

SEE Prep

14-Week Study Guide - full
Exam: Monday, September 21, 2026

Tip: the app opens just the current week for you - this full version is for browsing ahead.

Week 1

Jun 15 - Jun 20, 2026

Pediatrics

Mon

Jun 15

FOCUS

Neonatal & infant physiology vs adult: high alveolar-ventilation-to-FRC ratio = fast inhalational induction AND fast desaturation; O₂ consumption ~6-8 mL/kg/min; immature hepatic/renal clearance; rapid heat loss; cardiac output is rate-dependent so bradycardia is dangerous; 4-2-1 fluid rule and glucose-containing maintenance

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 48 Pediatric Anesthesia; Ch 47 Neonatal Anesthesia (read the core chapter(s) today)

APEX

APEX review: Pediatric Anesthesia

PRODIGY

Prodigy -> Special Populations -> Pediatrics — 25 Q, Practice

MEMORY MASTER

Memory Master: Pediatrics

Fri

Jun 19

FOCUS

Pediatric airway & induction (practice day): large occiput/tongue, cephalad anterior larynx, cricoid is the functional narrowing under ~5 yr, straight (Miller) blade; cuffed ETT size = $\text{age}/4 + 3.5$; atropine blunts vagal bradycardia; laryngospasm ladder = 100% O₂, CPAP/jaw thrust, deepen, then small succinylcholine

APEX

APEX review: Pediatric Airway & Induction

PRODIGY

Prodigy -> Special Populations -> Pediatrics (airway/induction) — 30 Q, Practice

MEMORY MASTER

Memory Master: Peds airway

Sat

Jun 20

FOCUS

Apply it — classic peds cases: pyloric stenosis (hypochloremic hypokalemic metabolic alkalosis; medical emergency, correct first, full stomach); VSD most common defect; tet spell = raise SVR (phenylephrine, knees-to-chest, fluids, O₂); epiglottitis vs croup; post-tonsillectomy bleed = hypovolemic full stomach; emergence delirium with sevoflurane

APEX

APEX practice exam: Pediatrics

PRODIGY

Prodigy -> Special Populations -> Pediatrics (clinical) — 30 Q, Board Simulation

MEMORY MASTER

Memory Master: Peds complications

Week 2

Jun 22 - Jun 27, 2026

Obstetrics

Mon

Jun 22

FOCUS

Maternal physiology: increased CO/plasma volume (dilutional anemia), decreased FRC + increased O₂ use (fast desaturation), aortocaval compression after ~20 wk (left uterine displacement), decreased MAC ~30-40%, full-stomach/aspiration risk; uteroplacental flow is pressure-dependent (not autoregulated); lipophilic, un-ionized, low-protein-bound drugs cross the placenta

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 46 Obstetric Anesthesia (read the core chapter(s) today)

APEX

APEX review: Obstetric Anesthesia

PRODIGY

Prodigy -> Special Populations -> Obstetrics — 25 Q, Practice

MEMORY MASTER

Memory Master: OB physiology

Fri

Jun 26

FOCUS

Labor analgesia & cesarean neuraxial: dilute local + opioid for labor; T4 sensory level for C-section; post-spinal hypotension = LUD + phenylephrine (better fetal pH than ephedrine) + fluids; epidural test dose (epi -> tachycardia if IV; dense block if intrathecal); PDPH from dural puncture (pencil-point needles reduce it)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 44 Regional Anesthesia: Spinal and Epidural (neuraxial focus) (read the core chapter(s) today)

APEX

APEX review: OB Neuraxial & Cesarean

PRODIGY

Prodigy -> Special Populations -> Obstetrics (neuraxial/cesarean) — 30 Q, Practice

MEMORY MASTER

Memory Master: OB neuraxial

Sat

Jun 27

FOCUS

High-risk OB (apply): preeclampsia/eclampsia — magnesium is first-line for seizures, toxicity sequence (loss of DTRs -> respiratory depression) treated with IV calcium; HELLP (low platelets affect neuraxial); hemorrhage — atony is #1 (oxytocin first; avoid methylergonovine in HTN, carboprost in asthma); placenta accreta = massive-hemorrhage prep; amniotic fluid embolism

