

# EXHALE ACADEMY CSE CHEAT SHEET #1

## CSE EXAM STRUCTURE

### 1) SCENARIO

The scenario sets the patient, location, and problem. Read it like a mini chart, not like a random test stem.

- Age and setting: adult, pedi, neonatal, ER, ICU, home, delivery room.
- Chief complaint and appearance: distress, cyanosis, stridor, trauma, mental status.
- History and current event: COPD, CHF, burn, infection, surgery, overdose.

### 2) INFORMATION GATHERING

Choose the information that will change your next decision. Do not click everything.

- Start with what is visible and bedside.
- Use ABG/CXR/labs when they confirm the clinical pattern.
- Special tests must be specific to the case.

### 3) DECISION MAKING

Now choose the safest next action. Sometimes the perfect answer is not listed, so pick the best available option.

- Treat the main problem, not a random symptom.
- Reassess after the patient responds.
- Expect the case to cycle through several decisions.

### EMERGENCY RULE

Unstable patient = act now. Do not keep gathering data while the airway, breathing, or circulation is failing.

- Severe distress, cyanosis, apnea, altered LOC.
- Stridor or airway burn.
- Tension pneumothorax clues.
- Severe acidosis or ventilatory failure.

### COMMON MISTAKES

Students lose points by treating the CSE like a checklist. It is a patient-management exam.

- Over-clicking unnecessary choices.
- Ordering advanced tests before basics.
- Waiting too long to ventilate.
- Ignoring the scenario directions.

### EXHALE MEMORY LINE

**Look first. Decide if it is urgent. Gather only what matters. Treat the main problem.**