

The technology we have at our disposal is immense. How we use this technology usually scratches the surface of its potential. This guide is meant to help maximize the capabilities of your technology to advance your learning. This document is not an official endorsement of any of the following products. Also remember these are not required. Plenty of students have been successful in this program without using these resources. The key to success is finding the tools that work for you, digital or otherwise.

Hardware

- The most important thing to know about purchasing new hardware (and software) is to become familiar with it long before the start of school. The last thing you want is to be up against a deadline and not be sure how to find your saved document or format your headers.

Windows laptop	Many people have not used Windows 8 so again if you buy a new laptop become familiar with its use before school starts. Many students have found that a smaller size and weight laptop is much more convenient and tends to get used more often than a 17 inch behemoth.
Mac Laptop	Baylor tech support does NOT help Mac users. Dr. Walker will give no quarter to failed presentations or tardy papers due to compatibility issues with Macs. Lesson = if you choose this path be confident of your ability to operate the documents you create across a number of different platforms. With that being said many students have used apple hardware without any significant issues. (voice over PowerPoint did present some difficulties)
Printer	A wireless laser printer that seamlessly double sided prints is very convenient in classes where you need to print high volumes of notes. Some people like paper copies others prefer to stay all digital. If you like to print your notes then this is a nice tool to have. Brother HL 2270DW is a well-reviewed, reasonably priced printer that meets all of the criteria.
Double sided Scanner	Some classes do not post digital copies of their notes. A double sided scanner can quickly turn the notes and your annotations into a searchable electronic document. These files, when imported into Evernote, allow for a quick search of all your notes for a particular topic (i.e. I have a MG patient tomorrow I'll search my docs for MG and quickly find everything that we discussed on the subject). There are strict copyright rules for these classes so the scanning of these notes should not be a prelude to distributing to ANYONE else.
Tablet	Some people do almost all of their note taking and studying on their tablets. Ipad is the most common but not the only one that is used. Ipads do have the most comprehensive app selection and it's ubiquity allows for easier support and collaboration. If you choose this route a keyboard is recommended (get a nice one, if you're going to type notes in class you want one that is responsive). If you want to audio record lectures on your tablet then more memory is helpful. 3G capabilities are not needed on campus because of students access to free WiFi.
E-reader	Digital textbooks have many advantages. They're often cheaper, easily searchable, highlights can be collected into a single document, digital images can be exported into notes, and unfamiliar words can be quickly defined or explained. If you own an Ipad then you can import your digital textbook into an app that makes a separate E-reader redundant

Collaboration

- You cannot survive this program alone. A cohesive peer group will be an invaluable source of support, study guides, tips, and answers to everything from when is this paper due to what this acronym stands for. The efforts you put into helping each other and building a community will pay off exponentially. Keep in mind that these resources are only as good as the amount of participation by the group. Below are a few tools that have helped us keep in contact and collaborate.

Groupme	This is an app that allows collaborative group texts. There is a bit of an etiquette to learn at first but once everyone is on board it is helpful for quick questions, last minute planning, and group reminders.
Wiggio.com	This is a collaboration website that has been invaluable. Many groups use facebook but not all of us have facebook accounts and it is not as robust at document sharing and editing. Wiggio allows for posting of all types of documents, notes, and links. You can also edit a document as a group or even take a poll.
Quizlet.com	Quizlet is a flashcard website and app. You can use it by your-self or create a "class." We created a class so that any one of our flashcards pops up for other people to use. This does require a fair bit of trust in the questions and answers of your classmates but can be very helpful in reviewing the topics from someone else's perspective.
Join.me	This website and app allow for real time online collaboration. It allows multiple people to view a single computer screen and communicate through both voice and text. This was helpful for the times we needed to create presentations with students from around the country.
Dropbox	This is an online storage tool that is useful for personal storage of documents but also makes it easy to share documents with specific people.