APEX

APEX practice exam: High-Risk Obstetrics

PRODIGY

Prodigy -> Special Populations -> OB complications — 30 Q, Board Simulation

MEMORY MASTER

Memory Master: OB complications

Week 3

Jun 29 - Jul 4, 2026

Equipment & Technology

Mon

Jun 29

FOCUS

Anesthesia machine & gas supply: pipeline vs cylinder (E-cyl O₂ ~660 L at ~1900 psi, volume proportional to pressure; N₂O gauge stays full until liquid gone); PISS/DISS; O₂ fail-safe (pressure) vs proportioning/hypoxic guard vs the O₂ analyzer (only thing that catches a pipeline crossover); variable-bypass vaporizers, pumping effect, altitude

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 15 Anesthesia Equipment; Ch 14 Chemistry and Physics of Anesthesia (read the core chapter(s) today)

APEX

APEX review: Anesthesia Machine & Gas Delivery

PRODIGY

Prodigy -> Equipment -> Delivery systems & vaporizers — 30 Q, Practice

MEMORY MASTER

Memory Master: Machine & Vaporizers

Fri

Jul 3

FOCUS

Circuits, absorbent & monitoring: circle system & Mapleson (Bain = coaxial D); soda lime is mostly Ca(OH)₂ (sevo+desiccated -> Compound A; des/iso -> CO); capnograph phases (shark-fin = obstruction; raised baseline = rebreathing; sudden drop = low CO/PE/disconnect); pulse-ox pitfalls (COHb falsely high, MetHb ~85%)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 16-18 Clinical Monitoring I-III (CV, Respiratory/Metabolic, Neurologic) (read the core chapter(s) today)

APEX

APEX review: Monitoring + Circuits

PRODIGY

Prodigy -> Equipment -> Monitoring & circuits — 30 Q, Practice

MEMORY MASTER

Memory Master: Monitoring & circuits

Sat

Jul 4

FOCUS

Safety (apply): electrical safety — line isolation monitor warns of a first fault (power still safe), macro- vs microshock; MRI 5-gauss line and quench (helium asphyxiation); OR fire triad (oxidizer + ignition + fuel; low FiO₂, avoid N₂O for airway lasers); electrosurgery & pacemaker/ICD precautions (magnet, bipolar, return-pad placement)

APEX

APEX practice exam: Equipment & Safety

PRODIGY

Prodigy -> Equipment -> Mixed + Safety — 30 Q, Board Simulation

MEMORY MASTER

Memory Master: Safety (electrical/MRI/fire)

Week 4

Respiratory & Thoracic

Jul 6 - Jul 11, 2026

Mon

Jul 6

FOCUS

Respiratory physiology: lung volumes & FRC, closing capacity rises with age (airway closure), compliance; V/Q vs shunt (shunt does NOT correct with 100% O₂) vs dead space; oxyhemoglobin curve (P50 ~27; right shift = acidosis/heat/2,3-DPG; left shift = the opposite/HbF/COHb); CO₂ carried mostly as bicarbonate; alveolar gas equation (PAO₂ ~100 on room air)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 26 Respiratory Anatomy, Physiology, Pathophysiology & Anesthetic Management (read the core chapter(s) today)

APEX

APEX review: Respiratory Physiology

PRODIGY

Prodigy -> Basic Sciences -> Respiratory physiology — 25 Q, Practice

MEMORY MASTER

Memory Master: Respiratory physiology

Fri

Jul 10

FOCUS

Respiratory pathophysiology (practice): asthma/COPD (air-trapping — prolong expiration, avoid auto-PEEP; deepen + albuterol for intraop bronchospasm; rule out mechanical mimics first); restrictive disease; OSA; pulmonary HTN goals (avoid hypoxia/hypercarbia/acidosis); diffusion hypoxia at end of N₂O -> give 100% O₂

