

QUIZ: Test your knowledge on musculoskeletal pain management

Your patients aren't the same. Neither is their pain. Take this quiz to see how well-equipped you are to help them.

1. The active ingredient in Voltaren Emugel penetrates in which area of the knee joint?*(Required)

- Subcutaneous tissue
- Muscle
- Synovial tissue
- Synovial fluid
- All of the above

2. In a Cochrane review of topical NSAIDs (non-steroidal anti-inflammatory drugs) for acute musculoskeletal pain, what is true about topical NSAIDs?*(Required)

- Topical NSAIDs had a higher incidence of systemic adverse events compared to placebo.
- Topical NSAIDs were found to be less effective than oral NSAIDs for acute musculoskeletal pain.
- Topical NSAIDs caused significantly more local skin reactions compared to placebo
- Diclofenac in Emulgel formulation had the lowest “number needed to treat” (number of people that need to be treated for one person to benefit from the treatment)

3. Which of the following presentations of an injury is most appropriate for over-the-counter (OTC) treatment in the pharmacy setting?*(Required)

- A wrist sprain with visible deformity
- A lower leg strain with sudden swelling, bruising, and inability to bear weight
- A mild ankle sprain with localized pain and swelling
- A back strain with radiating pain down the leg and numbness in the foot

4. According to the American College of Physicians and American Academy of Family Physicians, what is a first-line option for acute pain from non-low-back musculoskeletal injuries?*(Required)

- Ibuprofen
- Acetaminophen
- Topical diclofenac
- Tramadol

5. Which non-pharmacologic treatment is recommended for managing acute musculoskeletal pain?*(Required)

- Bed rest
- Acupressure
- High-intensity exercise
- Fasting

Adults and adolescents aged 16 years and over:

VOLTAREN EMULGEL, VOLTAREN EMULGEL Back & Muscle Pain, VOLTAREN EMULGEL Joint Pain Regular Strength and VOLTAREN EMULGEL Active (diclofenac diethylamine gel 1.16% w/w) are indicated for: Relief of pain associated with recent (acute), localized muscle or joint injuries such as sprains, strains or sports injuries (e.g. sprain of ankle, strain of shoulder or back muscles). This is typically as an adjunct to other measures, such as rest, for the relief of discomfort associated with such injuries.

Please consult the Product Monograph available at <https://health-products.canada.ca/dpd-bdpp/info?lang=eng&code=95324> for information to assist in benefit-risk assessment. Always direct the patient to read the label.

References:

1. <https://www.modernreflexology.com/acupressure-points-musculoskeletal-pain/>
2. <https://www.emedihealth.com/pain-management/acupressure-points-pain-relief>
3. <https://www.aafp.org/family-physician/patient-care/clinical-recommendations/all-clinical-recommendations/musculoskeletal-pain.html>
4. <https://jamanetwork.com/journals/jama/fullarticle/2492858>