Managing chronic pain in the primary care setting

CPD QUESTIONNAIRE

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Module 1: Understanding the causes and pathophysiology of chronic pain

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1. What percentage of the world's adult population will suffer from chronic pain during their lifetime?

☐ **A** 15-20% ☐ **B** 25-30%

2. Which statement is reflective of a more comprehensive definition of chronic pain?

☐ **A** Pain that persists beyond what is expected for that particular source of pain ☐ **B** Pain that is present for three months or longer

3. Pain itself can be a condition in its own right.

☐ **A** True ☐ **B** False

4. Which of the following behavioural and psychological factors is associated with chronic pain?

☐ **A** Depression and anxiety
☐ **B** Absenteeism and poor performance at work
☐ **C** Financial difficulties
☐ **D** All of the above
☐ **E** A and B only

5. The most common type of pain is of:

☐ **A** Neuropathic origin
☐ **B** Inflammatory
☐ **C** Due to unknown causes
☐ **D** A mixture of all of the above

6. Which part of the brain stores pain as a memory?

☐ **A** Thalamus ☐ **B** Prefrontal cortex ☐ **C** Hippocampus

7. Which areas of the brain receive acute pain signals?

☐ **A** Thalamus
☐ **B** Hippocampus
☐ **C** Frontal lobe
☐ **D** The limbic system
☐ **E** All of the above
☐ **F** A, B and C only

8. The pathophysiology of chronic pain is complex and distinct depending on its origin - nociceptive, neuropathic, visceral and mixed pain.

☐ **A** True ☐ **B** False

9. Common types of chronic pain with uncertain aetiology include:

☐ **A** Musculoskeletal/joint pain
☐ **B** Chronic pelvic pain
☐ **C** Abdominal pain
☐ **D** Low back pain
☐ **E** All of the above
☐ **F** A, B and D only

10. Which areas of the brain are involved in chronic pain signal circuitry?

☐ **A** The limbic system
☐ **B** The prefrontal cortex
☐ **C** The dorsolateral prefrontal cortex
☐ **D** The hippocampus
☐ **E** All of the above
☐ **F** A, B and D only

11. The development of chronic pain is associated with which pathophysiological pathway?

☐ **A** Hypersensitisation of the nervous system ☐ **B** Reaction to painkiller medication
☐ **C** Both of the above

12. Opioids or opiate-containing painkillers suppress endogenous endorphins and downregulate the body's normal reactions to pain.

☐ **A** True ☐ **B** False

13. Which statement is true?

☐ **A** Opiates are very effective medication for short-term pain management, usually prescribed for no longer than a month
☐ **B** Longer-term use of opiates leads to a negative feedback loop where endorphin production is reduced, with a resulting lower pain threshold
☐ **C** Both of the above

14. Which statement is false?

☐ **A** The association of chronic pain with anxiety, depression and insomnia is limited to cause and effect
☐ **B** Chronic pain and associated behavioural and psychological comorbidities interact adversely, cumulatively affecting each other

15. Which statement is false?

☐ **A** Traditional painkillers should be sufficient to resolve the pathophysiology of acute pain
☐ **B** Traditional painkillers should be sufficient to resolve the pathophysiology of chronic pain
☐ **C** Chronic pain management requires a multidisciplinary and multimodal approach

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