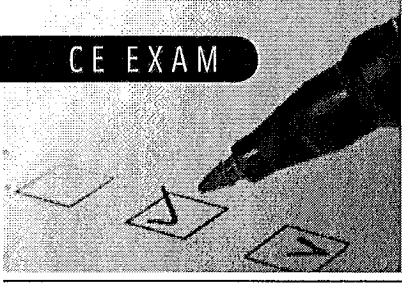


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Total Knee Arthroplasty

314 FEBRUARY 2010 | CE credit

- The first known total knee implant was made of _____.
 - Ivory
 - Plaster of paris
 - Wood
 - Acrylic
- From 1951 through the early 70s, the _____ was the primary knee replacement system.
 - Polycentric knee
 - Condylar knee
 - Walldius hinge
 - Geometric prosthesis
- Universal instrumentation was introduced in _____.
 - 1975
 - 1987
 - 1978
 - 1971
- Surgical navigation systems can record _____ intraoperatively.
 - Joint range-of-motion
 - Laxity
 - Kinematics
 - All of the above
- The greatest detriment to early robotics systems was _____.
 - Inaccuracy
 - Cost and complexity
 - Training personnel
 - None of the above
- A system with dedicated instruments that are compatible with different implant systems is considered _____.
 - Open platform
 - Interchangeable
 - Imageless navigation
 - Precision 4.0
- The _____ digitizes bony landmarks, monitored by a camera attached to a computer.
 - Optical tracking system
 - Fixation pin
 - Camera
 - None of the above
- The _____ is used to determine a patient's correct standing anatomy.
 - Femoral tracker
 - Femoral rotation axis
 - Mechanical axis
 - Reference for resection level
- Pins are placed with the knee in flexion to reduce _____.
 - Incidence of fracture
 - Muscle load
 - Collisions with the tibial implant
 - All of the above
- When setting up for a total knee using navigation, the ST will need _____.
 - Navigation jigs
 - Standard jigs
 - All regular total knee instruments
 - A&C only

TOTAL KNEE ARTHROSCOPY 314 FEBRUARY 2010 | CE credit

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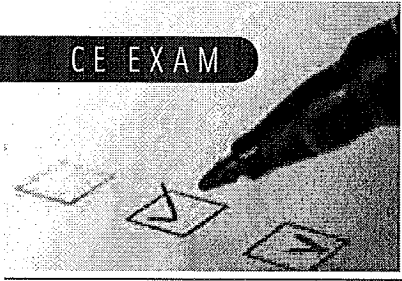
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Acquired Adult Flatfoot Deformity

316 APRIL 2010 1 CE credit

1. The talonavicular joint is located _____.
 - a. Between the talus and navicular
 - b. On the anterolateral midfoot
 - c. On the dorsal foot, below the ankle
 - d. a & c
2. Attaching the posterior tibial tendon to the transferred FDL is called _____.
 - a. Midfoot dissection
 - b. Tenodesis
 - c. Spring ligament repair
 - d. Ligament fixation
3. Surgical procedures to correct flatfoot include _____.
 - a. Spring ligament reconstruction
 - b. Triple arthrodesis
 - c. Subtalar arthrodesis
 - d. All of the above
4. Weight-bearing radiographs should be taken _____.
 - a. Preoperatively
 - b. Postoperatively
 - c. At the surgeon's discretion
 - d. Only when screws are used
5. The most common cause of adult-acquired flatfoot is _____.
 - a. Lateral hindfoot pain
 - b. Navicular tuberosity
 - c. Posterior tibial tendon dysfunction
 - d. Achilles tendonitis
6. The _____ can be used to replace the posterior tibial tendon.
 - a. Achilles tendon
 - b. FDL tendon
 - c. Peroneal tendon
 - d. None of the above
7. _____ can be used to lengthen the lateral column in this surgical alternative.
 - a. Iliac crest block autograft
 - b. Structural allograft
 - c. FDL transfer
 - d. a & b
8. Varying degrees of flatfoot are present in _____ percent of the population.
 - a. 10-25
 - b. 15-30
 - c. More than 50
 - d. Unknown
9. In the lateral column lengthening procedure, the "bump" under the ipsilateral hip provides _____.
 - a. Support for the hip
 - b. Relief of a bony pressure point
 - c. Better access to the lateral side of the foot
 - d. Stability for the thigh
10. Patients with painful arthritis or fixed flatfoot with PTTD are usually best served with _____.
 - a. Motion-sparing procedures
 - b. Subtalar arthrodesis
 - c. Triple arthrodesis
 - d. b & c

