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978-0-521-68505-4 - Qbase Anaesthesia 6 MCQ Companion to Fundamentals of Anaesthesia

Edited by Edward Hammond

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Preface

This book has been designed for use alongside the textbook 'Fundamentals of Anaesthesia' as a revision tool for candidates preparing for the Primary FRCA. The three topics of the primary MCQ paper are covered within and some extra clinical material has been included for those readers wishing to prepare themselves for the OSCE and Viva 2 parts of the examination. Questions have been carefully written to represent the sort of topics that may be met in the examination hall and the answers are accompanied by a reference to further reading where more detail may be obtained.

I am very grateful for the effort put in by my co-authors in the preparation of this manuscript. Collectively, we wish all candidates using this volume good luck in the examination and hope this modest work will help them on their way.

Colin Pinnock
Redditch
January 2004

QBase Anaesthesia on CD-ROM

MINIMUM SYSTEM REQUIREMENTS

- An IBM compatible PC with a 80386 processor and 4 MB of RAM
- VGA monitor set up to display at least 256 colours
- CD-ROM drive
- Windows 95 or higher with Microsoft compatible mouse

NB: The display setting of your computer must be set to display 'SMALL FONTS' (see MS Windows manuals for further instructions on how to do this if necessary)

INSTALLATION INSTRUCTIONS

The program will install the appropriate files onto your hard drive. It requires the QBase CD-ROM to be in installed in the CD-ROM drive (usually drives D: or E:)

In order to run QBase, the CD must be in the drive

Print **Readme.txt** and **Helpfile.txt** on the CD-ROM for fuller instructions and user manual

WINDOWS 95, 98, 2000, XP

1. Insert the QBase CD-ROM into the drive
2. From the Start Menu, select the Run... option, type **D:\setup.exe** (where D: is the CD-ROM drive) and press OK or **OR** open the contents of the CD-ROM and double-click the **setup.exe** icon
3. Follow the 'Full – install all files' to accept the default directory for installation of QBase
4. Click 'Yes' to the prompt 'Do you want setup to create Program Manager groups?' If you have a previously installed version of QBase, click 'Yes' to the next prompt 'Should the new Program Manager groups replace existing duplicate groups?'
5. To run QBase, go to the Start Menu, then Programs, QBase and **QBase Exam**. From Windows Explorer, double-click the **QBase.exe** file in the QBase folder on your hard drive.

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Editor's Note

QBase Anaesthesia 6 has been designed as an MCQ Companion to the second edition of GMM's bestselling *Fundamentals of Anaesthesia*. If you have loaded previous versions of the QBase Anaesthesia series and are familiar with the program, you can start using it immediately. This CD contains the latest version of the QBase software and we suggest you install the program to update previous. Follow the installation instructions contained in the **Readme.txt** on the CD.

The book and CD contain 500 MCQ questions to test your knowledge prior to taking the Primary FRCA examination. There are 150 questions in Pharmacology, Physiology and Physics/Clinical Measurement as used in the exam. The Exam 1 to 5 buttons have been set up to provide a 90 question paper in the current format of the Primary FRCA MCQ examination. The Autaset exam option also chooses 90 questions, with 30 from each of the 3 core subjects used in the actual exam. You can, of course, choose any combination of subjects and number of questions to set up your own exam for revision or assessment. The CD also contains 50 Clinical questions following the format of *Fundamentals of Anaesthesia*. These are not selected in the Autaset exam option, but are there to test your ability to apply your knowledge of the core subjects to 'real' clinical situations.

This latest set of MCQ questions, in conjunction with the QBase Program and *Fundamentals of Anaesthesia*, will help you prepare for the Primary FRCA. QBase will assist you in assessing your exam technique and the effect of this on your overall performance in the MCQ.

The Royal College of Anaesthetists (RCA) has always advised candidates taking negatively MCQ exams not to guess, as this will result in a loss of marks. More recently, the RCA seems to have accepted that this may not be the case and that most candidates will benefit by at least including their 'educated guesses'. Our experience in teaching MCQ technique for the last 10 years shows that most candidates benefit from even 'wild guesses'. Some may lose a few marks. QBase is a tool designed to help you determine whether you are one of those that may lose marks and therefore should avoid guessing. Use it wisely – it is about what you do and *not* what other people do!

Good luck!

Edward Hammond
January 2004

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List of Abbreviations

ACE	Angiotensin converting enzyme
ACTH	Adrenocorticotrophic hormone
ADH	Anti-diuretic hormone
ADP	Adenosine diphosphate
AER	Auditory evoke responses
AIP	Acute intermittent porphyria
ALA	Aminolevulinic acid
ANP	Atrial natriuretic peptide
ANS	Autonomic nervous system
APTT	Activated partial thromboplastin time
ATP	Adenosine triphosphate
BMR	Basal metabolic rate
CBF	Cerebral blood flow
CNS	Central nervous system
COHb	Carboxyhaemoglobin
COPD	Chronic obstructive pulmonary disease
CPR	Cardiac pulmonary resuscitation
CRH	Corticotropin releasing hormone
CRO	Cathode ray oscilloscope
CSF	Cerebrospinal fluid
CTZ	Chemoreceptor trigger zone
CVP	Central venous pressure
DIC	Disseminated intravascular coagulation
DOPA	Dihydroxyphenylalanine
DVT	Deep venous thrombosis
ECF	Extracellular fluid
EEG	Electroencephalogram
EMA	Electromyogram
ETCO ₂	End-tidal carbon dioxide
Fab	Antibody fragments
FEV	Forced expiratory volume
FFA	Free fatty acids
FFP	Fresh frozen plasma
FRC	Functional residual capacity
FSH	Follicle stimulating hormone
GABA	Gamma-aminobutyric acid
GFR	Glomerular filtration rate
GH	Growth hormone
GnRH	Gonadotrophin releasing hormone

HAFOE	High air flow oxygen enriched
HELLP	Hemolysis, elevated liver enzymes and low platelets
ICF	Intracellular fluid
IOP	Intraocular pressure
IPPV	Intermittent positive pressure ventilation
IVC	Inferior vena cava
IVRA	Intravenous regional anaesthesia
Laser	Light amplification by simulated emission of radiation
LCD	Liquid crystal display
LED	Light emitting diode
LH	Luteinising hormone
LVEDP	Left ventricular end diastolic pressure
MAC	Minimum alveolar concentration
MAO	Monoamine oxidase
MAOI	Monoamine oxidase inhibitor
MAP	Mean arterial pressure
MH	Malignant hyperthermia
MI	Myocardial infarction
NMDA	N-methyl, D-aspartate
NSAID	Non-steroidal anti-inflammatory drug
PAH	Para-aminohippuric acid
PEEP	Positive end expiratory pressure
PEFR	Peak expiratory flow rate
PNMT	Phenylethanolamine-N-methyltransferase
pO ₂	Partial pressure of oxygen
PT	Prothrombin time
PVR	Pulmonary vascular resistance
RPF	Renal plasma flow
SCD	Sickle cell disease
SLE	Systemic lupus erythematosus
SVP	Saturated vapour pressure
SVR	Systemic vascular resistance
TBW	Total body water
TNF	Tumour necrosis factor
TOF	Train-of-four
TSH	Thyroid stimulating hormone
VER	Visual evoke responses
VIE	Vacuum-insulated evaporator