Technology has the ability to increase the speed and depth of learning as well as create a more collaborative atmosphere amongst your peers. We are excited for you to take advantage of the many ways that can help you be a better student and become a better CRNA. We would like to remind you that the career you have chosen is one that is dependent upon trust. As a CRNA you will be entrusted with powerful drugs, entrusted to make critical decisions, and entrusted with your patients' lives. While you are learning your new craft we are also trusting that you will use the technology at your disposal with integrity. Academic honesty is not only taken very seriously while you're in school but it is also an indicator of the type of CRNA you will become. It is an indicator of how you will care for the trust that is given to you one day by your employer, coworkers, and patients. We encourage collaborating and sharing notes, thoughts, and study guides with each other. The line in the sand is sharing, hinting, or otherwise indicating details about examinations, competency checks, or assignments. DO NOT flirt with this line, it only takes one offense to be dismissed from this program, so avoid any activities that can even be construed as violating this expectation.

One other warning. If you screw up it will have an effect on everyone else's ability to use these technologies. I love this stuff so if you ruin it for me . . . well just don't ruin it for everyone.

Productivity

- There are many tools available. The trick will be to find the tool that works for you for a particular class. Keep in mind that this is a small sampling and there are many options out there but these are tools that many of us have used and found helpful. I did not include word, excel, PowerPoint etc . . . because those are well known and should be standard software for your education.

Apps: Iantotate	This is a simple app that allows you to import files and annotate them in many creative ways. The organization tools are great as are the sharing options.
Recorder Plus	This is a robust audio recording tool. It allows multiple audio formats and organization/sharing capabilities. It includes the option to put markers in spots that you want to jump back and re listen to. REMEMBER you MUST ask for permission before recording any lecturer.
Notes Plus	One of the keys to surviving this program is to be able to digest large volumes of information and succinctly summarize it for easy review. Notes Plus is great with these summaries. It also has a built in web browser that allows easy importing of photos for those that are visual learners.
Notability	This is an all in one app that audio records, annotates, and has a blank note pad feature.
Educreation	This is a whiteboard video app that is helpful in explaining topics to others. Here's an example of one of my videos http://www.educreations.com/lesson/view/enzyme-substrate-reaction/9155887/?s=JJGIYN&ref=appemail
Zamurai	This is a whiteboard app that allows for infinite zoom. I'm a big visual learner and have summarized entire classes in a well-drawn white board so this app is helpful for those types of learners.
Notes plus	This is one of the apps in Microsoft office student edition. It is great at organizing your different classes and you can create group folders that allow increased collaboration. If you own this program it would be good to become familiar with its potential.
Mind Maps	There are numerous apps and sites that provide good mind map tools. These are helpful for breaking up and summarizing principles. For example Scott Joyce created a mind map that had all of the physics names and equations. I created one for all of the cardiac rhythms based on their origin and rate.
PERRLA.com	This is a website where you can purchase a Microsoft word add in that can assist you with APA formatting.
Adobe Acrobat	The full software package costs about \$100 but many people, including Dr. Walker, find it very helpful to be able to edit, collate, organize, and share PDF files. All things you can't do with the free version.
Goanimate.com	Make cartoon videos for presentations
Prezi.com	Alternative to PowerPoint.

Reference

- Having good references are critical when you're trying to digest the deluge of information that is thrown at you. You do not want to have to search for hours or have unreliable sources when looking up information. Some of the online tutorials are AMAZING, they really help solidify concepts that were either not taught well or are difficult to comprehend.

Apps: Visible body	There a number of different versions of visible body (muscle, skeleton, atlas) depending on what your focus is. Muscle and Atlas have been the most helpful for anatomy. It is really helpful to see the muscle in 3d, read all of the particulars, and then to see a video of that muscle in action.
Ess Anatomy 2	Some people prefer the layout and navigation of this app.
Gas Guide	Helpful summary of intubations and anesthesia gases
Pain guide	Similar to Gas guide but for controlling pain
AANA Journal	The standard journal for our profession. It's free and very robust
Blackboard	Access all of the documents and information from your classes.
Evernote	This App is used across a number of different platforms. It allows organizing/searching scanned/written notes
Vargo Anesthesia	A number of different apps that are helpful, I like "Case tips" and "Anesthesia Drips"
Ventilator	Nice app that reviews modes and definitions
MGH anesthesia	Great comprehensive anesthesia resource (expensive)
PDF Connoisseur	Good app that I use to collate all of my PDF guides
Memory Master	VERY EXPENSIVE. Digital version of valley anesthesia flash cards
https://vam.anest.ufl.edu/	Virtual anesthesia machine that helps make both the equipment and procedures more intuitive.
http://radiopaedia.org/	Site that has thousands of radiology images and explanations
https://www.winkingskull.com	Companion site for our anatomy book that has additional resources
https://www.khanacademy.org/	Online tutorials

