

# Psych CE

## Alternative Approaches to Pain Management

### 1. The definition of chronic pain is

- A. Chronic pain is characterized by having lasted more than several months and often does not persist even after treatment or healing of a disease or disorder
  - B. Chronic pain is characterized by having lasted more than several months and often persists even after treatment or healing of a disease or disorder
  - C. Chronic pain is characterized by having lasted less than several months and often persists even after treatment or healing of a disease or disorder
  - D. Chronic pain is characterized by having lasted more than several months
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### 2. Approximately how many adults report chronic pain?

- A. 30 million adults reported chronic pain.
  - B. 40 million adults reported chronic pain.
  - C. 50 million adults reported chronic pain.
  - D. 60 million adults reported chronic pain.
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### 3. The definition of acute pain is

- A. Pain that lasts shorter than several months that will subside after treatment
  - B. Pain that lasts longer than several months and can subside after treatment
  - C. Pain that lasts shorter than several months and does not subside after treatment
  - D. Pain that lasts longer than several months and can not subside after treatment
- 

### 4. Which of the following is not a common example of chronic pain?

- A. Arthritis
  - B. Autoimmune issues
  - C. Toothaches
  - D. Trauma
- 

### 5. People with chronic pain report higher levels of the following but one. Which does not belong?

- A. Depression
  - B. Anxiety
  - C. Fear
  - D. Joy
-

**6. All of the following but one are complications of medication use. Which does not belong?**

- A. Misuse of prescribing by medical professionals for monetary compensation
  - B. High likelihood of becoming addicted to medication
  - C. There are no consequences to opioid or narcotic use
  - D. Likelihood of overdose and potentially death
- 

**7. What percentage of patients report using drug-free approaches before trying medication**

- A. 50%
  - B. 29%
  - C. 84%
  - D. 78%
- 

**8. Yoga supports the body by doing all of the following but one. What does not fit?**

- A. Pulling muscles
  - B. Breathing
  - C. Strengthening muscles
  - D. Meditation
- 

**9. Which of the following is the main tool used in physical therapy**

- A. Exercise
  - B. Education
  - C. Movement
  - D. Heat and ice
- 

**10. Physiotherapists generally treat all of the following conditions but one. Which does not belong?**

- A. Neck and back issues
  - B. Lung issues
  - C. Heart issues
  - D. Mobility issues
- 

**11. Which of the following is a difference between Osteopathic Medical Doctors and Primary Medical Doctors?**

- A. There is no difference. They practice medicine the same way
  - B. Osteopathic Medical Doctors adhere to the four tenants of Osteopathic Medicine
  - C. They both attended the same schooling - there is no difference
  - D. Osteopathic Medical Doctors focus on post-surgical patients
-

**12. Which of the following is a common Osteopathic Medicine technique?**

- A. Stretching
  - B. Deep breathing
  - C. Myofascial release
  - D. Water therapy
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**13. How many years older is acupuncture than traditional western medicine?**

- A. 2500
  - B. 3000
  - C. 3500
  - D. 4000
- 

**14. All of the following are suggests for diet changes to promote less pain but one. Which does not belong?**

- A. Half the plate should be filled with processed grains and proteins
  - B. Half of the plate filled with whole grains and proteins
  - C. Half of the plate filled with vegetables and fruit
  - D. Use healthy oils instead of butter and flavorings
- 

**15. During a hyperbaric oxygen therapy session, how much oxygen is in the pressure?**

- A. 70%
  - B. 80%
  - C. 90%
  - D. 100%
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**16. The air is 100% oxygen in a hyperbaric chamber. How many X is that compared to the outside air pressure of oxygen?**

- A. 5X
  - B. 10X
  - C. 15X
  - D. 20X
- 

**17. Which of the following is most commonly used by chiropractors to support degeneration?**

- A. Massage
  - B. Spinal manipulation
  - C. Heat and ice
  - D. Assistive devices
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**18. What is the best way to describe catastrophizing pain?**

- A. Assuming that pain will improve
  - B. Assuming that pain will never improve
  - C. Making no assumptions about pain
  - D. Assuming that pain could improve but it will take a lot of time and effort
- 

**19. What does Acceptance and Commitment Therapy base itself on?**

- A. Assuming that suffering is avoidable
  - B. Assuming that suffering is a result of behavior
  - C. Assuming that suffering cannot be avoided and must be accepted
  - D. Assuming that suffering should always change
- 

**20. Heat from the water is transferred into the body how many X faster than when on land surrounded by air?**

- A. 10X
  - B. 15X
  - C. 20X
  - D. 25X
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