

Pain Management: 100-Question Multiple-Choice Quiz with Answers

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

Correct Answer: B. To improve quality of life and function

Explanation: The primary goal of pain management is to reduce pain while improving a patient's ability to function and maintain a good quality of life.

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

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

Correct Answer: C. Nociceptive pain

Explanation: Nociceptive pain occurs when pain receptors respond to tissue injury or inflammation.

3. Neuropathic pain results from:

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

Correct Answer: B. Nerve damage

Explanation: Neuropathic pain develops from injury or dysfunction of the nervous system.

4. Which pain scale is commonly used in adults?

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

Correct Answer: C. Numeric Rating Scale

Explanation: The Numeric Rating Scale asks patients to rate pain from 0 to 10.

5. Acute pain usually lasts:

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

Correct Answer: A. Less than 3 months

Explanation: Acute pain is temporary and commonly resolves as healing occurs.

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

Correct Answer: B. More than 3 months

Explanation: Chronic pain continues beyond normal healing time and often lasts over three months.

7. Which medication class includes ibuprofen?

- A. Opioids

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

Correct Answer: B. NSAIDs

Explanation: Ibuprofen is a nonsteroidal anti-inflammatory drug used for pain and inflammation.

8. Which opioid is commonly prescribed for severe pain?

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

Correct Answer: C. Morphine

Explanation: Morphine is a strong opioid analgesic used for moderate to severe pain.

9. Acetaminophen primarily works by:

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

Correct Answer: B. Reducing fever and pain

Explanation: Acetaminophen relieves pain and fever but has minimal anti-inflammatory effects.

10. A common side effect of opioids is:

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

Correct Answer: B. Constipation

Explanation: Opioids slow gastrointestinal motility, commonly causing constipation.

11. Which nonpharmacological technique may reduce pain?

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

Correct Answer: A. Meditation

Explanation: Meditation can help reduce stress and alter pain perception.

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

Correct Answer: A. Patient-Controlled Analgesia

Explanation: PCA allows patients to self-administer preset doses of pain medication.

13. Which route provides the fastest medication absorption?

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

Correct Answer: C. Intravenous

Explanation: Intravenous administration delivers medication directly into the bloodstream.

14. Which condition commonly causes chronic neuropathic pain?

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

Correct Answer: A. Diabetes

Explanation: Diabetic neuropathy is a common cause of nerve pain.

15. Which therapy uses needles inserted into the skin?

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

Correct Answer: B. Acupuncture

Explanation: Acupuncture is a traditional therapy involving thin needles placed at specific points.

16. Which pain description is typical of neuropathic pain?

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

Correct Answer: A. Burning

Explanation: Neuropathic pain is often described as burning, tingling, or shooting.

17. The WHO pain ladder was developed for:

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

Correct Answer: B. Cancer pain management

Explanation: The WHO pain ladder guides stepwise treatment of cancer-related pain.

18. Which medication is considered an adjuvant analgesic?

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

Correct Answer: A. Gabapentin

Explanation: Gabapentin is often used as an adjunct for neuropathic pain.

19. Which vital sign may increase with acute pain?

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

Correct Answer: A. Heart rate

Explanation: Acute pain may activate the sympathetic nervous system, increasing heart rate.

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

Correct Answer: B. Sudden pain despite treatment

Explanation: Breakthrough pain is a temporary flare of pain that occurs despite regular pain control.

21. Which relaxation method may help manage pain?

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

Correct Answer: A. Deep breathing

Explanation: Deep breathing promotes relaxation and may reduce pain perception.

22. Which opioid overdose symptom is most dangerous?

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

Correct Answer: B. Respiratory depression

Explanation: Opioids can dangerously suppress breathing in overdose situations.

23. Naloxone is used to:

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

Correct Answer: B. Reverse opioid overdose

Explanation: Naloxone rapidly reverses opioid effects, especially respiratory depression.

24. Which specialist commonly manages complex pain conditions?

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

Correct Answer: B. Pain management specialist

Explanation: Pain specialists are trained to diagnose and treat complex pain disorders.

