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# **INTERACTIVE QUESTIONS**

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# Discussion Question

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- What is pain?

# Discussion Question

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- Does everyone feel pain the same way?

# Discussion Question

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- From a practical point of view, how do you classify pain?

# Discussion Question

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- What are some examples of painful conditions?

# Discussion Question

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- Several etiologies may contribute to pain. What examples do you see most often in your practice?

# Multiple Choice Question

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- **Which of the following statements about acute pain is false?**
  - A. There is usually obvious tissue damage
  - B. Usually has no protective function
  - C. Is accompanied by increased nervous system activity
  - D. Pain resolves upon healing

# Discussion Question

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- What changes in primary sensory neurons occur with chronic pain?

# Multiple Choice Question

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- **Which of the following statements about chronic pain is false?**
  - A. There is usually obvious tissue damage
  - B. Usually has no protective function
  - C. Degrades health and function
  - D. Pain continues beyond expected period of healing

# Discussion Question

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- What are some endogenous chemical mediators of pain?

# Multiple Choice Question

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- **Which of the following statements about nociceptive pain is false?**
  - A. Occurs when specific sensory neurons (nociceptors) respond to noxious stimuli
  - B. Caused by a lesion or disease of the somatosensory nervous system
  - C. Usually time-limited
  - D. Resolves when damaged tissue heals
  - E. Can be chronic (e.g., osteoarthritis)

# Discussion Question

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- How do central and peripheral neuropathic pain differ?

# Discussion Question

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- What types of nerve damage may lead to the development of neuropathic pain?

# Discussion Question

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- How many patients in acute pain do you see during a typical week?

# Discussion Question

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- What proportion of patients in your practice suffers from chronic pain?


# Multiple Choice Question

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- **Which of the following statements regarding the prevalence of acute pain is false?**
  - A. Acute pain accounts for more than two-thirds of visits to the ER
  - B. More than 50% of hospitalized patients report they experience acute pain
  - C. The lifetime prevalence of acute pain in the general population approaches 100%
  - D. Acute pain is more prevalent among males than females

# Discussion Question

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- How do you think the prevalence of pain in your region differs from that in other regions?
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# Discussion Question

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- How has pain affected the day-to-day life of some of your patients?

# Multiple Choice Question

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- **Which of the following statements regarding depression and pain is false?**
  - A. Depression is more a consequence than the cause of pain
  - B. All antidepressants have analgesic properties
  - C. Antidepressants are active in non-depressed patients
  - D. Improvement of depression is not necessarily associated with pain reduction in patients with major depressive disorder
  - E. Analgesic dose is lower than antidepressant dose

# Multiple Choice Question

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- **Which of the following statements regarding sleep disturbances and pain is false?**
  - A. Sleep disturbances may induce pain
  - B. About 75% of patients with chronic pain complain of sleep disturbances
  - C. Sleep deprivation (total or slow-wave sleep) induces hyperalgesia
  - D. Structures involved in sleep regulation are also involved in pain modulation

# Discussion Question

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- How do you assess pain in your practice?

# Discussion Question

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- What are the elements of a comprehensive pain assessment?

# Discussion Question

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- What methods might you use to identify the underlying cause of pain?
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# Discussion Question

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- Do you use a screening tool for neuropathic pain in your practice?
  - If so, which tool and why?


# Discussion Question

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- What kind of information should you seek when obtaining a pain history?

# Discussion Question

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- What are some examples of questions you could ask for each of the letters in the PQIRST mnemonic?
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# Multiple Choice Question

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- **Which of the following is not a unidimensional assessment tool for pain?**
  - A. Visual Analog Scale
  - B. Verbal Pain Intensity Scale
  - C. Wong-Baker Faces Scale
  - D. 0–10 Numeric Pain Intensity Scale
  - E. Brief Pain Inventory

# Multiple Choice Question

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- **Which of the following is most appropriate when trying to determine the intensity of a patient's pain?**
  - A. Ask about what precipitates the pain
  - B. Question the client about the location of the pain
  - C. Offer the client a pain scale to objectify the information
  - D. Use open-ended questions to find out about the sensation

# Discussion Question

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- What assessment tools do you typically use in your practice?
  - Why?

# Discussion Question

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- What non-pharmacological approaches to managing pain do you incorporate in your practice?

# Discussion Question

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- Are there non-pharmacological modalities your patients regularly ask about?

# Discussion Question

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- What is your experience with using psychological therapies to manage your patients' pain?
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# Discussion Question

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- What is your experience with using rehabilitative and physical therapies to manage your patients' pain?


# Discussion Question

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- What pharmacological therapies do you tend to use first-line in patients with:
  - Acute pain?
  - Chronic pain?

# Discussion Question

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- Besides nociception, what are some other pathophysiological mechanisms of pain?
  - What pharmacological agents might you use to treat patients suffering from these types of pain?
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# Discussion Question

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- Is non-adherence to pain treatment an issue for your patients?
  - If so, how do you manage this in clinical practice?

# Discussion Question

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- What are some strategies you use in your practice to improve communication with your patients?
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