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# Divine Intervention USMLE Step 1 Guide

A comprehensive collection of high-yield podcasts and resources organized by organ system and subject for efficient USMLE Step 1 preparation

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# Guide overview

This guide contains over 127 curated Divine Intervention podcasts essential for USMLE Step 1 preparation.
Organized by general subjects and organ systems, these resources will help you master UWorld questions and improve your NBME scores.
Each section includes direct links to original content and is arranged for efficient review during your study process.

There are two ways of using this resource.

1st - Use it during your preparation, if your UWorld Scores are stagnated at ~60%

2nd - Use it during your NBME phase,
If your scores are stuck and if you feel that you are repeatedly missing questions of one particular system or subject.

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# Foundation topics

Master these fundamental subjects that form the backbone of USMLE Step 1 content. These podcasts cover critical concepts in anatomy, biochemistry, genetics, immunology, pharmacology, and radiology that frequently appear on exams.

- Anatomy: USMLE Anatomy Series Part 1, USMLE Anatomy Series 2
- Biochemistry & Basic Sciences: Basic Sciences, The 5 USMLE Gaps
- **Genetics**
  - The Clutch Genetic Diseases Podcast (Step 1/2CK)
  - Genetic Diseases 2: Chromosomes (Step 1/2CK)
  - Genetic Syndromes and Cancers (Step 1/3)
  - X-Linked Dominant Disorders (Step 1/3)
  - The HY Autosomal Dominant Disorders Podcast (Step 1/3)

**Immunology**

- Immunocompromised Patients, Transplant Patients, and the USMLES
- Transfusion Reactions
- The Ultra HY Vaccine Podcast

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# Pharmacology Radiology and Geriatrics

Build your understanding of drug mechanisms, interactions, and clinical applications with these high-yield pharmacology podcasts. These resources are particularly valuable for memorizing drug classes and side effects.

- Pharmacology Blitz - Rapid review of key drug classes and mechanisms
- Drug Interactions - Critical medication interactions frequently tested
- Corticosteroids - 50 high-yield facts about this important drug class
- Crystalloid Solutions - Fluid management principles for critical care
- Peri-Operative Medicine / Social Sciences

- **Radiology & Imaging**
  - Imaging and the USMLES Part 1
  - Imaging and the USMLES Part 2
- **Geriatrics**
  - A Series of HY Elderly Vignettes (Step 1/3)

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# Cardiovascular system

Comprehensive coverage of cardiac anatomy, physiology, and pathology. These podcasts address key concepts from receptor physiology to common diseases.
Anatomy & Receptors

- Cardiovascular Anatomy Scenarios
- Vascular Anatomy
- Receptor series: Alpha-1, Alpha-2, Beta-1, Beta-2/3

Physiology & Pathology

- Cardiovascular Parameters (Step 1/3)
- Cardiovascular Parameters 2: Venous Return and Preload
- Cardiac Signs and Cardiac Signs 2
- Pediatric Cardiology
- Aortic Regurgitation
- USMLE Rapid Review Series 108 (Step 1/3)

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# Endocrine system

These podcasts cover essential endocrine physiology, pathological conditions, and diagnostic approaches for the USMLE Step 1. Physiology & Tests

- Endocrine Physiology Part 1 and Part 2
- Stimulation and Suppression Tests

Pathology

- Insulin
- Thyroid and Thyroid Cancer
- Diabetes series: Part 1, Part 2, Part 3
- Hypercalcemia

Pharmacology

High-Dose Dexamethasone: New USMLE Perspective

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# Digestive system

Master common gastrointestinal conditions and diagnostic approaches through this comprehensive GI series. Each podcast addresses specific conditions frequently tested on Step 1.

- Mechanisms of Diarrhea
- Liver Function Tests (LFTs)
- Esophageal Disorders
- Inflammatory Bowel Diseases (IBDs)

NBME Gastroenterology Series:
This six-part series systematically covers high-yield GI concepts from the NBME:

Series 1, Series 2, Series 3, Series 4, Series 5, Series 6

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# Blood disorders

Comprehensive coverage of hematology and oncology topics commonly tested on Step 1. These podcasts address the pathophysiology of blood disorders and cancers.

- Hemoglobin Disorders and RBC Disorders
- Sickle Cell Disease: Part 1 and Part 2
- Thalassemia
- Iron metabolism: Part 1 and Part 2
- Thrombotic Disorders
- Paraneoplastic Syndromes

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# MSK

Master musculoskeletal anatomy, common pathologies, and clinical presentations with these focused resources. Perfect for anatomy-heavy exam questions.

## Anatomy

- Elbow, Neck, and Back
- Knee Exam and Pathologies
- Upper Limb Rapid Review
- Brachial Plexus: Part 1 and Part 2
- The Whys of Anatomy (Upper Limbs 1, Brachial Plexus)
- The Whys of Anatomy (Upper Limbs 2, Brachial Plexus)
- The Whys of Anatomy (Upper Limbs 3, Lower Limbs 1)

## MSK Pathology

- Knee/Hip Disorders
- Elbow, Neck, Back Disorders
- Osteomyelitis

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# CNS

These neurological and psychiatric podcasts cover both structure and function of the nervous system, as well as major pathologies tested on Step 1.

Neurology

- Dementia
- Neurology Integrations and
  Diseases of the Neuromuscular Junction (Step 1/3)
- Facial Weakness
- Brain Tumors
- Eye Findings
- Spinal Cord: Anatomy and Lesions and
  Weird but HY Spinal Cord Disorders (Step 1/3)

  CNS Pharm
  The Clutch Acetylcholinesterase Inhibitor Podcast (Step 1/3)

Psychiatry

- Psychiatry Timelines
- Psychiatry Review Series

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# Nephrology

These renal podcasts cover electrolyte disorders, acid-base disturbances, and renal pathology - all high-yield topics for Step 1.

- Hypernatremia - Diagnosis and management of elevated sodium
- Hyperkalemia - Critical approaches to elevated potassium
- Renin-Angiotensin-Aldosterone System - Master this key regulatory pathway

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# Reproductive health

Comprehensive coverage of embryology, reproductive disorders, and obstetric/gynecological conditions commonly tested on Step 1.

Embryology

- Introduction to General Embryology

Reproductive Health

- Contraceptives and Progestin and Estrogen Challenge Tests
- Infertility
- Cervical Cancer
- Disorders of Sexual Differentiation
- Teratogens
- Breast Cancer

Pediatrics

- Neonatal Jaundice

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# Pulmonary

This comprehensive respiratory collection includes both physiology and pathology, with a special focus on ventilator mechanics and lung disease. Physiology & Pathology

- Ventilator Physiology: Overview and Part 2
- Obstructive Sleep Apnea
- Pleural Effusions
- Pulmonary Embolism
- Sarcoidosis
- Lung Cancer

Pulmonary Pathophysiology Series: This 13-part comprehensive series systematically covers all aspects of pulmonary pathophysiology - from
Series 1 through Series 13
(Watch All 13 if weak in Respiratory understanding)

Series 1 Series 2. Series 3. Series 4 Series 5. Series 6. Series 7. Series 8
Series 9. Series 10. Series 11. Series 12. Series 13

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# Microbiology

Master microbiology and infectious diseases with these targeted podcasts covering bacteria, viruses, and antimicrobial therapies.

- Herpes viruses: Part A and Part B
- Microbiology Associations - Rapid review of high-yield organism characteristics and
  Weird but Very HY Step 2/3 Basic Science Concepts (Also helpful for Step 1)
- Skin and Soft Tissue Infections
- Antibiotic Indications
- Antibiotic Review: Part 1 and Part 2