

Month 1		
<b>Week 1</b>  HYMR Clinical Lectures	Pharmacokinetics & Pharmacodynamics <ul style="list-style-type: none"> <li>• Drug Interactions</li> <li>• Special Populations (Peds – Geriatrics)</li> <li>• PK Part 1</li> <li>• PK Part 2</li> <li>• PK Part 3</li> <li>• Pharmacogenetics in practice</li> </ul> Cardiology – Antihypertensives <ul style="list-style-type: none"> <li>• ACEi and ARBs</li> <li>• Aldosterone antagonists</li> <li>• Alpha 1 Blockers and Alpha 2 Agonists</li> <li>• Beta Blockers</li> <li>• Calcium Channel Blockers</li> <li>• Loop Diuretics</li> <li>• Potassium Sparing Diuretics</li> <li>• Thiazide Diuretics</li> <li>• Nitrates and Vasodilators</li> </ul> Electrolytes <ul style="list-style-type: none"> <li>• Calcium and Parathyroid Disorders</li> <li>• Potassium</li> <li>• Sodium</li> </ul>	PK/PD – 3.7 hours  Antihypertensives – 4.4 hours  Electrolytes – 2.4 hours  Total 10.5 hours <hr/> Clinical Practice Qs - 150
	<b>Week 2</b>  HYMR Clinical Lectures	Cardiology – Antithrombotics <ul style="list-style-type: none"> <li>• VKOR Inhibitors</li> <li>• Direct Xa Inhibitors</li> <li>• Direct Thrombin Inhibitors</li> <li>• Heparin and LMWH</li> <li>• Aspirin</li> <li>• ADP Inhibitors</li> <li>• GPIIb/IIIa Receptor Blockers</li> <li>• PAR-1 Inhibitors</li> <li>• Thrombolytics</li> </ul> Cardiology – Hemodynamic Agents <ul style="list-style-type: none"> <li>• Antiarrhythmics Part 1</li> <li>• Antiarrhythmics Part 2</li> <li>• Inotropes</li> <li>• Vasopressors Part 1</li> <li>• Vasopressors Part 2</li> </ul> Cardiology – Hyperlipidemia <ul style="list-style-type: none"> <li>• Lipid Profile Interpretation</li> <li>• Medications for TG and HDL</li> <li>• Familial Hyperlipidemia</li> <li>• Statins for LDL</li> <li>• Hyperlipidemia Part 1</li> <li>• Hyperlipidemia Part 2</li> <li>• Nonstatins for LDL</li> </ul>

	<p>Dermatology</p> <ul style="list-style-type: none"> <li>• Acne</li> <li>• Atopic Dermatitis</li> <li>• Psoriasis</li> </ul>	
<p><b>Week 3</b></p> <p>HYMR Clinical Lectures</p>	<p>Cardiology – Disease States</p> <ul style="list-style-type: none"> <li>• Acute Coronary Syndrome</li> <li>• Aortic Valve Disorders</li> <li>• Atrial Fibrillation</li> <li>• Heart Failure – Acute</li> <li>• Heart Failure – Chronic</li> <li>• HTN – Part 1</li> <li>• HTN – Part 2</li> <li>• HTN Emergency – Background</li> <li>• HTN Emergency – CV</li> <li>• HTN Emergency – Renal</li> <li>• HTN Emergency – OBGYN</li> <li>• HTN Emergency – Sympathetics</li> <li>• HTN Emergency – Cases</li> <li>• Kawasaki Disease</li> <li>• Peripheral Artery Disease</li> </ul> <p>Endocrinology – Diabetes Mellitus</p> <ul style="list-style-type: none"> <li>• DM Disease State</li> <li>• Glycemic Evaluation &amp; Monitoring</li> <li>• Insulin Therapy</li> <li>• Initial Comprehensive DM Care</li> <li>• Sulfonylurea &amp; Meglitinides</li> <li>• Alpha Glucosidase Inhibitors</li> <li>• Biguanides (Metformin)</li> <li>• TZDs</li> <li>• DPP-4 Inhibitors</li> <li>• SGLT2 Inhibitors</li> <li>• GLP-1 Receptor Agonists</li> <li>• Amylin Analogs</li> <li>• Hyperglycemia DKA &amp; HHS</li> <li>• Hypoglycemia</li> <li>• Diabetic Foot Exam</li> </ul>	<p>Cards Disease States – 6.2 hours</p> <p>DM – 4.6 hours</p> <p>Total 10.8 hours</p> <hr/> <p>Clinical Practice Qs - 150</p>
<p><b>Week 4</b></p> <p>HYMR Clinical Lectures</p>	<p>Endocrinology – Steroids and Adrenal</p> <ul style="list-style-type: none"> <li>• Corticosteroids – Pharmacology</li> <li>• Corticosteroids – Application</li> <li>• Adrenal Disorders</li> </ul> <p>Endocrinology – Thyroid Disorders</p> <ul style="list-style-type: none"> <li>• Thyroid Function</li> <li>• Hyperthyroidism</li> <li>• Hypothyroidism</li> </ul> <p>Gastroenterology – Drug Class</p> <ul style="list-style-type: none"> <li>• 5-ASA Derivatives</li> </ul>	<p>Steroids/Adrenal – 1.6 hours</p> <p>Thyroid – 1 hour</p> <p>GI Drugs – 2.3 hours</p> <p>GI Disease States – 6.4 hours</p> <p>Total 11.3 hours</p> <hr/>

