

**POST- KNOWLEDGE ASSESSMENT**  
**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