

CPD QUESTIONNAIRE. AUGUST 2022 VOL 21 NO 3

High burnout among the South African orthopaedic community: a cross-sectional study (O'Connor M, Ferreira N, Smith M, Webster P, Venter RG, Marais LC)

1. In this research paper there was a significant association with burnout in which demographic group?

- | | |
|--|---|
| a. Women | A |
| b. Respondents of an older age | B |
| c. Registrars | C |
| d. Respondents with a greater number of calls | D |
| e. Respondents with a greater number of children | E |

2. Which self-reported management strategy to cope with burnout was found to be associated with an increase in the measured burnout rate of respondents?

- | | |
|-----------------------------|---|
| a. Drinking alcohol | A |
| b. Cannabis use | B |
| c. Smoking | C |
| d. Exercising | D |
| e. Participation in hobbies | E |

3. Match the correct percentages of burnout and professional fulfilment among respondents in this study:

- | | |
|---|---|
| a. Burnout 27%, professional fulfilment 84% | A |
| b. Professional fulfilment 84%, burnout 72% | B |
| c. Burnout 72%, professional fulfilment 48% | C |
| d. Professional fulfilment 48%, burnout 27% | D |
| e. Burnout 27%, professional fulfilment 27% | E |

Triceps-off transfascial sleeve approach, functional outcomes and surgical technique in distal humerus fractures (Nkomo WB, Rachuene PA, Dey R, Maqungo S, Roche S, Solomons M)

4. Regarding the prophylactic use of non-steroidal anti-inflammatory drugs (NSAIDs) following elbow surgery, the evidence suggests which of the following in relation to the reduction of heterotopic ossification formation?

- | | |
|---|---|
| a. There is convincing evidence to support their use following elbow surgery | A |
| b. There is more convincing evidence supporting the use of NSAIDs following elbow surgery compared to hip surgery | B |
| c. The evidence is equally supportive of the use of NSAIDs following elbow and hip surgery | C |
| d. There is more convincing evidence supporting the use of NSAIDs following hip surgery compared to elbow surgery | D |
| e. The evidence does not support the use of NSAIDs following elbow surgery | E |

5. Distal humerus fractures in adults make up which proportion of fractures?

- | | |
|-----------|---|
| a. 2–7% | A |
| b. 20–30% | B |
| c. 50–60% | C |
| d. 70–75% | D |
| e. 75–80% | E |

6. Which statement is *invalid*?

The treatment of distal humerus fractures is complex due to the following:

- | | |
|---|---|
| a. Low fracture line of one or both columns | A |
| b. Metaphyseal fragmentation of one or both columns | B |
| c. Inadequate surgical exposure | C |
| d. Articular comminution | D |
| e. Poor bone quality | E |

Halo-external fixator frame-assisted correction to treat severe kyphotic deformity in children younger than 4 years old (Cetinkaya M, Gezengana V, Mann TN, Du Toit J, Davis JH)

7. What is the *main* purpose of halo-pelvic traction when managing severe spinal deformity?

- | | |
|--|---|
| a. To avoid the need for corrective surgery | A |
| b. To improve vital capacity prior to corrective surgery | B |
| c. To improve deformity prior to corrective surgery | C |
| d. To maintain deformity correction after surgery | D |
| e. To avoid spinal cord compression during surgery | E |

8. Which of the following complications did *not* occur among the patients treated with the halo-external fixator frame?

- | | |
|--------------------------------------|---|
| a. Pin-site infection | A |
| b. Injury to the cranial nerves | B |
| c. Respiratory arrest | C |
| d. Hospital-acquired pneumonia | D |
| e. Dislodgement of the fixator frame | E |

9. What are some of the potential benefits of halo-pelvic traction versus halo-gravity traction?

- | | |
|--|---|
| a. Gradual, controlled distraction | A |
| b. Greater distraction strength | B |
| c. Independent mobilisation for patients | C |
| d. A and B only | D |
| e. A, B and C | E |

Short-term outcomes of one-stage bilateral total hip arthroplasty in a South African setting (Mia SM, Rajpaul J, Goga IE)

10. Regarding the bilateral hip arthroplasty study, which of the following statements are correct?

- | | |
|---|---|
| a. The 30-day mortality rate in the study was 50% | A |
| b. Eighteen per cent of patients requested a disability grant application postoperatively | B |
| c. The 30-day mortality rate in the study was 0% | C |
| d. Thirty-six per cent of patients in this study were HIV positive | D |
| e. When the one-stage BTHA was performed at a high-volume arthroplasty centre, the complication rate was also reduced | E |