	<ul style="list-style-type: none"> <li>• Antacids</li> <li>• Antidiarrheals</li> <li>• Antiemetics</li> <li>• Fiber, Laxatives, Stool Softeners</li> </ul> <p>Gastroenterology – Disease States</p> <ul style="list-style-type: none"> <li>• Cirrhosis – Overview</li> <li>• Cirrhosis – Ascites</li> <li>• Cirrhosis – Encephalopathy</li> <li>• Cirrhosis – Hepatorenal Syndrome</li> <li>• Cirrhosis – SBP</li> <li>• Cirrhosis – Variceal Bleeding</li> <li>• Constipation</li> <li>• Acute Diarrhea</li> <li>• GERD</li> <li>• IBD</li> <li>• IBS</li> <li>• Nausea &amp; Vomiting</li> <li>• Opioid Induced Constipation</li> <li>• Acute &amp; Chronic Pancreatitis</li> <li>• Peptic Ulcer Disease</li> </ul>	Clinical Practice Qs - 150
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<b>Month 2</b>		
<b>Week 5</b>		
HYMR Clinical Lectures	<p>Hematology – Anemias</p> <ul style="list-style-type: none"> <li>• General Review</li> <li>• Anemia of Chronic Disease &amp; CKD</li> <li>• Macrocytic Anemia – Vit B12 &amp; Folate</li> <li>• Microcytic Anemia – Iron</li> <li>• Hemolytic Anemias</li> <li>• Sickle Cell Disease</li> <li>• Blood Transfusions</li> </ul> <p>Hematology – Coagulation Disorders</p> <ul style="list-style-type: none"> <li>• Overview of Coagulation</li> <li>• Bleeding Disorders</li> <li>• Clotting Disorders</li> <li>• DVT</li> <li>• PE</li> </ul> <p>Hematology – Platelet Disorders</p> <ul style="list-style-type: none"> <li>• Overview of Platelets &amp; Physiology</li> <li>• Platelet Disorders</li> <li>• Uremic Platelet Dysfunction</li> </ul> <p>Infectious Disease – Basics of Microbiology</p> <ul style="list-style-type: none"> <li>• Basics of Bacteria</li> <li>• Basics of Normal Flora</li> <li>• Bugs and Drugs</li> <li>• Organisms &amp; Common Infections</li> </ul> <p>Immunology</p> <ul style="list-style-type: none"> <li>• Allergic Rhinitis</li> </ul>	<p>Anemias – 3 hours</p> <p>Coagulation – 2 hours</p> <p>Platelets – 1.4 hours</p> <p>Microbiology – 1.7 hours</p> <p>Immunology – 2 hours</p> <p>Urology – 0.8 hours</p> <p>Total 10.9 hours</p> <hr/> <p>Clinical Practice Qs - 150</p>

