Please answer the following questions:

The "new kid" on the fascial plane block: erector spinae block – a narrative review

1. The mechanism of action of the erector spinae plane block proposes spread of an injected local anaesthetic:
   a. Above the erector spinae muscle
   b. Between the trapezius and rhomboid major muscles
   c. Below the erector spinae muscle

2. The technique described for the erector spinae plane block involves:
   a. Ultrasound-guided identification of the vertebral transverse process and adjacent injection of local anaesthetic
   b. Ultrasound-guided identification of the vertebral spinous process and adjacent injection of local anaesthetic
   c. Ultrasound-guided identification of the vertebral lamina and adjacent injection of local anaesthetic

3. For lumbar level erector spinae plane blocks, the following ultrasound probe should be used:
   a. Linear transducer
   b. Curvilinear transducer
   c. Phased transducer

4. The erector spinae plane block may be utilised as part of the analgesic plan for which of the following surgeries:
   a. Thoracotomy
   b. Breast surgery
   c. Laparoscopic surgery
   d. C-spine surgery
   e. All of the above

5. The erector spinae plane block may result in:
   a. Sensory blockade alone
   b. Visceral and somatic blockade
   c. Motor blockade alone

Anesthesiologists trainers’ knowledge, attitudes and practices of feedback in a South African anaesthesiology department

6. Factors reported to inhibit feedback include:
   a. gender of trainer
   b. time pressures
   c. student’s inability to self-assess
   d. all of the above

7. With regards to follow-up on feedback:
   a. The majority of respondents in this study followed-up on trainees
   b. Half of the respondents actively followed-up on trainees
   c. One-third of trainers admitted to not following up on trainees

8. Feedback training:
   a. Trainers were well guided on how to provide constructive feedback
   b. Consultants are regularly trained on how to become leaders
   c. Registrars are not trained to receive feedback

9. Good quality feedback:
   a. is not impacted by service delivery
   b. should be timely and frequent
   c. does not always require predefined objectives

10. Feedback Wednesday:
    a. is a frequent Wednesday conversation amongst trainers
    b. involves sending electronic reminders to both trainers and trainees every Wednesday
    c. Prompts a monthly feedback session between trainer and patient

11. Maternal hypoglycaemia:
    a. occurred in less than 10% of the participants in this study
    b. is defined as a whole blood glucose level of less or equal to 3.9 mmol/L
    c. was not associated with ketonuria

12. Maternal peripartum fasting guidelines:
    a. differ significantly from non-pregnant women undergoing surgical procedures
    b. are for six and two hours for solids and clear fluids, respectively
    c. are different for elective and emergency caesarean section

13. This study showed that:
    a. hypoglycaemia occurred in 39.3% of the study’s elective caesarean section patients
    b. urine ketones were present in all of the study participants, who were fasted overnight
    c. hypoglycaemia did not occur in either elective or emergency caesarean section patients

14. Regarding maternal glucose level:
    a. maternal glucose levels should be tested at earlier than nine hours of fasting
    b. maternal glucose level was lower in diabetic participants
    c. fasting for less than nine hours conferred low-risk for maternal hypoglycaemia

15. The 50% probability of hypoglycaemia occurred:
    a. at 40 hours of fasting
    b. after 18 hours of fasting
    c. at 16 hours of fasting

Evaluation of the anaesthetic theatre educational environment at the University of the Witwatersrand

16. Which one of the following is NOT a validated instrument used to assess the quality of the educational environment in the hospital setting?
    a. Anaesthetic Theatre Educational Environment Measure (ATEEM)
    b. Postgraduate Hospital Educational Environment Measure (PHEEM)
    c. Dundee Readiness Environment Measure (DREEM)
    d. Clinical Learning Education Environment Measure (CLEEM)

17. The Anaesthetic Theatre Educational Environment Measure (ATEEM) questionnaire consists of the following number of domains:
    a. 4
    b. 5
    c. 6
    d. 7

18. In this study, the highest and lowest scoring domains of the Anaesthetic Theatre Educational Environment Measure (ATEEM) questionnaire were:
    a. Workload/supervision/support and perception of atmosphere
    b. Autonomy and workload/supervision/support
    c. Perception of atmosphere and autonomy
    d. Learning opportunities and autonomy

19. The adapted Anaesthetic Theatre Educational Environment Measure (ATEEM) questionnaire used in this study included one further item. This item was:
    a. Sexual discrimination
    b. Religious discrimination
    c. Racial discrimination
    d. Age discrimination

20. An important development in medical training programmes has been the move towards:
    a. Competency-based education
    b. Customary education
    c. Traditional education
    d. None of the above