



From Scratch to Finish



Disclaimer

- There are many different study methods.
- This is my method.
- No study method is the best.
- You need to find the one that suits you most.
- This is a very exam-oriented method. (To do the RA job well, you'd need much more than the method discussed here)



Unlike PMP's...

RAC - mainly recall questions (meaning: you need to remember your notes very well! Don't read too much, especially if they're not your own notes. Why own notes? You know what is your weakest link)

Not many practice questions (except RAPS's practice question banks + a few not-quite-sure-but-probably-true exam questions powerpoints that you can find online)



Limited Time - So don't waste time.

Not working: Wasted 2.5 months of spare time typing out notes from the RAC (Devices) Toolbox

Working: In final 3 weeks, start writing own notes with colored pens in Composition Notebook from the typed notes (from RAC (Devices) Toolbox and from the Fundamentals of Medical Devices Regulations hardcover book.) ----> as you revise in the final few weeks → write a few pages of condensed last-minute notes on A4 / US Letter paper to remind yourself anything hard-to-remember-yet-very-important

Writing vs. Typing (or using others' notes): you start to memorize when you write it down + visual memory (if you remember the location of your note on a particular page, you are able to remember the rest)

Draw tables, using different colors, draw flow diagrams, draw even pictures ([Cyanide Poisoning](#) [USMLE Toxicology](#) in one picture)



Depending on how much time you've...

Priority:

- 1) RAC (Devices) Toolbox notes
- 2) 100+ RAPS Practice Questions and Answers
- 3) Tables and Figures in Fundamentals of Medical Devices Regulations
- 4) Additional details (text) in Fundamentals of Medical Devices Regulations
- 5) Udemy courses overview
- 6) Glossary of Fundamentals of Medical Devices Regulations, FDA, RAPS Regipedia
- 7) FDA Guidelines (e.g. 510ks, PMA), EU MDR official documents, RF Focus, RF Quarterly



RAC (Devices) Prep Toolbox by RAPS

(Ask for company's reimbursement!)

It divides the content into Devices: US Focus and Devices: EU Focus.

And within each of them, the content is divided into

Devices Domain I: Strategic Planning;

Domain II: Pre-Marketing,

Domain III: Post-Marketing, and

Devices Domain IV: Interfacing.

This is exactly the way the exam is organized. It has newer content than the Fundamentals of Medical Devices Regulations textbook **(this is especially true for the EU portion)**



<US\$20 courses on Udemy!

To get a practical, quick overview:

- a) Practical Regulatory Affairs 2020 - US FDA Medical Devices
- b) Practical Regulatory Affairs 2020 - European Medical Devices



Ask for days off for super intensive study before exam

Mine:

3 weeks for PMP (last December)

2.5 weeks for RAC (Devices) (this April)

2 weeks for RAC (Drugs) (this August)



How intensive?

- Daily: from 8:00am to 2:00am daily (except time for family), but few days before the exam, you need to start adjusting your biological clock - sleep early, wake up early!
- Tips: [Watch POMODORO TECHNIQUE - My Favorite Tool to Improve Studying and Productivity](#)
- No phone or even computer in the study area
- Let your family know beforehand how important is your study + let them know you are in the pomodoro session + you will talk to them afterwards (unless it's emergency :)
- Rest time after each pomodoro session - 5 minutes piano or 10 minutes walk



What else?

- 1) Pay attention to what've been posted in RAC Device 2021 group, especially near your exam date
- 2) Know that you don't have to get full score (this is not USMLE), meaning, even though you haven't finished studying, still go for it! You only need a PASS!
- 3) Even if you think you aren't ready, still go for it! Why? Treat it as a practice exam. Knowledge is vast; no one can say they've finished studying everything.



In conclusion...

Less is more.

You need to remember your notes very well!!



A nice quote by Mitch Whiting...

“A reminder to us not to be too hard on ourselves. We are better than we think we are!”



Any questions?