APEX

APEX review: Respiratory Pathophysiology

PRODIGY

Prodigy -> Basic Sciences -> Respiratory pathophysiology — 30 Q, Practice

MEMORY MASTER

Memory Master: Pulmonary disease

Sat

Jul 11

FOCUS

Thoracic & one-lung ventilation: lung isolation (left DLT confirmed by fiberoptic) ; OLV hypoxemia ladder = confirm FiO₂/position, CPAP to the nonventilated lung + PEEP to the ventilated lung; hypoxic pulmonary vasoconstriction (blunted by volatiles/vasodilators); anterior mediastinal mass (keep spontaneous ventilation)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 27 Anesthesia for Thoracic Surgery (read the core chapter(s) today)

APEX

APEX review: Thoracic Anesthesia & OLV

PRODIGY

Prodigy -> Special Populations -> Thoracic — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Thoracic/OLV

Week 5

Jul 13 - Jul 18, 2026

Cardiovascular & Cardiac

Mon

Jul 13

FOCUS

CV physiology: cardiac cycle & pressure-volume loops; $CO = HR \times SV$ and $MAP \sim CO \times SVR$; Frank-Starling (preload \rightarrow stroke volume); LV is perfused in DIASTOLE (tachycardia + low diastolic pressure cut supply); coronary perfusion pressure; baroreceptor reflex

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 23 Cardiovascular Anatomy, Physiology, Pathophysiology & Anesthesia Management (read the core chapter(s) today)

APEX

APEX review: Cardiovascular Physiology

PRODIGY

Prodigy \rightarrow Basic Sciences \rightarrow CV physiology — 25 Q, Practice

MEMORY MASTER

Memory Master: CV physiology

Fri

Jul 17

FOCUS

CV pharmacology & valves: adrenergic receptors (beta-1 heart, beta-2 bronchodilation/vasodilation, alpha-1 vasoconstriction); inotropes (epi, dobutamine, milrinone) vs esmolol; vasoactives, CCBs (non-dihydropyridines slow AV node); nitroprusside cyanide; valve goals — AS (full, slow-normal, sinus, high SVR), AR & MR (fast, full, forward), MS (avoid tachycardia)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 13 Autonomic and Cardiac Pharmacology (read the core chapter(s) today)

APEX

APEX review: CV Pharmacology & Valvular Disease

PRODIGY

Prodigy \rightarrow Basic Sciences \rightarrow CV pathophysiology + pharmacology — 30 Q, Practice

MEMORY MASTER

Memory Master: CV drugs & valves

Sat

Jul 18

FOCUS

Cardiac & vascular anesthesia (apply): CABG/CPB, treat demand ischemia by lowering HR/wall tension (esmolol); TAVR & devices (VAD/ECMO/IABP); tamponade (Beck's triad; keep full/fast/tight); carotid endarterectomy (maintain cerebral perfusion at cross-clamp); aortic cross-clamp physiology (afterload up, hypotension on release)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 24 Anesthesia for Cardiac Surgery; Ch 25 Anesthesia for Vascular Surgery (read the core chapter(s) today)

APEX

APEX review: Cardiac & Vascular Anesthesia

PRODIGY

Prodigy \rightarrow Special Populations \rightarrow Cardiac + Vascular — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Cardiac/Vascular

Week 6

Jul 20 - Jul 25, 2026

Airway & Preoperative

Mon

Jul 20

FOCUS

Preop & airway assessment: Mallampati, thyromental distance <6 cm, mouth opening, neck extension; a prior difficult intubation is the strongest predictor; ASA physical status; ASA fasting (2/4/6/8; GLP-1 agonists raise aspiration risk); functional capacity (>=4 METs); RCRI; hold ACEi/ARB, continue beta-blockers

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 19 Preoperative Evaluation and Preparation; Ch 22 Airway Management (assessment) (read the core chapter(s) today)

