

## Exam Resources - Endocrinology

### Murtagh

Don't forget to read all the chapters relating to Endocrinology. This is always the first place to start when studying each system for the exam. Ideal for the approach to the case and diagnostic options, look elsewhere for up to date management guidelines.

### NPS Medicinewise News/ NPS News

These are probably the best summaries on this website

<http://www.nps.org.au/publications/health-professional/medicinewise-news>

Type 2 diabetes and CV risk -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/159735/NEWS\\_Aug\\_12-updated-22-Aug.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/159735/NEWS_Aug_12-updated-22-Aug.pdf)

Reducing fracture risk in osteoporosis -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0014/126401/News73\\_osteoporosis\\_0511.pdf](http://www.nps.org.au/_data/assets/pdf_file/0014/126401/News73_osteoporosis_0511.pdf)

Vitamin D -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0020/122447/News72\\_vitamin\\_D\\_0411.pdf](http://www.nps.org.au/_data/assets/pdf_file/0020/122447/News72_vitamin_D_0411.pdf)

Managing hyperglycaemia in type 2 -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0019/25219/news56\\_type\\_2\\_diabetes\\_0208.pdf](http://www.nps.org.au/_data/assets/pdf_file/0019/25219/news56_type_2_diabetes_0208.pdf)

Maintaining bone health to prevent osteoporotic fractures -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/23862/news53\\_osteoporosis\\_0807.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/23862/news53_osteoporosis_0807.pdf)

### How to treat – Australian Doctor

The weekly Australian Doctor magazines inside section “How To Treat” have great summaries. Not all the articles are online, some are available through their iphone/ipad app or in their annual yearbooks available to purchase

<http://www.australiandoctor.com.au/education/how-to-treat>

You must be logged on and registered to be able to access the articles. It is free to register online with Australian doctor. There are lots of articles, but the main ones to focus are on some of the common or important conditions

Cancer –

Neuroendocrine tumours

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7b26476a-c9fe-42d2-9437-abe8cdd2174b>

Endocrinology -

Thyroid cancer <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=813f8b45-5a5b-4d84-bc80-fac1cda1a309>

Hirsutism <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=317f9360-97b2-4b29-b9ec-6d79c37b16af>

PCOS <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=4aadb9b-0ab7-446d-8e89-3542e63d2869>

Thyroid disorders in pregnancy

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=9060f438-dacc-4ac5-a2a5-4baa2ffc31fd>

Paediatric pituitary disorders

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=9972cdb3-5fb6-4fd1-9d8f-836648cbee60>

Adult pituitary disorders

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=2e74ce13-d6f4-4a83-886b-39bf00659def>

Thyroid nodules <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7710af98-bb9b-432c-93e4-5d3427cb0235>

Testosterone deficiency in men

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=d1ec44aa-58f6-41b1-bc82-67f4b8fa674d>

Endocrine disorders of puberty

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=b1191e52-ef9f-487b-8a76-a674dafb615a>

Calcium and phosphate disorders

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=19843a4d-9bee-427d-a25c-0f12d0e4e776> ; <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=8e31de9b-77fa-4999-91e1-d6bce86c18a7>

Endocrinology – Diabetes -

Diabetes <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=9e04633e-be40-4499-877b-f411ff349a30> ; <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=6766ea72-0ecd-4330-ba6e-793c3dea2307>

Healthy diets <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=298ae089-89ff-4dbb-abcc-a4dc2b4eb780>

Type 2 Diabetes - <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=e53bc5e1-62d9-4dae-975c-5e42ad2f3978>

Diabetic micro vascular complications

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=9386550e-9e69-4e6e-b42a-b9be67f16d88>

Diabetic macro vascular complications

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=684d3654-fabc-48ae-95d2-4951e50b1608>

Gestational diabetes <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=ad5f45f7-1276-45f8-bd26-a2f066f19c63>

Endocrinology – Osteoporosis -

Osteoporosis <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=04c95bd6-04e0-45cd-bf10-f35ee41e72b1>

Gastroenterology -

Pancreatic disorders <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=448e5c6e-077d-4958-a115-106db86c075f>

### **Key guidelines**

Diabetes book 2014-15

<http://www.racgp.org.au/download/Documents/Guidelines/Diabetes/2014diabetesmanagement.pdf>

Red book – guideline for preventative activities (will have some information on diabetes)

<http://www.racgp.org.au/download/Documents/Guidelines/Redbook8/redbook8.pdf>

Green book – putting prevention into practice (should have some information on diabetes)

<http://www.racgp.org.au/download/documents/Guidelines/Greenbook/racpgpgreenbook2nd.pdf>

SNAP (lifestyle management important for diabetes)

<http://www.racgp.org.au/download/documents/Guidelines/snapguide2004.pdf>

National guide to preventative health assessment for ATSI people

<http://www.racgp.org.au/download/documents/AHU/2ndnationalguide.pdf>

## Australian Family Physician

Have a search through your pile for some articles on diabetes

<http://www.racgp.org.au/afp>

Skin and diabetes - <http://www.racgp.org.au/afp/2013/december/cutaneous-indurated-plaque/>

