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SAJAA CPD ANSWER FORM – May/June 2023

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Please answer the following questions:

The utilisation of the post-anaesthesia high-care unit at Tygerberg Hospital: a retrospective audit

- In South Africa, which of the following increases the demand for intensive care?**
 - High incidence of trauma and sepsis
 - Lung disease
 - Kidney disease
- The SASOS study noted that patients admitted to the intensive care unit (ICU) were mainly admitted for**
 - dialysis
 - mechanical ventilation
 - monitoring and cardiovascular support
- What type of care should the post-anaesthesia high-care unit (PAHCU) ideally provide?**
 - level 3 care
 - ECMO
 - level 1 and level 2 care
- Which preoperative risk stratification tool aids in identifying patients with increased risk for postoperative complications?**
 - APACHE score
 - NSQUIP risk calculator
 - PESI score
- What was the main indication for admission to the PAHCU at Tygerberg Hospital?**
 - CPAP
 - Analgesia
 - Airway monitoring

Psychological impact of the COVID-19 pandemic on anaesthetists in an academic institution in South Africa

- The DASS-21 questionnaire**
 - is a validated screening tool that measures depression, anxiety, and stress
 - is a validated screening tool that measures depression, anxiety, stress, and suicide risk
 - is a screening tool to identify symptoms of depression and stress
- The Impact of Event Scale-Revised (IES-R) screening tool has three subscales. These include:**
 - Intrusion, anxiety, and hyperarousal
 - Stress, anxiety, and hyperarousal
 - Intrusion, avoidance, and hyperarousal
- Obtaining a score greater than the following is suggestive of post-traumatic stress disorder when using the IES-R screening tool**
 - 20
 - 24
 - 36
- The most common sources of stress ranked by participants included**
 - access to appropriate personal protective equipment, being exposed to COVID-19 at work, and taking the infection home to family
 - being able to provide medical care if deployed to a new area (COVID-19 teams or ICU), and access to appropriate personal protective equipment
 - being exposed to COVID-19 at work and taking the infection home to family, being able to provide medical care if deployed to a new area (COVID-19 teams or ICU), and access to appropriate personal protective equipment
- The study found that**
 - a diagnosis of mental health illness was strongly associated with negative emotional states during the pandemic
 - a diagnosis of a medical illness was strongly associated with negative emotional states during the pandemic
 - the absence of a mental health illness was strongly associated with negative emotional states

Knowledge, attitudes and practices of South African anaesthesiology registrars towards perioperative point-of-care viscoelastic testing

- Which factor was associated with a higher likelihood of having adequate knowledge concerning perioperative point-of-care (POC) viscoelastic testing (VET)?**
 - The seniority of the respondent within their respective registrar training programme
 - The number of lectures/tutorials they had attended on the subject of POC VET
 - The number of years of experience they had in anaesthesiology before becoming a registrar
- Respondents most frequently requested VETs for which surgical population:**
 - Trauma surgery
 - Orthopaedic surgery
 - Obstetric and gynaecology
- In what context would respondents most frequently request a perioperative POC VET for a patient?**
 - As an academic exercise
 - To identify coagulation abnormalities
 - To decide whether a patient qualified for a postoperative ICU bed
- The greatest barrier to requesting perioperative POC VETs amongst respondents was:**
 - The turnaround time for the test itself
 - Confidence in interpreting the results of the VET
 - Availability of VET facilities and consumables
- Which factor was associated with a greater confidence score amongst respondents with respect to independently interpreting VET data for patient management?**
 - Having rotated through critical care
 - Having rotated in cardiothoracic anaesthesia
 - Having rotated in neuroanaesthesia

Evaluating the efficacy of propofol in attenuating the cardiorespiratory response to extubation: single-blinded randomised placebo-controlled trial

- The Royal College of Anaesthetists' 4th National Audit Project found that major complications of airway management occurred most frequently at**
 - induction and intubation
 - emergence and extubation
 - in the post-anaesthesia care unit
 - in the postoperative ward setting
- Blunting extubation**
 - focuses mainly on reducing coughing and bucking against the tracheal tube
 - has little effect on the sympathetic nervous system
 - has shown improved patient recovery
 - involves mainly pharmacological strategies
- The mechanism of action of propofol**
 - involves GABA-A receptor activation
 - involves NMDA receptor antagonism
 - involves α -2 receptor agonism
 - is not well described
- Common cardiovascular effects after propofol administration include**
 - hypotension and bradycardia
 - hypertension and bradycardia
 - hypotension and tachycardia
 - hypotension and a blunted baroreceptor reflex
- Regarding attenuating the extubation response with propofol:**
 - It is a well-established technique in adult patients
 - The optimal dose has been established at 0.5 mg kg⁻¹
 - The timing of administration should be done early in the emergence process
 - Needs further research to determine the optimal dose and timing

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