**PANCE Prep Plan**

* **Exam scheduled on: Jan 24th**
* **Resources: Pance Prep Pearl, Rosh Review Questions, Lange Q&A Physician Assistant Examination, PACKRAT questions**
* **Study schedule: Monday to Saturday 9-5pm, with 1 hour lunch break and four 15 min break. No studying on Sunday.**
* **Plan created based on PANCE content blueprint**

**Week 1: 12/23-12/29**

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| Mon | Tues | Wed | Thurs | Fri | Saturday |
| Topics studied: Cardio  Disease: Cardiomyopathy, conduction disorders/dysrhythmias, congenital heart disease, coronary artery disease, heart failure, hypertension  Hours:  # Questions:  Score on the question: | Topics studied: Derm  Disease: Acneiform eruptions, desquamation, disease/disorders of the hair and nails, envenomations and arthropods bite reactions, exanthems, keratotic disorders, neoplasms, papulosquamous disorders, pigment disorders, skin integrity, vascular abnormalities, vesiculobullous disease, other dermatologic disorders  Hours:  # Questions:  Score: | Topics studied: Endocrine  Disease: adrenal disorders, DM, hypogonadism, parathyroid disorders, pituitary disorders, thyroid disorders  Hours:  # Questions:  Score: | Topics studied: EENT  Disease: eye disorders, ear disorders, foreign bodies, neoplasms, nose/sinus disorders, oropharyngeal disorders  Hours:  # Questions:  Score: | Topics studied: Cardio  Disease: Hypotension, lipid disorders, traumatic, infectious, and inflammatory heart conditions, valvular disorders, vascular disease  Hours:  # Questions:  Score: | Topics studied: Review topics studied throughout the week. Review topics that I need extra time with.  Disease:  Hours:  # Questions: Work on questions with mixed topics instead of focusing on one topic only.  Score: |

**Weekly reflection:**

* What I have planned to change?
* How have my study habit changed?
* Modification of plan if needed?
* What have I learned?
* How do I think I did so far?

**Week 2: 12/30- 1/5**

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| Mon | Tues | Wed | Thurs | Fri | Saturday |
| Topics studied: Pulmonary  Disease: COPD, infectious disorders, neoplasm, pleural disease, pulmonary circulation, restrictive pulmonary disease, sleep apnea/obesity, other pulmonary disorders  Hours:  # Questions:  Score on the question: | Topics studied: Genitourinary System (Male and Female)  Disease: bladder disorders, congenital and acquired abnormalities, human sexuality, infectious disorders, neoplasm, nephrolithiasis/urolithiasis, penile disorders, prostate disorders, testicular disorders, urethral disorders  Hours:  # Questions:  Score: | Topics studied: Heme  Disease: Coagulation disorders, cytopenias, cytoses, hemoglobinopathies, immunologic disorders, neoplasms, premalignancies, malignancies  Hours:  # Questions:  Score: | Topics studied: Infectious Disease  Disease: bacterial diseases, fungal disease, mycobacterial diseases, parasitic disease, prenatal transmission of disorders, sepsis/systemic inflammatory response syndrome, spirochetal disease, viral disease  Hours:  # Questions:  Score: | Topics studied: Pulmonary  Disease: COPD, infectious disorders, neoplasm, pleural disease, pulmonary circulation, restrictive pulmonary disease, sleep apnea/obesity, other pulmonary disorders  Hours:  # Questions:  Score: | Topics studied: Review topics studied throughout the week. Review topics that I need extra time with.  Disease:  Hours:  # Questions: Work on questions with mixed topics instead of focusing on one topic only.  Score: |

**Weekly reflection:**

* What I have planned to change?
* How have my study habit changed?
* Modification of plan if needed?
* What have I learned?
* How do I think I did so far?

