

Mindful Continuing Education

Drug-Free 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 and can 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. All of the following but one are a common example of chronic pain

- A. Arthritis
 - B. Autoimmune issues
 - C. Complex local pain disorder
 - 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. Slowed heart rate
-

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. Increases in diarrhea and rapid heart rate
 - 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. Significantly increasing muscle mass
 - 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. High risk pregnancy 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 4 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
-

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 suggestions for dietary 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. Research has found that hyperbaric oxygen therapy treatment has positive clinical effects on reducing pain, with some studies finding that pain was decreased significantly within:

- A. Six weeks from the beginning treatment
 - B. 30 days from the beginning treatment
 - C. Six months from the beginning treatment
 - D. Two months from the beginning of treatment
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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

- A. Massage
 - B. Spinal manipulation
 - C. Heat and ice
 - D. Assistive devices
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18. Each of the following is an accurate statement about catastrophizing pain EXCEPT:

- A. Patients who assume the worst about their pain and their health are more likely to have intense pain, distress, and fail to cope effectively
 - B. Psychodynamic therapy appears to be the most effective therapeutic modality to help with catastrophizing
 - C. Patients may believe that their pain will never end or always be present, and that despite all of their efforts the pain will never subside or improve
 - D. Catastrophizing impacts treatment and often prevents the body from self-healing
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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. Tai chi shifts weight and helps support musculoskeletal health, improve strength, and improve joint stability, while also supporting:

- A. The integumentary and exocrine system
 - B. The renal and urinary system
 - C. The endocrine system
 - D. The immune and autonomic nervous system
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