

1. Creating Filtered Decks to Study Specific Topics

Filtered decks are where I think Anki is super useful and powerful as a study aid. This method can be applied to all anki decks but I've only really used it on Zanki, so your mileage may vary in how useful it is if not used with Zanki.

The premise of this is basically, "We're studying *whatever topic* in class and I want to review cards specifically on that topic". This is how I would recommend doing that (I've included an example below the steps to help clear up any confusion):

(If anything is unclear, check here for more:

<https://apps.ankiweb.net/docs/manual.html#filtered-decks-&-cramming>)

1. Look at the objectives for that CORe session.
2. Open Anki
 - a. Mobile/iPhone Directions:
 - i. Click on the subdeck that covers the material you want to review (i.e. if you want to learn diabetes, go to the endocrine subdeck of Zanki)
 - ii. Click "Tools"
 - iii. Click "More"
 - iv. Click "Filter/Cram"
 - v. Add the "buzzwords" and phrases from the objectives to your search bar
 1. If you want a specific phrase, you have to put it in quotes (single word search terms don't need quotes). This can be helpful for example if you are studying diabetes mellitus but don't want cards on diabetes insipidus your search terms would look like:
 - a. "diabetes mellitus" or "diabetes type 2" or "DM2" or "DMT2"
 - b. The search bar uses Boolean logic, so you should separate your search terms with "or" and "and"
 - vi. Increase the card limit to how many ever cards on the topic you want to study each day (the baseline is set at 100 cards)
 - vii. Click "Build" (the deck created will be called "Filtered Deck 1", but you can change the name to anything, i.e. "Diabetes Class #1")
 1. The cards will be pulled from their original deck, but after you study them and/or delete your filtered deck, they will return to their original decks
 - b. Desktop Directions:
 - i. Click on the subdeck that covers the material you want to review (i.e. if you want to learn diabetes, go to the endocrine subdeck of Zanki)
 - ii. Click "Tools"
 - iii. Click "Create Filtered Deck ..."
 1. Rest of the steps are the same as steps v through vii from above

(If the Boolean logic part is unclear, try reading

<https://apps.ankiweb.net/docs/manual.html#filtered-decks-&-cramming> for more info)

Example of How This Can Be Used

If a class had the Following Objectives:

1. Diagram the adrenal gland: Show the 3 zones of the cortex and the medulla. Diagram the primary hormone produced by each zone and the adrenal medulla
2. Diagram the hypothalamo-pituitary-adrenal axis including CRH, vasopressin, ACTH, cortisol and DHEAS, explaining the "feedback loophole" involving the zona reticularis
3. Describe the effects of increased cortisol on carbohydrate metabolism, mineralocorticoid activity, the sympathetic nervous system, angiotensin II activity, and cytokine production Explain the peripheral inactivation of cortisol to cortisone in certain organs, especially the the kidney
4. Describe the common causes (e.g. primary or secondary) and consequences of hypocortisolism and hypercortisolism
5. Develop a differential diagnosis for hypocortisolism or hypercortisolism based on clinical findings, lab tests and your knowledge of the hypothalamic-pituitary-adrenal axis, including:
 - a. Hypercortisolism
 - i. Cushing's Syndrome – Primary hypercortisolism or excess cortisol exposure (from medication, cortisol-producing tumor, etc)
 - ii. Cushing's Disease – Pituitary corticotrope adenoma
 - b. Hypocortisolism
 - i. Primary Adrenal Insufficiency – Addison's Disease
 - ii. Secondary Adrenal Insufficiency
 - iii. Congenital Adrenal Hyperplasia

When I was studying, my search bar looked like this:

deck:"Zanki Step Decks::Zanki Endocrine" CRH or vasopression or ACTH or cortisol or DHEAS or "zona glomerulosa" or "zona fasciculate" or "zona reticularis" or mineralocorticoid or hypocortisolism or hypercortisolism or cushings or "cushings syndrome" or "cushing's syndrome" or "cushings disease" or "cushing's disease" or "Pituitary adenoma" or addison's or "adrenal insufficiency" or "congenital adrenal hyperplasia"

This brought up 70-80ish cards and reinforced the studying I had done for the session super well. Good luck!!