

## Learner Feedback Questions #323

- The incidence of back pain in the U.S. is:**
  - one in 50 Americans
  - two in 70 Americans
  - five in 80 Americans
  - eight in 10 Americans
- Which of the following was NOT considered a factor in the rising incidence of back pain in Freburger's study?**
  - obesity
  - depression
  - changes in the state's workforce
  - age
- A recent Cochrane review published in the journal *Spine* found:**
  - too many surgical procedures for back pain are done unnecessarily
  - moderate evidence supporting the efficacy of heat wrap therapy for patients with acute and subacute back pain
  - complementary therapies for chronic back pain have not proved to be cost-effective
  - over-the-counter medications provide only minimal relief for patients with chronic back pain
- When exercise is prescribed for chronic back pain, it should always be combined with:**
  - muscle relaxants
  - analgesics
  - movement-based activities
  - heat therapy
- The current unifying theory of chronic back pain among researchers is:**
  - it can't be treated unless its cause is confirmed
  - if a patient doesn't respond to multidisciplinary interventions, the cause of the pain may be psychiatric
  - chronic pain is a separate and distinct phenomenon compared to other types of back pain
  - healthcare practitioners have embraced the new research and individualized treatment plans accordingly
- In Freburger's research, the percentage of people prescribed exercise for low back pain or neck pain was less than:**
  - 10 percent
  - 25 percent
  - 50 percent
  - 75 percent
- Recent mega-studies sponsored by federal agencies such as the National Institutes of Health about the use of surgery as treatment for back pain are helping to:**
  - dispel some of the mysteries of surgery as a treatment modality
  - recommend surgery for back pain as the last treatment option
  - encourage more people with back pain to try complementary therapies
  - encourage more collaboration between practitioners of patients' treatment plans
- An article in the February 2009 *Journal of American Academy of Orthopaedic Surgeons* concluded the best treatment for degenerative disc disease is:**
  - spinal fusion
  - physical therapy and anti-inflammatory medications before surgery is considered
  - nonsurgical spinal decompression
  - laminectomy
- The annual cost of back pain in the U.S. is \$100 billion, according to Freburger. Two-thirds of this cost goes to:**
  - prescription drugs
  - doctor visits
  - treatments classified as quackery
  - lost productivity and decreased wages
- When treating patients for back pain, practitioners should always tell patients:**
  - finding a cause for their pain will take a long time
  - insurance generally does not pay for all treatment modalities
  - their pain is real
  - they should not seek treatment from more than one practitioner

## Evaluation

- I can discuss the prevalence and incidence of back pain today in the U.S.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can compare and contrast nociceptive and neuropathic-related pain.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can identify two innovative interventions for chronic back pain.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The objectives relate to the overall goal of the article.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree

# Back Pain

Earn 1 Contact Hour NOW!

## Registration/Answer Form #323

### LEARNER FEEDBACK QUESTIONS

- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
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### EVALUATION

- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E

How many minutes did you need to complete this CE offering?

Minutes: \_\_\_\_\_

Before Jan. 4, 2012, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: *ADVANCE for Nurses*, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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#### RN

- Director of Nursing  
 Manager/Supervisor  
 Nursing Administrator  
 Nursing Faculty  
 Private Practice  
 Staff Development  
 Staff Nurse  
 Program Director

- Nursing School Student  
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 LPN  
 Grad. date \_\_\_\_/\_\_\_\_/\_\_\_\_  
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 Non-Senior (Digital Only)  
 Nursing School:  
 \_\_\_\_\_

#### LPN

- Manager/Supervisor  
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 Nursing Faculty  
 Private Practice  
 Staff Development  
 Staff Nurse

**PRACTICE SETTING** that best describes your setting (fill in just one circle completely)

- |                                           |                                                  |                                                    |                                        |
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