**Test your practical understanding of Non-Drug Strategies for Non-Cancer Acute and Chronic Pain**

1. It is important to help patients set realistic goals based on daily function and pain severity when discussing their pain.
	1. True
	2. False

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| An important part of a pain conversation is gathering patient feedback on pain and its impact on daily functioning to help with setting goals and realistic expectations. Smart word choices and positive body language can make a big difference in outcomes by helping your patients remain optimistic and take an active role in their treatment plan and recovery. Pain conversations are also an important time to listen for and address psychosocial factors that can be disabling such as catastrophizing and fear of pain leading to avoidance behaviors. Addressing some of the patient’s fears can lead to reduced pain. Always consider assessing for anxiety and depression using validated tools (e.g., GAD-7 for anxiety and PHQ-2 or PHQ-9 for depression) because mental health issues and pain can interplay to worsen either condition. (correct answer is A). |

1. Benefits of select non-drug strategies alone or in combination with each other include all the following EXCEPT:
	1. Help patients take an active role in their own health and pain management treatment plan
	2. Decrease anxiety and psychosocial distress and increase patient satisfaction
	3. Reduce chronic pain but NOT acute or post-operative pain

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|  Behavioral and physical non-drug strategies are a first step to manage acute and chronic pain, including pre- and post-operative pain management. Multi-modal pain management should include non-drug options that can stand alone or work in combination with drugs, procedures, or surgery to: help create an optimal mindset; improve patients’ participation and feelings of control; balance comfort and safety; and reach treatment goals with fewer interventions. A good night’s sleep should always be part of a patient’s care plan, especially when dealing with pain, stress, and illness. Studies have demonstrated that pain and sleep interplay with each other; pain can reduce sleep quality and poor sleep may alter pain sensitivity. (correct answer is C). |

1. Reduce the need for medications, including opioids

1. Which of the following non-drug strategies has/have published evidence to show a reduction in medication consumption in the post-operative setting when used as adjunct therapies?
	1. Music therapy
	2. Acupuncture
	3. Transcutaneous Electrical Nerve Stimulation (TENS)
	4. All the above

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| The Joint Commission requires accredited hospitals to provide non-pharmacologic options for pain management in an effort to reduce the need for opioid medications. Music therapy, acupuncture, and TENS have studies that specifically report reduced medication use. There are also studies that reported significantly reduced opioid use with guided imagery as adjunct therapy. These and other behavioral and physical non-drug strategies have demonstrated clinical benefit or potential clinical benefit (e.g., reduced pain, reduced anxiety, increased patient satisfaction) as part of pre- and post-operative pain management. (correct answer is D). |

1. There are many good back practices you can recommend to your patients. All the following are good recommendations to help manage and prevent low back pain EXCEPT:
	1. Avoid bending forward at the waist to lift things
	2. Avoid twisting at the waist when loading and unloading AND when getting in and out of bed or a car
	3. Move around a minute for every 30 to 60 minutes of sitting
	4. Hold your breath when you are doing lower back stretches and exercise

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|  “Remember to breathe” is an important reminder to share with your patients whenever recommending lower back stretches and exercises. Most patients hold their breath when first learning, which can be harmful. A Physical Therapist Talks About Getting Your Healthy Back “Back” available at https://msp.scdhhs.gov/tipsc/site-page/lbphandout offers reasonable topics to cover with your low back pain patients and a general self-management plan to help manage and prevent low back pain.  Your verbal reinforcement to “remember to breathe” can help ensure the patient won’t overlook the importance of that instruction in the handout. (correct answer is D). |