

Haematology & Oncology Mnemonics

Macrocytic Anaemia **Macrocytic Anaemia Leaves Big Fat Reticulocytes**
Myxoedema, Alcohol, Liver disease, B12 def., Folate def., Reticulocytosis

Target Cells **HOT LIPS**
Haemoglobinopathy, Obstructive jaundice, Thallasaemia
Liver abscess, Iron def., Polycythaemia, Sideroblastic anaemia

Multiple Myeloma **BAHRAIN UV**
Bone pain, Anaemia, Hyper Ca²⁺, Renal failure, Amyloidosis, Infection, Neuropathy
(hyper) Uricaemia / viscosity

Suspect malignancy in melanoma **BITCHES**
Bleeds, Irregular / Itch, Tender, Colour change, Halo, Enlargement, Satellite lesions

Tumours which spread to bone **PUBLIK T**
Prostate, Uterine, Breast, Lung, Intestine (stomach), Kidney, Thyroid

Nephrology

Chronic –vs- Acute renal disease **SNAB**
Small kidney, Neuropathy (periph), Anaemia, Bone disease

Chronic Renal Failure **GLAD SHOP**
Glomerulonephritis, Lupus, Analgesics, DM
Systemic vascular disease, Hypertension, Obstruction, Polycystic kidney disease

Nephrotic Syn **GLADDER**
Glomerulonephritis, SLE, DM, Eclampsia, Renal vein thrombosis

Unilateral palpable kidney **Wilms HARP**
Wilms, Hydronephrosis, Acute Renal Vein thrombosis, acute pyelonephritis, Renal Cell Ca,
PKD, pyonephrosis

Psychiatry

Depression

PISS CAGE

Psychomotor mov'ts, ↓interest, suicidal, ↓↑sleep
↓concentration, ↓↑appetite, guilt, ↓energy

Suicide risk factors

SAD PERSON

Sex / single / sickness, age, depression
Previous attempt, EtOH, reality testing, social support, organised plan, note / no spouse

Rheumatology

The 'A's of Ank Spon

Apical fibrosis, anterior uveitis, aortic regurg, amyloid deposition, achilles tendonitis

Carpal Tunnel Syn

DOG ARM PIT

Dialysis, Obesity, Gout
Amyloid/Acromegaly, RA, Myxoedema, Pregnancy/Pill, Idiopathic, Trauma/TB

Dupuytren's contracture

POT FACED

Peyronie's, Occupation, Trauma
Familial, Alcohol, Cirrhosis, Epilepsy (antiepileptics), DM

Seronegative Arthropathies

SCRAP BW

Stills, Colitis, Reiters, Ankylosing Spondylitis, Psoriasis, Bechets, Whipples

Sarcoid

SARCOID

S – Skin (erythema nodosum, nodules, lupus pernio, scar infiltrations)
A – Arthritis, ↑ ACE
R – Respiratory (bilateral hilar lymphadenopathy)
C – Calcium ↑, CNS, Cranial & periph nerve palsies
O – Orbit (keratoconjunctivitis, glaucoma, uveitis), Organomegaly
I – Interstitial lung fibrosis
D – Diabetes insipidus

Or **PERNIO**

Pulmonary, Eyes, Renal, Nerves, Infiltration (scars), Organomegaly

Swollen DIP joints

SPROG

Sarcoid, Psoriasis, Reiters, OA, Gout