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

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

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

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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

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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

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

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

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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

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

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

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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

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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

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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

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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

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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

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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

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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

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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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