

# Pain quiz answers and salient points.

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1 slide 7 re dictionary definition. Highlight common slang uses pain in neck. V Jane Austen she was at great pains. Language is so multi use. Pain is in fact in medical terms a sx.

2 slide 8; highlight physical and emotional response. This is where duality of PWP and Clinician important, in older people strips you of your dignity. "There is such humiliation in pain"

3 slide 9 acute chronic and slide showing how to describe accurately, dull sharp burning. Actually listening to person describing and relating their story, shows reflecting and empathy – do you think/ agree.

4 Obtain examples from workshop. Correct doses, side effects; stomach constipation. asthma contraindications, OTC meds flu relief contain Panadol so c/o accidental overdose. Study of Aston university students 2011, knowledge and use and understanding lacking and yet they have youth and intelligence.

5 False back pain in fact.

6 True in fact symptoms can go unrecognised and can lead to extensive chronic damage, diabetic's .More common in women.

7 False pain is subjective and dependant on individuals emotional state, army personal in battle or athlete might not respond to injury until later as emotional state and effects of endorphins and adrenalin amongst other things.

8 false complex balancing required. Have to take into account emotional effects which are where PWP role and NICE guidance comes in. Older people do not want to complain and are fearful of negative intervention with HCP

9 Debateable, consider price might be cheaper, consider side effects and appropriate to individual. Panadol and warfarin can interact. Panadol reduces fever and pain. Ibuprofen changes bodies' response to pain and swelling. TENS, heat, exercise. FACT chronic daily headache not as consequence of gin! But overuse of pain killers- neurologist Hull.

10 true and how it does hurt. Consider this long term as in sciatica or trigeminal neuralgia.

11 False 3<sup>rd</sup> degree nerve receptors are lost so less feeling, 1<sup>st</sup> degree all skin receptors damage so more painful. Awareness of the pain of skin conditions as well as emotional effects as visible disease.

12 True , 5 % still suffering and 50% believe everything is being done to help them. This means a high proportion are accepting and living with pain as part of their lives.

13 False WHO advocates 3 step approach; simple / moderate and strong can be given in stages and adjusted to suit patient. Combination is better as uses smaller amount there fewer side effects. Slide 10 Panadol reduces fever and pain. Ibuprofen changes bodies' response to pain and swelling. I know son of pharmacist who developed this drug! Dihydrocodeine and codeine not to be taken > 3/7 without medical advice