**Caring for sick women**

**Day 1: Back to Basics Quiz**

1. What is the maximum flow rate for O2 when using nasal specs?
2. When do we use a Fluid Chart?
3. Calculate the running fluid balance:

900mls IV

EBL 600mls

Urinary Output 275mls

Oral Intake 140mls

1. What is the antidote to Magnesium Sulphate when reflexes are absent?

(Please give drug, dose, timing & route of administration)

1. How much Magnesium Sulphate do you draw up for:
2. 20% Magnesium Sulphate?
3. 50% Magnesium Sulphate?
4. You are caring for a 60kg lady, the doctors are prescribing Gentamicin for worsening sepsis. They are calculating the dose on 3-5mg/kg – What would you expect the dose to be?
5. If a dose of 300mg is prescribed and the vials are 80mg/2mls, how many mls of Gentamicin will you need?
6. You are caring for a woman who weighs 45kg. She needs to have IV Paracetamol, what is the dose?
7. What is the target urine output per hour?
8. How do you assess capillary refill?
9. Which BP measurement is more accurate? Manual or using an automated device?
10. Woman arrives with a massive APH at 35/40. Please Prioritise the following list of actions:
* Maternal Observations
* IV Access
* Assess AVPU
* Call for help
* Listen to FH
* Assess airway
* Assess blood loss
* Palpate the abdomen
* Commence O2
1. Is Adrenaline for use in anaphylaxis a PGD or a Midwifery Exemption?
2. What is the dose of adrenaline in hospital?
3. Please list the Sepsis 6
4. We talk about the golden hour with sepsis, what is the mortality associated with every passing hour when sepsis care not provided?
5. What is the antidote to local anaesthetic toxicity?
6. 18. What is the significance of a low temperature?
7. 19. What are the differences between Axilla/Oral/Tympanic temperatures?
8. List four signs of hypoxia in women:
9. List three signs of hyponatraemia in women:
10. List three signs of hyponatraemia in women: