

Disclaimer

Test Taking Strategies for BPS Exams Approaches to Different Question Types

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Introduction



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Agenda

- General Strategies for the BPS Exams
- Types of questions and knowledge tested
 - Background & Foreground Questions
 - Negative Questions
 - Conjunction Questions
 - Two-Step Questions
 - Bait & Switch Questions
 - Case-Based Questions
- Strategies when in a bind
- A special coupon code
- Live Q&A



Failing to plan is a
Plan for FAILURE!

Preparing to Play the Game

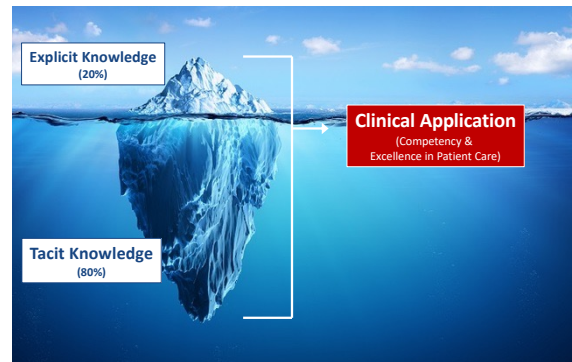
- Understanding the Rules of the Game -



The Rules of the Game

- The Exams
 - Total questions = 175
 - Part 1 = 100 questions (2 hr and 30 mins)
 - Part 2 = 75 questions (1 hr and 53 mins)
 - 90% of the tested material has to do with patient care and translation of evidence into care
 - Remaining 10% is specialty advancement

Type of Knowledge Tested



None of the Gold Medalists Just Showed Up.

There were many years of preparation
AND PRACTICE.

How to Prepare or Practice

- Prepare for the things you “must do” and then ...
“PRACTICE” the thing expected of you!

**PRACTICE ANSWERING A LOT OF MULTIPLE
CHOICE QUESTIONS!**

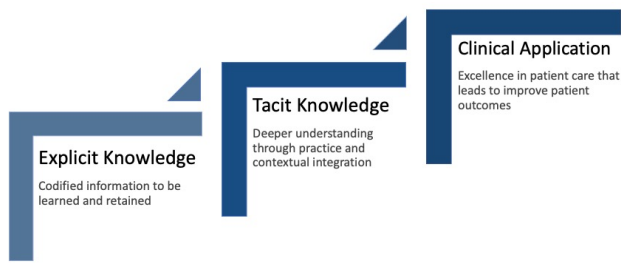
General Strategies

- Considerations for this multiple-choice exam:
 - Have a plan & follow it
 - Know the rules of the game
 - Practice doing what you must do!
 - Maintain the mindset
 - Recognize the importance of time-management
 - Do NOT leave anything blank
 - Consider different types of multiple-choice questions

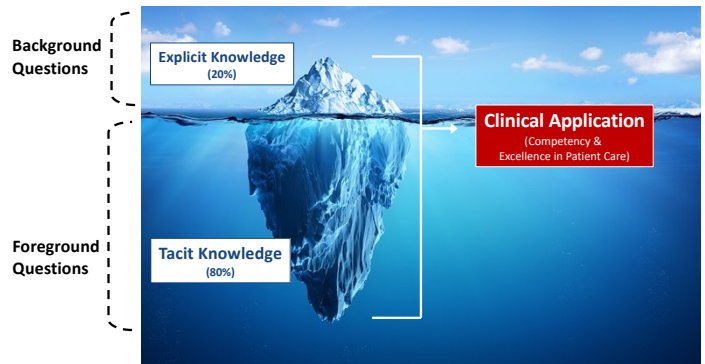
Types of Questions

- Different types of multiple-choice questions on board exams:
 - Less commonly on BPS exams:
 - Background & Foreground Questions *
 - Negative Questions
 - Multiple Answer Questions*
 - Best Answer
 - Conjunction Questions
 - Two-Step Questions
 - Bait and Switch Questions
 - Case-Based Questions

Knowledge Transfer



Background & Foreground Questions



Background & Foreground Questions

	Background Questions	Foreground Questions
Characteristics	<ul style="list-style-type: none"> Basic knowledge or facts Tend to be information memorized Reflective of explicit knowledge 	<ul style="list-style-type: none"> Tends to be more complex or complicated Draws on the tacit knowledge
Example	<ul style="list-style-type: none"> Which of the following is the brand name for simvastatin? What is the patients ideal body weight? 	<ul style="list-style-type: none"> Which of the following empiric antibiotics would be appropriate for the initial management of sepsis? Why do beta-blockers provide a mortality benefit in heart failure whereas non-dihydropyridine calcium channel blockers do not?

