1. The National Institute of Arthritis and Musculoskeletal and Skin Diseases reports that back pain impacts:
   a. about 10% of the adult population
   b. only those who have heavy lifting jobs
   c. more doctors than nurses
   d. eight out of ten people at some point during their lives

2. Common causes of back pain include all of the following EXCEPT:
   a. mechanical problems such as intervertebral disc degeneration or ruptured or herniated discs
   b. back sprains and fractured vertebrae
   c. muscles
doctoral years, discitis and metastatic tumors

3. Application of heat or cold, exercises, traction, lumbar supports (corsets and braces) and lifestyle modifications can:
   a. do nothing for back pain
   b. ease back pain
c. care back pain
d. make back pain worse

4. Which one of the following statements is NOT true about the use of traction in low back pain?
   a. it increases the space between the vertebrae allowing a bulging disc to slip back into place
   b. it relieves pain while in place
c. it relieves pain over the long term
d. pain often recurs after traction is removed

5. Which of the following is true regarding lifestyle changes and back pain?
   a. they are NOT effective for treating back pain
   b. avoiding heavy lifting and pulling makes back pain worse
c. regular sleep has proved helpful in the relief of back pain
d. long-term bed rest is helpful

6. Topical NSAIDs and/or salicylates are helpful:
   a. for those who experience GI distress
   b. for those who experience numbness and tingling
c. if muscle relaxants do not help ease back pain
d. if the person has an allergy to prescription medications

7. Which one of the following is true about injectable medication used to treat low back pain?
   a. it is easy to find the correct nerve when performing a nerve root block
   b. trigger point injections are made into the facet joint
c. the effectiveness of facet joint injections is well-documented
d. trigger point injections provide about the same relief as "dry needling."

8. Transcutaneous electrical nerve stimulation (TENS) may provide back pain relief in the following two ways:
   a. modifies the perception of pain and elevates levels of endorphins in the spinal fluid
   b. modifies the perception of pain and reduces levels of endorphins in the spinal fluid
c. enhances the perception of pain and elevates levels of endorphins in the spinal fluid
d. enhances the perception of pain and reduces levels of endorphins in the spinal fluid

9. Which one of the following is true about the benefit of massage for low back pain?
   a. strong pressure on deep tissues to relieve tightness of the fascia (Roiling) is not indicated
   b. in a review of 13 randomized trials, researchers found massage therapy to be less effective if combined with other exercises
   c. massage benefitted individuals more than physical therapy, self-care education or acupuncture
d. Swedish massage was the technique that worked best

10. The Mayo Clinic advises that:
    a. back surgery is needed in only a small percentage of cases
    b. those contemplating back surgery should NOT seek a second opinion from a qualified spine specialist
c. spine surgeons all hold the same views related to back surgery
d. back surgery is needed in most cases of back pain

**Evaluation**

1. I can describe the need to determine the cause of back pain before treatment is initiated.
   a. strongly agree
   b. agree
c. neutral
d. disagree
e. strongly disagree

2. I can describe the various treatment options for chronic back pain in terms appropriate for patient education.
   a. strongly agree
   b. agree
c. neutral
d. disagree
e. strongly disagree

3. I can discuss the latest evidence-based treatments for chronic back pain.
   a. strongly agree
   b. agree
c. neutral
d. disagree
e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
c. neutral
d. disagree
e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
c. neutral
d. disagree
e. strongly disagree

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☐ Staff Nurse
☐ Program Director

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☐ Nursing Administrator
☐ Nursing Faculty
☐ Private Practice
☐ Staff Development
☐ Staff Nurse

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☐ Dermatology
☐ Dialysis
☐ Education
☐ ED/ER
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☐ Gynecology
☐ Home Health
☐ Hospice
☐ ICU
☐ Infusion Control
☐ IV Therapy
☐ Managed Care
☐ Managerial
☐ Administrative
☐ Maternal/Child
☐ Med/Surg
☐ MRD/D
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