



**SASA**  
SOUTH AFRICAN SOCIETY OF ANAESTHESIOLOGISTS

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## SAJAA CPD ANSWER FORM – March/April 2022

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Earn 3 CEUs  
per edition

Please answer the following questions:

### Case report of a caesarean delivery in a primigravida with congenitally corrected transposition of the great arteries

- The incidence of congenital heart disease is:**
  - 1 in 100 pregnancies worldwide
  - Decreasing worldwide
  - Higher in low- and middle-income countries
- Regarding foetal delivery in congenital heart disease:**
  - A 'pregnancy heart team' consists of an obstetrician and anaesthesiologist
  - Regional anaesthesia and assisted vaginal delivery are mostly recommended
  - Physiological changes after delivery are negligible in the parturient
- Anaesthetic implications in congenital heart disease patients include:**
  - Central venous catheters are contraindicated
  - Infective endocarditis prophylaxis is not recommended in South Africa
  - The univentricular heart is sensitive to changes in preload
- Drug recommendations after foetal delivery in congenital heart disease patients include:**
  - A titrated oxytocin infusion
  - Ergot alkaloids to maintain afterload
  - Opioids should be avoided
- Preservation of cardiac output in congenital heart disease is assisted by:**
  - Beta agonist infusions
  - Transoesophageal echocardiography monitoring
  - Boluses of alpha agonists

### Radiation exposure of anaesthesia providers in Africa: an occupational exposure study

- The occupational exposure limits as set by the International Commission on Radiological Protection is:**
  - There is no limit
  - Less than 20 mSv per year over a 5-year period or less than 50 mSv in any one year
  - Less than 50 mSv per year over a 5-year period or less than 20 mSv in any one year
- Exposure to significant amounts of radiation can be reduced by doing the following:**
  - Opening the windows and allowing good ventilation
  - Maintaining a distance of more than 30 cm between yourself and the radiation source
  - Maintaining a distance of greater than 1.5 m from the radiation source
- Which of the following factors complicates radiation safety management in anaesthetic practice?**
  - Analysis of dosimeters is not done in South Africa
  - The duration of exposure to radiation in theatre is often not controlled by the anaesthetist
  - Compared to other theatre users, anaesthetists are mostly positioned closest to the source of radiation
- Regarding pregnant staff and occupational radiation exposure:**
  - Chronic low dose radiation exposure has no known potential biological effects
  - Pregnant staff can safely work in areas with low dose radiation exposure with appropriate personal protective equipment
  - Pregnant staff members are not allowed to work in any area with potential radiation exposure
- Radiation safety education**
  - should form part of the formal education of surgical and anaesthesiology training programmes.
  - makes no difference with regards to change in practice.
  - does not correlate with a greater likelihood of incorporating dose reduction strategies.

### Prevalence and predisposing factors of post-traumatic stress symptoms in anaesthetists during the second wave of COVID-19 in South Africa

- Anaesthetists are among the highest risk for viral exposure due to their**
  - proximity to the airway and the nature of the airway procedures they perform.
  - lack of social distancing in the theatre environment.
  - impaired immune response secondary to volatile agent exposure.
  - susceptibility to mental health problems.
- Individuals suffering from post-traumatic stress disorder (PTSD)**
  - struggle with social anxiety and isolate themselves in the workplace.
  - seldom seek care and are at risk of suicidal ideation and suicide attempt.
  - are three times more likely to make drug errors.
  - experience symptoms of depersonalisation, cynicism, and emotional exhaustion.
- Which of the following was not found to be independently associated with mortality in the recent African COVID-19 Critical Care Outcomes Study (ACCCOS):**
  - HIV
  - Chronic liver disease
  - Smoking
  - Diabetes
- The PTSD Checklist for DSM-5 (PCL-5) is a 20-item self-report measure that is used to assess:**
  - The presence and severity of post-traumatic stress symptoms (PTSS)
  - An individual's psychosomatic response to a traumatic life event
  - The impact of psychological stress on work-life balance
  - The presence and severity of burnout
- Which of the following factors were not strongly associated with the development of PTSD amongst anaesthetists during the COVID-19 outbreak in South Africa?**
  - Feelings of loneliness
  - Poor social support structure
  - Testing positive for COVID-19
  - Pre-existing mental health condition

### The history of the College of Anaesthetists of South Africa

- The establishment of 'The College of Medicine of South Africa' in October 1971 was a result of the amalgamation of the:**
  - College of Physicians and Surgeons of South Africa with the College of Gynaecologists
  - South African College of General Practitioners with the College of Physicians, Surgeons and Gynaecologists
  - College of Physicians, Surgeons and Gynaecologists with the College of Anaesthetists
- The longest serving Chairperson of the Faculty of Anaesthetists was:**
  - OVS Kok
  - DF Morrell
  - GG Harrison
- The pass rate in the first FFA(SA) Part I examination written during the first semester of 1960 was:**
  - 0%
  - 60%
  - 100%
- The FCA(SA) Part II examination was modified in the second semester of 2004 by the:**
  - Addition of a third objective written paper
  - Change to a multiple choice question paper
  - Removal of clinical patient cases
- The boardroom of the CMSA building in Durban is named after anaesthetist**
  - Dr Anna Catherina Buys
  - Dr Clive Daniel
  - Dr Jack Abelsohn

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