

Pain & Distress Quiz Answers

1. Calling out can be a sign of pain.
True. A person may use calling out behaviour as a way to communicate pain.
2. The best approach for pain is to try only one intervention at a time.
False. Pain impacts several body systems. Implementing a range of interventions from the interdisciplinary team at one time supports the person to cope better and provides relief. Interventions are more than medications and can include supportive strategies such as position changes, improved seating and sleeping surfaces, and planned social interactions.
3. Every intervention should be reassessed to see if it's helping.
True. Each member of the interdisciplinary team who recommends an intervention should conduct a reassessment. E.g., the prescriber reassesses medication, Physiotherapist reassesses ROM exercise.
4. Behaviour maps or pain scales show pain is getting better or worse.
True. These tools can be administered before and after intervention(s) are trailed to demonstrate changes in pain, including the person's self-report of pain.
5. What are some reasons people might express distress, such as anger, sadness or worry?
d. All the above. A person can communicate they are experiencing distress due to reasons such as pain distress, missing their home and feelings of loneliness.
6. What percent of older adults in nursing homes are in pain?
d. 45-80%. A study done in 2019 by an Alberta researcher, Jennifer Knopp-Sihota, reported that 45-80% of older adults in nursing homes are in pain, often under-recognized and untreated.
7. What are some factors that can make pain worse?
d. All the above. Immobility, poor sleep and anxiety can make a person's pain worse.
8. The best treatment for pain due to immobility is:
d. All the above. The care team can help a person with pain due to immobility by assisting them bed in the afternoon for a full position change; assisting them to walk or change position; and performing range of motion exercises.
9. Which of the following are effective in the *prevention* of constipation?
b. Offer fluids often throughout the day; hydration rounds; and c. Offer foods high in dietary fiber such as fruit lax. The key word is prevention of constipation. Use of a suppository is *treatment* for existing constipation. Constipation is not a normal part of aging. Offering fluids and dietary fiber are effective to prevent constipation.
10. Signs of mouth pain and infection include:
a. Anxiety with mouth care, b. Bad breath, and c. Change in meal intake. Whispering is not a common behaviour associated with mouth pain and infection.