Managing Chronic Pain in Adults with Substance Use Disorders

Chapter 1

1) Which is NOT one of the 3Cs of addiction?
   a) Coercive behaviors
   b) Control
   c) Continued use
   d) Craving

2) Chronic pain syndrome involves intractable pain of ____ or longer.
   a) 3 months
   b) 6 months
   c) 9 months
   d) 12 months

3) Pain is evaluated in the
   a) Dorsal horn
   b) Limbic system
   c) Somatosensory cortex
   d) Thalamic nuclei

4) Pain caused by sickle cell disease is described as which type of pain?
   a) Acute
   b) Acute intermittent
   c) Chronic
   d) Chronic intermittent

5) In the reward response, feelings of reward emerge from the core of the limbic
   system after neurons in the ventral tegmental area release the neurotransmitter
   a) Dopamine
   b) Serotonin
   c) Histamine
   d) Melatonin

6) NIDA (2007) estimates that between ____ of a person’s vulnerability to addiction
   may be genetic.
   a) 10 to 20%
   b) 20 to 40%
   c) 40 to 60%
   d) 60 to 70%
Chapter 2

7) Clinicians are especially likely to underestimate and undertreat pain and disability in all the following EXCEPT
   a) Elderly
   b) Men
   c) Minorities
   d) People with SUDs

8) Which tool to assess pain level is subject to measurement error?
   a) Faces Pain Scale
   b) Numeric Rating Scale
   c) McGill Pain Questionnaire
   d) Visual Analog Scale

9) Which is a tool to assess several dimensions of pain?
   a) Faces Pain Scale
   b) Numeric Rating Scale
   c) McGill Pain Questionnaire
   d) Visual Analog Scale

10) Which tool has 24 yes/no questions and takes 10 minutes to administer?
    a) Drug Abuse Screening Test
    b) MAST
    c) AUDIT
    d) CAGE

11) Which can present as depression?
    a) Sleep apnea
    b) Hypothyroidism
    c) Hypogonadism
    d) All of the above

12) Many patients who have multiple unexplained symptoms have subsyndromal forms of
    a) Somatization disorder
    b) PTSD
    c) Personality disorder
    d) Depression
13) Patients who have chronic pain who score ____ on measures of self-efficacy or have an ____ locus of control report lower levels of pain, higher pain thresholds, increased exercise performance, and more positive coping efforts.
   a) Low, Internal
   b) Low, External
   c) High, Internal
   d) High, External

Chapter 3

14) The primary adjuvant analgesics are
   a) Antipsychotics and Anxiolytics
   b) Anxiolytics and Antidepressants
   c) Antidepressants and Anticonvulsants
   d) Anticonvulsants and Antipsychotics

15) Which analgesic is addictive?
   a) Anticonvulsants
   b) Topical Analgesics
   c) Antipsychotics
   d) Benzodiazepines

16) Which is NOT a common nonpharmacological therapy for CNCP.
   a) Physical therapy
   b) Synthetic THC
   c) Cognitive behavioral therapy
   d) Complementary and alternative medicine

17) Van Ameringen and colleagues (2004) found the strongest evidence for the use of ____ for panic disorder.
   a) Valproic acid
   b) Gabapentin
   c) Lamotrigine
   d) Pregabalin

18) Which is a limitation of opioid therapy?
   a) Diminished efficacy over time
   b) Adverse effects that many patients cannot tolerate
   c) Risk of addiction
   d) All the above
19) The majority of deaths secondary to methadone occur in the first 14 days of use because
   a) The initial dose is too high
   b) It is titrated too quickly
   c) It interacts with other drugs or medications
   d) All the above

Chapter 4

20) In the context of pain treatment, a ___ approach refers to a minimum standard of care applied to all patients who have CNCP, whatever their assessed risk.
   a) Manualized
   b) Evidence Based Practice
   c) Consumer based
   d) Universal precautions

21) Behavior that suggests substance misuse, abuse, or addiction is known as
   a) Proneness to abuse
   b) Abuse markers
   c) Rule-outs
   d) Aberrant drug-related behavior

22) Which tool helps determine whether opioids have become a problem for the patient?
   a) Current Opioid Misuse Measure
   b) Opioid Abuse Survey
   c) Addiction Behaviors Checklist
   d) Survey of Opioid Use

23) Which tool asks patients about their behavior in the 30 days before the appointment?
   a) Current Opioid Misuse Measure
   b) Opioid Abuse Survey
   c) Addiction Behaviors Checklist
   d) Survey of Opioid Use

24) Which in NOT recommended as an activity which can help build a therapeutic relationship between the treatment team and the patient?
   a) Listening actively
   b) Using thinking statements
   c) Using clarification statements
   d) Demonstrating empathy
25) Medications taken by people other than for whom they are prescribed are said to be
   a) Boosted
   b) Off label
   c) Spanked
   d) Diverted

26) Symptoms of opioid withdrawal include all EXCEPT
   a) Bone and muscle pain
   b) Fever
   c) Anxiety
   d) Insomnia

Chapter 5

27) The capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions is known as
   a) Patient competence
   b) Instructional validity
   c) Health literacy
   d) Patient rights

28) Schillinger et al. (2003) suggests that communication can be enhanced by using the ____ method.
   a) Simon says
   b) Reflective listening
   c) Teach-back
   d) Parrot

29) The VA/DoD (2010) states that patients need to understand all the following about opioids EXCEPT
   a) The titration process
   b) The risks of discontinuing the medication abruptly
   c) How medication will be safely discontinued
   d) That hyperactivity is a common side effect during titration

30) Which is a common element of a treatment agreement?
   a) Limits on medication refills
   b) Consent for random urine drug testing and other specified testing
   c) Required pill counts
   d) All the above