ACQUIRED ADULT FLATFOOT DEFORMITY 316 APRIL 2010 1 CE credit

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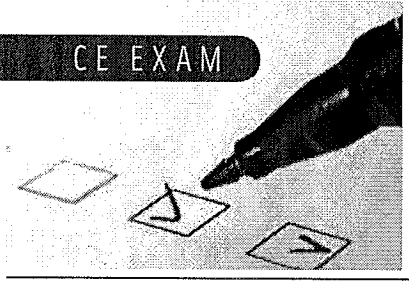
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Hip Arthroscopy

317 MAY 2010 1 CE credit

- The _____ should include the qualitative nature of discomfort, location, onset and history of trauma/developmental abnormality.
 - Diagnosis
 - Patient history
 - Treatment
 - Rehabilitation
- Primary portals are placed _____.
 - Anterior and anterolateral
 - Anterior and posterior
 - Anterolateral and posterolateral
 - Superior and Inferior
- A pincer lesion is located on the _____.
 - Femoral head
 - Femoral head neck junction
 - Acetabular fossa
 - Acetabular rim
- The labrum is made up of _____.
 - Fibrocartilage
 - Osseous abnormalities
 - Bone
 - Hyaline cartilage
- The _____ is/are located on the femoral head-neck junction.
 - Cam lesion
 - Pincer lesion
 - Labrum
 - Nerve fibers
- The anterolateral portal penetrates the _____.
 - Sartorius
 - Rectus femoris
 - Gluteus medius
 - Greater trochanter
- The femoral artery and nerve lie _____ to the anterior portal.
 - Posterior
 - Medial
 - Lateral
 - Superior
- A type 2 tear is _____.
 - Detachment or pincer impingement
 - Detachment or cam impingement
 - Intrasubstance tear or pincer impingement
 - Intrasubstance tear or cam impingement
- The anterior portal penetrates the _____.
 - Sartorius
 - Rectus femoris
 - Gluteus medius
 - Both a & b
- Postoperative rehabilitation includes _____.
 - Walking or light jogging
 - Rest
 - Crutches
 - Continuous passive motion and physical therapy

HIP ARTHROSCOPY: FEMOROACETABULAR IMPINGEMENT 317 MAY 2010 1 CE credit

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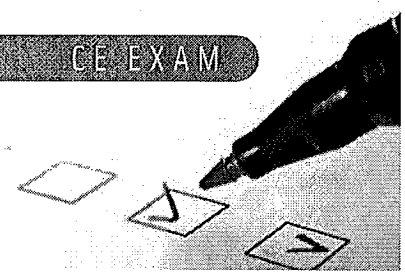
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Platysmaplasty

319 JULY 2010 1 CE credit

1. The _____ covers the external jugular vein in the neck.
 - a. Platysma
 - b. Deltoideus
 - c. Superior part of the pectoralis major
 - d. None of the above

2. A _____ is used to separate the subcutaneous layer from the platysma muscle.
 - a. Army/Navy retractor
 - b. Adson forceps
 - c. #15 blade
 - d. Straight Metzenbaum scissor

3. Patients must cease drinking and smoking _____ prior to the procedure.
 - a. 24 hours
 - b. One week
 - c. Two weeks
 - d. One month