	<ul style="list-style-type: none"> <li>• Hypersensitivity Reactions</li> <li>• Angioedema</li> <li>• Immunizations Vaccinations</li> <li>• Immunosuppressants for Transplant</li> </ul> <p>Urology</p> <ul style="list-style-type: none"> <li>• Overactive Bladder</li> <li>• Priapism</li> <li>• Sexual Disorders</li> </ul>	
<b>Week 6</b>  HYMR Clinical Lectures	Infectious Disease – Drug Reviews <ul style="list-style-type: none"> <li>• Penicillin Agents</li> <li>• Cephalosporins</li> <li>• Carbapenems &amp; Monobactams</li> <li>• Glycopeptide</li> <li>• Fosfomycin</li> <li>• Macrolides &amp; Ketolides</li> <li>• Tetracyclines</li> <li>• Oxazolidinones and Streptogramins</li> <li>• Aminoglycosides</li> <li>• Fluoroquinolones</li> <li>• Antimycobacterial Agents for TB</li> <li>• Anaerobic Agents</li> <li>• Other Antibiotics</li> <li>• Antifungals</li> </ul> MSK & Rheumatology <ul style="list-style-type: none"> <li>• Gout &amp; Hyperuricemia</li> <li>• Osteoarthritis</li> <li>• Osteoporosis</li> <li>• Rheumatoid Arthritis</li> <li>• Lupus</li> </ul> Neurology – Seizures <ul style="list-style-type: none"> <li>• Anticonvulsants Part 1</li> <li>• Anticonvulsants Part 2</li> <li>• Seizures</li> <li>• Status Epilepticus</li> </ul>	ID Drugs – 5.4 hours  Rheumatology – 2.8 hours  Seizures – 2.8 hours  Total 11 hours <hr/> Clinical Practice Qs - 150
<b>Week 7</b>  HYMR Clinical Lectures	Infectious Disease – Core Diseases <ul style="list-style-type: none"> <li>• Bacterial Tracheitis</li> <li>• Bronchiolitis</li> <li>• Bronchitis</li> <li>• C Diff</li> <li>• Croup</li> <li>• Diabetic Foot Infection</li> <li>• Infectious Endocarditis</li> <li>• Epiglottitis</li> <li>• Helminth Infections</li> <li>• HIV Infection</li> </ul>	ID Diseases – 10.8 hours <hr/> Clinical Practice Qs - 150

	<ul style="list-style-type: none"> <li>• Intraabdominal Infections</li> <li>• Meningitis</li> <li>• Opportunistic Infections</li> <li>• Otitis Media</li> <li>• Pelvic Inflammatory Disease</li> <li>• Pharyngitis</li> <li>• Pneumonia – Adults</li> <li>• Pneumonia – Pediatric</li> <li>• HAP and VAP</li> <li>• Prostatitis</li> <li>• Protozoal Infections</li> <li>• Sepsis – Adult</li> <li>• Sepsis – Pediatric</li> <li>• Sinusitis</li> <li>• Soft Tissue Infection</li> <li>• UTI</li> <li>• Basics of Virology</li> <li>• Influenza</li> <li>• Herpes Virus Infections</li> <li>• Hepatitis B</li> <li>• Hepatitis C</li> </ul>	
<p><b>Week 8</b></p> <p>HYMR Clinical Lectures</p>	<p>Neurology – Pain Management</p> <ul style="list-style-type: none"> <li>• Non-opioid Analgesics</li> <li>• Opioid Analgesics</li> <li>• Opioid Induced Side Effects</li> <li>• Opioid Dose Equivalency</li> <li>• Acute and Chronic Pain Management</li> <li>• Low Back Pain</li> <li>• Migraine Headache</li> </ul> <p>Neurology – Other</p> <ul style="list-style-type: none"> <li>• Alzheimers Disease</li> <li>• Bells Palsy</li> <li>• Parkinsons Disease</li> <li>• Neuromuscular Blockers</li> <li>• Sedative Hypnotics</li> <li>• Acute Ischemic Stroke &amp; tPA</li> </ul> <p>Oncology</p> <ul style="list-style-type: none"> <li>• Traditional Chemo</li> <li>• Monoclonal Antibodies</li> <li>• Tyrosine Kinase Inhibitors</li> </ul> <p>Ophthalmology</p> <ul style="list-style-type: none"> <li>• Ophthalmic Anesthetics</li> <li>• Bacterial Eye Infections</li> <li>• Glaucoma</li> <li>• Iritis and Uveitis</li> </ul>	<p>Pain – 5 hours</p> <p>Neuro other – 3.5 hours</p> <p>Oncology – 1.5 hours</p> <p>Ophthalmology – 1.4 hours</p> <p>Total 11.4 hours</p> <hr/> <p>Clinical Practice Qs - 150</p>