APEX

APEX review: Preoperative Evaluation & Airway Assessment

PRODIGY

Prodigy -> General Principles -> Preop + Airway assessment — 25 Q, Practice

MEMORY MASTER

Memory Master: Preop & airway assessment

Fri

Jul 24

FOCUS

Difficult airway (practice): ASA algorithm — anticipate difficulty -> awake intubation preserving spontaneous ventilation; cannot intubate/cannot oxygenate -> front-of-neck access; RSI (preoxygenate, succinylcholine 1-1.5 or roc 1.2); Cormack-Lehane grades; ETT cuff <25-30 cmH₂O; negative-pressure pulmonary edema after laryngospasm

APEX

APEX review: Airway Management & Difficult Airway

PRODIGY

Prodigy -> General Principles -> Airway management — 30 Q, Practice

MEMORY MASTER

Memory Master: Difficult airway

Sat

Jul 25

FOCUS

Airway equipment & positioning (apply): LMA uses/contraindications (aspiration risk, high pressures), double-lumen tubes/bronchial blockers, video laryngoscopy, bougie; positioning nerve injuries — common peroneal (foot drop) in lithotomy, ulnar, brachial plexus; pad and limit duration/abduction

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 21 Positioning for Anesthesia and Surgery (airway devices: Ch 15) (read the core chapter(s) today)

APEX

APEX review: Airway Equipment & Positioning

PRODIGY

Prodigy -> Equipment -> Airway devices + Positioning — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Airway equipment & positioning

Week 7

Jul 27 - Aug 1, 2026

Regional Anesthesia & Pain

Mon

Jul 27

FOCUS

Neuraxial: spinal vs epidural (epidural = larger dose, slower, titratable); differential block = autonomic > sensory > motor; hypotension from sympathectomy (venodilation, low preload); high/total spinal management (support airway, pressors, atropine); PDPH and epidural blood patch; contraindications (refusal, coagulopathy, infection at site)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 44 Regional Anesthesia: Spinal and Epidural (read the core chapter(s) today)

APEX

APEX review: Neuraxial Anesthesia

PRODIGY

Prodigy -> General Principles -> Regional (neuraxial) — 25 Q, Practice

MEMORY MASTER

Memory Master: Neuraxial

Fri

Jul 31

FOCUS

Peripheral blocks & local anesthetics: interscalene -> ~100% phrenic palsy; supraclavicular -> pneumothorax; ASRA anticoagulation timing (hematoma risk); LA pharmacology — onset depends on pKa, esters (PABA allergy) vs amides; max doses; LAST = 20% lipid emulsion + reduced epinephrine; bupivacaine most cardiotoxic

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 45 Regional Anesthesia: Upper and Lower Extremity Blocks; Ch 10 Local Anesthetics (read the core chapter(s) today)

APEX

APEX review: Peripheral Blocks & Local Anesthetics

PRODIGY

Prodigy -> General Principles -> Regional (peripheral) + Local anesthetics — 30 Q, Practice

MEMORY MASTER

Memory Master: Blocks / LA / LAST

Sat

Aug 1

FOCUS

Pain & sedation (apply): multimodal/opioid-sparing analgesia and ERAS; opioid pharmacology (miosis, respiratory depression; equianalgesia; tramadol/meperidine serotonin & seizure risk; methadone QT); naloxone (re-dose; not for benzodiazepines); sedation depth/MAC; TIVA & context-sensitive half-time (remifentanyl stays short)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 51 Pain Management; Ch 11 Opioid Agonists and Antagonists (read the core chapter(s) today)

APEX

APEX review: Pain, Sedation & TIVA

PRODIGY

Prodigy -> General Principles -> Pain + Sedation/TIVA — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Pain / Multimodal

Week 8

Aug 3 - Aug 8, 2026

Neuro & Neuromuscular

Mon

Aug 3

FOCUS

Neurophysiology: CBF ~50 mL/100g/min, autoregulation MAP ~50-150 (impaired by volatiles), CPP = MAP - ICP; volatiles uncouple (raise CBF, lower CMRO₂); lower ICP with head-up, mild hyperventilation, mannitol/hypertonic saline; Cushing's triad; CNS disease (seizures, MS, stroke)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 28 Neuroanatomy, Neurophysiology, and Neuroanesthesia (read the core chapter(s) today)

