INTERACTIVE QUESTIONS
Discussion Question

• What is pain?
Discussion Question

• Does everyone feel pain the same way?
Discussion Question

• From a practical point of view, how do you classify pain?
Discussion Question

• What are some examples of painful conditions?
Discussion Question

• Several etiologies may contribute to pain. What examples do you see most often in your practice?
Multiple Choice Question

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

• What changes in primary sensory neurons occur with chronic pain?
Multiple Choice Question

• 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

• What are some endogenous chemical mediators of pain?
Multiple Choice Question

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

• How do central and peripheral neuropathic pain differ?
Discussion Question

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

• How many patients in acute pain do you see during a typical week?
Discussion Question

• What proportion of patients in your practice suffers from chronic pain?
Multiple Choice Question

• 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

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

• How has pain affected the day-to-day life of some of your patients?
Multiple Choice Question

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

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

• How do you assess pain in your practice?
Discussion Question

• What are the elements of a comprehensive pain assessment?
Discussion Question

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

• Do you use a screening tool for neuropathic pain in your practice?
  – If so, which tool and why?
Discussion Question

• What kind of information should you seek when obtaining a pain history?
Discussion Question

• What are some examples of questions you could ask for each of the letters in the PQRST mnemonic?
Multiple Choice Question

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

• 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

• What assessment tools do you typically use in your practice?
  – Why?
Discussion Question

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

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

• What is your experience with using psychological therapies to manage your patients’ pain?
Discussion Question

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

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

• 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?
Discussion Question

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

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