4. Patients should wear an elastic bandage around the head and neck for _____.
 - a. 24 hours postoperatively
 - b. 48-72 hours postoperatively
 - c. Up to five days postoperatively
 - d. All of the above

5. Platysmaplasty can be performed using _____ anesthesia.
 - a. General
 - b. IV sedation
 - c. Local
 - d. All of the above

6. The method of suturing for this procedure is based on _____.
 - a. Surgeon's preference
 - b. The amount of fat removed
 - c. The type of suture
 - d. a & b

7. _____ is administered preoperatively to help prevent infection.
 - a. Cleocin
 - b. Cephalixin
 - c. Azithromycin
 - d. Penicillin

8. To prevent bleeding, _____ are not allowed during the first week following surgery.
 - a. Vitamin D
 - b. Aspirin
 - c. Acetaminophen
 - d. a & b

9. Which item is *not* laid out on the Mayo stand?
 - a. DeBakey tissue forceps
 - b. Elastic bandage
 - c. Head light source
 - d. Surgeon's magnified intense glasses

10. Possible complications from platysmaplasty include _____.
 - a. Hematoma
 - b. Infection
 - c. Seroma
 - d. All of the above

PLATYSMAPLASTY: A SURGICAL RESOLUTION FOR THE TURKEY NECK 319 JULY 2010 1 CE credit

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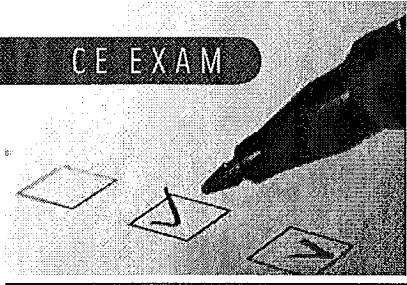
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Emergency Cesarean Delivery

320 AUGUST 2010 1 CE credit

1. Early practice of Cesarean section often resulted in _____.
 - a. Fetal bradycardia
 - b. Shoulder dystocia
 - c. Cardiac arrest
 - d. All of the above
2. What important innovation helped make the Cesarean delivery safer in the mid-1800s?
 - a. Anesthesia
 - b. Blood bank
 - c. ESU
 - d. Oxytocin
3. The _____ must be present in the LDR during a Code Blue.
 - a. Patient's next of kin
 - b. Anesthesiologist
 - c. Blood bank
 - d. In-house obstetric attending physician
4. The rarest presentation of a breech birth _____.
 - a. Kneeling breech
 - b. Complete breech
 - c. Frank breech
 - d. Footling breech
5. The _____ is placed in charge of obtaining additional supplies in emergency situations.
 - a. Nurse manager
 - b. Assistant nurse manager
 - c. Patient's primary nurse
 - d. Runner
6. During the delivery, the _____ is delivered first.
 - a. Bottom
 - b. Head
 - c. Feet
 - d. Umbilical cord
7. Breech birth risks include _____.
 - a. Umbilical cord prolapse
 - b. Head entrapment
 - c. Oxygen deprivation
 - d. All of the above
8. What size blade does the surgical technologist need to incise the patient's skin?
 - a. #20
 - b. #11
 - c. #15
 - d. #10
9. Which of the following factors is not influential in the occurrence of a breech birth?
 - a. The sex of the baby
 - b. Multiple fetuses
 - c. Premature labor
 - d. Uterine abnormalities
10. Who determines if the patient should be moved to the OR for further patient management and/or closure?
 - a. Team leader
 - b. Physician
 - c. Medication nurse
 - d. None of the above

EMERGENCY CESAREAN DELIVERY 320 AUGUST 2010 1 CE credit

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Radical Neck Dissection

322 OCTOBER 2010 1 CE credit

1. How many modifications to the radical neck dissection are there?
 - a. 1
 - b. 2
 - c. 3
 - d. 4

2. The ____ is isolated and divided immediately after the external jugular vein.
 - a. Anterior trapezius muscle
 - b. Omohyoid muscle
 - c. Internal jugular vein
 - d. Thyrocervical artery

