**I. RHINOLOGY AND SINUS SURGERY**

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| **WEEK I** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Nasal Obstruction Podcast (32 mins)](https://www.headmirror.com/podcast/2020/3/14/nasalobstruction)  (2) In OtoRecall app, turn “on” (green checkmark) Anatomy, Nasal Septum and Valve, and Physiology topics within Rhinology section.  Then, on a 13-minute timer, answer as many questions as you can. | **Consult Tuesday**  (1) [Epistaxis Podcast (30 mins)](https://www.headmirror.com/podcast/2020/3/14/epistaxis)  (2) [Read Survival Guide article on Epistaxis (15 mins)](https://www.headmirror.com/sinus-survival-guide/#epistaxis)  (3) Turn “on” Epistaxis in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) [Watch, Endoscopic Septoplasty (9 mins)](https://www.youtube.com/watch?v=9uBEvWmjydc)  (2) [Watch, Submucosal Inferior Turbinate Reduction (3 mins)](https://www.youtube.com/watch?v=j7ZOtm3lVhM)  (3) [Watch, In-Office Silver Nitrate for Recurrent Epistaxis (3 mins)](https://www.headmirror.com/rhinology-sinus-surgery/#endosepto)  (4) On a 15-minute timer, complete as many OtoRecall questions as you can. | (1) [Chronic Rhinosinusitis Podcast (40 mins)](https://www.headmirror.com/podcast/2020/3/14/chronic-rhinosinusitis)  (2) Turn “on” Chronic Rhinosinusitis in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) Complete 75 OtoRecall questions. |
| **WEEK 2** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Chronic Rhinosinusitis with Nasal Polyposis Podcast (34 mins)](https://www.headmirror.com/podcast/chronic-sinusitis-polyps)  (2) On an 11-minute clock, complete as many OtoRecall questions as you can. | **Consult Tuesday**  (1) [Acute Invasive Fungal Rhinosinusitis Podcast (10 mins)](https://www.headmirror.com/podcast/acute-invasive-fungal-rhinosinusitis)  (2) [Read Survival Guide articles on Complicated Acute Sinusitis and Acute Invasive Fungal Sinusitis (20 mins)](https://www.headmirror.com/sinus-survival-guide/#epistaxis) | (1) [Watch FESS for Chronic Rhinosinusitis (11 mins)](https://www.youtube.com/watch?v=Rab4PQueSqg)  (2) Complete 50 OtoRecall questions. | (1) [Inverted Papilloma Podcast (25 mins)](https://www.headmirror.com/podcast/2020/3/14/invertedpapilloma)  (2) [Benign Sinonasal Lesions Podcast (29 mins)](https://www.headmirror.com/podcast/2020/3/14/benign-sinonasal-lesions)  (3) Turn “on” Neoplasms and Skull Base Disorders in OtoRecall. Do not need to answer any questions. | (1) Complete 75 OtoRecall questions.  *Optional “Extra” Work*: Listen to podcasts episodes on [Juvenile Nasopharyngeal Angiofibroma (41 min)](https://www.headmirror.com/podcast/2020/3/14/juvenilenasopharyngealangiofibroma) or [Sinonasal Malignancies (40 mins)](https://www.headmirror.com/podcast/sinonasal-malignancies). |