**Week 3: 1/6-1/12**

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| Mon | Tues | Wed | Thurs | Fri | Saturday |
| Topics studied: GI  Disease: biliary disorder, colorectal disorders, esophageam disorders, food allergies and food sensitivities, gastric disorders, hepatic disorders, hernias, infectious diarrhea,  Hours:  # Questions:  Score on the question: | Topics studied: Neuro  Disease: closed head injuries, cranial nerve palsies, encephalopathic disorder, headaches, infectious disorder, movement disorders, neoplasm, neurocognitive disorders, neuromuscular disorder, peripheral nerve disorders, seizure disoders, vascular disorders  Hours:  # Questions:  Score: | Topics studied: Psychiatry/Behavioral Science  Disease: abuse and neglect, anxiety disorder, bipolar and related disorders, depressive disorders, conduct disorders, dissociate disorders, feeding and eating disorders, human sexuality  Hours:  # Questions:  Score: | Topics studied: Renal  Disease: acute disorders, acute kidney injury, chronic kidney disease, congential or structural renal disorders, end-stage renal disease, fluid and electrolyte disorders, neoplasms  Hours:  # Questions:  Score: | Topics studied: GI  Disease: ingestion of toxic substance or foreign bodies, metabolic disorders, neoplasm, nutritional and vitamin disorders, pancreatic disorders, small intestine disorders  Hours:  # Questions:  Score: | Topics studied: Review topics studied throughout the week. Review topics that I need extra time with.  Disease:  Hours:  # Questions: Work on questions with mixed topics instead of focusing on one topic only.  Score: |

**Weekly reflection:**

* What I have planned to change?
* How have my study habit changed?
* Modification of plan if needed?
* What have I learned?
* How do I think I did so far?

**Week 4: 1/13-1/19**

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| Mon | Tues | Wed | Thurs | Fri | Saturday |
| Monday  Topics studied: MSK  Disease: chest/rib, compartment syndrome, degenerative disease, infectious disease, lower extremity disorders, neoplasm, rheumatologic disorder, spinal disorders, upper extremity disorder  Hours:  # Questions:  Score on the question: | Tuesday  Topics studied: Reproductive system  Disease: breast disorders, cervical disorders, complicated pregnancy, contraceptive methods, human sexuality, infertility, menopause,  Hours:  # Questions:  Score: | Wednesday  Topics studied: Reproductive system  Disease: menstrual disorder, neoplase of the breast and reproductive tract, ovarian disorder, STI/PID, trauma, uncomplicated pregnancy, uterine disorder, vaginal/vulvar disorders  Hours:  # Questions:  Score: | Thursday  Topics studied: Psychiatry/Behavioral Science  Disease: obsessive-compulsive and related disorders, neurodevelopmental disorders, personality disorder, schizophrenia, sleep-wake disorders, somatic symptoms and related disorders, substance-related and addictive disorders, trauma and stressor related disorders  Hours:  # Questions:  Score: | Friday  Topics studied: MSK  Disease: chest/rib, compartment syndrome, degenerative disease, infectious disease, lower extremity disorders, neoplasm, rheumatologic disorder, spinal disorders, upper extremity disorder  Hours:  # Questions:  Score: | Saturday  Topics studied: Review topics studied throughout the week. Review topics that I need extra time with.  Disease:  Hours:  # Questions: Work on questions with mixed topics instead of focusing on one topic only.  Score: |

**Weekly reflection:**

* What I have planned to change?
* How have my study habit changed?
* Modification of plan if needed?
* What have I learned?
* How do I think I did so far?

**Week 5: 1/20- 1/23**

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| Mon | Tues | Wed | Thurs | Fri | Saturday |
| Topics studied: Pharmacology  Disease:  Hours:  # Questions:  Score on the question: | Will continue with Rosh Review Questions with mixed topics. Will reset questions if done with Rosh Review questions. | Will continue with Rosh Review Questions with mixed topics. Will reset questions if done with Rosh Review questions. | Will continue with Rosh Review Questions with mixed topics. Will reset questions if done with Rosh Review questions. | EXAM!! | Doing nothing! |