

The Ochsner Journal

Continuing Medical Education

CME QUESTIONS VOL. 12, NO. 1

This section provides a review. Mark each statement (circle the correct answer) according to the factual material contained in this issue and the opinions of the authors. A score of 70% per article is required to qualify for CME credit.

Smoking Cessation in Pain Patients

1. Repeat nicotine exposure has been shown to modulate cellular responses only through gamma-aminobutyric acid receptors.
True or False
2. The analgesic properties of nicotine increase with prolonged nicotine exposure.
True or False
3. Which of the following was the most effective method for smoking cessation?
 - a. Transdermal patches
 - b. Varenicline
 - c. Persistent physician interest and counseling
 - d. All of the above
 - e. None of the above

Presence of Anesthesia Resident Trainees in Day Surgery Unit Has Mixed Effects on Operation Room Efficiency Measures

1. Turnover time is defined as the time from when one patient leaves an operating room until the next patient enters the same operating room.
True or False
2. Anesthetic technique has no effect on anesthesia-controlled time because it is a standard measure of operating room efficiency.
True or False
3. Operating room efficiency can be improved by always staffing with a solo anesthesia practitioner.
True or False

Anesthetic Management for Wingspan Stent

1. The wingspan stent has fewer complications than the traditional stent.
True or False
2. Dexmedetomidine is an alpha-1 agonist.
True or False
3. Patients with cerebral ischemia usually have severe increases in blood pressure.
True or False
4. Sevoflurane has an antiinflammatory effect.
True or False
5. Maintaining high blood pressure is crucial during wingspan stent insertion.
True or False

Use and Acceptance of Complementary and Alternative Medicine Among the General Population and Medical Personnel: A Systematic Review

1. What percentage of people report having used at least one form of complementary medicine in their lifetimes?
 - a. None
 - b. 10%
 - c. Approximately 66%
 - d. 90% or greater
 - e. Everyone
2. A national health survey in 2007 revealed that more than \$34 billion is spent on complementary and alternative medicine annually in the United States.
True or False
3. Which of the following are examples of complementary and alternative medicine?
 - a. Chiropractic manipulation
 - b. Homeopathy
 - c. Phytotherapy/herbal medicine
 - d. Massage
 - e. All of the above

The Heart of the Matter of Opinion and Evidence: The Value of Evidence-Based Medicine

1. The link between smoking and lung cancer was based on randomized controlled trials.
True or False

2. Homocysteine has been associated with an increased risk of cardiovascular disease, and folic acid has been proven to reduce both homocysteine levels and cardiovascular events.
True or False
3. Estrogen therapy and vitamin E were both associated with reduced cardiovascular diseases in retrospective studies, later confirmed in randomized controlled trials.
True or False
4. Regarding high-density lipoprotein (HDL) cholesterol,
 - a. HDL-C levels are inversely related to cardiovascular morbidity and mortality.
 - b. Medications can increase HDL levels.
 - c. Cholesteryl ester transfer protein inhibitors markedly increase HDL levels and reduce cardiovascular morbidity and mortality.
 - d. All of the above apply.
 - e. A & B apply.

