Treatment Options, A Guide for People Living with Pain

1) Successful pain management aims to
   a) lessen the pain
   b) improve functioning
   c) enhance the quality of life
   d) all the above

2) All the following are mentioned as factors which can interfere with therapies EXCEPT
   a) how gender impacts the effectiveness of drugs
   b) how different drugs interact with each other
   c) how different foods might affect how a drug works
   d) how general health and personal habits can interfere with pain management

3) What term refers to the many medications originally used to treat conditions other than pain, but now are used to treat pain?
   a) non-opioids
   b) over-the-counter medications
   c) adjuvant analgesics
   d) street drugs

4) The oldest NSAID is
   a) opium
   b) tiger balm
   c) Tylenol
   d) aspirin

5) The most common side effects of NSAIDs involve the
   a) kidney
   b) gastrointestinal tract
   c) liver
   d) repertory system

6) There is no ceiling dose with opioids as there is with the NSAIDs.
   a) True
   b) False

7) The most common side effects of opioids include all EXCEPT
   a) itching
   b) nausea
   c) constipation
   d) agitation

8) Physical dependence on opioids is normal.
   a) True
   b) False

9) The topical analgesic capsaicin comes from
   a) jellyfish
   b) chili peppers
   c) scorpions
   d) dandelions
10) Behavioral modification is also known as
   a) biofeedback training
   b) guided imagery
   c) operant conditioning
   d) stress management

11) Which is a branch of medicine focusing on the diagnosis, treatment and management of disease primarily using physical methods of care?
   a) Occupational therapy
   b) Physiatry
   c) Exercise physiology
   d) Naturopathy

12) Myofascial therapy is most often prescribed for pain related to oral surgery.
   a) True
   b) False

13) The TENS method uses ______ to block or prevent pain.
    a) needles
    b) electrical stimulation
    c) surgery
    d) pressure points

14) According to surveys, ______ of Americans use some form of CAMS.
    a) 10%
    b) 30%
    c) 50%
    d) 70%

15) Which holds that specific points on the hands and feet correspond to specific parts of the body?
    a) ayurveda
    b) reflexology
    c) acupressure
    d) pilates

16) Which energy therapy combines movement, meditation, and regulation of breathing?
    a) Sebulba
    b) Boba Fett
    c) Qigong
    d) Taun We

17) Trigger point injections, inject medications into
    a) pressure points
    b) discs
    c) sacroiliac joints
    d) muscles

18) Which type of block may be done for Complex Regional Pain Syndrome?
    a) Epidural Steroid Injection or Facet Nerve Block
    b) Facet Nerve Block or Axillary Block
    c) Axillary Block or Hypogastric Plexus Block
    d) Hypogastric Plexus Block or Epidural Steroid Injection
19) Radiofrequency Facet Rhizotomy is a type of
   a) Neuroablative therapy
   b) Chemical therapy
   c) Minimally invasive surgery
   d) Infusion Therapy

20) A Celiac Plexus (destructive) Block is a type of
   a) Thermal Therapy
   b) Chemical therapy
   c) Minimally invasive surgery
   d) Infusion Therapy

21) Which is also known as a Bier Block?
   a) IV Continuous Infusion
   b) Intraspinal drug delivery
   c) PainBuster
   d) IV Regional Blocks

22) Radiofrequency Spinal Cord Stimulation is which type of system?
   a) external
   b) internal