

## CPD QUESTIONNAIRE. MAY 2022 VOL 21 NO 2

### The impact of the Covid-19 lockdown restrictions on orthopaedic trauma admissions in a central academic hospital in Johannesburg (Foster M, Du Plessis J, Jansen van Vuuren M, Jingo M, Pietrzak JRT)

#### 1. Where was this retrospective review conducted?

- a. Durban A
- b. Cape Town B
- c. Pretoria C
- d. Johannesburg D
- e. Stellenbosch E

#### 2. What was the decrease in trauma admissions between 2019 and 2020?

- a. 55% A
- b. 10% B
- c. 25% C
- d. 68% D
- e. 5% E

#### 3. What percentage of Covid-19 tests were positive in patients once mandatory testing began?

- a. 30% A
- b. 10% B
- c. 2% C
- d. 22% D
- e. 45% E

### Comparing outcomes between enhanced recovery after surgery and traditional protocols in total knee arthroplasty: a retrospective cohort study (Beukes JE, Immelman RJ, Venter JH, Janse van Rensburg C, Ngcelwane MV, De Vos JN)

#### 4. Enhanced recovery after surgery (ERAS) protocols contain which of the following interventions:

- a. Preoperative A
- b. Intraoperative B
- c. Postoperative C
- d. a and b D
- e. a, b and c E

#### 5. The following forms part of the ERAS protocol except:

- a. Full diet day 0 postoperative A
- b. Mobilisation out of room day 0 B
- c. Benzodiazepine sedative C
- d. Clear fluids up to 2 hours preoperative D
- e. Standard ward postoperative E

#### 6. ERAS is associated with:

- a. Increased readmission rate A
- b. Increased complication rate B

- c. General anaesthesia C
- d. Increased reoperation rate D
- e. Decreased length of stay E

### Splints and immobilisation approaches used for second to fifth metacarpal fractures: a systematic review (Keller MM, Barnes RY, Brandt C, Hepworth LM)

#### 7. According to the highest level of evidence sourced in the article, fifth metacarpal neck (boxer's) fractures with $\leq 70^\circ$ of angulation and no rotational deformities are best immobilised with which of the following?

- a. U-shaped gutter splint A
- b. Hand-based palmar splint B
- c. Plaster of Paris cast C
- d. Soft wrap and buddy strapping D
- e. Palmar wrist extension splint E

#### 8. Select the complication following prolonged and incorrect immobilisation of extra-articular neck or shaft of fifth metacarpal fractures:

- a. Itchiness A
- b. Pressure sores B
- c. Pain C
- d. Neuropraxia D
- e. b and e E

#### 9. Select the outcome measures/assessments most frequently used for monitoring management for individuals who sustained second to fifth metacarpal fractures:

- a. Pinch strength A
- b. Joint range of motion B
- c. DASH/QuickDASH C
- d. Sensation D
- e. b and c E

### Orthopaedic research in Zimbabwe: a seminal bibliometric analysis (Sibindi C, Mageza A, Socci A)

#### 10. In this bibliometric analysis of research in Zimbabwe, what nature of research collaboration was seen to yield the most productivity and is suggested for more productivity?

- a. Established Zimbabwe-based researcher working with HIC researcher A
- b. HIC/LIC-based graduate student working with mentor in HIC B
- c. Established Zimbabwe-based researcher working with LIC researcher C
- d. External researchers working in Zimbabwe D
- e. All of the above E

**11. Within Zimbabwean orthopaedic surgery research, what is a key distinction in the trend of research foci compared to other low- and middle-income countries (LMICs)?**

- a. Trauma has the highest focus of research A
- b. Paediatric clubfoot is a distinguished research focus B
- c. All research foci seem to be equally represented C
- d. HIV-related orthopaedic pathology dominates as a consequence of the HIV/AIDS pandemic D
- e. The Zimbabwean trends follow other LMIC trends with no distinction E

**12. Looking at this study, what, if any, is an inherent limitation of bibliometric analysis methodology?**

- a. In a bibliography with a limited number of papers, there is severe distortion of the output limiting utility A
- b. For a bibliography with papers spread over an extended time period, there is incoherence of output B
- c. No limitation of bibliometric analysis methodology is highlighted in this paper C
- d. Bibliometric analysis is better carried out on bibliography containing publications of a higher level of evidence D
- e. All of the above E

**Modular prosthetic reconstruction for primary bone tumours of the distal tibia in ten patients (Mugla W, Bauer HCF, Vogel J, Hosking KV, Campbell N, Hilton TL)**

**13. Which study has the biggest number of patients who had a distal tibial replacement?**

- a. Shekkeris et al. A
- b. Lee et al. B
- c. Natarajan et al. C
- d. Abudu et al. D
- e. This study E

**14. What is the functional outcome MSTS of this study?**

- a. 90% A
- b. 80% B
- c. 50% C
- d. 20% D
- e. 63% E

**15. What was the amputation rate of this study?**

- a. 10% A
- b. 20% B
- c. 30% C
- d. 33% D
- e. 5% E

**Current concepts on the assessment of a patient with a traumatic anterior shoulder dislocation (Kauta NJ, Du Plessis JP, De Wet JJ, Vrettos B, Roche SJL)**

**16. Which one of the following statements is true with regard to recurrent traumatic anterior shoulder dislocation?**

- a. A rotator cuff tear is almost always present in patients younger than 40 years of age A
- b. This is a common challenge in patients older than 30 years of age B
- c. An off-track Hill–Sachs lesion is associated with a recurrence rate of more than 90% in anterior shoulder dislocation C
- d. Anteroinferior glenoid bone loss will not predispose to recurrent dislocation if the humeral head is intact D
- e. Age younger than 30 years at the initial dislocation is the single most important predisposing factor to recurrent dislocation E

**17. The clinical significance of a positive Walsh sign (or test) is best described by:**

- a. External rotation more than 90° and higher risk of shoulder instability A
- b. Internal rotation of more than 90° and higher risk of shoulder instability B
- c. Abduction of more than 90° and higher risk of shoulder instability C
- d. Forward flexion of more than 90° and higher risk of shoulder instability D
- e. Internal rotation of more than 90° and lower risk of shoulder instability E

**18. The currently recommended imaging modality for glenoid bone loss measurement is:**

- a. Axial CT scan A
- b. Coronal CT scan B
- c. 3D CT scan (en face view) C
- d. Axial MRI scan D
- e. Coronal MRI scan E

**Mega-OATS of the knee without specialised instrumentation: a low-cost option for large cartilage defects in a resource-restrained environment (Le Roux J, Von Bormann R, Braun S, Imhoff AB, Held M)**

**19. Recommended treatment options for a large cartilage lesion in the knee in a young patient is:**

- a. Microfracture A
- b. Arthroplasty B
- c. Osteochondral autograft transplantation (OATS) C
- d. Fresh osteochondral allograft transplantation (OCA) D
- e. Intra-articular local anaesthetic and steroid injection E

**20. The traditional Mega-OATS technique requires:**

- a. Donor hamstrings tendon A
- b. Donor allograft cartilage B
- c. Donor autograft cartilage from the contralateral knee C
- d. A specialised workbench D
- e. Autologous chondrocyte culture in a laboratory E

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