APEX

APEX review: Neurophysiology & CNS

PRODIGY

Prodigy -> Basic Sciences -> CNS physiology/pathophysiology — 25 Q, Practice

MEMORY MASTER

Memory Master: Neuro physiology

Fri

Aug 7

FOCUS

Neuromuscular pharmacology: depolarizing vs nondepolarizing; succinylcholine contraindications (burns/SCI/denervation, hyperkalemia, MH); pseudocholinesterase deficiency; phase II block & TOF fade; reversal — neostigmine (+glycopyrrolate) vs sugammadex (encapsulates aminosteroids); confirm TOF >0.9 before extubation; MG sensitive to nondepolarizers

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 12 Neuromuscular Blocking Agents, Reversal Agents & Their Monitoring (read the core chapter(s) today)

APEX

APEX review: Neuromuscular Blockers & Reversal

PRODIGY

Prodigy -> Basic Sciences -> NMB pharmacology + neuromuscular disease — 30 Q, Practice

MEMORY MASTER

Memory Master: NMB / reversal / MH

Sat

Aug 8

FOCUS

Neuroanesthesia (apply): craniotomy, aneurysm/SAH, spine; venous air embolism in the sitting position (sudden EtCO₂ drop -> flood field, aspirate line); preserve SSEP/MEP with TIVA (no paralysis for MEPs); transsphenoidal; autonomic hyperreflexia (lesion above T6); avoid hyperglycemia in brain injury

APEX

APEX practice exam: Neuroanesthesia

PRODIGY

Prodigy -> Special Populations -> Neuroanesthesia — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Neuroanesthesia

Week 9

Aug 10 - Aug 15, 2026

Renal · Hepatic · Endocrine

Mon

Aug 10

FOCUS

Renal + fluids/electrolytes: GFR & creatinine; AKI vs CKD; hyperkalemia ECG and treatment order (calcium to stabilize, then insulin/glucose/albuterol to shift, then remove); systematic acid-base with Winters' formula; correct chronic hyponatremia slowly (osmotic demyelination); NS -> hyperchloremic acidosis

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 29 Renal Anatomy, Physiology, Pathophysiology; Ch 20 Fluids, Electrolytes & Blood Component Therapy (read the core chapter(s) today)

APEX

APEX review: Renal + Fluids & Electrolytes

PRODIGY

Prodigy -> Basic Sciences -> Renal + acid-base — 25 Q, Practice

MEMORY MASTER

Memory Master: Renal / acid-base

Fri

Aug 14

FOCUS

Hepatic & GI (practice): liver function & drug metabolism, cirrhosis/portal hypertension, coagulopathy; cisatracurium preferred (Hofmann); dual hepatic blood supply; TURP syndrome (dilutional hyponatremia/hypo-osmolality); carcinoid (octreotide, avoid catecholamines/histamine releasers)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 30 Hepatobiliary and Gastrointestinal Disturbances and Anesthesia (read the core chapter(s) today)

APEX

APEX review: Hepatic & GI Systems

PRODIGY

Prodigy -> Basic Sciences -> Hepatic/GI — 30 Q, Practice

MEMORY MASTER

Memory Master: Hepatic / GI

Sat

Aug 15

FOCUS

Endocrine + aging/obesity (apply): thyroid storm (beta-blockade first) & hypothyroid; adrenal (stress-dose steroids for HPA suppression; pheochromocytoma = alpha-block BEFORE beta-block); diabetes (gastroparesis = full stomach; reduced basal insulin, IV regular for control); geriatrics (lower MAC/clearance); obesity (ramped position, rapid desaturation, dose to lean/ideal weight)

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 33 The Endocrine System; Ch 49 Geriatrics; Ch 43 Obesity and Anesthesia Practice (read the core chapter(s) today)

APEX

APEX review: Endocrine + Geriatrics & Obesity

PRODIGY

Prodigy -> Basic Sciences -> Endocrine + Geri/Obesity — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Endocrine / geri / obesity

