**AUGUST 2014**

**Local Upcoming Events**

**Aug 25-28**
“Relevant Topics in Anesthesia”
InterContinental Boston Hotel, Boston, MA.
(800) 222-6927
www.nwas.com

**Aug 29**
“Ultrasound Workshop: Regional Anesthesia & Vascular Access” – InterContinental Boston Hotel, Boston, MA.
(800) 222-6927
www.nwas.com

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**CRNA Cert Exam Review**

**Question #1**
Which class of analgesics interferes with bone formation?

**Question #2**
A true allergy (Type I or Type IV hypersensitivity reaction) to local anesthetics is rare. What metabolite of aminoester local anesthetics can precipitate a true allergic reaction?
1. **Stop, slow down, look & listen.** Stop yourself from responding. Try to slow your increasing HR & control your breathing so you can control your emotions. Listen to what is actually being said.

2. **Remind yourself of the benefits of receiving feedback.** Feedback is crucial to the learning process & allows us to identify areas of strength & areas we need improvement.

3. **Ask questions.** Using eye contact, seek clarification to get a true understanding of the feedback offered. Ask for specific direction or suggestions on what you need to do differently.

4. **Say Thank You.** This helps acknowledge the time & interest your preceptor took to offer guidance with the goal of improving your skills & practice.

5. **Learn to ignore the trivial comments.** Remind yourself, not all criticism is constructive & not all critiques will lead to improved performance. Focus your time & energy on the critiques that are fair, kind & seek performance improvement. Being able to distinguish between the 2 will improve your learning experience & preserve a sense of self-worth.

ANSWER #1

Non-steroidal anti-inflammatory drugs (NSAIDs), particularly ketorolac, interfere with bone formation. NSAIDs should be avoided in patients who just underwent spinal fusion. [Miller and Pardo, Basics. 6e, 2011 pp507]

ANSWER #2

Para-aminobenzoic acid (PABA), a metabolite of ester local anesthetic hydrolysis can cause a true allergic reaction. PABA is a highly antigenic compound. [Nagelhout & Plaus, NA. 4e, 2009 pp1087; Barash, Clin. Anes. 6e, 2009 pp546; Hines, et. al., Stoelting’s ACED. 6e, 2012 pp526; Miller and Pardo, Basics. 6e, 2011 pp138]