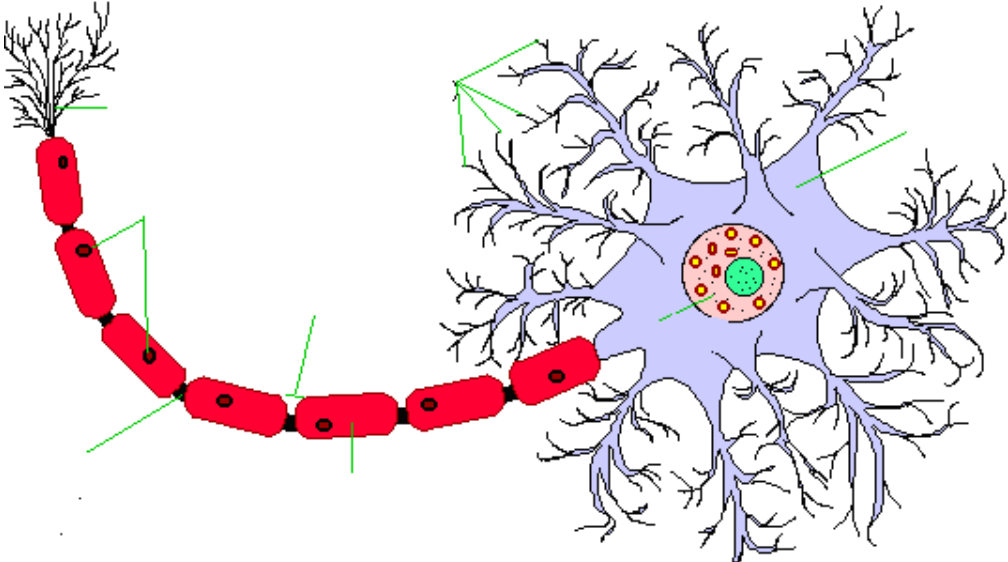


Workbook : Local Analgesia.

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment :

1	What are the applications of local analgesia available to Podiatrists ?
2	Label the diagram correctly 

3	What is the role of the dendrite?
4	What is the relationship between the axon and the Schwann cell?
5	What is the major constituent of myelin?
6	Do all neurones have myelin associated with them ?

7

Briefly describe the generation of an action potential.

8	What benefit is derived from having a refractory period?
9	What is the 'all-or-none' principle? Why is it useful?
10	Describe the mechanism of action of local analgesic drugs.

11	Which drugs are currently licensed for use by Podiatrists for local analgesia ?
12	What contra-indications are there to the use of LA ?

13	<p>Work out the following maximum safe dosages :</p> <p>76kg patient using 2% prilocaine</p> <p>48kg patient using 1% lignocaine</p> <p>90kg patient using 3% mepivacaine</p> <p>58kg patient using 0.5% bupivacaine</p>
14	<p>How much drug have you given in the following examples ?</p> <p>4mls of 2% lignocaine</p> <p>3mls of 3% mepivacaine</p> <p>1ml of 1% prilocaine</p> <p>2mls of 0.5% bupivacaine</p>

15	What are the signs and symptoms of anaphylaxis ?
16	What is the correct management of anaphylaxis ?

17	Where should adrenaline be administered ?
18	What are the signs of toxicity, and what is the correct management ?
19	What is informed consent?

20	Does a signature provide valid consent ? Explain your answer.
21	Who can provide legal consent for a child ?
22	What happens in the case of an adult who lacks the capacity to give consent ?

23	If a patient refuses or withdraws consent, what course of action should you take ?
24	From where do the dorsal and plantar digital nerves arise ?

25

Draw a diagram indicating the sensory distribution areas on the dorsal and plantar aspects of the foot. Indicate which areas would be blocked if a tibial nerve block had been performed.

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.