

**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****THIS
TIME
NEXT
YEAR...****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 amino-
ester local anesthetics can
precipitate a true allergic
reaction?**

Accepting Criticism Constructively

Student tips from the AANA

- 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]