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

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

Correct Answer: A. MRI

Explanation: MRI provides detailed images of soft tissues, including spinal structures.

26. Fibromyalgia is characterized primarily by:

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

Correct Answer: B. Widespread musculoskeletal pain

Explanation: Fibromyalgia causes chronic widespread pain and tenderness.

27. Which lifestyle factor can worsen chronic pain?

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

Correct Answer: C. Stress

Explanation: Stress can increase muscle tension and pain sensitivity.

28. Which exercise is commonly recommended for chronic pain?

- A. Gentle stretching
- B. Prolonged bed rest
- C. Heavy lifting only
- D. Complete inactivity

Correct Answer: A. Gentle stretching

Explanation: Stretching improves flexibility and may reduce pain.

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

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

Correct Answer: A. Acetaminophen

Explanation: Excessive acetaminophen use can damage the liver.

30. Which therapy involves applying heat to painful areas?

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

Correct Answer: B. Heat therapy

Explanation: Heat therapy relaxes muscles and improves circulation.

31. Cryotherapy involves:

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

Correct Answer: A. Applying cold

Explanation: Cold therapy reduces inflammation and numbs painful tissues.

32. Which pain assessment factor is important?

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

Correct Answer: A. Pain location

Explanation: Identifying pain location helps determine the cause and treatment.

33. Which condition may cause referred pain?

- A. Heart attack
- B. Common cold

- C. Eczema
- D. Cataracts

Correct Answer: A. Heart attack

Explanation: Heart attack pain may radiate to the arm, neck, or jaw.

34. Which medication type may help neuropathic pain?

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

Correct Answer: A. Antidepressants

Explanation: Certain antidepressants modify nerve signaling involved in pain.

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

Correct Answer: B. The maximum pain a person can endure

Explanation: Pain tolerance varies between individuals.

36. Which factor influences pain perception?

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

Correct Answer: A. Emotions

Explanation: Emotional state can strongly influence pain perception.

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

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

Correct Answer: B. Slow breathing

Explanation: Respiratory depression can be life-threatening.

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

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

Correct Answer: B. Neuropathic pain

Explanation: Phantom limb pain results from abnormal nerve signaling.

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

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

Correct Answer: B. Physical therapist

Explanation: Physical therapists help improve mobility and reduce pain.

40. What is hyperalgesia?

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

Correct Answer: B. Increased sensitivity to pain

Explanation: Hyperalgesia causes heightened pain responses.

41. Which pain medication may irritate the stomach lining?

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

Correct Answer: A. NSAIDs

Explanation: NSAIDs can increase risk of stomach irritation and ulcers.

42. Which pain management approach combines multiple therapies?

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

Correct Answer: B. Multimodal pain management

Explanation: Multimodal therapy combines medications and non-drug approaches.

43. Which condition often involves inflammatory pain?

- A. Rheumatoid arthritis

- B. Migraine only
- C. Cataracts
- D. Influenza

Correct Answer: A. Rheumatoid arthritis

Explanation: Rheumatoid arthritis causes joint inflammation and pain.

44. Which vitamin deficiency may contribute to neuropathy?

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

Correct Answer: A. Vitamin B12

Explanation: Vitamin B12 deficiency can damage nerves.

45. What is allodynia?

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

Correct Answer: A. Pain from normally nonpainful stimuli

Explanation: Allodynia occurs when light touch or mild stimuli become painful.

46. Which condition is commonly associated with migraine headaches?

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

Correct Answer: A. Aura

Explanation: Some migraine sufferers experience visual or sensory aura symptoms.

47. Which technique uses electrical impulses for pain relief?

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

Correct Answer: A. TENS

Explanation: Transcutaneous electrical nerve stimulation may reduce pain signals.

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

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

Correct Answer: A. NSAIDs

Explanation: NSAIDs may worsen kidney function.

49. Which symptom may accompany severe pain?

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

Correct Answer: A. Sweating

Explanation: Severe pain can trigger autonomic nervous system responses.

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

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

Correct Answer: A. Fentanyl

Explanation: Fentanyl patches provide continuous opioid delivery.

