

## Pain Management: 100-Question Multiple-Choice Quiz

1. What is the primary goal of pain management?

- A. To eliminate all physical activity
- B. To improve quality of life and function
- C. To increase sleep only
- D. To avoid all medications

2. Which type of pain is caused by tissue damage?

- A. Neuropathic pain
- B. Psychogenic pain
- C. Nociceptive pain
- D. Phantom pain

3. Neuropathic pain results from:

- A. Muscle strain
- B. Nerve damage
- C. Skin irritation
- D. Bone fractures

4. Which pain scale is commonly used in adults?

- A. Glasgow Scale
- B. Braden Scale
- C. Numeric Rating Scale
- D. APGAR Score

5. Acute pain usually lasts:

- A. Less than 3 months
- B. More than 1 year
- C. Forever
- D. Exactly 6 months

6. Chronic pain generally persists for:

- A. Less than one week
- B. More than 3 months
- C. Only during exercise
- D. Less than 24 hours

7. Which medication class includes ibuprofen?

- A. Opioids
- B. NSAIDs
- C. Antidepressants
- D. Anticonvulsants

8. Which opioid is commonly prescribed for severe pain?

- A. Acetaminophen
- B. Aspirin
- C. Morphine
- D. Ibuprofen

9. Acetaminophen primarily works by:

- A. Blocking inflammation only
- B. Reducing fever and pain
- C. Increasing nerve signals
- D. Strengthening bones

10. A common side effect of opioids is:

- A. Increased appetite
- B. Constipation
- C. Improved alertness
- D. Hypertension

11. Which nonpharmacological technique may reduce pain?

- A. Meditation
- B. Smoking
- C. Sleep deprivation
- D. Excessive caffeine use

12. What does PCA stand for in pain management?

- A. Patient-Controlled Analgesia
- B. Primary Care Assessment
- C. Pain Control Algorithm
- D. Patient Care Assignment

13. Which route provides the fastest medication absorption?

- A. Oral
- B. Intramuscular
- C. Intravenous
- D. Topical

14. Which condition commonly causes chronic neuropathic pain?

- A. Diabetes
- B. Common cold
- C. Asthma
- D. Seasonal allergies

15. Which therapy uses needles inserted into the skin?

- A. Massage therapy
- B. Acupuncture
- C. Hydrotherapy
- D. Ultrasound therapy

16. Which pain description is typical of neuropathic pain?

- A. Burning
- B. Crushing
- C. Dull ache
- D. Pressure

17. The WHO pain ladder was developed for:

- A. Cardiac care

- B. Cancer pain management
- C. Physical therapy only
- D. Surgical procedures

18. Which medication is considered an adjuvant analgesic?

- A. Gabapentin
- B. Aspirin
- C. Morphine
- D. Acetaminophen

19. Which vital sign may increase with acute pain?

- A. Heart rate
- B. Oxygen saturation only
- C. Vision acuity
- D. Hair growth

20. Breakthrough pain refers to:

- A. Pain cured by medication
- B. Sudden pain despite treatment
- C. Mild temporary discomfort
- D. Pain caused by exercise only

21. Which relaxation method may help manage pain?

- A. Deep breathing
- B. Sleep deprivation
- C. Loud noise exposure
- D. Fasting

22. Which opioid overdose symptom is most dangerous?

- A. Dry mouth
- B. Respiratory depression
- C. Mild nausea
- D. Sweating

23. Naloxone is used to:

- A. Treat fever
- B. Reverse opioid overdose
- C. Lower blood pressure
- D. Reduce inflammation

24. Which specialist commonly manages complex pain conditions?

- A. Dermatologist
- B. Pain management specialist
- C. Ophthalmologist
- D. Pathologist

25. Which imaging test may help identify spinal causes of pain?

- A. MRI
- B. ECG
- C. EEG
- D. Spirometry

26. Fibromyalgia is characterized primarily by:

- A. Bone fractures
- B. Widespread musculoskeletal pain
- C. Skin ulcers
- D. Vision loss

27. Which lifestyle factor can worsen chronic pain?

- A. Regular exercise
- B. Adequate sleep
- C. Stress
- D. Hydration

28. Which exercise is commonly recommended for chronic pain?

- A. Gentle stretching
- B. Prolonged bed rest

- C. Heavy lifting only
- D. Complete inactivity

29. Which medication should be used cautiously because of liver toxicity risk?

- A. Acetaminophen
- B. Ibuprofen
- C. Naproxen
- D. Aspirin

30. Which therapy involves applying heat to painful areas?

- A. Cryotherapy
- B. Heat therapy
- C. Radiation therapy
- D. Chemotherapy

31. Cryotherapy involves:

- A. Applying cold
- B. Applying electricity
- C. Using lasers
- D. Surgical treatment

