

Non-Pharmacologic Therapies Practice Questions

Adarius is a 7-year-old boy who presents to the emergency department (ED). He was climbing a fence on the playground during recess and cut his leg. Upon arrival to the ED, accompanied by a school aide, Adarius is fearful and appears to be in pain. The ED clinician assesses the cut on his knee and asks Adarius about his pain; he says that his leg pain is the worst pain he has ever had. The assessment reveals that his leg wound will require sutures. Adarius is upset and wants his mom.

1. When determining pain-management strategies, it is important to understand which of the following concepts about pain? *Select all that apply.*
 - A. It may not be possible for a 7-year-old to accurately describe the amount of pain he is actually experiencing.
 - B. Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.
 - C. Pain is whatever the person experiencing it says it is, existing whenever the experiencing person says it does.

Adarius' leg hurts (sensory experience), and he says that it is the worst pain he has ever experienced (subjective). He is upset and wants his mom (emotional experience). Let's consider the best treatment approach for the sensory, subjective, and emotional aspects of Adarius' pain.

2. What is the best approach for the pain associated with actual tissue damage?
 - A. Non-pharmacologic therapy
 - B. Pharmacologic therapy
3. What treatment approach will be best for sensory, subjective and emotional aspects of his pain?
 - A. Non-pharmacologic therapy
 - B. Pharmacologic therapy

Adarius is in the ED with a laceration of his knee. He was brought in by a school aide. It has been determined that his laceration will require sutures. You are preparing him to

have his laceration sutured. Consider the following questions regarding general non-pharmacologic strategies that might be helpful to Adarius at this time.

4. Adarius' parents arrive at the ED and ask to be in the procedure room with him during the suturing. Which of the following would be the most appropriate way to respond to Adarius' parents?
 - A. "Adarius may get more upset if you are in the room; someone from the ED will stay with him throughout the procedure."
 - B. "It will help Adarius for you to be with him; I can share some coping strategies that might be helpful to him."

5. Which of the following statements would be appropriate when preparing Adarius for the procedure?
 - A. "Adarius, the cut on your knee will need to be stitched up; it is not going to hurt. Close your eyes and try to relax."
 - B. "Adarius, the cut on your knee will need to be stitched up; the doctor will give you some medicine to take the hurt away. Your parents will stay with you."

6. What is the best strategy for positioning Adarius in order to immobilize the leg while it is being sutured?
 - A. Allow Adarius to sit and hold a parent's hand.
 - B. Ask one of the parents to restrain the leg being sutured.

The clinician is preparing for Adarius to have his knee sutured. Answer the following questions about appropriate non-pharmacologic pain management strategies to use with Adarius during the procedure.

7. Which of the following would be a helpful tactile stimulation technique?
 - A. Playing music
 - B. Singing songs
 - C. Squeezing clay
 - D. Taking a trip

8. Adarius tells the clinician that he loves comic books. The clinician recognizes that this activity could be used as which of the following non-pharmacologic strategies?
 - A. Distraction

- B. Guided imagery
- C. Relaxation

9. The clinician guides Adarius in imagining taking a trip to his favorite place in his mind, describing how he will get to this place and what he will see, hear, touch, and smell while he is there. What type of non-pharmacologic strategy is this activity?

- A. Distraction
- B. Guided imagery
- C. Relaxation
- D. Tactile stimulation

Adarius had his knee sutured. With his parents present for support and the use of local anesthetic as well as non-pharmacologic pain management, he was comfortable and cooperative throughout the procedure. A new bandage was applied, and he was discharged home with his parents. The clinician provided the parents with information about strategies to use when the sutures are removed.

