

# ACHES AND PAINS QUIZ

Box of chocolates for every nurses station that gets 100%

1. Pain is one of the 5 signs of inflammation. What are the other 4?
2. The most common cause of pain in older people is caused by:  
(a) Cancer                      (b) arthritis                      (c) shingles                      (d) heart disease
3. Chronic pain:  
(a) resolves quickly              (b) can reduce quality of life              (c) does not affect old people
4. A chronic pain diagnosis may involve:  
(a) visceral                      (b) neuropathic                      (c) somatic                      (d) a,b and c  
(e) a and c                      (f) none of the these                      contributors to pain
5. Phantom limb pain is cause by:  
(a) a badly fitting prosthesis              (b) The ghost that walks  
(c) damaged nerves                      (d) stimulated nociceptors
6. You shouldn't give analgesia to someone who currently doesn't have pain  
True or False
7. Paracetamol (as in Panadol, Panamax, Febridol or Herron) can cause stomach ulcers and should not be give to old people  
True or False
8. The best person to describe a resident's pain is:  
(a) a pain specialist                      (b) the GP                      (c) the resident                      (d) The Director of Nursing  
(e) carers who see the resident on a daily basis
9. If a resident is unable to make a verbal report of pain, the next best person to assess the resident's pain is probably:  
(a) a pain specialist                      (b) the GP                      (c) carers who see the resident on a daily basis

10. The best analgesia for mild pain is:  
(a) Panadiene      (b) Endone      (c) paracetamol      (d) hot packs
11. To dispense Schedule 8 PRN analgesics requires:  
(a) RN and other carer      (b) RN and family member      (c) pharmacist and RN  
(d) GP and RN      (e) RN and EN with competency      (f) c,d and e
12. Research shows that pain reporting is overestimated by professional carers and underestimated by family:  
True      or      False
14. The duration of action for oral oxycodone and oxynorm is  
(a) 12 hours      (b) 4–6 hours      (c) 3 days
15. Buprenorphine is the active drug found in the patches called:  
(a) Norspan      (b) Fentanyl      (c) Durogesic
16. NSAIDs are not used long term in the elderly because they can cause:  
(a) constipation      (b) gastric bleeding      (c) sedation
17. Morphine should only be used for people who are dying:  
True      or      False
18. Pain can always be verified and always has a physical cause:  
True      or      False
19. Poor assessment is an impediment to adequate pain management:      True      or      False
20. If a resident is commenced on opioids for pain control they should also take:  
(a) Mylanta      (b) aperients      (c) anti-convulsants