**II. OTOLOGY AND NEUROTOLOGY**

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| **WEEK 3** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Understanding the Audiogram Podcast (58 mins)](https://www.headmirror.com/podcast/2020/3/14/audiogram)  (2) Turn “on” Anatomy and Physiology as well as Audiometric and Vestibular Testing in Otology section of OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | **Consult Tuesday**  (1) [Sudden Hearing Loss Podcast (10 mins)](https://www.headmirror.com/podcast/sudden-hearing-loss)  (2) On a 20-minute clock, complete as many OtoRecall questions as you can.  *Optional “Extra” Work*: [Read Survival Guide SSNHL article (10 mins).](https://www.headmirror.com/otology-survival-guide/#suddensensorineuralhearingloss) | (1) [Adult Sensorineural Hearing Loss Podcast (53 mins)](https://www.headmirror.com/podcast/2020/3/14/adult-sensorineural-hearing-loss)  (4) Turn “on” Adult Hearing Loss as well as Hearing Rehabilitation Devices in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 15 mins. | (1) Complete 75 OtoRecall questions. | (1) [Pediatric Sensorineural Hearing Loss Podcast (58 min)](https://www.headmirror.com/podcast/pediatric-sensorineural-hearing-loss)  (2) Turn “on” Pediatric Hearing Loss in OtoRecall.  *Optional “Extra” Work*: complete 50 OtoRecall questions. |
| **WEEK 4** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Chronic Otitis Media Podcast (55 mins)](https://www.headmirror.com/podcast/2020/3/14/chronicotitismedia-dnsr4) | **Consult Tuesday**  (1) [Acute Otitis, Mastoiditis, and Associated Complications Podcast (10 mins)](https://www.headmirror.com/podcast/acute-otitis-mastoiditis-and-associated-complications)  (2) Split up into **two** 15-minute sessions, complete as many OtoRecall questions as you can in 15 mins. | (1) [Cholesteatoma Podcast (67 mins)](https://www.headmirror.com/podcast/2020/3/14/cholesteatoma)  (2) Turn “on” Middle Ear Pathology in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | **Rest / Catch-up Day**  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in **three** 10-minute sessions. | (1) Complete 75 OtoRecall questions.  *Optional “Extra” Work*: [Watch Tympanoplasty with Tragal Cartilage Graft (23 mins).](https://www.youtube.com/watch?v=7fGOgOq1Lg0) |

**III. PEDIATRIC OTOLARYNGOLOGY**

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| **WEEK 5** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Sleep-Disordered Breathing in Children Podcast (54 mins)](https://www.headmirror.com/podcast/2020/3/14/sleep-disordered-breathing-in-children)  (2) Turn “on” entire Sleep Medicine and Surgery category in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 15 mins. | **Consult Tuesday**  (1) [Read Survival Guide article on Post-Tonsillectomy Bleed (10 mins)](https://www.headmirror.com/pediatric-survival-guide/#posttonsillectomybleed)  (2) [Read Survival Guide article on Peritonsillar Abscess and Phlegmon (10 mins)](https://www.headmirror.com/pediatric-survival-guide/#peritonsillarabscess)  (3) [Watch, Peritonsillar Abscess Drainage (7 mins)](https://www.youtube.com/watch?v=gnO7QaxkWno) | (1) Complete 75 OtoRecall questions.  *Optional “Extra” Work*: read [Deep Neck Space Infection Survival Guide article (15 mins)](https://www.headmirror.com/pediatric-survival-guide/#deepneckspaceinfection). Also, can listen to [Ludwig’s Angina 10-minute consult podcast](https://www.headmirror.com/podcast/ludwigs-angina). | (1) [Pediatric Otitis Media Podcast (38 mins)](https://www.headmirror.com/podcast/2020/3/14/pediatric-otitis-media)  (2) On a 10-minute timer, complete as many OtoRecall questions as you can. | (1) [Laryngomalacia Podcast (22 mins)](https://www.headmirror.com/podcast/laryngomalacia)  (2) [Pediatric Subglottic Stenosis Podcast (39 mins)](https://www.headmirror.com/podcast/2020/3/14/pediatricsubglotticstenosis)  (3) Turn “on” Aerodigestive Disorders in Pediatric section of OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. |
| **WEEK 6** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Pediatric Vocal Fold Immobility Podcast (46 mins)](https://www.headmirror.com/podcast/2020/3/14/pediatric-vocal-fold-immobility)  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 15 mins. | **Consult Tuesday**  (1) [Read Survival Guide article on Pediatric Noisy Breathing (15 mins).](https://www.headmirror.com/pediatric-survival-guide/#noisybreathing)  (2) Split up into **two** 15-minute sessions, complete as many OtoRecall questions as you can in 15 mins. | (1) [Thyroglossal Duct Cyst Podcast (22 mins)](https://www.headmirror.com/podcast/2020/3/14/thyroglossal-duct-cyst-yzc8j)  (2) On a 20-minute timer, complete as many OtoRecall questions as you can. | (1) [Branchial Cleft Anomalies Podcast (34 mins)](https://www.headmirror.com/podcast/2020/3/14/branchialcleftanomalies)  (2) Turn “on” Congenital Head and Neck Masses as well as Salivary Gland Pathology in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) [Atypical Mycobacteria in the Pediatric Head and Neck Podcast (22 mins)](https://www.headmirror.com/podcast/atypical-mycobacteria-in-the-pediatric-head-and-neckatypical-mycobacteria-in-the-pediatric-head-and-neck)  (2) On a 20-minute timer, complete as many OtoRecall questions as you can.  *Optional “Extra” Work*: complete a total of 200 OtoRecall questions by the end of the weekend. |