Desiree is a 1-week-old infant. She is hospitalized with hyperbilirubinemia. She requires phototherapy and daily blood tests. *Answer the following question considering developmentally appropriate strategies for pain management during Desiree's blood draws.*

10. Which of the following non-pharmacologic interventions would be the most age-appropriate pain management techniques to use for Desiree during blood draws? *Select all that apply.*

- A. Guided imagery
- B. Kangaroo care
- C. Oral sucrose
- D. TENS

Lynae is a 13-year-old girl who had an exploratory laparotomy and bowel resection yesterday. She reports abdominal pain, which she rates as a six on a zero to 10 numerical rating scale. She is also upset about missing school and her friends. The clinician would like to identify some non-pharmacologic strategies to utilize as adjunct to pharmacologic interventions to improve Lynae's pain level. *Answer the following questions about developmentally appropriate non-pharmacologic interventions for Lynae.*

11. Which of the following is a developmentally appropriate sensory technique the clinician could utilize?
- A. Blowing bubbles
 - B. Music
 - C. Oral sucrose
12. Which of the following might be an effective imagery technique for Lynae?
- A. Count to 100 by twos
 - B. Pain switch
 - C. TENS
13. The clinician would also like to implement a cognitive behavioral strategy for non-pharmacologic pain management. Which of the following would be an age-appropriate cognitive behavioral strategy?
- A. Arts and crafts
 - B. Blowing bubbles
 - C. Swaddling
14. Which of the following statements describes the appropriate use of non-pharmacological pain-management strategies?
- A. Used to avoid giving children narcotic agents.
 - B. Used to decrease the amount of pain medications required.
 - C. Used for patients that do not tolerate pharmacological agents.
 - D. Used in conjunction with medications to improve pain management.
15. The clinician is caring for a 2-year-old child with a laceration requiring sutures. When should the clinician talk to the child about the procedure?
- A. After the numbing medication is administered
 - B. Before preparing the supplies in the child's room
 - C. Immediately prior to the procedure
 - D. Up to two hours before the procedure

16. A clinician is talking with the parent of a school-aged child that is scheduled for a lumbar puncture. The parent tells the clinician that the child loves to tell imaginary stories. What strategy for pain management could the clinician implement that would best utilize this information?
- A. Hypnosis
 - B. Magic Glove
 - C. Taking a trip
 - D. Videos
17. Guided imagery is an appropriate non-pharmacological pain-management strategy for which of the following age groups?
- A. Infant
 - B. Toddler
 - C. Preschooler
 - D. School-aged
18. A 14-year-old is being prepared for scoliosis surgery in a few weeks. The child says he is feeling anxious about the procedure. Which of the following would be an appropriate imagery technique to teach this patient in preparation for surgery?
- A. Hypnosis
 - B. Music
 - C. Progressive muscle relaxation
 - D. Video games
19. When positioning a 5-year-old to have his foot sutured, which of the following would be an appropriate position?
- A. Lying down with someone lying across his chest
 - B. Reclining with someone lying across his legs
 - C. Sitting with someone hugging him
 - D. Wrapped up tightly in blanket.
20. The clinician would like to include non-pharmacological pain management in a plan of care for a child who had an appendectomy yesterday. Which of the following is a good example of a sensory technique?
- A. Art therapy
 - B. Bubble blowing
 - C. Deep breathing
 - D. Hypnosis

21. A 4-month-old infant needs to have an IV started. Which of the following is the best preparation strategy for an infant?
- A. Ask the mother to wait in the waiting area.
 - B. Give oral sucrose prior to procedure.
 - C. Perform the procedure in child's own bed.
 - D. Turn on the television in the background.

Non-Pharmacologic Therapies Practice Questions - Answers

Adarius is a 7-year-old boy who presents to the emergency department (ED). He was climbing a fence on the playground during recess and cut his leg. Upon arrival to the ED, accompanied by a school aide, Adarius is fearful and appears to be in pain. The ED clinician assesses the cut on his knee and asks Adarius about his pain; he says that his leg pain is the worst pain he has ever had. The assessment reveals that his leg wound will require sutures. Adarius is upset and wants his mom.

1. When determining pain-management strategies, it is important to understand which of the following concepts about pain? *Select all that apply.*
 - A. It may not be possible for a 7-year-old to accurately describe the amount of pain he is actually experiencing.
 - B. Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.
 - C. Pain is whatever the person experiencing it says it is, existing whenever the experiencing person says it does.