Week 10

Aug 17 - Aug 22, 2026

Hematology, Fluids & Transfusion

Mon

Aug 17

FOCUS

Hematology & immune: anemias & sickle cell (avoid hypoxia/acidosis/hypothermia/dehydration); coagulation cascade (PT/INR = extrinsic/VII/warfarin; aPTT = intrinsic/heparin); hemophilia A = factor VIII, vWD = DDAVP; hypersensitivity types I-IV; perioperative anaphylaxis (NMBs/antibiotics/latex) -> epinephrine first

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 34 Hematology and Anesthesia; Ch 41 The Immune System and Anesthesia (read the core chapter(s) today)

APEX

APEX review: Hematology & Immune System

PRODIGY

Prodigy -> Basic Sciences -> Heme/Immune — 25 Q, Practice

MEMORY MASTER

Memory Master: Heme / coag / immune

Fri

Aug 21

FOCUS

Transfusion & coagulation (practice): 1 unit PRBC ~1 g/dL; massive transfusion ~1:1:1 and its risks (citrate -> hypocalcemia, hyperK, hypothermia, dilutional coagulopathy); stored-blood changes; TEG/ROTEM-guided therapy; anticoagulant reversal (protamine for heparin, PCC/vitamin K for warfarin, idarucizumab for dabigatran, andexanet for Xa inhibitors); TXA

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 20 Fluids, Electrolytes & Blood Component Therapy (transfusion & coagulation) (read the core chapter(s) today)

APEX

APEX review: Fluids, Blood & Coagulation

PRODIGY

Prodigy -> General Principles -> Fluids/blood + anticoagulants — 30 Q, Practice

MEMORY MASTER

Memory Master: Transfusion / anticoagulation

Sat

Aug 22

FOCUS

Transfusion reactions (apply): TRALI (noncardiogenic, normal filling pressures, <6 h, supportive) vs TACO (overload, high pressures, diuresis); acute hemolytic (ABO) = fever/hypotension/hemoglobinuria/DIC -> stop & support; febrile and allergic reactions; bloodless medicine/cell salvage; oncology/immunocompromised considerations

APEX

APEX practice exam: Transfusion & Blood Management

PRODIGY

Prodigy -> General Principles -> Transfusion reactions — 25 Q, Board Simulation

MEMORY MASTER

Memory Master: Transfusion reactions

Week 11

Pharmacology, Physics & Professional

Aug 24 - Aug 29, 2026

Mon

Aug 24

FOCUS

Anesthetic pharmacology: inhaled uptake (low blood:gas = fast; high CO slows; concentration & second-gas effects; MAC values sevo ~2/iso ~1.2/des ~6/N2O ~104; MAC-awake ~0.3-0.5); IV agents (propofol -> PRIS at high dose; etomidate -> adrenal suppression; ketamine sympathomimetic/bronchodilator; dexmedetomidine); opioids & context-sensitive half-time

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 5-9, 11 (pharmacology principles, inhaled & IV anesthetics, opioids) (read the core chapter(s) today)

APEX

APEX review: Inhaled & IV Anesthetics + Opioids

PRODIGY

Prodigy -> Basic Sciences -> Anesthetic pharmacology — 30 Q, Practice

MEMORY MASTER

Memory Master: Anesthetic pharmacology

Fri

Aug 28

FOCUS

Physics & equipment reinforce (your weak area): gas laws (Boyle/Charles/Gay-Lussac), Henry's law (solubility ~ partial pressure), Laplace, Reynolds number/turbulence (heliox), Bohr vs Haldane; laminar flow ~ r^4 (Poiseuille); revisit machine/vaporizer/monitoring high-yield

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 14 Chemistry and Physics of Anesthesia (skim Ch 15 Equipment) (read the core chapter(s) today)

APEX

APEX review: Chemistry, Physics & Equipment

PRODIGY

Prodigy -> Basic Sciences -> Physics + Equipment mixed — 30 Q, Practice

MEMORY MASTER

Memory Master: Physics + equipment

Sat

Aug 29

FOCUS

Professional & remaining subspecialties (apply): ethics & legal (informed consent: capacity, disclosure, voluntariness), scope/standards, wellness/SUD; ASA monitoring standards; time-out/wrong-site prevention; infection control & OR fire safety; NORA, trauma (lethal triad), burns (Parkland; avoid succinylcholine after 24-48 h), transplant