11. The advantages of a one-stage BTHA include:

- | | |
|--|---|
| a. Theoretical reduction in anaesthetic risk | A |
| b. Prolonged rehabilitation period | B |
| c. Decreased costs to the healthcare system | C |
| d. Earlier return to work | D |
| e. Shorter rehabilitation period | E |

Epidemiology of primary bone tumours in Nigeria: a systematic review (Koyejo TT, Olusunmade OI, Olufemi OT)

12. What is the estimated annual incidence rate of bone tumours in Nigeria, per 100 000 population?

- | | |
|------------|---|
| a. 0.5–0.7 | A |
| b. 1–3 | B |
| c. 0.1–0.3 | C |
| d. 1.1–1.3 | D |
| e. 4–7 | E |

13. What is the most common benign primary bone tumour in Nigeria, according to this study?

- | | |
|--------------------------------|---|
| a. Benign giant cell tumour | A |
| b. Osteochondroma | B |
| c. Chondroblastoma | C |
| d. Osteoid osteoma | D |
| e. Benign fibrous histiocytoma | E |

14. Malignant primary bone tumours in Nigeria were most commonly found in what location in this study?

- | | |
|-----------------------|---|
| a. Radius and ulna | A |
| b. Femur | B |
| c. Pelvis | C |
| d. Craniofacial bones | D |
| e. Tibia and fibula | E |

Wide awake local anaesthesia no tourniquet: a review of current concepts (Rocher AGL, O'Connor M, Koch O)

15. Select the correct ratio, concentration and volume of constituents to formulate a standard 1% lignocaine 10 ml WALANT solution:

- | | |
|--|---|
| a. 5 ml of 2% lignocaine, 1 ml of 1:1 000 adrenaline, 1 ml of 8.5% sodium bicarbonate, 3 ml saline | A |
| b. 5 ml of 1% lignocaine, 1 ml of 1:1 000 adrenaline, 1 ml of 8.5% sodium bicarbonate, 3 ml saline | B |
| c. 5 ml of 2% lignocaine, 1 ml of 1:1 000 adrenaline, 1 ml of 8.5% sodium bicarbonate, 3 ml saline | C |
| d. 5 ml of 1% lignocaine, 0.1 ml of 1:1 000 adrenaline, 1 ml of 8.5% sodium bicarbonate, 4 ml saline | D |
| e. 5 ml of 2% lignocaine, 0.1 ml of 1:1 000 adrenaline, 1 ml of 8.5% sodium bicarbonate, 4 ml saline | E |

16. Select the fracture for which WALANT has not been utilised as the anaesthetic for surgical fixation:

- | | |
|---------------------------|---|
| a. Phalangeal plating | A |
| b. Metacarpal plating | B |
| c. Distal radius plating | C |
| d. Distal humerus plating | D |
| e. Ankle fracture plating | E |

17. Which of the following is not a technique described in the text to reduce the pain of injection?

- | | |
|---|---|
| a. Warming the WALANT solution | A |
| b. Injecting the solution at an acute angle to the skin | B |
| c. Buffering the solution with sodium bicarbonate | C |
| d. Pinching or raising the skin of the initial injection site | D |
| e. Cognitive distraction of the patient during injection | E |

A clinician-run 3D-printing laboratory for orthopaedic preoperative planning: an illustrative case series (Venter RG, Kotze L, Ferreira N)

18. During the study period, the median 'total cost' to manufacture anatomical 3D-printed models at our lab, per patient, was:

- | | |
|---------------|---|
| a. R325.76 | A |
| b. R3 257.62 | B |
| c. R4 951.00 | C |
| d. R7 177.09 | D |
| e. R12 632.62 | E |

19. During the study period, the mean 'total manufacturing time' for anatomical 3D-printed models, per patient, was:

- | | |
|-------------|---|
| a. 8 hours | A |
| b. 33 hours | B |
| c. 62 hours | C |
| d. 1 week | D |
| e. 2 weeks | E |

20. The materials used in this study for the manufacturing of anatomical 3D-printed models did not include:

- | | |
|---|---|
| a. Polylactic acid (PLA) | A |
| b. Acrylonitrile butadiene styrene (ABS) | B |
| c. Polyethylene terephthalate glycol (PETG) | C |
| d. Nylon | D |
| e. Titanium | E |

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