1. Exercise, such as strengthening activities, may decrease the intensity of pain for some conditions in older people.

2. Older people should not be given strong drugs such as morphine.

3. Cultural background has no influence on how people express their pain.

4. Blood pressure, heart rate and respiration are not always reliable physiological indicators of pain intensity in older people.

5. If an older person can be distracted from their pain you can assume that their pain is not severe.

6. Research has shown that the majority of people with dementia are not likely to have pain.

7. A combined treatment plan using pain medication and other therapies is more likely to relieve pain than a single treatment option.

8. People with dementia are not able to let you know that they have pain.

9. Short acting pain medication given before an activity (such as a wound dressing or a transfer from bed to chair) is not effective in reducing predictable pain in older people.

10. Behaviours described as aggression, restlessness or resistiveness to care can be symptoms of pain in older people with dementia.

11. Assessment of pain in older people should also include assessing how pain impacts on their activities.

12. Pain is less common in older people than younger people.

13. The use of a pain assessment tool is recommended for thorough assessment of pain in older people.

14. If an older person reports pain, then they should be believed.

15. Pain in people who have dementia is commonly over treated.

16. It is essential that response to treatment for pain is recorded and communicated.

17. Changes in appetite or sleep patterns can mean that the older person has pain.

18. Grimacing and frowning can be signs of pain in older people.

19. Observation of behavioural changes is the best way to assess pain in older people with dementia who cannot self-report.

20. Vocalisations such as sighing, whimpering or groaning are common signs of pain in older people with communication difficulties.

21. Assessment of pain in older people when they are at rest indicates whether pain is present at other times.

22. Vocalising and guarding may be indicative of pain.

23. Pain assessments with older people should also include assessment of pain when moving.

24. Older people may use words other than “pain” to describe what they are feeling.

**INSTRUCTIONS FOR USE**

This questionnaire was developed to measure the knowledge of nursing and care staff about the experience, assessment and management of pain in older people (including people with dementia) for use in the residential aged care setting. The questionnaire consists of 24 statements. You are asked to place a tick in the box as to whether the statement is true or false. Please do not guess and if you don’t know the answer place a tick in the ‘don’t know’ box. It is important that you respond to all the statements.