

## Pediatric Pain Assessment Practice Questions

1. Which of the following statements best verifies that an eight-year-old patient admitted for Sickle Cell Crisis is experiencing pain?
  - A. Her parents tell you that she has had trouble sleeping.
  - B. She appears uninterested in you caring for her.
  - C. She looks like she is in pain.
  - D. She tells you her chest hurts "really bad" when she tries to take a deep breath.
  
2. Select the most appropriate pain intensity scale for a developmentally normal 3-year-old patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale
  
3. Select the most appropriate pain intensity scale for a 9-year-old cognitively impaired patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale
  
4. Select the most appropriate pain intensity scale for a developmentally appropriate 9-year-old patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale

**Name:** Will

**Age:** 9 years

**Diagnosis:** 24 hours post-tonsillectomy

**Notes:** Developmentally appropriate

5. Which of the following scales would be the most appropriate pain assessment tool to use for Will?
- A. COMFORT
  - B. CRIES
  - C. FLACC
  - D. Numeric Rating

**Name:** Jack

**Age:** 12 years

**Diagnosis:** Sickle cell pain crisis

**Notes:** Jack has frequent hospitalizations with pain crisis related to his sickle cell disease. He is developmentally appropriate.

6. One hour after receiving his ordered pain medication for pain rated as a 10 on a 1-10 numeric scale, Jack tells the clinician he is still hurting. Which of the following would be the correct next step by the clinician?
- A. Call the physician and request a different pain medication.
  - B. Reassess Jack's pain level using a numeric rating scale.
  - C. Reassess Jack's pain using a different scale.
  - D. Tell Jack he will have to wait three hours for more medication.

**Name:** Elizabeth

**Age:** 6 months

**Diagnosis:** Post-op intussusception repair

**Notes:** Had emergency abdominal surgery 12 hours ago. Parents are at the bedside.

7. Which of the following pain intensity scales is appropriate for assessing Elizabeth's pain level?
- A. CRIES
  - B. FLACC
  - C. Numeric Rating
  - D. Wong-Baker FACES
8. Which of the following statements is an example of the element to "identify a pain relief goal"?

- A. "Do you want Tylenol or Morphine?"
  - B. "This medication will decrease your pain rating to 3".
  - C. "What is an acceptable pain rating for you?"
  - D. "You should be feeling better now".
9. Which of the following physiologic measures noted on assessment would be most indicative of a need to further assess for increased pain?
- A. Decreased blood pressure
  - B. Decreased heart rate
  - C. Increased appetite
  - D. Increased heart rate
10. Which of the following cultural considerations plays an important role in pain assessment?
- A. The culture of the clinician.
  - B. The language spoken by the family.
  - C. The region of the country where the patient resides.
  - D. The type of diet the patient eats.
11. The patient must have an understanding of the ordering of numbers to effectively use which of the following pain-assessment scales?
- A. CRIES Scale
  - B. FLACC Scale
  - C. Numeric Rating Scale
  - D. Wong-Baker FACES Scale
12. The clinician recognizes that a 4-year-old child that had abdominal surgery yesterday has pain related to actual tissue damage. The clinician is also aware that pain is:
- A. Always relieved by medication
  - B. Impossible for a young child to describe.
  - C. Only a physiologic experience
  - D. Whatever the child says it is.
13. One hour after providing Tylenol to 5-year-old Jacob, you reassess and record his pain level using the Wong-Baker FACES scale. This is an example of which accreditation standard of pain assessment and management?

- A. Defines criteria to screen, assess and reassess pain consistent with patient age, condition and ability to understand.
- B. Develops pain treatment plan based on evidence-based practices, patient condition, past medical history and pain-management goals.
- C. Reassesses and responds to pain.
- D. Treats or refers patient for treatment.

14. You are caring for a 12-year-old patient, status post–motor vehicle accident. The patient is mechanically ventilated and receiving sedation and neuromuscular blocking agents. As you are preparing the patient for surgery to repair a broken femur, you administer a PRN opioid pain medication. Monitoring his pain level is important due to which of the following:

- A. Critical judgment should be used in addition to pain scales due to the child's condition.
- B. It can be assumed the patient is not in pain because he is mechanically ventilated.
- C. The patient is receiving a neuromuscular blocking agent and will not need additional pain medication.
- D. You assessed the patient using the FLACC scale and determined additional pain medication was needed.

## Practice Question Answers

1. Which of the following statements best verifies that an eight-year-old patient admitted for Sickle Cell Crisis is experiencing pain?
  - A. Her parents tell you that she has had trouble sleeping.
  - B. She appears uninterested in you caring for her.
  - C. She looks like she is in pain.
  - D. She tells you her chest hurts "really bad" when she tries to take a deep breath.

### That is correct!

The best indication of pain is what Alexis self-reports or states is pain.

2. Select the most appropriate pain intensity scale for a developmentally normal 3-year-old patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale

### That is correct!

The Wong-Baker FACES scale is a validated scale for self-report in children as young as 3. It is important to always use self-report in assessing pain if the child can self-report. The FLACC is an observational behavioral scale. A 3-year-old child does not understand numeric ordering so could not use a Numeric Rating Scale.

3. Select the most appropriate pain intensity scale for a 9-year-old cognitively impaired patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale

### That is correct!

The revised FLACC scale can be used on all patients with cognitive impairment.

4. Select the most appropriate pain intensity scale for a developmentally appropriate 9-year-old patient.
  - A. COMFORT Scale
  - B. CRIES Scale
  - C. FLACC Scale
  - D. Numeric Rating Scale
  - E. Revised FLACC Scale
  - F. Wong-Baker FACES Scale

**That is correct!**

The Numeric Rating scale is appropriate for a child who is at least developmentally 7 years old and understands the concept of number order.