51. Which body system processes pain signals?

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

Correct Answer: A. Nervous system

Explanation: The nervous system detects and transmits pain signals.

52. Which pain type originates from internal organs?

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

Correct Answer: B. Visceral pain

Explanation: Visceral pain arises from organs such as the stomach or intestines.

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

- A. Muscle relaxants

- B. Antacids
- C. Antivirals
- D. Anticoagulants

Correct Answer: A. Muscle relaxants

Explanation: Muscle relaxants can reduce painful muscle spasms.

54. Which psychological therapy can help chronic pain?

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

Correct Answer: A. Cognitive behavioral therapy

Explanation: CBT helps patients change thoughts and behaviors related to pain.

55. Which pain medication carries addiction risk?

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

Correct Answer: A. Opioids

Explanation: Opioids may lead to dependence and addiction.

56. Which condition may require palliative pain care?

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

Correct Answer: A. Advanced cancer

Explanation: Palliative care focuses on symptom relief and comfort.

57. Which strategy helps prevent opioid misuse?

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

Correct Answer: A. Monitoring prescriptions

Explanation: Careful monitoring reduces misuse and overdose risk.

58. Which pain is localized and sharp?

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

Correct Answer: A. Somatic pain

Explanation: Somatic pain from skin, muscles, or bones is often well localized.

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

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

Correct Answer: A. Massage

Explanation: Massage can improve circulation and relax muscles.

60. Which factor is essential in individualized pain management?

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

Correct Answer: A. Patient history

Explanation: Medical history helps guide safe and effective treatment.

61. Which condition commonly causes lower back pain?

- A. Muscle strain
- B. Ear infection
- C. Cataracts
- D. Asthma

Correct Answer: A. Muscle strain

Explanation: Muscle strain is a frequent cause of acute low back pain.

62. Which medication can help reduce inflammation?

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

Correct Answer: A. Naproxen

Explanation: Naproxen is an NSAID with anti-inflammatory properties.

63. Which condition may involve central sensitization?

- A. Fibromyalgia
- B. Pneumonia
- C. Cataracts

D. Appendicitis only

Correct Answer: A. Fibromyalgia

Explanation: Central sensitization amplifies pain signaling in fibromyalgia.

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

Correct Answer: A. To evaluate treatment effectiveness

Explanation: Reassessment determines whether pain interventions are working.

65. Which method can distract from pain?

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

Correct Answer: A. Music therapy

Explanation: Music can reduce anxiety and divert attention from pain.

66. Which opioid is often used for cough suppression?

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

Correct Answer: A. Codeine

Explanation: Codeine has analgesic and cough suppressant effects.

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

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

Correct Answer: A. Tolerance

Explanation: Tolerance occurs when increasing doses are needed for the same effect.

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

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

Correct Answer: A. Chronic back pain

Explanation: Complex chronic pain often benefits from multiple healthcare disciplines.

69. Which side effect is common with NSAIDs?

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

Correct Answer: A. Stomach upset

Explanation: NSAIDs may irritate the gastrointestinal tract.

70. Which pain treatment uses local anesthetics near nerves?

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

Correct Answer: A. Nerve block

Explanation: Nerve blocks interrupt pain transmission from targeted nerves.

71. Which healthcare provider dispenses medications?

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

Correct Answer: A. Pharmacist

Explanation: Pharmacists ensure safe medication dispensing and counseling.

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

- A. Tension headache
- B. Cluster headache only
- C. Sinus infection only
- D. Stroke only

Correct Answer: A. Tension headache

Explanation: Tension headaches are linked to muscle tension and stress.

73. Which symptom may indicate medication allergy?

- A. Rash

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

Correct Answer: A. Rash

Explanation: Allergic reactions may include rash, swelling, or breathing difficulty.

74. Which technique focuses awareness on the present moment?

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

Correct Answer: A. Mindfulness

Explanation: Mindfulness can reduce emotional distress related to pain.

75. Which medication is commonly used for migraine prevention?

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

Correct Answer: A. Beta-blockers

Explanation: Some beta-blockers help prevent migraine attacks.

