Pain quiz for Health Care Assistants, Caregivers, and Allied Health

1	People may sleep despite severe pain.	T	F
2	The person with pain should be encouraged to tolerate as much pain as possible before taking pain relief.	T	F
3	A patient who has chronic pain should receive pain-relieving medication regularly and around the clock.	T	F
4	Pain severity should be rated by the nurse, not the person in pain.	T	F
5	Applying heat or cold to the skin may help relieve pain.	T	F
6	Addiction occurs when people in pain take morphine regularly.	T	F
7	Morphine is given only when a person is close to dying.	T	F
8	Massage and relaxation techniques can be helpful in controlling pain.	T	F
9	Just talking may help a person cope with pain.	T	F
10	Pain is often undertreated in older people.	T	F
11	Pain is not static, it is constantly changing.	T	F
12	Dementia patients are unable to provide reliable pain information.	T	F
13	If a patient does not look like they are in pain, they probably are not.	T	F
14	Anxiety and fear may increase pain perception.	T	F