**IV. FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY**

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| **WEEK 7** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Rhinoplasty, Part I Podcast (84 mins)](https://www.headmirror.com/podcast/rhinoplasty-for-nasal-breathing-rhinoplasty-part-i)  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 15 mins. | **Consult Tuesday**  (1) [Read Survival Guide article on Lacerations (10 mins)](https://www.headmirror.com/trauma-survival-guide/#lacerations)  (2) [Watch Instrument Handling, Suturing Technique, and Knot Tying video (17 mins)](https://www.headmirror.com/facial-plastic-surgery/#suturing)  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 20 mins. | (1) [Rhinoplasty, Part II Podcast (92 mins)](https://www.headmirror.com/podcast/rhinoplasty-techniques-for-nasal-deformity-rhinoplasty-part-2)  (2) Turn “on” Rhinoplasty in the Facial Plastic and Reconstructive section in OtoRecall.  *Optional “Extra” Work*: Watch as many of the [Open Septorhinoplasty videos](https://www.headmirror.com/facial-plastic-surgery) that you have time for (5+ mins). | **Rest / Catch-up Day**  *Optional “Extra” Work*: complete 75 OtoRecall questions. | (1) [Periorbital Aging Podcast (41 mins)](https://www.headmirror.com/podcast/2020/3/14/periorbital-aging)  (2) Turn “on” Brow, Forehead, and Blepharoplasty in OtoRecall. Then, do as many questions as you can on a 10-minute timer.  *Optional “Extra” Work*: complete a total of 200 OtoRecall questions by the end of the weekend. |
| **WEEK 8** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Bell’s Palsy Podcast (39 mins)](https://www.headmirror.com/podcast/2020/3/14/bellspalsy)  (2) On a 10-minute timer, complete as many OtoRecall questions as you can. | **Consult Tuesday**  (1) [Read Survival Guide article on Acute Facial Nerve Paralysis (15 mins)](https://www.headmirror.com/otology-survival-guide/#acutefacialnerveparalysis)  (2) [Watch video on Lateral Canthoplasty (5 mins)](https://www.youtube.com/watch?v=4RGW-sDzGrQ)  (3) Complete 50 OtoRecall questions. | (1) [Chronic Facial Nerve Paralysis Podcast (52 mins)](https://www.headmirror.com/podcast/2020/3/14/chronicfacialnerveparalysis)  (2) Turn “on” Facial Nerve Disorders in the Otology and Neurotology section as well as Facial Reanimation in the Facial Plastic and Reconstructive Surgery section in OtoRecall. Do not need to answer any questions. | (1) [Local Grafts and Flaps Podcast (54 mins)](https://www.headmirror.com/podcast/2020/3/14/local-grafts-and-flaps)  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) [Regional Flaps and Free Tissue Transfer Podcast (63 mins)](https://www.headmirror.com/podcast/2020/3/14/flaps)  (2) Turn “on” Locoregional and Free Flap Reconstruction in OtoRecall.  *Optional “Extra” Work*: complete a total of 200 OtoRecall questions by the end of the weekend. Additionally, [watch related videos](https://www.headmirror.com/facial-plastic-surgery) if time allows. |