3. The first radical neck dissection was performed by ____ .
 - a. George Crile
 - b. Hayes Martin
 - c. Oswaldo Suarez
 - d. Ettore Bocca

4. A ____ is used to protect the carotid artery in the event the patient has undergone previous radiation therapy.
 - a. Sterile towel
 - b. Dermal skin graft
 - c. Sterile plastic adhesive
 - d. Fenestrated sheet

5. The lymph node groups and additional structures not included in the classic neck dissection are resected in the ____ .
 - a. Type I modification
 - b. Type II modification
 - c. Type III modification
 - d. Extended radical neck dissection

6. Surgical and anesthesia times increase significantly when ____ are used.
 - a. Radial forearm flaps
 - b. Rectus abdominis flaps
 - c. Microvascular flaps
 - d. Nerve grafts

7. Which medical advancement allowed surgery to become the primary treatment for cancers of the head and neck?
 - a. Radical neck dissection
 - b. Preservation of the spinal accessory nerve
 - c. Antibiotics
 - d. All of the above

8. Cadaveric tissue grafts may be successful in radical neck dissections because ____ .
 - a. It can reduce surgical time
 - b. It can reduce time under anesthetic
 - c. A previously-irradiated field does not affect its integration
 - d. All of the above

9. After the thyrocervical artery is clamped, divided and ligated, the ____ is/are dissected.
 - a. Posterior triangle
 - b. Cervical and suprascapular arteries
 - c. Omohyoid muscle
 - d. None of the above

10. A radical neck dissection will generally keep a patient in the hospital for ____ .
 - a. 3-5 days
 - b. 5-7 days
 - c. 7-12 days
 - d. 13-15 days

RADICAL NECK DISSECTION 322 OCTOBER 2010 1 CE credit

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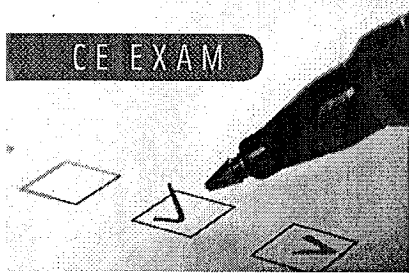
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For questions please contact Member Services - memserv@ast.org or 800-637-7433, option 3. Business hours: Mon-Fri, 8:00a.m. - 4:30 p.m., mountain time

Pectus Carinatum: Pigeon Chest

323 NOVEMBER 2010 2 CE credit

1. Pectus Carinatum is characterized by a/an ____ of the sternum.
 - a. Protrusion
 - b. Indentation
 - c. Fracture
 - d. A & C
2. Effects of pigeon chest include ____.
 - a. Fatigue
 - b. Dyspnea
 - c. Psychological issues
 - d. All of the above
3. The surgical procedure can take anywhere from ____.
 - a. 2-4 hours
 - b. 2-6 hours
 - c. 4-6 hours
 - d. None of the above
4. The Ravitch procedure has a ____ percent satisfaction rate among patients.
 - a. 97
 - b. 87
 - c. 79
 - d. 92
5. Patients' cardiopulmonary function can be affected by ____.
 - a. Mitral valve prolapsed
 - b. Decreased lung capacity
 - c. Impaired gas exchange in cardiopulmonary system
 - d. All of the above
6. The Ravitch procedure does not involve ____.
 - a. Cutting the costal cartilage
 - b. Using a stabilization bar
 - c. External pressure brace
 - d. Removal of some costal cartilage
7. The ratio of males to females that develop pectus carinatum is ____.
 - a. 3:1
 - b. 7:2
 - c. 6:2
 - d. 5:1
8. The principal organs of respiration and circulation are protected by the ____.
 - a. Thorax
 - b. Pectoral muscles
 - c. Sternum
 - d. Thoracic vertebrae
9. The human body has ____ false ribs.
 - a. Ten
 - b. Six
 - c. Three
 - d. Two
10. A chest deformity characterized by an inverted sternum is ____.
 - a. Pectus carinatum
 - b. Pigeon chest
 - c. Pectus excavatum
 - d. All of the above
11. The intercostal spaces are located between the ____.
 - a. Lungs
 - b. Ribs
 - c. Vertebral bodies
 - d. Costal cartilages
12. Pectus carinatum can present at which phase of a patient's life?
 - a. At birth
 - b. Post surgically
 - c. During growth spurts
 - d. All of the above

