

Pain in Older Adults Knowledge Survey

(POAKS)



PLEASE INDICATE WHETHER THE FOLLOWING STATEMENTS ARE TRUE OR FALSE BY PLACING A TICK ☒ IN THE CORRESPONDING BOX. IF YOU DON'T KNOW THE ANSWER PLEASE TICK ☒ THE 'DON'T KNOW' BOX.

	True	False	Don't know
1. Exercise, such as strengthening activities, may decrease the intensity of pain for some conditions in older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Older people should not be given strong drugs such as morphine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Cultural background has no influence on how people express their pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Blood pressure, heart rate and respiration are not always reliable physiological indicators of pain intensity in older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. If an older person can be distracted from their pain you can assume that their pain is not severe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Research has shown that the majority of people with dementia are not likely to have pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A combined treatment plan using pain medication and other therapies is more likely to relieve pain than a single treatment option.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. People with dementia are not able to let you know that they have pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Behaviours described as aggression, restlessness or resistiveness to care can be symptoms of pain in older people with dementia.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Assessment of pain in older people should also include assessing how pain impacts on their activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Pain is less common in older people than younger people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. The use of a pain assessment tool is recommended for thorough assessment of pain in older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. If an older person reports pain, then they should be believed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Pain in people who have dementia is commonly over treated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. It is essential that response to treatment for pain is recorded and communicated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Changes in appetite or sleep patterns can mean that the older person has pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Grimacing and frowning can be signs of pain in older people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Observation of behavioural changes is the best way to assess pain in older people with dementia who cannot self-report.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Vocalisations such as sighing, whimpering or groaning are common signs of pain in older people with communication difficulties.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Assessment of pain in older people when they are at rest indicates whether pain is present at other times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Vocalising and guarding may be indicative of pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Pain assessments with older people should also include assessment of pain when moving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Older people may use words other than "pain" to describe what they are feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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.

Australian Centre for Evidence Based
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AIPCA

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