That is correct!

Pain is defined as an unpleasant sensory and emotional experience with actual or potential tissue damage and is described in terms of such damage and is whatever the person experiencing it says it is, existing whenever the experiencing person says it does.

Adarius' leg hurts (sensory experience), and he says that it is the worst pain he has ever experienced (subjective). He is upset and wants his mom (emotional experience). Let's consider the best treatment approach for the sensory, subjective, and emotional aspects of Adarius' pain.

2. What is the best approach for the pain associated with actual tissue damage?
 - A. Non-pharmacologic therapy
 - B. Pharmacologic therapy

That is correct!

Adarius has actual tissue damage. Pharmacological therapy will help Adarius with his pain and help to make him more comfortable if suturing is required.

3. What treatment approach will be best for sensory, subjective and emotional aspects of his pain?
 - A. Non-pharmacologic therapy
 - B. Pharmacologic therapy

That is correct!

Adarius' sensory, subjective, and emotional experiences of pain require the addition of non-pharmacologic therapies to his treatment plan.

Adarius is in the ED with a laceration of his knee. He was brought in by a school aide. It has been determined that his laceration will require sutures. You are preparing him to

have his laceration sutured. Consider the following questions regarding general non-pharmacologic strategies that might be helpful to Adarius at this time.

4. Adarius' parents arrive at the ED and ask to be in the procedure room with him during the suturing. Which of the following would be the most appropriate way to respond to Adarius' parents?
 - A. "Adarius may get more upset if you are in the room; someone from the ED will stay with him throughout the procedure."
 - B. "It will help Adarius for you to be with him; I can share some coping strategies that might be helpful to him."

That is correct!

Caregiver presence is reassuring to the child. Caregivers should be told what to expect and given some strategies that might help the child cope. Additionally, caregivers can provide assistance in interpreting the child's behavior, and suggest helpful coping strategies that the child has used in other stressful situations.

5. Which of the following statements would be appropriate when preparing Adarius for the procedure?
 - A. "Adarius, the cut on your knee will need to be stitched up; it is not going to hurt. Close your eyes and try to relax."
 - B. "Adarius, the cut on your knee will need to be stitched up; the doctor will give you some medicine to take the hurt away. Your parents will stay with you."

That is correct!

Preparation is an important general strategy for non-pharmacologic pain management. Adarius is 7 years old and can understand basic explanations. The clinician should explain the procedure in simple terms, including who will be there, how long it will take and what he will see, hear, smell and feel. It is also important to be honest with the child about what to expect.

6. What is the best strategy for positioning Adarius in order to immobilize the leg while it is being sutured?
 - A. Allow Adarius to sit and hold a parent's hand.
 - B. Ask one of the parents to restrain the leg being sutured.

That is correct!

While the leg is being immobilized for the procedure a sense of control can be promoted by allowing Adarius to sit and hold his parent's hand.

The clinician is preparing for Adarius to have his knee sutured. Answer the following questions about appropriate non-pharmacologic pain management strategies to use with Adarius during the procedure.

7. Which of the following would be a helpful tactile stimulation technique?
- A. Playing music
 - B. Singing songs
 - C. Squeezing clay
 - D. Taking a trip

That is correct!

Squeezing clay is an activity that provides tactile stimulation of cutaneous fibers and therefore may compete with painful sensations. It is also a developmentally appropriate activity for Adarius. All of the other choices are possible non-pharmacologic strategies, but they do not provide tactile stimulation.

8. Adarius tells the clinician that he loves comic books. The clinician recognizes that this activity could be used as which of the following non-pharmacologic strategies?
- A. Distraction
 - B. Guided imagery
 - C. Relaxation

That is correct!

Distraction encourages the child to attend to something other than the pain. Reading a comic book is an effective distraction technique as the child attends not only to reading but also to the action on the pages. The other choices are effective non-pharmacologic strategies but are not the type of strategy being utilized with the comic book.

