

Self assessment questions

Questions

SBA 1

A 31-year-old woman in her second trimester presents with clinically diagnosed iron deficiency anaemia. In addition to prescribing an iron supplement, which ONE of the following foods would you recommend she eat with her meals to increase the absorption of iron from her food?

- bananas
- black tea
- oranges
- all of the above
- none of the above

SBA 2

A 23-year-old woman attends her first antenatal visit at 5 weeks of gestation. Her previous baby was born with anencephaly. What dose of folic acid supplementation would you recommend to ensure she meets folic acid recommendations?

- None, it won't be effective at/after 5 weeks of gestation
- 5000 µg/day
- 3200 µg/day
- 800 µg/day
- 400 µg/day

SBA 3

With regard to the causes of prenatally detected fetal/neonatal anaemia, which ONE of the following statements is correct?

- Parvovirus is now the most common cause
- TAPS is most commonly found in monochorionic twins with a liquor discrepancy
- Acute massive fetomaternal haemorrhage may present with a sinusoidal CTG
- The severity of fetal anaemia caused by Kell alloimmunization is not predictable from Kell antibody levels
- The middle cerebral artery peak systolic velocity is only elevated in haemolytic causes of fetal anaemia

SBA 4

In which ONE of the following scenarios is a fetal blood transfusion clearly indicated?

- TAPS at 33 weeks' gestation following laser for TTTS at 22 weeks
- An elevated MCA PSV following parvovirus infection 11 weeks earlier
- High MCA PSV values 3 weeks after the third intrauterine transfusion at 26 weeks for RhD isoimmunization
- A strongly positive Kleihauer and raised MCA PSV at 35 weeks' gestation

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- A hydroptic fetal at 19 weeks' gestation where both partners are carriers for α -thalassaemia

SBA 5

Which ONE of the following statements is correct regarding the STRIDER trial?

- STRIDER shows that conducting multiple trials of the same drug in different countries is a poor strategy
- STRIDER shows that sildenafil can improve outcome in fetal growth restriction
- STRIDER shows that individual patient meta-analysis is usually necessary to establish the safety of a drug
- STRIDER shows that high-quality animal research does not always translate into human practice as expected
- STRIDER shows that animal models are not beneficial prior to human studies

SBA 6

Which is the most common site for distant metastases of endometrial cancer?

- Breast
- Bowel
- Liver
- Bones
- Lungs

SBA 7

Which one of the following strategies is most suitable for a woman diagnosed with Cowden's syndrome who has completed her family?

- Annual pelvic ultrasound and endometrial biopsy
- Annual pelvic MRI scan
- Laparoscopic bilateral salpingo-oophorectomy
- Total laparoscopic hysterectomy and bilateral salpingo-oophorectomy
- Laparotomy for hysterectomy, bilateral salpingo-oophorectomy, and pelvic lymph node clearance

SBA 8

A 66-year-old woman has a BMI of 62 and stage 3 heart failure. She has recently been diagnosed with a confirmed endometrial cancer. Which of the following treatment strategies is unlikely to be suitable for her?

- Total laparoscopic hysterectomy and bilateral salpingo-oophorectomy
- Treatment with progestogens (e.g. Mirena coil)
- Vaginal hysterectomy
- Aromatase inhibitors (e.g. Letrozole)
- Definitive pelvic radiotherapy

SBA 9

Which of the following is NOT a common site for recurrence of endometrial cancer?

- Vaginal vault
- Long bones

- c) Pelvis
- d) Abdomen
- e) Lungs

SBA 10

When choosing a position for return electrode in an electro-surgical monopolar circuit, which of the following is NOT a key consideration?

- a) Position of the patient
- b) Planned incision site
- c) Intraoperative visibility of site
- d) Bony prominences
- e) Vascularization of tissue mass

Answers**SBA 1**

C

Vitamin C increases iron absorption, whereas some polyphenols, such as those found in tea and coffee, have been shown to inhibit iron absorption. Citrus fruits, such as oranges are high in vitamin C. Bananas contain minimal amounts of vitamin C.

SBA 2

B

Women at risk of neural tube defects (NTDs) are recommended to take 5000 µg/day of folic acid during pregnancy. Women are considered to be at risk of NTDs if they have had a NTD in a previous pregnancy.

SBA 3

D

Red cell alloimmunization remains the most common cause of fetal anaemia discovered prenatally. TAPS is most commonly found in complex monochorionic twin gestations, often following laser treatment for TTTS, or in association with selective fetal growth restriction. A sinusoidal CTG is more likely to occur with fetal anaemia developing over a protracted period of time. Red cell antibody levels, if low, can be a useful guide to the risk of significant fetal haemolysis, except in the case of Kell isoimmunization, where even low maternal levels can be associated with significant fetal anaemia.

SBA 4

C

The evidence base supporting intrauterine transfusion for TAPS is poor. Although significantly preterm delivery (34 weeks) used to be recommended in severely alloimmunized pregnancies where serial intrauterine transfusions

had occurred, common practice now is to perform the last one at 34–35 weeks, and deliver the baby at 37–38 weeks. So, this would be an appropriate indication for fetal blood transfusion. Although a fetal with full α -thalassaemia can be rescued by serial blood transfusions, there are ethical uncertainties surrounding promoting the survival of a child who will face severe and lifelong health problems.

SBA 5

D

The STRIDER UK study demonstrated no beneficial effect of treatment with sildenafil over placebo in either prolonging pregnancy or in fetal or neonatal outcomes; however, the Dutch trial was stopped early because of an observed increased risk of neonatal death and persistent pulmonary hypertension of the newborn in babies. STRIDER demonstrates quite clearly that caution should always be exerted when translating high quality laboratory evidence into clinical practice.

SBA 6

E

Haematogenous spread of endometrial cancer may occur, with the lungs being the most common site for distant metastasis.

SBA 7

D

Prophylactic hysterectomy and bilateral salpingo-oophorectomy is usually recommended for women with hereditary syndromes who have completed their family. Endometrial surveillance with annual imaging and endometrial biopsy can be offered to women who wish to retain fertility.

SBA 8

A

In patients who are medically unfit for standard treatment regimens (i.e. morbid obesity and/or comorbidities) a highly individualized approach is required. A long laparoscopic procedure is unlikely to be suitable for this patient.

SBA 9

B

The other sites listed are much more common.

SBA 10

C

The site should be readily accessible when the patient is being prepped and draped, but is not generally visible during the procedure.