

Pain & Distress Quiz

1. **Calling out can be a sign of pain.** True or False?
2. **The best approach for pain to try only one intervention at a time.** True or False?
3. **Every intervention should be reassessed to see if it's helping.** True or False?
4. **Behaviour maps or pain scales can show pain is getting better or worse.** True or False?
5. **What are some reasons people might express distress, such as anger, sadness or worry?**
(Choose the one, best answer)
 - a. Pain
 - b. Missing their home
 - c. Loneliness
 - d. All the above
6. **What percent of older adults in nursing homes are in pain?** (Choose the one, best answer)
 - a. 5-10%
 - b. 20-40%
 - c. 50%
 - d. 45-80%
7. **What are some factors that can make pain worse?** (Choose the one, best answer)
 - a. Immobility
 - b. Not being able to sleep/insomnia
 - c. Anxiety
 - d. All the above
8. **The best treatment for pain due to immobility is:** (Choose the one, best answer)
 - a. Assist to bed in the afternoon for a full position change
 - b. Assist to walk or change position
 - c. Perform range of motion exercises
 - d. All the above
9. **Which of the following are effective in the *prevention* of constipation?**
(Choose two answers that best apply)
 - a. Suppository
 - b. Offer fluids often throughout the day, hydration rounds
 - c. Offer foods high in dietary fiber such as fruit lax
 - d. Do nothing as this is a normal part of aging
10. **Signs of mouth pain and infection include:** (Choose three answers that best apply)
 - a. Anxiety with mouth care
 - b. Bad breath
 - c. Change in meal intake
 - d. Whispering