9. The clinician guides Adarius in imagining taking a trip to his favorite place in his mind, describing how he will get to this place and what he will see, hear, touch, and smell while he is there. What type of non-pharmacologic strategy is this activity?
- A. Distraction
 - B. Guided imagery
 - C. Relaxation
 - D. Tactile stimulation

That is correct!

Taking a visualized trip is a type of guided imagery. Guided imagery techniques use active recall to create a mental representation of a reality. All of the answers are non-pharmacologic interventions for pain, but not the strategy described in the question.

Adarius had his knee sutured. With his parents present for support and the use of local anesthetic as well as non-pharmacologic pain management, he was comfortable and cooperative throughout the procedure. A new bandage was applied, and he was discharged home with his parents. The clinician provided the parents with information about strategies to use when the sutures are removed.

Desiree is a 1-week-old infant. She is hospitalized with hyperbilirubinemia. She requires phototherapy and daily blood tests. *Answer the following question considering developmentally appropriate strategies for pain management during Desiree's blood draws.*

10. Which of the following non-pharmacologic interventions would be the most age-appropriate pain management techniques to use for Desiree during blood draws? *Select all that apply.*

- A. Guided imagery
- B. Kangaroo care
- C. Oral sucrose
- D. TENS

That is correct!

Oral sucrose and kangaroo care are both appropriate therapeutic non-pharmacological interventions for the infant. Oral sucrose has been shown to provide a calming and pain-relieving effect for infants, and a decreased pain response has been observed in infants during heel lancing when kangaroo care is utilized. Guided imagery is useful with an older child but requires the child to create a mental representation of reality, so it is not appropriate for an infant. Cooperation of the child is required for the use of a TENS unit; it utilizes electrodes to deliver transcutaneous electrical stimulation and therefore is inappropriate for an infant.

Lynae is a 13-year-old girl who had an exploratory laparotomy and bowel resection yesterday. She reports abdominal pain, which she rates as a six on a zero to 10 numerical rating scale. She is also upset about missing school and her friends. The clinician would like to identify some non-pharmacologic strategies to utilize as adjunct to pharmacologic interventions to improve Lynae's pain level. *Answer the following questions about developmentally appropriate non-pharmacologic interventions for Lynae.*

11. Which of the following is a developmentally appropriate sensory technique the clinician could utilize?

- A. Blowing bubbles
- B. Music
- C. Oral sucrose

That is correct!

Listening to music is an activity that many 13-year-olds enjoy. It creates distracting stimulation of other sensory receptors to help refocus attention from pain.

12. Which of the following might be an effective imagery technique for Lynae?

- A. Count to 100 by twos
- B. Pain switch
- C. TENS

That is correct!

Pain switch is a guided imagery technique that teaches the patient to visualize the pain as a switch that can be turned off. This would be an appropriate technique to teach Lynae. Count to 100 by twos is a cognitive technique, and TENS is a sensory technique.

13. The clinician would also like to implement a cognitive behavioral strategy for non-pharmacologic pain management. Which of the following would be an age-appropriate cognitive behavioral strategy?

- A. Arts and crafts
- B. Blowing bubbles
- C. Swaddling

That is correct!

Arts and crafts are a cognitive activity that encourages the patient to attend to something other than the pain, thereby modifying pain perception. Additionally, arts and crafts are an activity that is often enjoyed by children similar in age to Lynae. The other options are cognitive behavioral strategies that are more appropriate for a younger patient.

14. Which of the following statements describes the appropriate use of non-pharmacological pain-management strategies?

- A. Used to avoid giving children narcotic agents.
- B. Used to decrease the amount of pain medications required.

- C. Used for patients that do not tolerate pharmacological agents.
- D. Used in conjunction with medications to improve pain management.

That is correct!

Pharmacological therapy is the mainstay of pain management. Non-pharmacological therapies should always be used in conjunction with medication to improve pain management. Non-pharmacological interventions should never be in place of appropriate pharmacological therapies. If a patient needs pain medication and does not tolerate the medication given, every effort should be made to treat the side effects or find another medication.