**Name:** Will

**Age:** 9 years

**Diagnosis:** 24 hours post-tonsillectomy

**Notes:** Developmentally appropriate

5. Which of the following scales would be the most appropriate pain assessment tool to use for Will?
  - A. COMFORT
  - B. CRIES
  - C. FLACC
  - D. Numeric Rating

**That is correct!**

The Numeric Rating Scale is appropriate for children who are at least 7 or 8 years old and understand ordering of numbers. It allows for Will to self-report his level of pain.

**Name:** Jack

**Age:** 12 years

**Diagnosis:** Sickle cell pain crisis

**Notes:** Jack has frequent hospitalizations with pain crisis related to his sickle cell disease. He is developmentally appropriate.

6. One hour after receiving his ordered pain medication for pain rated as a 10 on a 1-10 numeric scale, Jack tells the clinician he is still hurting. Which of the following would be the correct next step by the clinician?
- A. Call the physician and request a different pain medication.
  - B. Reassess Jack's pain level using a numeric rating scale.
  - C. Reassess Jack's pain using a different scale.
  - D. Tell Jack he will have to wait three hours for more medication.

**That is correct!**

Interventions for pain management should always be reassessed using the same method. If there has not been adequate improvement in Jack's self-report of pain on the numeric scale, then it may be necessary to contact the physician and request a change in the pain medication ordered.

**Name:** Elizabeth

**Age:** 6 months

**Diagnosis:** Post-op intussusception repair

**Notes:** Had emergency abdominal surgery 12 hours ago. Parents are at the bedside.

7. Which of the following pain intensity scales is appropriate for assessing Elizabeth's pain level?
- A. CRIES
  - B. FLACC
  - C. Numeric Rating
  - D. Wong-Baker FACES

**That is correct!**

The FLACC scale is an observational scale that is appropriate for children from 2 months to 7 years; the child can be either awake or asleep.

8. Which of the following statements is an example of the element to "identify a pain relief goal"?

- A. "Do you want Tylenol or Morphine?"
- B. "This medication will decrease your pain rating to 3".
- C. "What is an acceptable pain rating for you?"
- D. "You should be feeling better now".

**That is correct!**

It is important to always establish the patient's goal for pain management. In the patient that is able to verbalize, the clinician should always ask the patient to identify a pain level using the same scale the clinician will be using for pain assessment.

9. Which of the following physiologic measures noted on assessment would be most indicative of a need to further assess for increased pain?
- A. Decreased blood pressure
  - B. Decreased heart rate
  - C. Increased appetite
  - D. Increased heart rate

**That is correct!**

While physiologic changes are not specific to pain, it is important in a patient with a reason for pain to consider physiologic changes such as increased heart rate, respiratory rate or blood pressure as indications for further assessment of pain.

10. Which of the following cultural considerations plays an important role in pain assessment?
- A. The culture of the clinician.
  - B. The language spoken by the family.
  - C. The region of the country where the patient resides.
  - D. The type of diet the patient eats.

**That is correct!**

The culture of clinicians can influence how they assess and treat pain in their patients.

11. The patient must have an understanding of the ordering of numbers to effectively use which of the following pain-assessment scales?
- A. CRIES Scale
  - B. FLACC Scale

C. Numeric Rating Scale

D. Wong-Baker FACES Scale

**That is correct!**

The Numeric Rating Scale rates pain on a scale of 1-10. Therefore, it is necessary for the child to understand that 10 is greater than one.

12. The clinician recognizes that a 4-year-old child that had abdominal surgery yesterday has pain related to actual tissue damage. The clinician is also aware that pain is:
- A. Always relieved by medication.
  - B. Impossible for a young child to describe.
  - C. Only a physiologic experience.
  - D. **Whatever the child says it is.**

**That is correct!**

Pain is defined as “an unpleasant sensory and emotional experience associated with actual or potential tissue damage,” as well as “whatever the person experiencing it says it is.” Children as young as 3 can describe pain using a scale such as the FACES scale. Many different interventions may be necessary to manage pain; pharmacologic interventions are just one method.

13. One hour after providing Tylenol to 5-year-old Jacob, you reassess and record his pain level using the Wong-Baker FACES scale. This is an example of which accreditation standard of pain assessment and management?
- A. Defines criteria to screen, assess and reassess pain consistent with patient age, condition and ability to understand.
  - B. Develops pain treatment plan based on evidence-based practices, patient condition, past medical history and pain-management goals.
  - C. **Reassesses and responds to pain.**
  - D. Treats or refers patient for treatment.

**That is correct!**

Pain relief is critical to the care of patients. The Joint Commission has established standards regarding pain assessment and management. For more information, please review The Joint Commission Standards section.

14. You are caring for a 12-year-old patient, status post–motor vehicle accident. The patient is mechanically ventilated and receiving sedation and neuromuscular blocking agents. As you are preparing the patient for surgery to repair a broken femur, you administer a PRN opioid pain medication. Monitoring his pain level is important due to which of the following:

- A. Critical judgment should be used in addition to pain scales due to the child's condition.
- B. It can be assumed the patient is not in pain because he is mechanically ventilated.
- C. The patient is receiving a neuromuscular blocking agent and will not need additional pain medication.
- D. You assessed the patient using the FLACC scale and determined additional pain medication was needed.

**That is correct!**

Critical judgment should always be used as an adjuvant to pain scales when pain is suspected due to a child's condition.

Taken from “Pain Management: Assessment of Pain” by the Children’s Hospital Association.