Preanesthetic Assessment of the Jehovah's Witness Patient

1. Prior to a nonemergent aortic valve replacement operation requiring cardiopulmonary bypass, a Jehovah's Witness patient is most likely to accept blood products under which of the following conditions?
 - a. The donor is also a Jehovah's Witness.
 - b. During cardiopulmonary bypass, the circuit of autologous blood is never broken.
 - c. The healthcare providers do not reveal the patient's choice to the Jehovah's Witness's congregation.
 - d. The Jehovah's Witness patient receives his/her own blood that he/she donated to be stored a month prior to surgery.
2. Which of the following products, techniques, or strategies should not be used in the anesthetic management of a Jehovah's Witness patient?
 - a. Total intravenous anesthesia
 - b. Recombinant activated factor VII
 - c. Aprotinin, an antifibrinolytic
 - d. High tolerance of low hematocrit values
3. A 4-year-old girl presents with multiple open fractures and is hemodynamically unstable after being struck by a car. The anesthesiologist believes that transfusion of blood products is indicated. Before a transfusion can be started, the parents arrive at the emergency department and state that as Jehovah's Witnesses, they will not consent for their daughter to receive any blood products. The most appropriate course of action for the anesthesiologist is to
 - a. consult the hospital's ethics committee.
 - b. ask the parents if they are willing to donate their own blood to their child if medically acceptable.
 - c. refuse to be involved in the patient's care and find a colleague willing to conduct the anesthetic management.
 - d. transfuse despite the parent's wishes.
4. The temperature for a patient undergoing deliberate hypothermia is best monitored at which site?
 - a. Rectal
 - b. Tympanic
 - c. Axillary
 - d. Skin temperature on forehead
5. During the preoperative evaluation at 2 weeks prior to a scheduled myomectomy for symptomatic uterine leiomyomas, a 23-year-old Jehovah's Witness has a hemoglobin level of 6.3 g/dL but is asymptomatic related to her anemia. What is the most appropriate action?
 - a. Discontinue aspirin.
 - b. Start intravenous iron supplementation.
 - c. Transfuse 1 unit of packed red blood cells now.
 - d. Transfuse 1 unit of packed red blood cells on the day of surgery.

Mesothelioma: A Review

1. Mesothelioma is associated with which of the following?
 - a. Ultraviolet-A light exposure (tanning beds)
 - b. Aniline dyes
 - c. Asbestos
 - d. Benzene fumes
2. What diagnostic technique provides the best yield for mesothelioma?
 - a. Single, blind thoracentesis
 - b. Serial, blind thoracenteses
 - c. Blind pleural biopsy
 - d. Video-assisted thoracoscopy

(Questions continued on opposite side)

(Questions continued from opposite side)

3. Most mesothelioma patients present with early-stage disease and are potentially curable with trimodality therapy.
True or False
4. Which of the following agents has demonstrated activity in clinical trials in mesothelioma?
 - a. Erlotinib
 - b. Bevacizumab
 - c. Vorinostat
 - d. Sorafenib
5. Which of the following chemotherapy regimens is considered standard first-line therapy in malignant pleural mesothelioma?
 - a. Cisplatin-pemetrexed
 - b. Cisplatin-gemcitabine
 - c. High-dose methotrexate
 - d. Doxorubicin-bevacizumab
6. Chemotherapy/targeted agents considered active in the second-line setting for mesothelioma include which of the following?
 - a. Gemcitabine
 - b. Vinorelbine
 - c. Pemetrexed
 - d. All of the above

Lumbar Incisional Hernia Repair After Iliac Crest Bone Graft

1. Lumbar hernias are anatomically bound by the 12th rib superiorly, the iliac crest inferiorly, the erector spinae muscle medially, and the external oblique muscle laterally.
True or False
2. Lumbar hernias are thought to occur through 2 areas of weakness: the medial and lateral lumbar triangles.
True or False
3. Which of the following is the diagnostic study of choice for evaluating lumbar hernias?
 - a. Ultrasound
 - b. Magnetic resonance imaging
 - c. Computed tomography scan
 - d. Abdominal x-ray

The Ochsner Journal CME CREDIT APPLICATION FORM

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VERIFICATION OF ATTENDANCE

The maximum number of credits awarded for this activity is 8 *AMA PRA Category 1 credits*™.

Signature

Date

EVALUATION

Your response to these questions helps us to enhance our CME offerings. Please take the time to respond and return the evaluation. Thank you.

Please use the following codes to answer items 1-7.

- SA** – Strongly Agree
- A** – Agree
- U** – Undecided
- D** – Disagree
- SD** – Strongly Disagree

1. The objectives of the CME activity were clearly stated.
SA A U D SD
2. The content of the journal articles was up-to-date.
SA A U D SD
3. The journal articles illustrated independence, objectivity, balance, and scientific rigor.
SA A U D SD
4. The content was closely related to objectives of my clinical practice and/or teaching.
SA A U D SD

5. The journal articles increased my knowledge of the subject.
SA A U D SD
6. The content of the journal articles met my personal expectation and needs.
SA A U D SD
7. I will apply the information learned from these journal articles in my clinical practice.
SA A U D SD

Do you have any suggestions as to how to improve the content of the journal articles?

What topics would you like to see in future journal articles?

Thank you for completing this evaluation and survey.