Negative Questions

- Negative Questions**
 - Generally,, not ideal questions because if not written well they can create unintended confusion
 - Utilize the following words:
 - Not
 - Except
 - Never
 - Example
 - All of the following are risk factors for CVD EXCEPT?
 - Which of the following does not inhibit CYP3A4?
 - Strategy
 - Consider turning the question into a true or false where the "false" answer is the "correct" option.
 - Example: T/F, smoking is a risk factor for CVD.

Conjunction Questions

	Coordinating Conjunctions	Subordinating Conjunctions	Correlative Conjunctions
Characteristics	Join two equally important words or ideas together	Help join independent or dependent clauses together where the subordinating conjunction indicates the relations between the clauses (cause or effect)	They work in "pairs" to join phrases or concepts
Words Used	<ul style="list-style-type: none"> And But For Nor Yet 	<ul style="list-style-type: none"> After Because If Since Than Though Until Whether While When 	<ul style="list-style-type: none"> Either/or Neither/nor Not only/but also Whether/or

Conjunction Questions

- Testing Strategies**
 - Required to have 2 correct components for it to be the correct answer
 - Consider treating each part as separate questions
 - If one part is wrong, then the entire answer option is wrong
 - Remember guessing from any of the 4 options gives you a 25% chance of being right, so removing an additional answer choice increases your odds!

Conjunction Questions

- Example Question
 - A 55-year-old man with a PMH of AFib, CAD, and DM comes in complaining of worsening GERD and constipation since his last visit when he started a new medication. His wife who is with him also indicates he complains of increased muscle aches. He is currently taking apixaban, aspirin, diltiazem, famotidine, lisinopril, metformin, and simvastatin. The patient is most likely suffering from side effects and a drug interaction involving which two of his medications?
 - Aspirin and metformin
 - Diltiazem and simvastatin
 - Famotidine and metformin
 - Simvastatin and apixaban

Two-Step Questions

- Example
 - A 55-year-old man with a PMH of AFib, CAD, DM who comes in complaining of worsening GERD and constipation with some intermittent nausea since his last visit when he started diltiazem for rate control and his AFib. His wife who is with him also indicates he complains of increased muscle aches. If something isn't done, he is contemplating stopping all of his medications. He is currently taking apixaban, aspirin, diltiazem, famotidine, lisinopril, metformin, and simvastatin. Which of the following would be the best solution for this patient and still maintain rate control?
 - Stop the diltiazem and initiate metoprolol tartrate
 - Decrease the dose of diltiazem and add on gemfibrozil
 - Stop the simvastatin and initiate atorvastatin
 - Stop the famotidine and initiate omeprazole

Bait & Switch Questions

- Example
 - A 27-year-old female with no PMH comes in with intermittent fever and worsening sore throat for the past 3 days. On exam she has swollen tonsils with some small exudates, lymphadenopathy to the back of the neck and mild left upper quadrant abdominal pain. She denies any drug allergies and was started on amoxicillin based on her exam findings alone. Two days later she calls the clinic nurse and reports a rash all over her body. She denies any shortness of breath, lip or tongue swelling, nausea or vomiting. What type of situation should not be treated with amoxicillin as it can cause this presentation?

Two-Step Questions

- Two-Step Questions
 - Requires you to apply several cognitive steps to arrive at the right answer.
 - You may draw off of explicit and/or tacit knowledge to arrive at the right answer.
 - For example, arriving at the right diagnosis and then the drug of choice.

Bait & Switch Questions

- Bait & Switch Questions
 - Where the question starts to lead you in a direction that you think you know what the question is really about, but then they switch gears on you to see if you are paying attention.
 - This is when the actual question is usually the last sentence and where you need to make sure you have read it and know what it is really asking you.

Bait & Switch Questions

- Example
 - A 27-year-old female with no PMH comes in with intermittent fever and worsening sore throat for the past 3 days. On exam she has swollen tonsils with some small exudates, lymphadenopathy to the back of the neck and mild left upper quadrant abdominal pain. She denies any drug allergies and was started on amoxicillin based on her exam findings alone. Two days later she calls the clinic nurse and reports a rash all over her body. She denies any shortness of breath, lip or tongue swelling, nausea or vomiting. What type of situation should not be treated with amoxicillin as it can cause this presentation?
 - Group A streptococcal pharyngitis
 - Glomerulonephritis
 - Drug-Reaction with eosinophilia and systemic symptoms (DRESS)
 - Mononucleosis

Case-Based Questions



Summary - Types of Questions

Question Type	Main Characteristics	Strategy
Background	Basic or explicit knowledge; facts	Mainly memorization.
Foreground	More complex/complicated; tacit	Utilize explicit knowledge along with greater depth where understanding occurs.
Negative	Not ideal questions (can be confusing) Uses words = Not, Except, and Never	Consider turning question into a T/F where the false answer is correct.
Conjunction	Connects 2 components that both have to align/match up	Treat each part as its own question. If one part is wrong, all of it is wrong.
Two-Step	Requires you to apply several cognitive steps (usually tacit knowledge) to get the right answer	Make sure you treat each step as a stand-alone question and again BOTH have to be right for the answer to be correct.
Bait & Switch	Where you get led in one direction, but they are really asking you something else at the end	Make sure you read the last sentence and question very clearly.
Case-Based	Typically, the longest and most complex Goal is to assess your ability to problem solve, decision making, and critical thinking → "Clinical judgement"	Read the ENTIRE case to maintain context for the question. Do not skip to the question and then try to find the info.

