A Literature Review of Current Therapeutic Practice for the Management of Chronic Pain

Questions:

1. Chronic pain is defined as :

1. Pain that lasts longer than 3-6 months
2. Pain that lasts longer than 3 months
3. Pain that does not resolve
4. Pain that does not respond to medication

Correct answer : a

2. Symptoms of chronic pain are:

1. Prolonged and persistent pain
2. Hyperalgesia
3. Allodynia
4. Stiffness

Correct answers : b and c

3. Exclusion criteria for the literature review were:

1. Children
2. Older adults
3. Acute pain
4. Complex conditions

Correct answers: a and c

4. The goal of pain management is to :

1. Decrease medication usage
2. Improve function
3. Improve attendance of therapy
4. Resolve pain

Correct answes : b

5. The current accepted model of chronic pain management is :

1. Multidisciplinary approach
2. Interdisciplinary approach
3. Biomedical approach
4. Psychosocial approach

Correct answer : b

6. Occupational Therapy is listed as an intervention by:

1. Stanos
2. Scascighini
3. Stanos and Scascighini
4. Niether Stanos or Scascighini

Correct answer is a

 7. Does cortical re-organisation occur due to chronic pain?

1. True
2. False

Correct answer is a

 8. The GMI programme consists of :

1. Laterality recognition
2. Motor imagery
3. Desensitisation
4. Tactile discrimination

Correct answers a and b

 9. A review by Vlaeyen and Linton found that graded activity exposure:

1. Reduced fear
2. Reduced function
3. Increased catastrophising
4. Improved function

Correct answers a and d

 10. PGAP :

1. Is a return to work programme
2. Is a graded goal setting programme
3. Improves symptoms of chronic pain
4. Improves sleeping patterns

Correct answers a and b