Month 3		
<p><b>Week 9</b></p> <p>HYMR Clinical Lectures</p>	<p>Psychiatry – Drug Reviews</p> <ul style="list-style-type: none"> <li>• Antidepressants</li> <li>• Antipsychotics</li> <li>• Anxiolytics</li> </ul> <p>Psychiatry – Disease States</p> <ul style="list-style-type: none"> <li>• ADD and ADHD</li> <li>• Anxiety Disorder</li> <li>• Bipolar Disorder</li> <li>• Alcohol Withdrawal &amp; DTs</li> <li>• Major Depressive Disorder</li> <li>• Obsessive Compulsive Disorder</li> <li>• Psychotic Disorders</li> <li>• Smoking Cessation</li> </ul> <p>Pulmonology – Drug Reviews</p> <ul style="list-style-type: none"> <li>• Bronchodilator</li> <li>• Inhaled Steroids</li> <li>• Other Drug Therapy</li> </ul> <p>Pulmonology – Disease States</p> <ul style="list-style-type: none"> <li>• Asthma – Acute</li> <li>• Asthma – Chronic</li> <li>• COPD – Acute</li> <li>• COPD Chronic</li> <li>• Pulmonary Hypertension</li> </ul> <p>Women’s Health</p> <ul style="list-style-type: none"> <li>• Menstrual Cycle: Infertility &amp; Contraceptives</li> <li>• Pharmacokinetic Considerations in Pregnancy</li> <li>• Drug Categorization &amp; Risks in Pregnancy</li> <li>• Drugs &amp; Breastfeeding</li> </ul>	<p>Psych Drugs – 1.5 hours</p> <p>Psych Diseases – 3.7 hours</p> <p>Pulmonology Drugs – 1.4 hours</p> <p>Pulmonology Disease – 2.3 hours</p> <p>Women – 2.1 hours</p> <p>Total 11 hours</p> <hr/> <p>Clinical Practice Qs - 150</p>
<p><b>Week 10</b></p> <p>HYMR Clinical Lectures</p> <p>MedEd101 Regulatory Study Guide</p>	<p>Women’s Health Cont.</p> <ul style="list-style-type: none"> <li>• Common Treatment Considerations</li> <li>• Preeclampsia &amp; Eclampsia</li> <li>• Pre-Term &amp; Post-Partum Hemorrhage</li> <li>• Postmenopausal Hormone Treatment</li> </ul> <p>Toxicology</p> <ul style="list-style-type: none"> <li>• Rapid Review</li> <li>• Acetaminophen</li> <li>• Alcohols</li> <li>• Beta Blockers</li> <li>• Calcium Channel Blockers</li> <li>• Carbon Monoxide</li> <li>• Cyanide</li> <li>• Digoxin</li> <li>• Isoniazid</li> <li>• Lithium</li> <li>• Organophosphates</li> </ul>	<p>Women Cont. – 1.9 hours</p> <p>Toxicology – 4.2 hours</p> <p>Special Topics – 2.9 hours</p> <p>Total 9 hours</p> <hr/> <p>Clinical Practice Qs - 150</p>

