

ANSWER SHEET

PRE- & POST-ASSESSMENT OF KNOWLEDGE THE DIRECT CARE WORKER'S ROLE IN IDENTIFYING AND ADDRESSING PAIN IN OLDER ADULTS

1. Pain is whatever the person experiencing it says it is.
 - a. **True**
 - b. False

2. What percent of nursing home residents are believed to have significant pain?
 - a. Less than 20%
 - b. 20 to 30%
 - c. 40 to 50%
 - d. **More than 60%**

3. Which of the following are consequences of poorly controlled pain?
 - a. Depression
 - b. Poor quality of life
 - c. Social isolation
 - d. Loss of ability to do daily activities
 - e. **All of the above**
 - f. b, c, & d

4. If a resident in pain is able to tell you, which of the following are questions you should ask about the pain?
 - a. How intense is the pain?
 - b. Can you describe the pain?
 - c. Where is the pain?
 - d. What makes the pain worse?
 - e. **All of the above**
 - f. None of the above

5. Which of the following may be signs of pain in an older person with dementia who cannot describe his/her pain.
 - a. Crying out
 - b. Hitting
 - c. Not as involved in activities as usual
 - d. Grimacing
 - e. **All of the above**
 - f. a, b, & d

6. Nondrug therapies are substitutes for drug therapies?
 - a. True
 - b. False**

7. Nondrug approaches to pain management include--
 - a. Heat
 - b. Cold
 - c. Exercise
 - d. Tylenol
 - e. All of the above
 - f. a, b, & c**

8. Cold packs may be tried for-
 - a. Back pain that goes down into the leg
 - b. Pain in a leg with inadequate circulation
 - c. Joint pain caused by arthritis
 - d. Sore muscles
 - e. All of the above
 - f. a, c, & d**

9. If a person's attention can be diverted away from his or her pain, the pain is not "real".
 - a. True
 - b. False**

10. Some of the disadvantages of certain nondrug approaches to managing pain include-
 - a. They may be time consuming.
 - b. The resident is unwilling to try them.
 - c. Extensive training is required to administer them.
 - d. Staff is unwilling to try them.
 - e. All of the above**