76. Which symptom may accompany opioid withdrawal?

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

Correct Answer: A. Sweating

Explanation: Withdrawal symptoms can include sweating, anxiety, and muscle aches.

77. Which pain management principle emphasizes patient involvement?

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

Correct Answer: A. Shared decision-making

Explanation: Patients should participate in developing treatment plans.

78. Which condition can cause sciatic pain?

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

Correct Answer: A. Herniated disc

Explanation: Herniated discs may compress the sciatic nerve.

79. Which body chemical helps reduce pain naturally?

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

Correct Answer: A. Endorphins

Explanation: Endorphins are natural pain-relieving chemicals produced by the body.

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

Correct Answer: A. Wong-Baker FACES Scale

Explanation: The FACES scale uses facial expressions to help children communicate pain.

82. Which condition often causes inflammatory joint pain?

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

Correct Answer: A. Osteoarthritis

Explanation: Osteoarthritis commonly causes joint pain and stiffness.

83. Which treatment may reduce swelling after injury?

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

Correct Answer: A. Ice application

Explanation: Ice helps reduce swelling and inflammation.

84. Which pain type is often difficult to localize?

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

Correct Answer: A. Visceral pain

Explanation: Pain from internal organs is often diffuse and poorly localized.

85. Which medication may help nerve pain and seizures?

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

Correct Answer: A. Pregabalin

Explanation: Pregabalin is used for neuropathic pain and seizure disorders.

86. Which factor may improve chronic pain outcomes?

- A. Regular physical activity
- B. Prolonged inactivity

- C. Smoking
- D. Excessive alcohol use

Correct Answer: A. Regular physical activity

Explanation: Appropriate exercise can improve strength, mood, and pain control.

87. Which procedure may help diagnose pain sources?

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

Correct Answer: A. Diagnostic nerve block

Explanation: Diagnostic blocks help identify pain-generating nerves.

88. Which condition commonly causes facial pain?

- A. Trigeminal neuralgia
- B. Appendicitis
- C. Bronchitis
- D. Gastritis

Correct Answer: A. Trigeminal neuralgia

Explanation: Trigeminal neuralgia causes severe facial nerve pain.

89. Which behavior is important when taking opioids?

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

Correct Answer: A. Following prescription directions

Explanation: Proper opioid use reduces overdose and misuse risks.

90. Which symptom may indicate infection-related pain?

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

Correct Answer: A. Fever

Explanation: Fever may suggest infection causing pain.

91. Which healthcare approach treats the whole person?

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

Correct Answer: A. Holistic care

Explanation: Holistic care addresses physical, emotional, and social needs.

92. Which pain condition may occur after shingles?

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

Correct Answer: A. Postherpetic neuralgia

Explanation: Nerve damage after shingles can cause chronic pain.

93. Which intervention may improve posture-related pain?

- A. Ergonomic adjustments

- B. Smoking
- C. Dehydration
- D. Sleep deprivation

Correct Answer: A. Ergonomic adjustments

Explanation: Proper ergonomics reduce strain on muscles and joints.

94. Which medication combination increases overdose risk?

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

Correct Answer: A. Opioids and benzodiazepines

Explanation: Combining these drugs can dangerously suppress breathing.

95. Which pain management strategy may improve sleep?

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

Correct Answer: A. Sleep hygiene

Explanation: Good sleep habits may reduce fatigue and pain sensitivity.

96. Which condition often causes chronic pelvic pain?

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

Correct Answer: A. Endometriosis

Explanation: Endometriosis can cause significant chronic pelvic pain.

97. Which pain management technique may use guided imagery?

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

Correct Answer: A. Relaxation therapy

Explanation: Guided imagery helps patients mentally focus away from pain.

98. Which healthcare professional may prescribe pain medications?

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

Correct Answer: A. Physician

Explanation: Physicians assess conditions and prescribe appropriate medications.

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."

Correct Answer: A. "I can complete daily activities."

Explanation: Improved function is a key indicator of successful pain management.

100. Effective pain management often requires:

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

Correct Answer: A. A personalized treatment plan

Explanation: Pain varies between individuals, so treatment should be individualized.