

September 2009 – Office-based surgery

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

LOCAL ANAESTHETICS: CHARACTERISTICS, USES AND TOXICITIES

1. Choose one correct statement wrt ropivacaine and levobupivacaine:

- A. They are more potent than bupivacaine
- B. Less prone to CNS toxicity
- C. R-isomers of bupivacaine
- D. Known to cause intense vasodilatation
- E. More selective in blocking motor nerve fibres.

2. Which one of the following agents is safe and useful in treating CNS and cardiac toxicity resulting from overdose of local anaesthetic:

- A. Propofol
- B. Phenytoin
- C. Amiodarone
- D. Lipid emulsion
- E. Adrenaline.

3. True (A) or false (B) – fill in only block A or B:

Adrenaline is absolutely contraindicated in digital nerve blocks.

OFFICE-BASED ANAESTHESIA

4. Choose one correct statement wrt to midazolam in office sedation and analgesia:

- A. Is commonly used for sedation owing to its rapid onset and short duration of action
- B. Amnesia and analgesia are pronounced, even at sub-hypnotic doses
- C. Suppression of respiratory drive seldom occurs
- D. Flumazenil is a non-competitive antagonist at the benzodiazepine receptor
- E. Flumazenil is a competitive antagonist at the benzodiazepine receptor with duration of action varying from 140 to 250 minutes.

5. Choose one correct statement wrt office anaesthesia drugs:

- A. Propofol has no anti-emetic effect
- B. There is a wide intra- and inter-patient variation in response to a given dose of a given drug or combinations
- C. Ketamine has excellent analgesic properties, but respiratory depression and laryngospasm are common side-effects
- D. Opioids can all cause severe respiratory depression, but have powerful anti-emetic properties
- E. Dexmedetomidine (Precedex) has recently been approved as an agent of choice in office sedation.

6. True (A) or false (B) – fill in only block A or B:

Office-based anaesthesia requires a different approach to that used in the hospital-based practice, but all anaesthetists are trained to deal with this environment.

OFFICE-BASED ENDOSCOPY

7. Choose one correct statement wrt office endoscopic procedures:

- A. They are very well reimbursed
- B. Accreditation and training are important prerequisites, but are poorly applied in South Africa
- C. It is the ideal environment for placement of oesophageal stents
- D. ASA II patients are not suitable for office endoscopy
- E. A marked increase in gynaecological hysteroscopy and endometrial ablation has been endorsed by funders and SASOG.

8. Choose one correct statement wrt suitable office endoscopy set-up:

- A. A certificate of need must be obtained prior to attempting office endoscopy
- B. Oxygen is expensive, seldom reimbursed and only used if really necessary
- C. Two trained assistants must be present in the room throughout the endoscopic procedure
- D. Resuscitation equipment must be available on call from a nearby hospital
- E. Informed consent must be taken by the doctor prior to the procedure and documented in the patient medical record.

9. True (A) or false (B) – fill in only block A or B:

Check the defibrillator at the start of each work day.

MINOR ANORECTAL SURGERY IN THE OFFICE

10. Choose one correct statement wrt minor anorectal procedures in the office:

- A. Full bowel prep is essential
- B. Proper anorectal evaluation is seldom possible in the office

- C. Rubber band ligation above the dentate line usually is very painful and requires anaesthetic block
- D. The majority of procedures are performed in the lithotomy position
- E. Assurance of haemostasis should be carefully achieved prior to completion of the procedure.

11. True (A) or false (B) – fill in only block A or B:

Caudal block is easy to learn and commonly used in anorectal surgery.

INFECTION CONTROL AND REPROCESSING

12. Choose one correct answer wrt reprocessing of devices:

- A. Most modern disinfectants are effective as they are able to penetrate biofilm build-up
- B. High-level disinfection is defined as the destruction of all microorganisms, mycobacteria, viruses, all fungal and all bacterial spores
- C. Re-use of disposable devices is a widespread and safe practice
- D. It is important to monitor the efficacy of the disinfection-sterilisation procedures at prescribed regular intervals
- E. Re-usable devices are usually cheaper in the long run compared with disposables.

13. True (A) or false (B) – fill in only block A or B:

Sterilisation of flexible endoscope is the standard of practice.

OFFICE-BASED PLASTIC SURGERY – BEVERLY HILLS DR 90210?

14. Choose one correct statement wrt office-based plastic surgery:

- A. Safety is of the utmost importance
- B. All procedures require the assistance of an anaesthetist
- C. Liposuction is a simple procedure that is ideally suited for the plastic surgery office
- D. Licensing is necessary, as an 'unattached theatre' is required for all surgery
- E. Most face-lifts can be accomplished in the office under local anaesthetic.

15. True (A) or false (B) – fill in only block A or B:

Most medical schemes will pay for cosmetic surgery as long as it is performed in the plastic surgeon's office.

UNATTACHED OPERATING THEATRES

16. Choose one correct statement wrt the regulations governing private hospitals and unattached operating theatre units:

- A. They were initially published in the Government Gazette in 1990
- B. They stipulate prior approval and annual renewal of operating licence
- C. They carry a comprehensive list of procedures that may be performed in the office setting
- D. They sanction postoperative overnight stay
- E. They are updated annually to govern modern safe office surgery and anaesthesia.

17. True (A) or false (B) – fill in only block A or B:

Separate Regulations in the Health Act describe standards for office-based surgery.

SEDATION AND ANALGESIA BY NON-ANAESTHESIOLOGISTS

18. Choose one correct statement wrt sedation and anaesthesia and analgesia:

- A. The official stance of the Anaesthetic Society of South Africa is that the concomitant use of opioids and sedation drugs targeted for deep sedation or anaesthesia should be restricted to anaesthetists.
- B. Propofol has excellent hypnotic and analgesic properties.
- C. An anaesthetist must be present at all endoscopic procedures performed under sedation.
- D. Light sedation is adequate for all colonoscopies.
- E. Cost is always more important than safety.

19. True (A) or false (B) – fill in only block A or B:

Propofol is officially restricted for use as an anaesthetic agent for induction and maintenance of general anaesthesia and for sedation in ventilated patients.

WHEN THE CHEQUE IS NOT IN THE MAIL!

20. True (A) or false (B) – fill in only block A or B:

Equipment costs in the office setting are adequately covered in the RPL calculations.