**V. HEAD AND NECK**

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| **WEEK 9** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Early Oral Cavity Cancer Podcast (35 mins)](https://www.headmirror.com/podcast/2020/3/14/early-oral-cavity-cancer)  (2) Turn “on” Anatomy and Physiology as well as Oral Cavity Cancer sections in Head and Neck section within OtoRecall. Then, do as many questions as you can in 10 minutes. | **Consult Tuesday**  (1) [Read Survival Guide article on Sentinel Bleed and Carotid Blowout (15 mins)](https://www.headmirror.com/neck-airway/#carotidblowout)  (2) Split up into **two** 15-minute sessions, complete as many OtoRecall questions as you can in 15 mins. | (1) [Oropharyngeal Squamous Cell Carcinoma Podcast (70 mins)](https://www.headmirror.com/podcast/oropharyngeal-squamous-cell-carcinoma)  (2) Turn “on” Oropharynx Cancer section in OtoRecall. Do not need to answer any questions. | (1) Complete 100 OtoRecall questions. | (1) [Early Glottic Cancer Podcast (48 mins)](https://www.headmirror.com/podcast/2020/3/14/early-glottic-cancer)    (2) Turn “on” Laryngeal Cancer section in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete a total of 200 OtoRecall questions by the end of the weekend. |
| **WEEK 10** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Watch, Neck Dissection: Levels II-IV video (24 mins)](https://www.youtube.com/watch?v=TdKQ22w70t0)  (2) On a 20-minute timer, complete as many OtoRecall questions as possible. | **Consult Tuesday**  (1) [Watch, Tracheostomy video (4 mins)](https://www.youtube.com/watch?v=77Wi5Z3FOGk)  (2) [Read Survival Guide articles on Adult Tracheostomy Consult, Tracheostomy Tube Exchange, and Tracheostomy Bleed (30 mins)](https://www.headmirror.com/neck-airway/#adulttracheostomyconsult)  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) [Benign Parotid Tumors Podcast (49 mins)](https://www.headmirror.com/podcast/2020/3/14/benignparotidtumors)  *Optional “Extra” Work*: complete as many OtoRecall questions as you can in 15 mins. | (1) [Malignant Parotid Tumors Podcast (36 mins)](https://www.headmirror.com/podcast/2020/3/14/malignant-parotid-tumors)  (2) Turn “on” Benign and Malignant Salivary Disorders in OtoRecall. Then, on a 10-minute timer, do as many questions as you can. | (1) Complete 125 OtoRecall questions.  *Optional “Extra” Work:* [Watch two related Head and Neck surgical videos](https://www.headmirror.com/headneck) (e.g., Superficial Parotidectomy and Total Laryngectomy). |

**VI. LARYNGOLOGY**

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| **WEEK 11** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [The Difficult Adult Airway Podcast (43 mins)](https://www.headmirror.com/podcast/difficult-adult-airway)  (2) Turn “on” Anatomy section in Laryngology section within OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | **Consult Tuesday**  (1) [Read Survival Guide article on Airway & Esophageal Foreign Bodies (10 mins)](https://www.headmirror.com/neck-airway/#airwayforeignbodies2)  (2) Complete as many OtoRecall questions as you can in **three** 10-minute sessions. | (1) [Unilateral Vocal Cord Paralysis in Adults Podcast (53 mins)](https://www.headmirror.com/podcast/2020/3/14/unilateral-vocal-cord-paralysis-in-adults)  (2) Turn “on” Vocal Fold Immobility in OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) Complete 100 OtoRecall questions.  *Optional “Extra” Work*: [watch Introduction to Laryngology Room Set-up and Ergonomics, DL with Vocal Cord Injection, and Type I Thyroplasty videos](https://www.headmirror.com/laryngology) (25 mins total) | (1) [Laryngotracheal Stenosis Podcast (35 mins)](https://www.headmirror.com/podcast/2020/3/14/laryngotracheal-stenosis)  (2) Turn “on” Subglottic and Tracheal Disorders within OtoRecall. Do not need to answer any questions.  *Optional “Extra” Work*: complete a total of 200 OtoRecall questions by the end of the weekend. |
| **WEEK 12** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | (1) [Benign Vocal Cord Lesions Podcast (39 mins)](https://www.headmirror.com/podcast/2020/3/14/benign-vocal-cord-lesions)  (2) On a 10-minute timer, complete as many OtoRecall questions as you can. | **Consult Tuesday**  (1) [Read Survival Guide article on Angioedema (15 mins)](https://www.headmirror.com/neck-airway/#angioedema)  (2) Split up into **two** 15-minute sessions, complete as many OtoRecall questions as you can in 15 mins. | (1) [Recurrent Respiratory Papillomatosis Podcast (32 mins)](https://www.headmirror.com/podcast/2020/3/14/recurrent-respiratory-papillomatosis)  (2) (2) On a 10-minute timer, complete as many OtoRecall questions as you can. | (1) [Cricopharyngeal Muscle Dysfunction Podcast (51 mins)](https://www.headmirror.com/podcast/2020/3/14/cricopharyngeal-muscle-dysfunction)  *Optional “Extra” Work*: complete 50 OtoRecall questions. | (1) [Zenker’s Diverticulum Podcast (37 mins)](https://www.headmirror.com/podcast/2020/3/14/zenkerdiverticulum)  (2) Set a PR for most questions completed in one weekend in OtoRecall. |