15. The clinician is caring for a 2-year-old child with a laceration requiring sutures. When should the clinician talk to the child about the procedure?
- A. After the numbing medication is administered
 - B. Before preparing the supplies in the child's room
 - C. Immediately prior to the procedure
 - D. Up to two hours before the procedure

That is correct!

A toddler has a limited understanding of time and therefore should be prepared for a procedure immediately before the procedure. Administration of numbing medication can be painful, so waiting until after that medication administration would be too late. Telling the child about the procedure and then preparing supplies in the room where the child is watching will increase the child's anxiety.

16. A clinician is talking with the parent of a school-aged child that is scheduled for a lumbar puncture. The parent tells the clinician that the child loves to tell imaginary stories. What strategy for pain management could the clinician implement that would best utilize this information?
- A. Hypnosis
 - B. Magic Glove
 - C. Taking a trip
 - D. Videos

That is correct!

Taking a trip allows the child to visualize a place without pain and to create an image of the place he or she is going. This can be an effective activity for a child with a good imagination. All the available answers are non-pharmacological strategies but, except for the magic glove, do not take advantage of the child's imagination. The magic glove is

used for a specific body part, such as a hand that can be imagined to be covered by the glove.

17. Guided imagery is an appropriate non-pharmacological pain-management strategy for which of the following age groups?
- A. Infant
 - B. Toddler
 - C. Preschooler
 - D. School-aged

That is correct!

Guided imagery is an appropriate imagery intervention for the school-aged child and the adolescent. Younger children can more appropriately use imagery strategies such as simple pretending.

18. A 14-year-old is being prepared for scoliosis surgery in a few weeks. The child says he is feeling anxious about the procedure. Which of the following would be an appropriate imagery technique to teach this patient in preparation for surgery?
- A. Hypnosis
 - B. Music
 - C. Progressive muscle relaxation
 - D. Video games

That is correct!

Hypnosis allows the adolescent to visualize a place without pain and to create an image of the place he or she is going in his or her mind. This can be an effective activity for an adolescent patient and will give him or her a sense of control over the pain. All of the available answers are age-appropriate non-pharmacological strategies for an adolescent. Music and video games are distraction techniques that alter the thoughts surrounding painful experiences, and progressive muscle relaxation serves to promote the release of muscle tension; however, hypnosis is the only imagery technique listed.

19. When positioning a 5-year-old to have his foot sutured, which of the following would be an appropriate position?
- A. Lying down with someone lying across his chest
 - B. Reclining with someone lying across his legs
 - C. Sitting with someone hugging him
 - D. Wrapped up tightly in blanket.

That is correct!

Whenever possible a child should be allowed to assume a position of comfort and a sitting position if the child wants to sit. Sitting can be utilized with someone providing a secure, comforting hold or hug in order to provide immobilization.

20. The clinician would like to include non-pharmacological pain management in a plan of care for a child who had an appendectomy yesterday. Which of the following is a good example of a sensory technique?

- A. Art therapy
- B. Bubble blowing
- C. Deep breathing
- D. Hypnosis

That is correct!

Art therapy is a sensory technique and a useful method of distracting from other sensory receptors and therefore may refocus attention from pain. Bubble blowing and deep breathing are both examples of cognitive techniques and hypnosis is an example of imagery.

21. A 4-month-old infant needs to have an IV started. Which of the following is the best preparation strategy for an infant?

- A. Ask the mother to wait in the waiting area.
- B. Give oral sucrose prior to procedure.
- C. Perform the procedure in child's own bed.
- D. Turn on the television in the background.

That is correct!

Oral sucrose has been shown to provide a calming and pain relief effect in infants prior to needle sticks. It would be important to have the mother present, if possible, to comfort the baby. When possible, painful procedures should not be performed in the baby's bed, as the baby should view the bed as a safe place. When preparing infants, it is helpful to decrease lighting and noise so the television would not be a good strategy for an infant.

From "Pain Management: Non-Pharmacological Therapies in the Management of Pediatric Pain" by the Children's Hospital Association.