Management of type 2 DM - <http://www.racgp.org.au/afp/2013/october/sglt2-inhibition-with-dapagliflozin/>

Blood glucose monitoring - <http://www.racgp.org.au/afp/2013/september/self-monitoring-blood-glucose/>

Gestational diabetes - <http://www.racgp.org.au/afp/2013/august/gestational-diabetes-mellitus/>

Osteoporosis audit - <http://www.racgp.org.au/afp/2013/june/osteoporotic-patients/>

Obesity - <http://www.racgp.org.au/afp/2013/august/obesity/>

Prevention of diabetes and heart disease - <http://www.racgp.org.au/afp/2013/may/prevention-of-diabetes-and-heart-disease/>

Complex type 2 diabetes - <http://www.racgp.org.au/afp/2013/april/complex-type-2-diabetes-mellitus/>

Bilateral diabetic charcot foot- <http://www.racgp.org.au/afp/2013/januaryfebruary/bilateral-diabetic-charcot-foot/>

Improving management of type 2 diabetes -

<http://www.racgp.org.au/afp/2013/januaryfebruary/type2care-clinical-audit/>

Glycaemic control - <http://www.racgp.org.au/afp/2012/september/early-and-tight-glycaemic-control/>

Cutaneous plaque in diabetes - <http://www.racgp.org.au/afp/2012/september/cutaneous-plaque-in-a-diabetic-patient/>

Whole issue on thyroid - <http://www.racgp.org.au/afp/2012/august/>

OGTT - <http://www.racgp.org.au/afp/2012/june/oral-glucose-tolerance-testing/>

Entire issue on bones - <http://www.racgp.org.au/afp/2012/march/>

HbA1c and monitoring hyperglycaemia - <http://www.racgp.org.au/afp/2012/januaryfebruary/hba1c-and-monitoring-glycaemia/>

Management of Type 2 Diabetes -

<http://www.racgp.org.au/afp/2012/januaryfebruary/management-of-type-2-diabetes/>

Primary hyperparathyroidism & vitamin D -

<http://www.racgp.org.au/download/documents/AFP/2011/November/201111rankin.pdf>

Fixed dose combination diabetes medications -

<http://www.racgp.org.au/download/documents/AFP/2011/October/201110gadzhanova.pdf>

Insulin - <http://www.racgp.org.au/download/documents/AFP/2011/August/201108furler.pdf>

Diabetic retinopathy -

<http://www.racgp.org.au/download/documents/AFP/2011/April/201104ting.pdf>

Addison's disease - <http://www.racgp.org.au/afp/201011/201011oconnell.pdf>

Androgen deficiency in the aging man -

<http://www.racgp.org.au/afp/201010/201010arianayagam.pdf>

Oral hypoglycaemic's - <http://www.racgp.org.au/afp/201009/201009phillips.pdf>

Insulin - <http://www.racgp.org.au/afp/201008/201008macisaac.pdf>

Dietary management in diabetes - <http://www.racgp.org.au/afp/201008/201008barclay.pdf>

Type 1 diabetes in children emergency management -

<http://www.racgp.org.au/afp/201005/201005siafarikas.pdf>

Type 1 diabetes in children - <http://www.racgp.org.au/afp/200909/200909sabin.pdf>

Diabetic retinopathy screening - <http://www.racgp.org.au/afp/200908/200908askew.pdf>

Controversies in type 2 DM - <http://www.racgp.org.au/afp/200901/200901yeap.pdf>

Type 2 DM and BGL - <http://www.racgp.org.au/afp/200811/200811phillips.pdf>

Challenges in DM management - <http://www.racgp.org.au/afp/200809/200809harris.pdf>

Assessing hypogonadism in men -

[http://www.racgp.org.au/afp/200808/200808profprac\\_newman.pdf](http://www.racgp.org.au/afp/200808/200808profprac_newman.pdf)

Diabetes monitoring - <http://www.racgp.org.au/afp/200709/200709phillips.pdf>

Thyroid lumps and bumps - <http://www.racgp.org.au/afp/200707/200707brennan.pdf>

Skin and Cushing syndrome - <http://www.racgp.org.au/afp/200707/200707phillips.pdf>

Initiating insulin - <http://www.racgp.org.au/afp/200707/200707yeap.pdf>

### **GP learning – includes check and multiple choice questions**

Since it's up date, only has small number of questions available. Your best options are to search for multiple choice questions, or clinical challenge.

Check GP learning closer to the exams as this is where they will give you some practice papers prior to the exam, and they give you feedback on how you went.

<http://www.gplearning.com.au>

### **Think GP**

You can subscribe to this for free; it has some great information and takes you through a wide range of topics with questions attached – search for endocrinology related articles

<http://thinkgp.com.au>

### **Text books and other resources**

Murtagh is essential reading but its greatest use is for his diagnostic framework, diagnostic triads and red flags – lots on diabetes

Medicine Today is a journal you can get for free – too much detail for the exams, but good articles, check for diabetes articles

Australian Medicine Handbook – introductory pages in each section are a great way to revise management, check the diabetes chapters