Pain Management: A Comprehensive Review

1) Pain related issues currently account for approximately _____ of doctor’s visits.
   a) 60%
   b) 70%
   c) 80%
   d) 90%

2) Which pain scale is frequently utilized with children?
   a) Teacher, Firefighter, Astronaut
   b) Faces Pain Scale
   c) 1, 2, Buckle my shoe
   d) Grumpy Gorilla

3) Which type of pain is also called “intermediate pain”?
   a) Surface pain
   b) Sub-surface pain
   c) Deep pain
   d) Global pain

4) Pain in the deep tissues possesses a/an _____ quality.
   a) Burning
   b) Aching
   c) Pricking
   d) Itching

5) Which migraine phase includes unexplained food cravings and mood changes, fluid retention and uncontrollable yawning?
   a) Prodromal
   b) Aura
   c) Headache
   d) Postdromal

6) Which type of headache is the most common?
   a) Tension
   b) Cluster
   c) Hypnic
   d) Ice cream

7) Which type of headache wakes people primarily during the night?
   a) Tension
   b) Cluster
   c) Hypnic
   d) Ice cream
8) Trigeminal neuralgia is caused by pressure placed on the trigeminal nerve, which sends sensations to the brain from certain portions of the
   a) Face and mouth  
   b) Arms and hands  
   c) Legs and feet  
   d) Waist and buttocks

9) In postherpetic neuralgia, pain presents as a ____ sensation.
   a) Dull  
   b) Burning  
   c) Throbbing  
   d) Aching

10) Which is a process in which afferent nerve endings take part in translating the noxious stimuli into nociceptive impulses? 
   a) Transmission  
   b) Transduction  
   c) Modulation  
   d) Perception

11) Which is a theory that was popular in the 20th century which indicated that both thin and large nerve fibers carried information from the injury site to a couple of destinations located in the dorsal horn? 
   a) Telegraphy  
   b) Symbiotic transmission  
   c) Action at a distance  
   d) Gate control

12) Craig and Denton believe that pain is in a certain class of feelings, known as ____ emotions, which are feelings that are reflexive feelings.
   a) Impulsive  
   b) Homeostatic  
   c) Rebound  
   d) Involuntary

13) When assessing pain in infants, an increase in HR by 15 - 25 BPM indicates what degree of pain?
   a) Uncomfortable  
   b) Mild  
   c) Moderate  
   d) Severe
14) There are several primary objectives of ___ anesthesia, which include: calming the patient, minimizing pain, and reducing the likelihood of adverse effects that are associated with analgesics.
   a) Balanced
   b) Focused
   c) Sliding
   d) Bimodal

15) Preventative approaches are sometimes called ___ pain control, meaning that pain management measures are taken prior to the occurrence of pain or prior to the procedure.
   a) Primary
   b) Pre-emptive
   c) Prophylactic
   d) Presenting

16) In which delivery method of patient-controlled analgesia are opioids such as fentanyl frequently delivered?
   a) Orally
   b) Infusion pump
   c) Transcutaneously
   d) Inhalation

17) Opioid analgesics do not ___ and do not ___.
   a) Cause depression of the respiratory system, Have a ceiling dosage
   b) Have a ceiling dosage, Cause direct organ damage
   c) Cause direct organ damage, Decrease sex drive
   d) Decrease sex drive, Cause depression of the respiratory system

18) Which of the following drugs is not an NSAID?
   a) Aspirin
   b) Naproxen
   c) Ibuprofen
   d) Acetaminophen

19) Neuropathy may be caused by which condition?
   a) Diabetes
   b) Shingles
   c) Herniated disk
   d) All the above
20) One of the most effective groupings of antidepressant drugs for pain (which includes imipramine and clomipramine) are
   a) Tricyclics
   b) SSRIs
   c) MAOIs
   d) NSAIDs

21) Triptan drugs help increase the levels of ____ in the brain.
   a) Serotonin
   b) Noradrenaline
   c) Dopamine
   d) Histamine

22) Ice massage is most helpful in the first ____ following an injury.
   a) Hour
   b) 12 hours
   c) 24 hours
   d) 48 hours

23) Which is a type of stimulation that utilizes small electrical pulses that are
delivered to nerve fibers through the skin?
   a) TENS
   b) EMDR
   c) ECT
   d) HALO

24) Deep brain and intracerebral stimulation requires that certain areas of the
brain, particularly the ____ be surgically stimulated.
   a) Pons
   b) Hippocampus
   c) Thalamus
   d) Medulla oblongata

25) Which type of nerve block is used in particular if there is a sharp, shooting pain
in the spinal nerve and is performed if the pain is bilateral and includes multiple
level nerve roots.
   a) Selective nerve root blocks
   b) Epidural steroid injections
   c) Peripheral nerve blocks
   d) Autonomic ganglion blocks
26) An example of an interaction between herbs and standard medical treatment that can produce undesirable side effects in the interaction between St. John’s Wart and
   a) Atomoxetine
   b) Sertraline
   c) Trazodone
   d) Bupropion

27) Which is an electrotherapy treatment which utilizes thin, acupuncture-type needles?
   a) PENS
   b) TENS
   c) IFC
   d) GS

28) Which therapy believes that the balance and flow of energy within the body is a foundation of good health?
   a) Zone therapy
   b) Polarity therapy
   c) Chi therapy
   d) Wave therapy

29) Homeopathy ranks ____ as the most widely utilized system of medicine across the globe.
   a) First
   b) Second
   c) Third
   d) Fourth

30) Which is NOT a common myth about pain?
   a) Pain is an occurrence that one simply must live with
   b) Pain is just a natural part of growing older
   c) The patient is the best judge of pain
   d) Using strong pain medications leads to addiction