

Very Brief Advice and Brief Intervention on Smoking cessation- Online training **CME Assessment – Question Sheet**

Please submit the completed answer sheet by email (taco@dh.gov.hk) to the Tobacco and Alcohol Control Office, Department of Health. The passing mark is 70%.

Assessment Questions

1. Which of the following can a healthcare professional advise a smoking patient with chronic obstructive pulmonary disease?

- A. You need to quit for at least 1 year to experience symptom improvement
- B. Cutting down the number of cigarettes prevents the worsening of your COPD
- C. Quitting improves your lung function
- D. Quitting can cure your COPD

2. How much does physicians' brief smoking cessation advice increase the chance of quitting?

- A. 20%
- B. 40%
- C. 52%
- D. 66%

3. What is the absolute mortality risk due to smoking as warned by the World Health Organization?

- A. Odds ratio of 1.2
- B. Odds ratio of 1.5
- C. 1 in 2 smokers will be killed by smoking
- D. 1 in 5 smokers will be killed by smoking

4. How can a healthcare professional introduce the referral of smoking cessation service?

- A. Urge patient to quit immediately
- B. Emphasize that professional counselling and medication increase chance of successful quitting
- C. Provide details of each smoking cessation service
- D. Prescribe nicotine replacement therapy

5. What of the following step(s) is/are needed for referral to smoking cessation service?

- A. Seek smokers' consent for active referral
- B. Document smokers' amount of daily cigarette consumption for referral
- C Document smokers' medical history for referral
- D. Ask smokers to choose their preferred service providers

6. Which of the following is NOT one of the 4P to combat craving?

- A. NRT Product
- B. Proactive
- C. Preparation
- D. Planning

7. When should a healthcare professional use 5R's model to advise his/her patient to quit?

- A. When the patient has no intention to quit at all
- B. When the patient thinks quitting is important and is ready to quit
- C. When the patient has a strong nicotine dependence
- D. When the patient wants to quit with nicotine replacement therapy

8. What can a healthcare professional do if the patient is still unmotivated to quit after giving advice with 5R's model?

- A. Move to "Assist" of 5A's model
- B. Go back to "Relevance" of 5R's model
- C. Introduce methods to quit
- D. End the discussion positively

9. Which of the following is correct about the pharmacotherapy for smoking cessation?

- A. Varenicline is able to supplement nicotine to quitters.
- B. The effectiveness of combination NRT is similar to individual form of NRT.
- C. Nicotine transdermal patch needs to be replaced every 24 hour.
- D. Varenicline will increase the risk of neuropsychiatric events in general population.

10. Which of the following services are suitable for smoking cessation treatment?

I. nicotine replacement therapy II. methadone therapy III. acupuncture

A. I and II

B. I and III

C. II and III

D. All of the above