READ (Nagelhout 7th ed)

Nagelhout 7th ed: Ch 1-3 Professional/Legal; Ch 52 NORA; Ch 36 Trauma; Ch 35 Thermal Injury (read the core chapter(s) today)

APEX

APEX review: Professional Issues + NORA/Trauma/Subspecialties

PRODIGY

Prodigy -> General Principles -> Professional + Subspecialties/NORA/Trauma — 30 Q, Board Simulation

MEMORY MASTER

Memory Master: Professional + subspecialties

Week 12

Aug 31 - Sep 5, 2026

Integration & Weak-Area Pass

Mon
Aug 31

FOCUS
Pharmacology mega-review: drill every class your daily quizzes flag weakest — autonomic, anesthetics, opioids/NMBs, CV drugs, anticoagulants, antiemetics (ondansetron/droperidol QT), steroids, insulin; emphasize the items you have missed most

APEX
APEX review: weakest pharmacology lessons

PRODIGY
Prodigy -> Basic Sciences -> Pharmacology (mixed) — 40 Q, Practice

MEMORY MASTER
Memory Master: Pharmacology (full)

Fri
Sep 4

FOCUS
Second pass on your two weakest domains (data-driven, usually Equipment + Basic Sciences): re-drill the specific low-accuracy topics from your Progress tab; redo missed questions until reasoning is automatic

APEX
APEX review: your weakest Equipment + Basic Science lessons

PRODIGY
Prodigy -> your two weakest categories — 40 Q, Practice

MEMORY MASTER
Memory Master: weak topics

Sat
Sep 5

FOCUS
Cumulative timed mixed review across all four SEE domains to build stamina and pacing (~1 min/question); flag and analyze every miss

APEX
APEX practice exam: full mixed review

PRODIGY
Prodigy -> Mixed (all domains) — 50 Q, Board Simulation (timed)

MEMORY MASTER
Memory Master: full

Week 13 Sep 7 - Sep 12, 2026

Full-Length Practice Exam

Mon
Sep 7

FOCUS
Full-length SEE simulation Part 1 (~120 Q) under strict test-day conditions: no notes, timed, one sitting; practice flag-and-move pacing

PRODIGY
Prodigy -> SEE Simulation Exam — Part 1 (timed)

Fri
Sep 11

FOCUS
Full-length SEE simulation Part 2 (~120 Q), timed; simulate the real exam environment and stamina

PRODIGY
Prodigy -> SEE Simulation Exam — Part 2 (timed)

Sat

Sep 12

FOCUS

Deep error analysis: for every missed concept, write the correct reasoning and the exact chapter to revisit; build your final remediation list

READ (Nagelhout 7th ed)

Revisit the specific Nagelhout 7th ed chapter for each missed concept

APEX

APEX review: re-watch flagged lessons

PRODIGY

Prodigy -> review ALL flagged/missed questions

MEMORY MASTER

Memory Master: weak topics

Week 14

Sep 14 - Sep 19, 2026

Final Review & Taper

Mon

Sep 14

FOCUS

Targeted review of your top misses from the practice exams — short, focused, confidence-building; lock in formulas, doses, and algorithms

APEX

APEX review: as needed for top misses

PRODIGY

Prodigy -> weak topics — 30 Q, Practice

MEMORY MASTER

Memory Master: weak topics

Fri

Sep 18

FOCUS

Rapid high-yield pass across all four domains: MAC values, max LA doses, ACLS/algorithms, valve goals, classic associations

PRODIGY

Prodigy -> Light mixed — 20 Q

MEMORY MASTER

Memory Master: full rapid pass

Sat

Sep 19

FOCUS

Light review only; confirm test ID, time, and location; pack, hydrate, sleep — taper hard and trust your prep

EXAM DAY - SEE EXAM — 240 questions, 4 hours. Arrive early, hydrate, pace ~1 min/question, flag-and-move. You've got this.