32. Which pain assessment factor is important?

- A. Pain location
- B. Hair color
- C. Favorite food
- D. Shoe size

33. Which condition may cause referred pain?

- A. Heart attack
- B. Common cold
- C. Eczema
- D. Cataracts

34. Which medication type may help neuropathic pain?

- A. Antidepressants
- B. Antibiotics
- C. Antifungals
- D. Antihistamines

35. Pain tolerance refers to:

- A. The minimum pain detected
- B. The maximum pain a person can endure
- C. The cause of pain
- D. A pain medication dose

36. Which factor influences pain perception?

- A. Emotions
- B. Weather only
- C. Height only
- D. Blood type only

37. Which opioid side effect may require immediate medical attention?

- A. Mild itching
- B. Slow breathing
- C. Dry mouth
- D. Mild constipation

38. Which pain type is associated with phantom limb syndrome?

- A. Visceral pain
- B. Neuropathic pain
- C. Somatic pain
- D. Acute pain only

39. Which healthcare professional often helps restore movement and function?

- A. Pharmacist
- B. Physical therapist
- C. Radiologist
- D. Microbiologist

40. What is hyperalgesia?

- A. Reduced pain sensation
- B. Increased sensitivity to pain
- C. Complete numbness
- D. Fear of pain

1. Which pain medication may irritate the stomach lining?

- A. NSAIDs
- B. Antacids
- C. Laxatives
- D. Antivirals

42. Which pain management approach combines multiple therapies?

- A. Single-modality therapy
- B. Multimodal pain management
- C. Isolation therapy
- D. Sedation-only therapy

43. Which condition often involves inflammatory pain?

- A. Rheumatoid arthritis
- B. Migraine only
- C. Cataracts
- D. Influenza

44. Which vitamin deficiency may contribute to neuropathy?

- A. Vitamin B12
- B. Vitamin C
- C. Vitamin K
- D. Vitamin D only

45. What is allodynia?

- A. Pain from normally nonpainful stimuli
- B. Bone pain only
- C. Muscle weakness
- D. Joint swelling

46. Which condition is commonly associated with migraine headaches?

- A. Aura
- B. Bone fractures
- C. Kidney stones
- D. Pneumonia

47. Which technique uses electrical impulses for pain relief?

- A. TENS
- B. MRI
- C. CT scan
- D. Dialysis

48. Which medication class is often avoided in kidney disease?

- A. NSAIDs
- B. Antibiotics
- C. Antifungals
- D. Vaccines

49. Which symptom may accompany severe pain?

- A. Sweating
- B. Hair loss immediately
- C. Vision correction
- D. Increased hearing

50. Which opioid is commonly used in patches for chronic pain?

- A. Fentanyl

- B. Ibuprofen
- C. Acetaminophen
- D. Aspirin

51. Which body system processes pain signals?

- A. Nervous system
- B. Digestive system
- C. Endocrine system only
- D. Lymphatic system

52. Which pain type originates from internal organs?

- A. Somatic pain
- B. Visceral pain
- C. Neuropathic pain
- D. Referred pain

53. Which medication may be used for muscle spasm pain?

- A. Muscle relaxants
- B. Antacids
- C. Antivirals
- D. Anticoagulants

54. Which psychological therapy can help chronic pain?

- A. Cognitive behavioral therapy
- B. Radiation therapy
- C. Dialysis
- D. Chemotherapy

55. Which pain medication carries addiction risk?

- A. Opioids
- B. Antacids
- C. Vitamins
- D. Antihistamines

56. Which condition may require palliative pain care?

- A. Advanced cancer
- B. Seasonal allergies
- C. Minor bruises
- D. Acne

57. Which strategy helps prevent opioid misuse?

- A. Monitoring prescriptions
- B. Sharing medications
- C. Ignoring side effects
- D. Increasing doses without advice

58. Which pain is localized and sharp?

- A. Somatic pain
- B. Visceral pain
- C. Phantom pain
- D. Emotional pain

59. Which non-drug therapy may reduce muscle tension?

- A. Massage
- B. Smoking
- C. Dehydration
- D. Isolation

60. Which factor is essential in individualized pain management?

- A. Patient history
- B. Shoe size
- C. Hair color
- D. Occupation only

61. Which condition commonly causes lower back pain?

- A. Muscle strain
- B. Ear infection

- C. Cataracts
- D. Asthma

62. Which medication can help reduce inflammation?

- A. Naproxen
- B. Naloxone
- C. Penicillin
- D. Insulin

63. Which condition may involve central sensitization?

- A. Fibromyalgia
- B. Pneumonia
- C. Cataracts
- D. Appendicitis only

64. What is the purpose of pain reassessment?

- A. To evaluate treatment effectiveness
- B. To increase medication automatically
- C. To ignore patient feedback
- D. To stop all therapy

65. Which method can distract from pain?

- A. Music therapy
- B. Dehydration
- C. Smoking
- D. Starvation

66. Which opioid is often used for cough suppression?

- A. Codeine
- B. Aspirin
- C. Ibuprofen
- D. Naproxen

67. Which term describes reduced response to a drug over time?

- A. Tolerance
- B. Allergy
- C. Infection
- D. Sedation

68. Which chronic condition may benefit from interdisciplinary pain care?

- A. Chronic back pain
- B. Common cold
- C. Mild sunburn
- D. Seasonal allergies

