

Name

Date

Pain Management Quiz

Choose the best answer

1. Deep breathing is beneficial in relieving pain by:
 - a. Relieving tension and tightness in the muscles.
 - b. Increasing the need for more pain medication.
 - c. Causing physical stress to the muscles.
 - d. Increasing the respiratory rate.

2. Stress in your life can cause:
 - a. Depression
 - b. Anxiety
 - c. Anger
 - d. All of the above

3. Exercise is beneficial in relieving pain:
 - a. True
 - b. False

4. Alcohol consumption and smoking will intensify pain and should be avoided:

a. True

b. False

5. Reporting your pain level to your doctor will help him evaluate the effectiveness of your pain management plan:

a. True

b. False

6. Explain how eating a healthy diet will help manage pain:

7. How is massage helpful for managing pain: