

**Five Things Physicians  
and Patients Should Question**

**--QUIZ--**

***Don't proceed with elective surgery in patients with properly diagnosed and correctable anemia until the anemia has been appropriately treated.***

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1. What percentage of patients are anemic prior to elective surgery?    A. 20%  
B. 33%  
C. 50%  
D. 65%
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2. Treatment of anemia improves patient readiness for surgery and aids in \_\_\_\_\_.    A. Management of comorbid conditions  
B. Decreasing length of stay and readmission rates  
C. Reducing transfusion risks.  
D. All of the Above
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3. \_\_\_\_\_ aids in the absorption of oral iron.    A. Magnesium  
B. Vitamin C  
C. Riboflavin  
D. Vitamin D
- 
4. What foods contain the most easily absorbable form of iron?    A. Green leafy vegetables  
B. Whole grains  
C. Beans  
D. Meat and chicken

***Don't perform laboratory blood testing unless clinically indicated or necessary for diagnosis or management in order to avoid iatrogenic anemia.***

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5. What \_\_\_% of patients become anemic by day 3 in the ICU?    A. 90%  
B. 43%  
C. 8%  
D. 25%
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6. 90% of patients in the ICU for 3 days are anemic, why?    A. Poor diet  
B. Bleeding  
C. Blood tests  
D. Gunshot wounds
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7. Anemia is associated with significant morbidity or mortality.    A. True  
B. False
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8. Studies have shown that excessive phlebotomy in critically ill patients is associated with doubling the odds of being transfused.    A. True  
B. False

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9. What % of “rainbow draws” are ultimately used for add-on tests?
- A. 10%
  - B. 25%
  - C. 50%
  - D. 65%
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10. Which strategies can be used to decrease excessive phlebotomy and unnecessary lab testing?
- A. Audits and rounding
  - B. Cost transparency
  - C. Reinfusion devices
  - D. All of the above

***Don't transfuse plasma in the absence of active bleeding or significant laboratory evidence of coagulopathy.***

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11. In which scenario is Fresh Frozen Plasma (FFP) indicated?
- A. Volume expansion
  - B. Massive Transfusion Protocol
  - C. Warfarin reversal in a non-bleeding patient with a supra-therapeutic INR.
  - D. When specific factor concentrates are available and indicated (e.g., Novoseven, rFVIIa, rVIII, rIX, PCC, etc.)
  - E. Heparin reversal
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12. Fresh Frozen Plasma is NOT indicated for warfarin reversal in a non-bleeding patient without clinical urgency, when adequate time for Vitamin K and/or Prothrombin Complex Concentrates (PCC) to improve coagulopathy is available.
- A. True
  - B. False
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13. FFP is indicated in a stable, non-bleeding patient with a mildly elevated INR (1.5-2 seconds) prior to a pre-planned, elective invasive procedure.
- A. True
  - B. False
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14. Which laboratory tests would NOT provide meaningful data to support a decision to transfuse Fresh Frozen Plasma?
- A. Prothrombin Time/INR
  - B. Complete Blood Count (CBC)
  - C. Whole blood viscoelastic testing
  - D. Activated Partial Thromboplastin Time (aPTT)

***Avoid transfusion when antifibrinolytic drugs are available to minimize surgical bleeding.***

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15. Early administration of \_\_\_\_\_ in obstetric hemorrhage significantly reduces mortality and bleeding.
- A. Tranexamic acid
  - B. Spironolactone
  - C. Chocolate
  - D. Promethazine
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16. What therapy has been shown to reduce blood loss in orthopedic surgeries?
- A. Blood Irradiation Therapy
  - B. Massage Therapy
  - C. Antifibrinolytic pharmacologic therapy
  - D. None of the Above

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| 17. How do you keep the blood in the patient?<br>i) pump in more blood by allogeneic transfusion<br>ii) plug the holes with systemic hemostatic agents-antifibrinolytics<br>iii) clamp the leaking tap with direct pressure and tourniquets<br>iv) recycle with cell salvage<br>v) rainbow draws and replace with new blood when supply drops. | A. i,ii,iii<br>B. ii,iii,iv<br>C. iii, iv, v<br>D. all the above |
| 18. Antifibrinolytic pharmacologic therapy has been shown to reduce blood loss and transfusion requirements in orthopedic and cardiovascular surgeries.  | A. True<br>B. False  |
| 19. Early administration of tranexamic acid, specifically within ____ hours, in trauma and obstetric hemorrhage significantly reduces mortality and bleeding.  | A. One<br>B. Two<br>C. Three<br>D. Five                          |
| 20. Antifibrinolytics inhibit the breakdown and lysis of blood clots or thrombus.  | A. True<br>B. False  |
| 21. The use of antifibrinolytics is associated with risks of thromboembolism in spine surgery.   | A. True<br>B. False  |
| 22. Antifibrinolytic therapy after subarachnoid hemorrhage is reported to reduce rebleeding by ____.   | 1. 15-20%<br>2. 25-30%<br>3. 35-40%<br>4. 45-50%                 |

***Avoid transfusion, outside of emergencies, when alternative strategies are available as part of informed consent; make discussion of alternatives part of the informed consent process.***

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|---|---------------------|
| 23. Informed choice/consent regarding transfusion is standardized and consistently delivered. | A. True<br>B. False |
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Download [Five Things Physicians and Patients Should Question](#) and place in waiting or exam rooms, or give to patients as handouts to educate them about overuse.

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