	<ul style="list-style-type: none"> <li>• Salicylates &amp; Aspirin</li> <li>• Serotonin Syndrome</li> <li>• Sulfonylureas &amp; Metformin</li> <li>• TCAs</li> </ul> <p>Pharmacology – Special Topics</p> <ul style="list-style-type: none"> <li>• Penicillin Allergy &amp; Cross Reaction</li> <li>• Sulfa Allergy &amp; Cross Reaction</li> <li>• Drugs to Avoid in G6PD</li> <li>• Drug Induced Gout</li> <li>• Unique Med Review</li> <li>• Drug Food Interactions</li> <li>• Drug Gastric Acid Interactions</li> <li>• Drug Lab Interactions</li> <li>• Drug Sunlight Interactions</li> <li>• IV Drug Administration</li> <li>• Core Dose Equivalence</li> <li>• Core ADR</li> <li>• IV Drugs Needing Premedication</li> <li>• Drugs Needing Protection from Light</li> </ul> <p>Regulatory Study Guide</p>	
<p><b>Week 11</b></p> <p>Lectures: EBM Literature Biostats</p> <p>MedEd101 Biostats Study Guide – *Optional</p>	<p>EBM Series – (*Optional)</p> <p>Intro to Clinical Research &amp; the Course – (*Optional)</p> <p>Study Design &amp; Development</p> <ul style="list-style-type: none"> <li>• Hypothesis Testing</li> <li>• Study Design</li> <li>• Types of Bias</li> <li>• Internal &amp; External Validity</li> </ul> <p>Biostatistics – Part 1</p> <ul style="list-style-type: none"> <li>• General Overview – The Endpoint</li> <li>• Measures of Central Tendency</li> <li>• Types of Study Groups</li> <li>• Nominal, Ordinal or Continuous Data</li> <li>• Parametric vs Nonparametric Tests</li> </ul> <p>Biostatistics – Part 2</p> <ul style="list-style-type: none"> <li>• Power Analysis</li> <li>• Alpha</li> <li>• Confidence Intervals</li> <li>• P-values</li> <li>• Relative Risk &amp; Odds Ratios</li> <li>• Correlations</li> <li>• Regression Analysis</li> </ul> <p>Diagnostic Tests</p> <ul style="list-style-type: none"> <li>• Overview of Diagnostic Studies &amp; Tests</li> <li>• Precision &amp; Accuracy</li> <li>• Sensitivity &amp; Specificity</li> </ul>	<p>Study – 1.5 hours</p> <p>Biostats Part 1 – 0.8 hours</p> <p>Biostats Part 2 – 1.2 hours</p> <p>Diagnostic – 1.7 hours</p> <p>SR &amp; MA – 1.1 hours</p> <p>Literature – 0.4 hours</p> <p>Pharmacoeconomic – 0.2 hours</p> <p>Total 6.9 hours</p> <hr/> <p>Clinical Practice Qs – 150 EMB/Biostats/Lit Practice Qs - 56</p>

	<ul style="list-style-type: none"> <li>• ROC Curves</li> <li>• Positive &amp; Negative Predictive Values</li> <li>• Likelihood Ratios</li> </ul> <p>Systematic Reviews &amp; Meta-Analysis</p> <ul style="list-style-type: none"> <li>• What is the Difference?</li> <li>• Key Steps Involved</li> <li>• Reporting Results – Forest Plots</li> <li>• GRADE Assessment</li> <li>• Reporting Guidelines</li> </ul> <p>Literature Reporting &amp; Appraisal</p> <ul style="list-style-type: none"> <li>• Reporting Guidelines for all Study Types</li> <li>• Critical Appraisal Tools</li> <li>• Assessment of Bias in Publications</li> </ul> <p>Special Topics</p> <ul style="list-style-type: none"> <li>• Pharmacoeconomic Analysis</li> </ul> <p>Biostatistics Study Guide – *Optional</p>	
<b>Week 12</b>	<p>REVIEW WEEK</p> <ul style="list-style-type: none"> <li>• Review clinical material**</li> <li>• Review biostats/literature/EBM</li> <li>• Review regulatory</li> <li>• Practice questions</li> </ul>	<p>Clinical Practice Qs – 150</p> <p>EMB/Biostats/Lit Practice Qs - 55</p>

\*Material may be skipped without missing vital testing material

\*\*To review clinical material, I utilized a master study guide I created while going through each lecture listed above, see BCPS blog post for more details

*This study schedule is based on a three-month studying period, three months is the minimum recommended study timeframe by this writer, but the plan may be expanded or condensed based on your specific timeframe. This schedule is not sponsored or endorsed by Board of Pharmacy Specialties, High Yield Med Reviews, MedEd101 or any other organization. Use of the discount codes provided by The Luxe Pharmacist do result in commission. The Luxe Pharmacist is not responsible for the outcome of the BCPS exam or any other Board of Pharmacy Specialties Exams. By downloading this study plan you are agreeing to these conditions. Distributing this schedule to others is illegal due to copyright laws.*