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Strategies When in a Bind

- Testing strategies when you find yourself starting to panic:
 - Take a deep breath and remember a core concept is being tested – this isn't a trick question
 - Trust your initial gut reaction
 - Try to avoid changing your answers unless it is clear
 - Consider ruling out answers with extreme wording:
 - Always
 - Every
 - Must
 - Never
 - Only

Strategies When in a Bind

- Testing strategies when you find yourself starting to panic:
 - Look for potential grammatical clues where the answer combined with the stem left unfinished seems to make more sense
 - Sometimes longer answer options tend to be more likely to be correct as test writers tend to add qualifying language to make it unambiguously correct

Strategies When in a Bind

- Testing strategies when you find yourself starting to panic:
 - If running out of time, jump to the question with punctuation and just try to answer, narrow down, or guess but DO NOT LEAVE BLANK
 - Remember with 4 answer choices you have a 25% chance of picking the right answer
 - If you remove 1-2 answer options, you now have a 50 to 75% chance of being right.
 - If completely clueless and
 - 4 answer options = go with B (28% of the time vs 25%)
 - 5 answer options = go with E

Agenda

You must practice....
what you are being asked to do!

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Coupon

- Limited time coupon
 - Coupon =
 - *10% OFF ENTIRE ORDER*
 - Expires = **Sept 30, 2022**

Live Q&A



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- EBM
- Biostatistics
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Rapid Review

- Review core concepts quickly.
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Other Study Tools

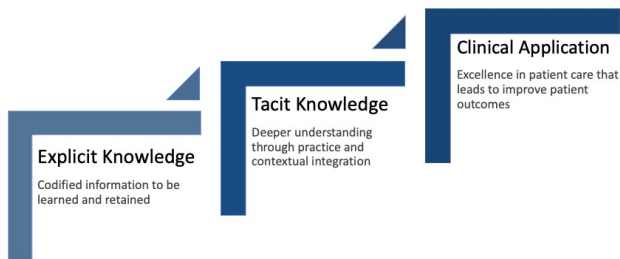
- Landmark Clinical Trials Reviews
- Live Study Groups with Open Q&A

How does all of that fit together?

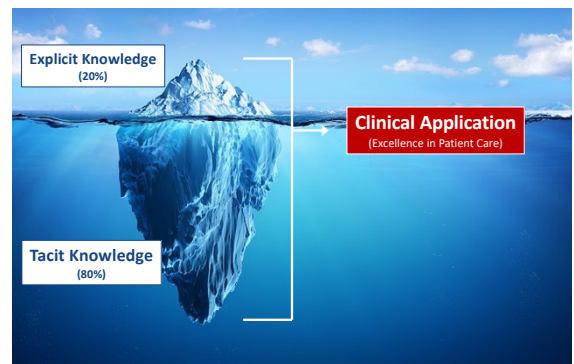


Knowledge Transfer

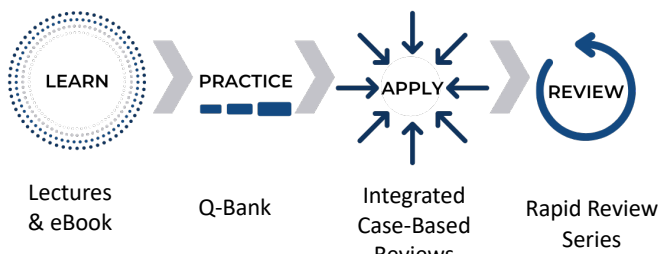
The High-Yield Approach



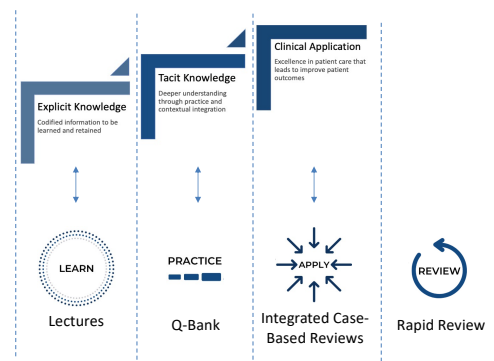
Knowledge Transfer



The High-Yield Approach



The High-Yield Approach



The High-Yield Approach