http://www.handwrittentutorials.com/	Online tutorials (neuro especially helpful)
Youtube channels:	Armando Hasudungan, MedCram, Areo Saffarzadeh, Michael Bentley (CRNA)
http://www.drnajeeblectures.com/	Online tutorials
http://www.johnkyrk.com/index.html	Cell Biology and animation
http://www.biology.arizona.edu/biochemistry/tutorials/chemistry/main.html	BioChem
http://www.nysora.com/	Indispensible regional anesthesia resource
http://teachmeanatomy.info/	Anatomy help
http://www.pitt.edu/~position/	Positioning
http://www.pitt.edu/~regional/	Regional anesthesia
http://www.neuraxiom.com/index.php	US guided regional blocks
http://www.derangedphysiology.com/	Good critical care review
http://www.medicalmnemonics.com/	mnemonics
http://library.med.utah.edu/kw/pharm/hyper_heart1.html	Great cardiac cycle review
http://www.cvphysiology.com/index.html	Cardiac Review
http://www.anesthesiaillustrated.org/cog aids/	Great anesthesia cognitive aids
http://gasexchange.com/	
http://www.anesthesiaillustrated.com/portfolio/	Anesthesia lectures
http://aa2day.org/	Educational supplement for Anesthesia and Analgesia
http://www.getbodysmart.com/ap/respiratorysystem/menu/menu.html	Animations of airway muscles
http://www.virtual-anesthesia.com/	
http://www.pharmacology2000.com/physics/Chemistry_Physics/physics1.htm	Anesthesia pharmacology
http://www.howequipmentworks.com/	BioMed
http://www.Picmonic.com	For those who learn/memorize best by visualization
http://lifeinthefastlane.com/	Emergency medicine review, Great ECG and medical tech info!
http://www.instantanatomy.net/index.html	A lot of ads, but good content both pictures and summaries
http://www.ultrasoundvillage.com/	Good resource for ultrasound education
http://www.acadoodle.com	Great videos on ECG and pH, subscription required
http://www.dvcipm.org/clinical-resources/dvcipm-maraa-book-project	Free military Ebook regarding regional
http://www.thebodyonline.net/index.php	A cadaver anatomy site, including videos!

Anesthesia Books/Reviews

Between the required books and the lectures provided you will be given all of the tools you need to survive. Some people, however, find additional resources helpful in tackling specific topics, having a go to resource, or preparing for boards. These are not mandatory! These are just some of the books/resources that some have found helpful.

Anesthesia Secrets	Pocket Anesthesia
Manual of Clinical anesthesiology	Anesthesiology oral board flash cards
http://www.valleyanesthesia.com/	http://www.prodigyanesthesia.net/
http://www.apexanesthesia.com/	

Where do I buy this stuff?

Amazon.com	Students have access to a discounted amazon prime which gives you unlimited 2 day shipping. There are also millions of products with hundreds of reviews which are helpful in making decisions. Also a great source for used, rental, or digital textbooks
Newegg.com	Good site for hardware purchases
Tigerdirect.com	Another website that frequently has good deals
Academicssuperstore.com	Great site for student discounts. You have to have a .edu email address so most of the deals will not be accessible until you being the program.

- Keep in mind that many OR's do not allow any digital devices so be sure to have a physical edition of the references you find most helpful.
- If you have any suggestions, concerns, or questions feel free to email me at DMB1@bcm.edu. I love this stuff so I'm anxious to help anyone maximize their technology. I don't know everything but what I do know I'm more than happy to share.

A note on copyrights. With the explosion of information on the internet a generation has grown up with a different expectation and understanding of copyright rules. At Baylor we are very clear about the expectations. The notes provided to us as students are for our exclusive use only. Pictures, diagrams, and other

content that is found in the notes come from the books we are required to purchase. Distribution of this content beyond your own personal use is absolutely a violation of copyright rules, Baylor's code of conduct, and the trust that we place in you. Please be judicious with the content that is provided.