

Syllabus	
Topic	Perioperative anaemia

You see a 75 year old man in pre-operative assessment clinic for optimisation of iron deficiency anaemia prior to total hip replacement.

**a)**

What would define anaemia in this patient? (1 mark)

Hb <..... g/L

**b)**

What 2 blood tests can be used to specifically diagnose iron deficiency and what values would indicate this? (4 marks)

1. Blood test: .....

Value: .....

2. Blood test: .....

Value: .....

**c)**

You recommend a course of oral iron tablets pre-operatively. What advice should you give to the patient on taking the iron tablets? (3 marks)

1. ....

2. ....

3. ....

**d)**

In what situations should intravenous iron be prescribed rather than oral iron for the optimisation of iron deficiency anaemia? (3 marks)

1. ....

2. ....

3. ....

**e)**

What are the NICE recommendations as alternative to blood transfusion in surgery? (3 marks)

1. ....
2. ....
3. ....

**f)**

What are the NICE recommendations on red blood cell transfusion if it is required? (2 marks)

1. ....
2. ....

**g)**

What written / verbal information should be provided about the transfusion? (4 marks)

1. ....
2. ....
3. ....
4. ....

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Q	Answer	Mark	Guidance
a)	<ul style="list-style-type: none"> <li>Hb&lt;130 g/L</li> </ul>	1	This is the definition of anaemia for male adults.
b)	<ul style="list-style-type: none"> <li>Ferritin: &lt; 100 ng/ml</li> <li>Transferrin saturations &lt; 20%</li> </ul>	2 2	Units not required for mark
c)	<ul style="list-style-type: none"> <li>Warn about potential side effects – GI Upset / black stools.</li> <li>Take on empty stomach.</li> <li>Don't take at same time as antacids /PPI.</li> </ul>	1 1 1	
d)	<ul style="list-style-type: none"> <li>Urgent surgery / not enough time for oral iron to work (&lt;6 weeks)</li> <li>Reason why oral iron not absorbed – gastrectomy or inflammation / cancer.</li> <li>Patient intolerance of oral iron.</li> </ul>	1 1 1	
e)	<ul style="list-style-type: none"> <li>Tranexamic acid if expected blood loss &gt;500ml</li> <li>Cell salvage if high blood loss expected</li> <li>Oral iron pre and post-op</li> </ul>	1 1 1	
f)	<ul style="list-style-type: none"> <li>Single unit transfusion</li> <li>Restrictive transfusion if Hb&lt;70g/dl</li> </ul>	1 1	Don't automatically give 2 units. Give a single unit and then recheck (in adults who are not actively bleeding)
g)	<ul style="list-style-type: none"> <li>Why blood transfusion is required</li> <li>Risks and benefits</li> <li>Alternatives to transfusion</li> <li>Process of transfusion</li> <li>Any specific transfusion needs</li> <li>That they are no longer eligible to donate blood</li> </ul>	1 mark for each (Max. 4)	

#### References:

1) Thakrar SV, Clevenger B, Mallett S. Patient blood management and perioperative anaemia. BJA Education (2017) 17(1)28–34

<https://academic.oup.com/bjaed/article/17/1/28/2706114>