

Question 1. What should be the current range of nerve stimulators (mA)?

- A. 0-5
- B. 5-10
- C. 10-20
- D. 20-50

Feedback: Correct answer: A. True. The amplitude range should be 0-5 mA or even 0-1 mA in order to check the nerve endpoint. High threshold currents mean that the needle tip is too far from the nerve endpoint. Lower threshold current (< 0.3 mA) can mean a risk of neural damage (intra-neural/intrafascicular injection).

Question 2. To selectively stimulate motor fibres, which is the correct answer?

- A. 0.5 ms is the optimal pulse duration
- B. 5 ms is the optimal pulse duration
- C. Stimulating the saphenous nerve is easier than the popliteal nerve
- D. Stimulating a sensory nerve is as easy as to stimulate a motor nerve ()

Feedback:

- A. True. The optimal pulse duration is 0.5 ms.
- B. False. The optimal pulse duration is 0.5 ms.
- C. False. The saphenous nerve is a 100% sensory nerve and cannot be stimulated to obtain motor responses
- D. False. Only motor nerves can give a reaction by using a peripheral nerve stimulator

Question 3. A stimulus frequency of 1-3 Hz means (which one is the correct one)?

- A. 1 – 3 ms per pulse
- B. 1 – 3 mA per pulse
- C. 1 – 3 pulses per second
- D. 1 – 3 joules per second

Feedback: Correct answer: C. True

Question 4. Which of the following tissues are hyperechoic during ultrasound imaging for regional anaesthesia?

- A. Blood vessels
- B. Fat tissue
- C. Tendons
- D. Nerves

Feedback:

- A. False. Blood vessels are anechoic
- B. False. Fat tissue is hypoechoic
- C. True. Tendons are hyperechoic
- D. False. Nerves can both be hyper- and hypoechoic

Question 5: Concerning postdural puncture headache (PDPH) – what is INCORRECT?

- A. Its incidence is related to the size of spinal needle used
- B. Its incidence is related to the type of spinal needle used
- C. Its incidence is related to the age of patient
- D. Pencil shaped needle tip increases the incidence.

Feedback:

- A. True. The larger the needle size, the higher the incidence of PDPH
- B. True. The Quincke design needles have a higher incidence of PDPH than the Whitacre and Sprotte designs.
- C. True. The incidence of PDPH decreases with age.
- D. False. Pencil shaped needle tip decreases the incidence of PDPH.

Question 6: Concerning combined spinal epidural technique, which statement is correct?

- A. A standard length spinal needle can be used.
- B. Spinal needle can be advanced intrathecally before identifying the epidural space with the Tuohy needle.
- C. The principle of the technique is to establish an epidural regional block before the spinal one.
- D. The epidural block can be used to increase the level of the spinal block

Feedback:

- A. False. An extra length spinal needle is used.
- B. False. The spinal needle is advanced intrathecally after identifying the epidural space with the Tuohy needle.
- C. False. The principle of the technique is to establish a spinal block first.
- D. True. An epidural catheter can be inserted allowing the increase of the level of the spinal block.