

## Tobacco Session One Tobacco Cessation Strategies for Dental Providers and Clinics

### Session One

Q.N	Questions	Question Type	Answers
1	5 million adults aged 50 or older in the United States are current smokers.	True/False	False  Correct answer: 15 million
2	Smoking and tobacco use is a common risk factor between oral disease and other chronic diseases such as diabetes and cardiovascular disease.	True/False	True
3	We need to close three Research-to-Practice gaps when we talk about helping patients to be tobacco free	True/False	True
4	No matter how old you are, quitting smoking improves your health and can add years to your life.	True/False	True
5	While we have made significant strides in our tobacco use rates, too many communities still struggle with high tobacco use rates and resulting health disparities.	True/False	True

### Session Two

Q.N	Questions	Question Type	Answers
1	The 5As stand for: Ask, Advise, Assess, Assist, Arrange for follow up.	True/False	True
2	Cessation treatment even as brief as 3 minutes a visit is effective.	True/False	True
3	We offer patients who are not ready or willing to make a quit attempt the 5Rs.	True/False	True
4	It often takes several attempts before a patient is successful in quitting.	True/False	True
5	Certified Tobacco Treatment Specialists can now be reimbursed for group and individual counseling, as long as they are employed by a health system and supervised by a physician.	True/False	True

### Session Three

Q.N	Questions	Question Type	Answers
1	The objective of motivational interviewing is to elicit motivational statements from the patient.	True/False	True
2	Self-efficacy and ambivalence are concepts to explore in motivational interviewing.	True/False	True
3	The stages of change are: Precontemplation, Contemplation, Preparation, Action, Maintenance and Relapse Prevention.	True/False	True
4	One of the strategies to deal with resistance include Anger.	True/False	False Correct Answer: <ul style="list-style-type: none"> <li>• Simple reflections</li> <li>• Amplified reflection</li> <li>• Shift focus</li> <li>• Reframe</li> </ul>
5	Brief tobacco dependence treatment is effective.	True/False	True

### Session Four

Q.N	Questions	Question Type	Answers
1	The most effective combination of quitting practices include; provider involvement, medication and cessation counseling from a trained tobacco cessation counselor.	True/False	True
2	Tobacco quitlines in Minnesota provide tailored counseling to support a quit attempt, as well as counseling on cessation medication use.	True/False	True
3	The Call it Quits Referral Program provides feedback on patient outcomes back to the provider.	True/False	True
4	The Call it Quits Referral Program uses a proactive approach to reach patients and meet them where they are at in the quit attempt.	True/False	True
5	Helping your patients stop using tobacco may be the single most important service you can provide for their health.	True/False	True