# TimeSheet

week 5      Main topic for the week: Abdomen  
 05 April 2020    06 April 2020    07 April 2020    08 April 2020    09 April 2020    10 April 2020    11 April 2020  
 Sunday            Monday            Tuesday           Wednesday        Thursday           Friday            Saturday

	05 April 2020 Sunday	06 April 2020 Monday	07 April 2020 Tuesday	08 April 2020 Wednesday	09 April 2020 Thursday	10 April 2020 Friday	11 April 2020 Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 am							
12 - 13 pm							
13 - 14 pm							
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22 - 23 pm							
23 - 24 pm							

# TimeSheet

week 6      Main topic for the week: Pelvis and perineum  
 12 April 2020    13 April 2020    14 April 2020    15 April 2020    16 April 2020    17 April 2020    18 April 2020  
 Sunday            Monday            Tuesday           Wednesday        Thursday           Friday            Saturday

	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 am							
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22 - 23 pm							
23 - 24 pm							



# TimeSheet

week 7	Main topic for the week: Study week						
	19 April 2020	20 April 2020	21 April 2020	22 April 2020	23 April 2020	24 April 2020	25 April 2020
	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am						Relax Stress release	
9 - 10 am							
10 - 11 am							
11 - 12 am							
12 - 13 pm							
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19 - 20 pm							
20 - 21 pm							
21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

# TimeSheet

Week 8

Main topic for the week: Lower Limb

	26 April 2020 Sunday	27 April 2020 Monday	28 April 2020 Tuesday	29 April 2020 Wednesday	30 April 2020 Thursday	01 May 2020 Friday	02 May 2020 Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 am							
12 - 13 pm							
13 - 14 pm							
14 - 15 pm							
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17 - 18 pm							
18 - 19 pm							
19 - 20 pm							
20 - 21 pm							
21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

# TimeSheet

week 9	Main topic for the week: Anatomy test week						
	03 May 2020	04 May 2020	05 May 2020	06 May 2020	07 May 2020	08 May 2020	09 May 2020
	Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
5 - 6 am							
6 - 7 am							
7 - 8 am							
8 - 9 am		Relax Stress release					
9 - 10 am							
10 - 11 am							
11 - 12 am							
12 - 13 pm							
13 - 14 pm							
14 - 15 pm							
15 - 16 pm							
16 - 17 pm							
17 - 18 pm							
18 - 19 pm							
19 - 20 pm							
20 - 21 pm							
21 - 22 pm							
22 - 23 pm							
23 - 24 pm							

## Resources

A list of the resources cross-checked with the topics, to get an idea of what is available and where gaps exist.

Add topics in the rows below and resources in the columns across.

N/A when a resource is not applicable.

Missing if there isn't anything available or you don't have something yet.

You will cycle through each of these in the study slots.

	Video	Lecture PP	Atlas	Dissection	Handbook	Museum	Skeleton	Wet Specimens
<b>Thorax</b>								
<b>Head and Neck</b>								
<b>Neuro-Anatomy</b>								
<b>Upper Limb</b>								
<b>Abdomen</b>								
<b>Lower Limb</b>								

## Resources

Thorax  
 Surface anatomy  
 Superficial structures:  
 Pectoralis major and fascia  
 Intercostal space  
 Pleura and lungs  
 Intrathoracic views  
 Superior mediastinum  
 Pericardium and surfaces of  
 The heart  
 Chambers of the heart  
 Posterior mediastinum and  
 Thoracic outlet


Head & neck  
 Anterior & posterior triangle  
 Of the neck  
 Root of the neck  
 Face and parotid gland  
 Orbita & scalp  
 Temporal region  
 Neuro  
 Cranium contents and  
 Paranasal sinuses region  
 Infratemporal region  
 Base of skull, pharynx and  
 Salivary glands


Neuro-anatomy  
 Oral cavity, palate, nose  
 And larynx  
 Surface structures  
 Cerebral hemispheres  
 Brainstem & cranial  
 Nerves


### Resources

Upper limb & back  
Upper limb  
Axilla  
Deltoid  
Brachium (arm)  
Antebrachium (forearm):  
Flexor comp.  
Palm of hand  
Antebrachium (forearm):  
Extensor comp.  
Dorsum  
Of hand  
Joints of upper limb  
Back  
Suboccipital  
Triangle


