Care CEUs

Pain Management and Assessment

1. Pain can refer to an unpleasant sensory and emotional experience arising from actual or potential tissue damage.

A. True
B. False

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2. Which of the following statements is most accurate?

A. The biopsychosocial model of pain suggests pain is a dynamic interaction among biological and psychological factors which are not unique to the individual.
B. The biopsychosocial model of pain suggests pain is a dynamic interaction among biological, psychological and social factors unique to each individual.
C. The biopsychosocial model of pain suggests pain is a dynamic interaction among biological, psychological and social factors which are not unique to the individual.
D. The biopsychosocial model of pain suggests pain is a dynamic interaction among biological factors only.

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3. Pain is subjective.

A. True
B. False

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4. Which of the following statements is most accurate?

A. Acute pain can refer to the type of pain which persists beyond the normal healing period for an injury or disease.
B. Chronic pain can refer to the type of pain which persists beyond the normal healing period for an acute injury or disease.
C. Chronic pain can refer to the type of pain which does not persist beyond the normal healing period for an acute injury or disease.
D. Chronic pain can refer to the type of pain which does not persist beyond the normal healing period for a chronic injury or disease.

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5. Patient observation can refer to the process in which a health care professional examines and monitors a patient in order to obtain information regarding the patient's experience of pain.

A. True
B. False

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6. A team of health care professionals is attempting to assess a 36-year-old male patient's pain. The health care professionals engages the patient in a discussion regarding his pain. The patient is initially open and willing to provide the health care professionals with information regarding his experience of pain. How can the health care professionals ensure they are actively listening to the patient in order to obtain viable information?

A. The health care professionals can engage in eye contact with the patient.
B. The health care professionals can limit their interruptions.
C. The health care professionals can repeat or paraphrase what the patient is saying to show they are listening.
D. All of the above

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7. Which of the following is an example of an open-ended question?

A. Does sitting up make your pain worse?
B. Does sitting up in bed help you feel better?
C. Does walking for long periods of time make your pain worse?
D. What makes your pain worse?

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8. A team of health care professionals is attempting to assess a 60-year-old female patient's pain. The patient is able to answer questions and engage the team of health care professionals in a conversation. However, the patient is having trouble rating the intensity of her pain on a scale from 0 - 10. Which of the following pain assessment tools can be used to help the patient rate the intensity of her pain on a scale from 0 - 10 and associate a numerical value with her pain? A team of health care professionals is attempting to assess a 60-year-old female patient's pain. The patient is able to answer questions and engage the team of health care professionals in a conversation. However, the patient is having trouble rating the intensity of her pain on a scale from 0 - 10. Which of the following pain assessment tools can be used to help the patient rate the intensity of her pain on a scale from 0 - 10 and associate a numerical value with her pain?

A. Critical-Care Pain Observation Tool
B. Wong/ Baker Faces Rating Scale
C. The Pain Assessment in Advanced Dementia Scale
D. Both A and B

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9. Which of the following pain management goals are specific, measurable and realistic?

A. "I would like to increase my mobility."
B. "I want my pain therapy to go well."
C. "I want to be completely pain free."
D. "I would like to be able to walk around my block for 45 minutes by next May"-

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10. Breakthrough pain can refer to pain that does not leave the patient.

A. True

B. False

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11. Cognitive-behavioral therapy can refer to the type of talk therapy which can be used to help individuals solve problems and create positive outcomes by changing unrealistically negative patterns of thought and behavior.

A. True
B. False

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12. What is the recommended maximum daily dose of acetaminophen for patients monitored by health care professionals?

A. 3200 mg
B. 3600 mg
C. 4000 mg
D. 5000 mg

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13. A one time dose of acetaminophen is ordered for a 26-year-old female patient who is in her first trimester of pregnancy. Which of the following recommendations should be made regarding the acetaminophen?

A. Administer acetaminophen as ordered.
B. Administer with caution; monitor patient for 48 hours.
C. Use caution; monitor patient for 72 hours.
D. Discontinue the acetaminophen.

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14. Ibuprofen is ordered for a 29-year-old male patient experiencing pain. Upon examination, the patient reports he is allergic to nonsteroidal anti-inflammatory drugs. Which of the following recommendations should be made regarding the ibuprofen?

A. Administer ibuprofen as ordered.
B. Administer ibuprofen with acetaminophen.
C. Use caution - however, the patient does not require monitoring.
D. Discontinue the ibuprofen.

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15. Ibuprofen is ordered for a 42-year-old female patient experiencing pain on an as-needed basis. The patient reports to a health care professional that she is experiencing pain and would like additional ibuprofen. The patient has already received 3200 mg of ibuprofen in a 24-hour period. Which of the following recommendations should be made regarding the ibuprofen?

A. Administer ibuprofen as ordered.
B. Administer ibuprofen with acetaminophen.
C. Use caution - however, the patient does not require monitoring.
D. Ibuprofen should not be administered to the patient because it would exceed the recommended maximum daily dose.

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16. Gabapentin is ordered for a 46-year-old male patient experiencing pain. The patient has several questions regarding the use of gabapentin. Which of the following counseling points should be included in the health care professional's response to the patient's questions?

A. Gabapentin is a nonsteroidal anti-inflammatory drug.
B. The typical dose and dosing interval for gabapentin when used to manage pain is 600 mg five times per day.
C. Gabapentin may lead to dizziness and somnolence.
D. One dose of gabapentin should be held when the intensity of pain decreases.

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17. Cyclobenzaprine is ordered for a 30-year-old female patient experiencing pain. The patient is currently on a monoamine oxidase (MAO) inhibitor. Which of the following recommendations should be made regarding the cyclobenzaprine?

A. Administer as cyclobenzaprine ordered.
B. Administer cyclobenzaprine with acetaminophen.
C. Use caution - however, the patient does not require monitoring.
D. Discontinue the cyclobenzaprine.

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18. Oxycodone is ordered for a 52-year-old male patient experiencing pain. The patient is currently taking diazepam. Which of the following recommendations should be made regarding the oxycodone?

A. Administer the opioid medication as ordered.
B. Use caution - monitor the patient for sedation and respiratory depression.
C. Use caution - however, the patient does not require monitoring.
D. Discontinue the oxycodone and the diazepam.

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19. An opioid medication is ordered for a 69-year-old obese patient experiencing pain. Which of the following recommendations should be made regarding the opioid medication?

A. Administer the opioid medication as ordered.
B. Administer the opioid medication and monitor the patient for sedation and opioid-induced respiratory depression.
C. Use caution - however, the patient does not require monitoring.
D. Discontinue the opioid medication due to the potential for an allergic reaction.

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20. Which of the following statements is most accurate?

A. Abuse can refer to the act of taking a medication at one's own discretion, without following the directions of a health care professional.
B. Abuse can refer to the act of taking a medication with the intent of achieving an euphoric sensation.
C. Misuse can refer to the act of taking a medication with the intent of achieving an euphoric sensation.

D. Misuse can refer to the act of taking a medication at the discretion of a health care professional.

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