13. Which genetic disorder is not considered a possible cause of pectus carinatum?

- a. Trisomy 21
- b. Morquio syndrome
- c. Brittle bone disease
- d. Scoliosis

14. One percent lidocaine with epinephrine, 1:200,000 describes ____.

- a. Sterile solution
- b. General anesthetic
- c. Local anesthetic
- d. Anxiety medication

15. In the case presented, the patient is in the ____ position for surgery.

- a. Reverse Trendelenburg
- b. Supine
- c. Trendelenburg
- d. None of the above

16. ____ is/are performed preoperatively to rule out genetic disorders.

- a. Blood tests
- b. Urine analysis
- c. X-ray
- d. ECG

17. The average hospital stay for this procedure is ____.

- a. 1-5 days
- b. 3-5 days
- c. 3-7 days
- d. 5-9 days

18. Preoperative diagnostic tests include ____.

- a. Pulmonary function
- b. CT scan
- c. Urine analysis
- d. All of the above

19. ____ is a genetic disorder in which the body cannot metabolize methionine.

- a. Homocystinuria
- b. Morquio syndrome
- c. Trisomy 18
- d. Marfan syndrome

20. Twisting movement or rapid elevation of the arms is restricted for ____.

- a. Two months
- b. Four months
- c. Six weeks
- d. Until postoperative checkup

PECTUS CARINATUM: PIGEON CHEST 323 NOVEMBER 2010 2 CE credit

NBSTSA Certification No. _____

AST Member No. _____

My address has changed. The address below is the new address.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

	a	b	c	d		a	b	c	d
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark one box next to each number.
Only one correct or best answer can be selected for each question.

Answers CE CREDIT PKG 8: 8 CONTINUING EDUCATION CREDITS

Certified Member

AST Member No: _____

Name: _____

Certification No: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

CE Credit PKG 8: 8 CONTINUING EDUCATION CREDITS

The fee is \$13. This package is only available to AST members.

Check Enclosed Yes, I want to pay by Credit Card: Visa MasterCard AmEx

Card# _____ Expiration Date _____ Signature _____

Total Knee Arthroplasty

a	b	c	d	a	b	c	d	a	b	c	d	a	b	c	d					
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Surgical Correction of Acquired Adult Flatfoot Deformity

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Hip Arthroscopy: Treating Femoroacetabular Impingement

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1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mark one box next to each number. Only one correct or best answer will be selected for each question.
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Platysmaplasty: A Surgical Resolution for the "Turkey Neck"

a	b	c	d	a	b	c	d	a	b	c	d	a	b	c	d				
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mark one box next to each number. Only one correct or best answer will be selected for each question.
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Emergency Cesarean Deliver in the Labor and Delivery Room

a	b	c	d	a	b	c	d	a	b	c	d	a	b	c	d				
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mark one box next to each number. Only one correct or best answer will be selected for each question.
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
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Radical Neck Dissection

a	b	c	d	a	b	c	d	a	b	c	d	a	b	c	d				
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mark one box next to each number. Only one correct or best answer will be selected for each question.
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Pectus Carinatum: Pigeon Chest

a	b	c	d	a	b	c	d	a	b	c	d	a	b	c	d				
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mark one box next to each number. Only one correct or best answer will be selected for each question.
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