

Anesthesiology Rounds
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Postoperative shivering
Jean-Denis Roy, M.D.

Objectives:

- to draw attention to the adverse effects associated with perioperative shivering
- to describe the mechanisms involved in perioperative variations of body temperature
- to present the options for preventing and possible treatment of perioperative shivering

Answer the following questions (only 1 answer is correct)

1. In a shivering episode, the patient exhibits an increase:
 - a) in oxygen consumption
 - b) heart rate
 - c) CO₂ production
 - d) all of the above
2. During anesthesia, the major heat losses are due to the following mechanisms:
 - a) evaporation 25%, radiation 65%
 - b) radiation 65%, convection 25%
 - c) radiation 25%, convection 65%
 - d) conduction 25%, convection 65%
3. The first compensatory mechanism in response to a pronounced drop in temperature is:
 - a) vasodilation
 - b) thermogenesis without shivering
 - c) skeletal muscle shivering
 - d) vasoconstriction

4. The optimal IV dose of meperidine to control postoperative shivering is:

- a) 0.2 mg/kg
- b) 0.35 mg/kg
- c) 0.04 mg/kg
- d) 0.15 mg/kg

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