Abdomen  
Surface  
Anatomy  
Anterior abdominal wall  
Inguinal canal  
Peritoneal cavity  
Stomach  
Jejunum  
Ileum  
Colon  
Liver  
Gallbladder  
Duodenum  
Pancreas  
Spleen  
Kidneys  
Suprarenal glands  
Ureters  
Posterior abdominal wall  
Diaphragm


## Resources

Pelvis & perineum							
Pelvis							
Bony pelvis							
Male pelvic structures							
Female pelvic structures							
Bladder							
Rectum							
Pelvic floor, blood vessels and nerves							
Perineum							
External genitalia							
Perineum & anal canal							
Lower limb							
Gluteal region							
Posterior							
Compartment thigh							
Popliteal fossa							
Leg							
Ant & med compartment of the thigh							
Ant & lat compartment of the leg							
Dorsum of foot							
Joints							

## PrepCheck

Preparation Check List	Every week for the week ahead, go through and prepare each of the following steps. Tick off those that has been done. You can prepare in advance for the block.
Week	Each of the weeks in the block. Add the Monday date as the starting date for the week. If there is a broad topic associated with the week, add it here.
List of topics	Make a list of the topics to be done this week. Be specific, not just Head and Neck. Brachial plexus is specific.
Get resources	<p>A3 Note pages</p> <p>Lecture notes</p> <p>Old papers/quizzes/questions</p> <p>?</p> <p>If you have your own system of taking notes, and are happy with it, stick with it. If you want to change, my suggestion is to use an A3 page as a framework. For each topic, prepare an A3 page where notes regarding the topic will be made, both in class and expanded on using other resources. If the lecturer makes their presentation or other notes available, get hold of these. DO NOT USE THIS AS A BASIS for YOUR NOTES. This is used to EXPAND your notes.</p> <p>If these are available, you can use them for Generation and Calibration.</p> <p>Any other resources you become aware of. Add them to the list.</p>
Read ahead	Briefly – depending on available time – go through the resources you have. At the very least try to skim through the relevant topics in your handbook. You need to SEE the TERMINOLOGIES you will be confronted with in the week.



PrepCheck

Week  
Date  
Main topic  
List of topics

1	2	3		4
02 March 2020	09 March 2020	16 March 2020	23 March 2020	30 March 2020
Thorax	Head & neck	Neuro-anatomy	Holiday	Upper limb & back
Surface anatomy	Anterior & posterior triangle of the neck	Oral cavity, palate, nose And larynx	Revision	Upper limb
Superficial structures: Pectoralis major and fascia	Root of the neck	Surface structures	All content	Axilla
Intercostal space	Face and parotid gland	Cerebral hemispheres	Preparation	Deltoid
Pleura and lungs	Orbita & scalp	Brainstem & cranial Nerves	work	Brachium (arm)
Intrathoracic views	Temporal region		Ahead	Antebrachium (forearm): Flexor comp.
Superior mediastinum	Neuro		As far as possible	Palm of hand
Pericardium and surfaces of The heart	Cranium contents and Paranasal sinuses region			Antebrachium (forearm): Extensor comp.
Chambers of the heart	Infratemporal region			Dorsum Of hand
Posterior mediastinum and Thoracic outlet	Base of skull, pharynx and salivary glands			Joints of upper limb
Head and neck				Back
				Suboccipital Triangle

### PrepCheck

Get resources

Video

A3 note pages

Lecture notes

Old papers

?

?

Read ahead

Fill working slots

Preparation completed

Did I miss something?


PrepCheck

5	6	7	8	9
06 April 2020	13 April 2020	20 April 2020	27 April 2020	04 May 2020
Abdomen	Pelvis & perineum	Study week	Lower limb	Test week
Abdomen	Pelvis	Revision	Lower limb	
Surface Anatomy	Bony pelvis	All content	Gluteal region	
Anterior abdominal wall	Male pelvic structures	Preparation	Posterior Compartment thigh	
Inguinal canal	Female pelvic structures	work	Popliteal fossa	
Peritoneal cavity	Bladder	Ahead	Leg	
Stomach	Rectum	As far as possible	Ant & med compartment of the thigh	
Jejunum	Pelvic floor, blood vessels and nerves		Ant & lat compartment of the leg	
Ileum	Perineum		Dorsum of foot	
Colon	External genitalia		Joints	
Liver	Perineum & anal canal			
Gallbladder				
Duodenum				
Pancreas				
Spleen				
Kidneys				
Suprarenal glands				
Ureters				

PrepCheck

Posterior abdominal wall				
Diaphragm				

## Hints

### Museum

Each museum specimen is labelled with numbers and text. A memorandum is available.