69. Which side effect is common with NSAIDs?

- A. Stomach upset
- B. Improved kidney function
- C. Hair growth
- D. Increased appetite

70. Which pain treatment uses local anesthetics near nerves?

- A. Nerve block
- B. Chemotherapy
- C. Dialysis
- D. Radiation

71. Which healthcare provider dispenses medications?

- A. Pharmacist
- B. Dentist
- C. Optometrist
- D. Surgeon only

72. Which type of headache is commonly associated with stress?

- A. Tension headache
- B. Cluster headache only

- C. Sinus infection only
- D. Stroke only

73. Which symptom may indicate medication allergy?

- A. Rash
- B. Hunger
- C. Mild fatigue only
- D. Sneezing once

74. Which technique focuses awareness on the present moment?

- A. Mindfulness
- B. Sedation
- C. Immobilization
- D. Isolation

75. Which medication is commonly used for migraine prevention?

- A. Beta-blockers
- B. Antibiotics
- C. Antifungals
- D. Vaccines

76. Which symptom may accompany opioid withdrawal?

- A. Sweating
- B. Vision improvement
- C. Hair growth
- D. Weight gain only

77. Which pain management principle emphasizes patient involvement?

- A. Shared decision-making
- B. Forced treatment
- C. Ignoring preferences
- D. Isolation therapy

78. Which condition can cause sciatic pain?

- A. Herniated disc
- B. Ear infection
- C. Cataracts
- D. Tonsillitis

79. Which body chemical helps reduce pain naturally?

- A. Endorphins
- B. Cholesterol
- C. Insulin
- D. Hemoglobin

80. Which patient population may have difficulty expressing pain?

- A. Infants
- B. Healthy adults
- C. Athletes only
- D. Teachers only

Correct Answer: A. Infants

Explanation: Infants cannot verbally describe their pain.

81. Which scale is commonly used in children with limited verbal skills?

- A. Wong-Baker FACES Scale
- B. Glasgow Scale
- C. APGAR Score
- D. Braden Scale

82. Which condition often causes inflammatory joint pain?

- A. Osteoarthritis
- B. Cataracts
- C. Asthma
- D. Pneumonia

83. Which treatment may reduce swelling after injury?

- A. Ice application
- B. Smoking
- C. Alcohol consumption
- D. Sleep deprivation

84. Which pain type is often difficult to localize?

- A. Visceral pain
- B. Somatic pain
- C. Skin pain
- D. Muscle strain pain

85. Which medication may help nerve pain and seizures?

- A. Pregabalin
- B. Penicillin
- C. Aspirin
- D. Insulin

86. Which factor may improve chronic pain outcomes?

- A. Regular physical activity
- B. Prolonged inactivity
- C. Smoking
- D. Excessive alcohol use

87. Which procedure may help diagnose pain sources?

- A. Diagnostic nerve block
- B. Dialysis
- C. Colonoscopy only
- D. Radiation therapy

88. Which condition commonly causes facial pain?

- A. Trigeminal neuralgia

- B. Appendicitis
- C. Bronchitis
- D. Gastritis

89. Which behavior is important when taking opioids?

- A. Following prescription directions
- B. Sharing medications
- C. Doubling doses independently
- D. Mixing with alcohol freely

90. Which symptom may indicate infection-related pain?

- A. Fever
- B. Improved appetite only
- C. Better vision
- D. Hair growth

91. Which healthcare approach treats the whole person?

- A. Holistic care
- B. Single-drug therapy
- C. Isolation therapy
- D. Sedation-only care

92. Which pain condition may occur after shingles?

- A. Postherpetic neuralgia
- B. Pneumonia
- C. Sinusitis
- D. Tendinitis

93. Which intervention may improve posture-related pain?

- A. Ergonomic adjustments
- B. Smoking
- C. Dehydration
- D. Sleep deprivation

94. Which medication combination increases overdose risk?

- A. Opioids and benzodiazepines
- B. Vitamins and water
- C. Antacids and food
- D. Fiber and water

95. Which pain management strategy may improve sleep?

- A. Sleep hygiene
- B. Excessive screen time
- C. Late caffeine intake
- D. Irregular sleep schedules

96. Which condition often causes chronic pelvic pain?

- A. Endometriosis
- B. Common cold
- C. Bronchitis
- D. Cataracts

97. Which pain management technique may use guided imagery?

- A. Relaxation therapy
- B. Chemotherapy
- C. Dialysis
- D. Radiation therapy

98. Which healthcare professional may prescribe pain medications?

- A. Physician
- B. Accountant
- C. Electrician
- D. Architect

99. Which patient statement suggests effective pain control?

- A. "I can complete daily activities."
- B. "I cannot move at all."

- C. "The pain is unbearable."
- D. "I avoid all activity."

100. Effective pain management often requires:

- A. A personalized treatment plan
- B. One treatment for everyone
- C. Ignoring emotional health
- D. Avoiding communication