

# Mindful Continuing Education

## Drug-Free Approaches to Pain Management

### 1. Which of the following is an accurate definition of chronic pain?

- A. Chronic pain is characterized by having lasted more than several months and often does not persist even after treatment or healing of a disease or disorder
  - B. Chronic pain is characterized by having lasted more than several months and often persists even after treatment or healing of a disease or disorder
  - C. Chronic pain is characterized by having lasted less than several months and often persists even after treatment or healing of a disease or disorder
  - D. Chronic pain is characterized by having lasted more than several months
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### 2. Approximately how many adults report chronic pain?

- A. 30 million adults reported chronic pain.
  - B. 40 million adults reported chronic pain.
  - C. 50 million adults reported chronic pain.
  - D. 60 million adults reported chronic pain.
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### 3. Which of the following is an accurate definition of acute pain?

- A. Pain that lasts shorter than several months and can subside after treatment
  - B. Pain that lasts longer than several months and can subside after treatment
  - C. Pain that lasts shorter than several months and does not subside after treatment
  - D. Pain that lasts longer than several months and can not subside after treatment
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### 4. All of the following are common examples of chronic pain, except:

- A. Osteoarthritis
  - B. Fibromyalgia
  - C. Chronic back pain
  - D. Complex Regional Pain Syndrome
- 

### 5. People with chronic pain report higher levels of the following but one. Which does not belong?

- A. Depression
  - B. Anxiety
  - C. Fear
  - D. Slowed heart rate
-

**6. All of the following but one are complications of medication use. Which does not belong?**

- A. Misuse of prescribing by medical professionals for monetary compensation
  - B. High likelihood of becoming addicted to medication
  - C. Increases in diarrhea and rapid heart rate
  - D. Likelihood of overdose and potentially death
- 

**7. What percentage of patients report using drug-free approaches before trying medication?**

- A. 50%
  - B. 29%
  - C. 84%
  - D. 78%
- 

**8. Yoga supports the body by doing all of the following but one. What does not fit?**

- A. Significantly increasing muscle mass
  - B. Breathing
  - C. Strengthening muscles
  - D. Meditation
- 

**9. Which of the following is the main tool used in physical therapy?**

- A. Exercise
  - B. Education
  - C. Movement
  - D. Heat and ice
- 

**10. Physiotherapists generally treat all of the following conditions but one. Which does not belong?**

- A. Neck and back issues
  - B. Lung issues
  - C. High risk pregnancy issues
  - D. Mobility issues
- 

**11. Which of the following is a difference between Osteopathic Medical Doctors and Primary Medical Doctors?**

- A. There is no difference. They practice medicine the same way
  - B. Osteopathic Medical Doctors adhere to the 4 tenants of Osteopathic Medicine
  - C. They both attended the same schooling - there is no difference
  - D. Osteopathic Medical Doctors focus on post-surgical patients
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**12. Which of the following is a common Osteopathic Medicine technique?**

- A. Stretching
  - B. Deep breathing
  - C. Myofascial release
  - D. Water therapy
- 

**13. How many years older is acupuncture than traditional western medicine?**

- A. 2500
  - B. 3000
  - C. 3500
  - D. 4000
- 

**14. All of the following are suggestions for dietary changes to promote less pain but one. Which does not belong?**

- A. Half the plate should be filled with processed grains and proteins
  - B. Half of the plate filled with whole grains and proteins
  - C. Half of the plate filled with vegetables and fruit
  - D. Use healthy oils instead of butter and flavorings
- 

**15. Research has found that hyperbaric oxygen therapy treatment has positive clinical effects on reducing pain, with some studies finding that pain was decreased significantly within:**

- A. Six weeks from the beginning treatment
  - B. 30 days from the beginning treatment
  - C. Six months from the beginning treatment
  - D. Two months from the beginning of treatment
- 

**16. The air is 100% oxygen in a hyperbaric chamber. How many X is that compared to the outside air pressure of oxygen?**

- A. 5X
  - B. 10X
  - C. 15X
  - D. 20X
- 

**17. Which of the following is most commonly used by chiropractors?**

- A. Massage
  - B. Spinal manipulation
  - C. Heat and ice
  - D. Assistive devices
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**18. Each of the following is an accurate statement about catastrophizing pain EXCEPT:**

- A. Patients who assume the worst about their pain and their health are more likely to have intense pain, distress, and fail to cope effectively
  - B. Psychodynamic therapy appears to be the most effective therapeutic modality to help with catastrophizing
  - C. Patients may believe that their pain will never end or always be present, and that despite all of their efforts the pain will never subside or improve
  - D. Catastrophizing impacts treatment and often prevents the body from self-healing
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**19. What does Acceptance and Commitment Therapy base itself on?**

- A. Assuming that suffering is avoidable
  - B. Assuming that suffering is a result of behavior
  - C. Assuming that suffering cannot be avoided and must be accepted
  - D. Assuming that suffering should always change
- 

**20. Tai chi shifts weight and helps support musculoskeletal health, improve strength, and improve joint stability, while also supporting:**

- A. The integumentary and exocrine system
  - B. The renal and urinary system
  - C. The endocrine system
  - D. The immune and autonomic nervous system
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