Step 1: On a sheet of paper, preferably a note book, make a list from A-Z and 1-999 for the labels on each specimen.

Step 2: Attempt to identify as many of the labels as possible, WITHOUT referring to the memorandum.

Step 3: Assess yourself.

Step 4: Calculate a score for the specimen.

Step 5: If you have done this specimen before, compare your score.

You want incremental improvements.

### Museum

Every time you visit the museum, do at least ONE of each of the previous topic's specimens.

This will refresh that in your mind, and prevent that knowledge of fading too much before the next test.

Do not focus on the test, focus on keeping the work fresh.

### Skeleton

Handle the bone.

Use the bone as your reference.

Use your atlas as supplementary reference.

Use your body as supplementary reference.

Make a drawing of the bone.

On the drawing, add the muscle origins implants.

On the drawing, add the blood vessel, nerve and organ relationships.

Assess the result using your notes and atlas as memorandum.

Compare with previous results.

### Muscles, nerves and organs

Your atlas is the main reference.

Use your body as supplementary reference.

Make line drawings of the structure.

Add labels to the drawings.

Assess the result using your atlas as memorandum.

Compare with previous results.

## Hints

### Routines

This is based on the premise of using A3 pages for each topic.

On Sunday, prepare the pages for notes during the week.

One A3 spread for each topic.

After the lecture, expand your notes using the various listed resources.

After every activity, expand and correct your notes.

On Friday (or other last day of the week), clarify uncertainties with a lecturer.

On Saturday, review the week and where you feel uncertain about.

Schedule the uncertain areas for revision on the Saturday.

On Saturday, review the content of the weeks BEFORE last week.

On Sunday, only AFTER preparation for the next week, do revision of the previous week.

Remember to adjust these routines according to your schedule and progress.

## Exercise

### Exercise routine

Exercise is one of the foundational elements of learning.

You need to aim for 15 minutes per day average.

This can be spread over several days.

Your routine should include strength, cardio and proprioception.

Select from run, row, swim, walk, dancing, skipping something you are able to do safely and regularly.

Also select something you enjoy.

Somewhere along the line you should also pick up stuff.

Picking stuff up can be just your body, but also weights.

The following is a whole body weight routine that will hit all the major muscle elements.

3 x 6 pull ups

3 x 8 goblet squats

3 x 16 push ups

3 x 8 lunge

3 x 8 single leg deadlifts

Do this 2 - 3 times per week.

It is effective but minimalist and travels well.

Habit works. Simple makes it easy to be consistent.

It has push, pull, squat and hinge elements. This covers four major basic movements.

Using full range of motion, you will do mobility, strength and balance.

Do 3 rounds of the workout, with 10 to 15 seconds rest between each exercise.

At the end of each round, throw in some cardio for example 30 seconds of skipping.

More information with explanations at this page:

<https://www.outsideonline.com/2243691/absolute-minimalists-strength-workout>

## Migraine

### Migraine and Exercise

Moderate exercise can reduce frequency and severity of migraine attacks.

Exercise can trigger migraine.

Mild regular aerobic exercise offers the most benefits to those with migraine.

Jogging, swimming, dancing, cycling, brisk walking.

Build up intensities according to fitness levels.

30 minutes moderate 3 times per week.

6 weeks for full beneficial effect.

Diary to track correlation.

Preparation is important, as this seems to be linked to exercise as a trigger.

Eat at least 90 minutes before exercise to ensure sufficient available nutrients.

Glucose sweets prior to exercise to maintain blood glucose levels.

Drink before, during and after exercise.

Isotonic drinks will maintain glucose and mineral levels. MIX CORRECTLY!

Always warm up before exercise.

If you are uncomfortable, stop immediately and note possible triggers.

Plan ahead will help in identifying triggers.