Pressure Ulcers eCourse: Module 5.7 Quiz

1. Which of following can cause pain in pressure ulcers?
   
   a. Maceration  
   b. Friction or shear  
   c. Damaged nerve endings  
   d. Inflammation

2. Individuals with deep pressure ulcers suffer no pain because the nerve endings are destroyed.
   
   True   False

3. Which of the following can cause pain in pressure ulcers?
   
   a. Infection  
   b. Induration  
   c. Procedures and treatments  
   d. Muscle spasms

4. Pressure ulcer pain only occurs during activity and treatments/procedures.
   
   True   False

5. Why should we use validated pain scales to assess pressure ulcer pain?
   
   a. Most reliable indicator of pain  
   b. Quantifies severity of pain  
   c. Provides means to monitor effectiveness of pain control  
   d. Saves money

6. Validated pain scales are the only method that should be used to assess patient pain.
   
   True   False
7. What types of non-verbal cues should you look for when assessing pressure ulcer pain?
   a. Facial expressions
   b. Vocalizations
   c. Patient complaints
   d. Changes in activity patterns

8. Which of the following are validated pressure ulcer pain scales appropriate for use with neonates and children?
   a. FLACC
   b. PUSH
   c. CRIES
   d. BWAT

9. Which of the following are good techniques to use to reduce and/or prevent pain in pressure ulcer patients?
   a. Lift or transfer sheets
   b. Smooth linens
   c. Position off wound
   d. Frequent dressing changes

10. Which of the following are good practices for preventing pressure ulcer pain?
    a. Gentle cleansing
    b. Skin care products
    c. Protecting periwound skin
    d. Reduced pressure on wounds

11. What are some effective strategies for managing pressure ulcer pain?
    a. Patient time out
    b. Keep wound moist and covered
    c. Non-adherent dressings
    d. Pain medication
    e. Repositioning
12. For which procedures should additional doses of pain control medications be given?
   a. Wound manipulation
   b. Wound measurement
   c. Wound cleansing
   d. Dressing changes
   e. Debridement

13. To reduce pain due to wound procedures / treatments, when should a topical pain medication be applied?
   a. An hour before
   b. 20 to 30 minutes prior
   c. Just prior to treatment
   d. After the treatment
   e. Not required at all

14. For chronic pain associated with pressure ulcers that cannot be managed locally, the patient should be referred to a pain or wound specialist.
   True  False

15. What are some options for managing persistent, neuropathic pain in pressure ulcers?
   a. Local anesthetic
   b. An adjuvant
   c. Transcutaneous nerve simulation
   d. Warm applications
   e. Tricyclic antidepressants
Answers to Module 5.7 – Quiz I

Q1  b,c,d
Q2  False – Pressure ulcers are painful. The pain is often the most distressing symptom patients report.
Q3  a,c,d
Q4  False – Pressure ulcer pain can occur when the patient is at rest and when no procedures are being performed.
Q5  a,b,c
Q6  False – You should also look for non-verbal cues especially in cognitively impaired and elderly patients.
Q7  a,b,d
Q8  a,c – PUSH and BWAT are tools for measuring rate of pressure ulcer healing.
Q9  a,b,c
Q10 a,c,d
Q11 a,b,c,d,e
Q12 a,c,d,e
Q13 b
Q14 True
Q15 a,b,c,d,e