

Fundamentals of Pain

Post- Test

Name _____
(Please enter legal name above)

Birth date (required)

Format: 01/03/1999

M	M	D	D	Y	Y	Y	Y

Where do you work? (example: HCMC, MVAHCS, etc.)
Enter N/A if you are not employed.

Hospital _____ Unit _____

*Email Address _____

*TCHP hospitals must use work email address.

I verify that I have read this home study and have completed the post-test and evaluation.

By checking this box, I am submitting my electronic signature to this statement.

1. True False Pain is a physical and emotional experience.
2. True False Afferent neurons admit information and efferent neurons send information.
3. True False Mechanoreceptors transmit impulses slowly and are poorly localized.
4. True False Polymodal nociceptors transmit impulses rapidly and are localized.
5. True False The first processing of painful stimuli occurs in the spinal cord.
6. True False Each segment of the spinal cord is related to a peripheral nerve.
7. True False Myelinated tracts are gray matter.
8. True False Nervous and un-myelinated fibers are gray matter.
9. True False Ascending tracts transmit impulses that have a major role in pain sensation.
10. True False Descending tracts modulate pain.

11. True False The Gate Control Theory describes how pain can be altered at the spinal cord level.
12. True False When a person has an increased heart rate, respiratory rate, and blood pressure as a response to painful stimuli, the sympathetic nervous system is in action.
13. True False The WHO recommends increasing pain medications based on the patient's response to pain.
14. True False ""Pain is best determined by the nurse who has been working with the patient.
15. True False Transduction is the step in pain conduction in which impulses travel from peripheral nerve to spinal cord.
16. True False Pain is a normal part of aging and therefore should not be treated
17. True False Narcotics (opiods) are not appropriate for use in the elderly.
18. Essential components of a pain assessment include:
 - a) Repeated assessments over time
 - b) Comprehensive assessment details
 - c) Identifying a tolerable level for the patient's pain
 - d) All of the above
19. Non-pharmacological therapies for pain include
 - a) Healing Touch
 - b) Massage
 - c) Imagery
 - d) Hypnotism
 - e) All of the above
20. True False Acupuncture and Acupressure are thought to cause the release of the body's natural opiates, endorphins, which alter the perception of pain.
21. Side effects of narcotic (or opioid) analgesics include:
 - a) Constipation
 - b) Lethargy
 - c) Confusion
 - d) All of the above
22. True False Patients will always tell you if they are having pain.

Expiration date: The last day that post tests will be accepted for this edition is **December 31, 2016**—your envelope must be postmarked on or before that day.

Evaluation: Fundamentals of Pain

Please complete the evaluation form below by placing an "X" in the box that best fits your evaluation of this educational activity. Completion of this form is required to successfully complete the activity and be awarded contact hours.

At the end of this home study program, I am able to:	Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree
1. Understand the neurological process of pain.	
2. Explore terminology used in pain management.	
3. Identify and describe pharmacological and non-pharmacological interventions to manage pain in the elderly population.	
4. Describe basic principles of pain management in elders and implications of various treatments.	
5. The teaching / learning resources were effective. <i>If not, please comment:</i>	

The following were disclosed in writing prior to, or at the start of, this educational activity (please refer to the first 2 pages of the booklet).	YES or NO
6. Notice of requirements for successful completion, including purpose and objectives	
7. Conflict of interest	
8. Disclosure of relevant financial relationships and mechanism to identify and resolve conflicts of interest	
9. Sponsorship or commercial support	
10. Non-endorsement of products	
11. Off-label use	
12. Expiration Date for Awarding Contact Hours	
13. Did you, as a participant, notice any bias in this educational activity that was not previously disclosed? <i>If yes, please describe the nature of the bias:</i>	

14. How long did it take you to read this home study and complete the post test and evaluation:
 _____ hours and _____ minutes.

15. Did you feel that the number of contact hours offered for this educational activity was appropriate for the amount of time you spent on it?
 ___ Yes
 ___ No, more contact hours should have been offered
 ___ No, fewer contact hours should have been offered.

Expiration date: December 31, 2016