HELPFUL HINT

Review pain management in a medical-surgical nursing textbook.

MATCHING KEY TERMS

Match the term with the correct definition.

1. ______ addiction  
a. Pain resulting from trauma to or malfunction of the nervous system
2. ______ adjuvant  
b. Natural or synthetic opium derivative used for analgesia
3. ______ epidural  
c. Impulse giving rise to the sensation of pain
4. ______ neuropathic pain  
d. Psychological or neurologic state of need for and the compulsive use of illegal and legal drugs
5. ______ nociceptive  
e. Unpleasant sensory and emotional experience associated with actual or potential tissue damage
6. ______ pain  
f. Situated within the spinal canal, on or outside the dura mater
7. ______ pain threshold  
g. Level of intensity at which pain becomes appreciable or perceptible
8. ______ opioid  
h. An intervention with additive effects on pain management designed to assist the primary pain management intervention
9. ______ tolerance  
i. Physical need for increasing doses of pain medication to achieve therapeutic results

DEFINITIONS AND THEORIES OF PAIN

1. According to McCaffrey and Paero, pain is __________________________________________________________
_____________________________________________________________________________________________

2. The International Association for the Study of Pain defines pain as ______________________________________
________________________________________________________________________________________________

Answer as either true (T) or false (F).

3. _____ The gate control theory supports the use of physiologic and psychological interventions in pain management.
4. _____ Rubbing a sprained ankle makes the pain worse.
5. _____ A child with arthritis typically experiences acute pain.
6. _____ Acute pain experienced by hospitalized children is often procedural pain.
7. _____ Neuropathic pain is usually easier to manage than acute pain.
RESEARCH ON PAIN IN CHILDREN

Answer as either true (T) or false (F).

1. ______ There are no long-term consequences of pain experiences in the newborn period.
2. ______ Guidelines for managing pain in sickle cell disease were developed by the World Health Organization.

MYTHS ABOUT PAIN AND PAIN MANAGEMENT IN CHILDREN

Answer as either true (T) or false (F).

1. ______ Myelinization is not necessary for pain perception.
2. ______ Children are at greater risk for respiratory depression from narcotics than are adults.
3. ______ Premature infants lack the neurologic structures required for pain perception.
4. ______ Emotional factors contribute to the pain experience.
5. ______ How present pain experiences are managed will influence future pain experiences.

ASSESSMENT OF PAIN IN CHILDREN

Fill in the blanks.

1. To assess pain in infants, the nurse looks for ___________________ and ___________________ responses.
2. As infants get older, their responses to pain change from generalized to ___________________ responses.
3. It is important for the nurse to distinguish between cries of pain and cries associated with _________ in infants.
4. Toddlers may react to pain with generalized _____________________.
5. Preschoolers may think that pain is a _______________________.
6. Give two reasons why a school-age child might overreact to pain.
   a. ________________________
   b. ________________________
7. How does adolescent egocentrism affect how adolescents communicate about pain?
8. Why is it imperative to use pain assessment tools with children?
9. Pain self-report tools are usually appropriate for children older than _____ years.
10. Which pain assessment tool uses a photographic scale as well as a numeric scale?
NON-PHARMACOLOGIC AND PHARMACOLOGIC PAIN INTERVENTIONS

1. What are the benefits of regulated breathing techniques?

2. Explain how children who are using distraction are not necessarily pain free.

3. Guided imagery involves ___________________, ___________________, and ___________________.

4. What is biofeedback?

5. What are the benefits of progressive muscle relaxation in older children?

6. What is hypnosis?

7. A transcutaneous electrical nerve stimulator (TENS) unit interferes with the ______________________________.

8. For children receiving patient controlled analgesia (PCA) therapy, what drug should be readily available?

9. If naloxone (Narcan) is administered too rapidly, ________________________________ may result.

Answer as either true (T) or false (F).

10. EMLA cream is effective within 10 minutes of application.

11. Nonsteroidal antiinflammatory drugs (NSAIDs) reduce pain and inflammation.

12. Acetaminophen does not inhibit prostaglandin.

13. Opioid analgesics can cause sedation and respiratory depression.

14. Meperidine (Demerol) is more effective than morphine in children.

15. Midazolam (Versed) is used for conscious sedation.

16. Epidural opioid analgesia has fewer side effects than IV opioid analgesia.

17. Narcan may need to be repeated after 30 to 60 minutes because of its short half-life.

SUGGESTED LEARNING ACTIVITIES

1. Interview a pediatric nurse about his or her experiences with managing pain in children. Discover how the nurse assesses pain in children who have chronic pain. Ask the nurse to explain how he or she designs a plan for managing chronic pain in children.
2. Interview the parent of an infant or a toddler. Learn how the parent knows that the child is in pain.

STUDENT LEARNING APPLICATIONS

Enhance your learning by discussing your answers with other students.

An 8-year-old boy who weighs 30 kg is experiencing acute pain. The physician orders 3 mg of morphine sulfate IV every 4 hours for pain. The child receives 3 mg at 9 A.M. At 9:30 A.M., he rates his pain as 0 on a 0-to-5 rating scale. At noon, he complains of “bad pain” and rates his pain as 5 on the same scale.

1. What do you think about the child’s order for pain medication? What changes may be required?

2. What other questions would you ask the child about his pain?

3. What questions would you ask the child about what else might be helpful in managing his pain?

4. How would you present your findings to the child’s physician?

REVIEW QUESTIONS

Choose the correct answer.

1. The best indicator of pain in a 15-month-old toddler is
   a. behavioral changes.
   b. changes in vital signs.
   c. the child’s parents’ assessment of the child’s pain.
   d. the child’s verbal response.

2. The side effects of opioid analgesics include
   a. constipation.
   b. nausea.
   c. sedation.
   d. all of the above.

3. A 12-year-old had abdominal surgery at 10 A.M. She last received a dose of morphine at 5 P.M. At 8 P.M., the nurse enters her room and finds her playing Nintendo. When asked about her pain, the child rates it as 1 on a 0-to-5 rating scale. In this situation, playing Nintendo is an example of
   a. imagery.
   b. distraction.

4. A child’s perception of pain is influenced by the
   a. parental response to the child’s pain.
   b. child’s ethnic background.
   c. child’s developmental stage.
   d. all of the above.

5. Postoperative pain is an example of
   a. acute pain.
   b. conscious pain.
   c. chronic pain.
   d. objective pain.

6. Which of the following drugs is classified as an NSAID?
   a. acetaminophen
   b. codeine
   c. ibuprofen
   d. midazolam
7. Which of the following statements about children and pain and its management is true?
   a. Children can easily become addicted to opioid analgesics.
   b. Children who are playing are not in pain.
   c. Past pain experiences affect how a child experiences pain.
   d. Children are more likely than adults to experience respiratory depression from narcotics.

8. Respiratory depression is a side effect of
   a. acetaminophen.
   b. fentanyl.
   c. ketorolac.
   d. naloxone.

9. The drug Narcan
   a. causes respiratory depression at high doses.
   b. is used as an antidote to ibuprofen overdose.
   c. is a topical anesthetic.
   d. is used to reverse the sedative effects of morphine.

10. IV fentanyl is prescribed for a child who is about to have a chest tube placed. Fentanyl is an appropriate analgesic choice for this procedure because
    a. it is more potent than meperidine.
    b. it releases less histamine than other analgesics.
    c. it is shorter acting than morphine.
    d. all of these reasons apply.
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