

Instructions for Obtaining Journal CME Credit

ANESTHESIOLOGY's journal-based CME program is open to all readers. Members of the American Society of Anesthesiologists participate at a preferred rate, but you need not be an ASA member or a journal subscriber to take part in this CME activity. Please complete the following steps:

1. Read the article by Myles *et al.* entitled "Avoidance of nitrous oxide for patients undergoing major surgery: A randomized controlled trial" on page 221 and the accompanying editorial by Hopf entitled "Is it time to retire high-concentration nitrous oxide?" on page 200 of this issue.
2. Review the questions and other required information for CME program completion (published in both the print and online journal).
3. When ready, go to the CME Web site: <http://www.asahq.org/journal-cme>. Submit your answers, form of payment, and other required information by December 31 of the year following the year of publication.

The American Society of Anesthesiologists is approved by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education programs for physicians.

The American Society of Anesthesiologists designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Purpose: The focus of the journal-based CME program, and the articles chosen for the program, is to educate readers on current developments in the science and clinical practice of the specialty of Anesthesiology.

Target Audience: Physicians and other medical professionals whose medical specialty is the practice of anesthesia.

Learning Objectives: After reading this article, participants should have a better understanding of the risks associated with the use of nitrous oxide in patients undergoing general anesthesia for major operations.

Disclosure Information:

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CME Article Questions

Based on the article by Myles *et al.* entitled "Avoidance of nitrous oxide for patients undergoing major surgery: A randomized controlled trial" and its accompanying edi-

torial by Hopf entitled "Is it time to retire high-concentration nitrous oxide?" in the August issue of ANESTHESIOLOGY, choose the one correct answer for each question:

continued...

1. Which of the following statements concerning nitrous oxide and vitamin B₁₂ is *most* likely true?
 - A. Preoperative vitamin B₁₂ supplements increase adverse outcomes associated with nitrous oxide administration.
 - B. Nitrous oxide increases methionine synthase activity.
 - C. Nitrous oxide increases availability of vitamin B₁₂.
 - D. Megaloblastic anemia may result from the inhibition of vitamin B₁₂ by nitrous oxide.
2. Which of the following statements concerning the use of nitrous oxide, compared with a nitrous oxide-free anesthetic, in patients undergoing major operations is *most* likely true?
 - A. It shortens the time to readiness for postanesthesia care unit discharge.
 - B. It shortens hospital length of stay.
 - C. It is associated with higher incidence of postoperative fever.
 - D. It increases postoperative intensive care unit length of stay.
3. Which of the following statements concerning patients who receive a nitrous oxide-free anesthetic, compared with an anesthetic with nitrous oxide, for major operations is *most* likely true?
 - A. They have the same overall incidence of postoperative complications.
 - B. They have a lower incidence of wound infection.
 - C. They have a higher incidence of pneumonia.
 - D. They have the same quality of recovery.
4. Which of the following statements comparing anesthesia with or without nitrous oxide is *most* likely true?
 - A. The use of nitrous oxide is associated with less atelectasis.
 - B. The use of nitrous oxide is associated with a lower incidence of postoperative myocardial infarction.
 - C. The use of nitrous oxide is associated with a higher incidence of pulmonary complications.
 - D. The avoidance of nitrous oxide increases the risk of awareness.

All tests and requests for Category 1 credit must be submitted through the ANESTHESIOLOGY CME Web site at <http://www.asahq.org/journal-cme>. Participants should claim credit, in 15-minute increments, for a maximum of 1 hour of CME credit per journal issue (up to 12 credits per year). Two payment options are available:

Per-year fee: ASA Members \$60.00, Non-members \$90.00

Per-issue fee: ASA Members \$10.00, Non-members \$15.00

For either option, participants may pay using VISA or MasterCard.

If you have any questions regarding the ANESTHESIOLOGY continuing medical education program, please contact Ellen M. Bateman, Ed.D., Education Specialist, at (847) 825-5586 or via e-mail at e.bateman@asahq.org.