

# Helping Patients Quit Smoking

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## CME Test Questions

1. Approximately how many U.S. adults are current smokers?
  - a. 10%
  - b. 20%
  - c. 30%
  - d. 35%
  
2. Which of the following statistics about the health risks of regular smoking is correct?
  - a. Smokers have twice the risk of lung cancer compared to non-smokers.
  - b. 50% of COPD cases in the U.S. are attributable to smoking.
  - c. Smokers have about twice the risk of stroke compared to non-smokers.
  - d. Smokers have about three times the risk of developing peripheral arterial disease compared to non-smokers.
  
3. Elements of tobacco addiction include:
  - a. Physical addiction
  - b. Behavioral habits
  - c. Genetic influences
  - d. A and B only
  - e. All of the above
  
4. Regarding nicotine replacement therapy (NRT), which of the following is true?
  - a. Different forms of NRT should not be used together
  - b. NRT is designed to provide less nicotine than a person would receive if he or she continued smoking
  - c. All forms of NRT provide a passive means of quitting smoking
  - d. It is not necessary to set a quit date when using NRT

5. Which of the following is an appropriate option for addressing side effects of nicotine replacement therapy?
  - a. Gastrointestinal upset from nicotine gum: Chew gum more thoroughly to improve nicotine release.
  - b. Gastrointestinal upset from nicotine lozenge: Continue use, as symptoms will likely resolve.
  - c. Nasal irritation from nicotine nasal spray: Spray into mouth instead
  - d. Vivid dreams from nicotine patch: Remove patch at night.
  
6. Bupropion is thought to help with smoking cessation by:
  - a. Inhibiting dopamine reuptake
  - b. Inhibiting dopaminergic response to nicotine
  - c. Providing a sense of euphoria
  - d. Causing nausea if a person smokes
  
7. Varenicline appears to help with smoking cessation by:
  - a. Inhibiting dopamine reuptake
  - b. Inhibiting dopaminergic response to nicotine
  - c. Providing a sense of euphoria
  - d. Causing nausea if a person smokes
  
8. A meta-analysis for the 2008 update to *Treating Tobacco Use and Dependence* found that certain combinations of treatment appear to increase quit rates. According to the guideline, which of the following combinations is supported by current evidence?
  - a. Varenicline plus nicotine gum
  - b. Bupropion plus nicotine patch
  - c. Nicotine gum plus nicotine lozenge
  - d. Nicotine inhaler plus nicotine gum
  
9. Elements of brief counseling may appropriately include all of the following EXCEPT:
  - a. Asking patients if they smoke
  - b. Advising smokers to quit, whether or not they have expressed concern about smoking
  - c. Asking smokers to set a quit date, whether or not they are ready to commit to it
  - d. Suggesting that a patients call a state tobacco quitline

10. Which of the following would NOT be an appropriate step in motivational interviewing?
- a. Agreeing that it would be difficult to quit smoking while planning a child's wedding
  - b. Offering opposing views when a patient states what he likes about smoking
  - c. Agreeing with a patient that smoking may exacerbate respiratory illness
  - a. Reminding a patient that she went five weeks without smoking on a prior quit attempt

# CME Evaluation

## Helping Patients Quit Smoking

1. Overall, how do you rate the concept of CME presented on the Discovery Health Channel?

- Excellent       Good       Fair       Poor

2. Was the topic relevant to your needs and interests?

- Yes       No

3. Was the information presented useful in your practice?

- Yes       No

4. Were the course objectives met?

- Yes       No

5. Did you find the information presented on the program to be fair, balanced, and free of commercial bias?

- Yes       No

If no, please state reasons:

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7. Please list topics and/or therapeutic categories you would be interested in seeing on future Discovery Health CME programs:

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