

## Appendix 1

Survey sent to Junior Doctors. The licensing rights for the figure in the appendix were purchased from iStock (Getty Images).  
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1. What is your current level of training?

Medical student

Intern

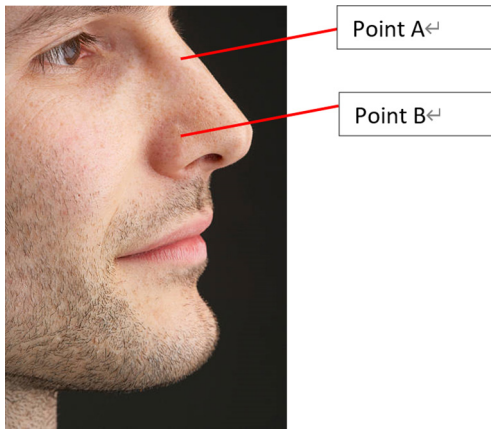
Resident

PGY3+

2. During simple epistaxis, where should the patient be instructed to apply pressure to their nose

Point A

Point B



3. How long should pressure be applied to the nose prior to checking for haemostasis?

0–5 minutes

5–10 minutes

10–15 minutes

15–20 minutes

20–25 minutes

>25 minutes

4. How should you position the patients head?

Neck extended

Neck in a neutral position

Neck flexed forward

5. In a stable patient with epistaxis, what other management could you commence as a junior doctor?

6. Where should ice be applied for reduce nasal mucosal blood flow?

Bridge of nose

Forehead

Nape of neck

Mouth

7. How confident are you with the technique of silver nitrate nasal cautery?

Not confident at all

Slightly confident

Somewhat confident

Fairly confident

Completely confident

8. Name two types of nasal pack used in the treatment of epistaxis
  - 1.
  - 2.
9. What device can be used to tamponade posterior epistaxis?
10. Name an antifibrinolytic medication that can reduce the volume of blood loss in epistaxis
11. Which vessels can be ligated in refractory severe epistaxis?
  - 1.
  - 2.
  - 3.
12. Overall how confident are you in managing epistaxis?
  - Not confident at all
  - Slightly confident
  - Somewhat confident
  - Fairly confident
  - Completely confident
13. How much exposure to ENT surgery have you had in your undergraduate training?
  - <1 week
  - 1 week
  - 2 weeks
  - 3 weeks
  - 4 weeks
  - >4 weeks
14. How much exposure to ENT surgery have you had in your post-graduate training?
  - None
  - <4 weeks
  - 5–12 weeks
  - >3 months
  - Non-applicable