

Tobacco Session One Tobacco Cessation Strategies for Dental Providers and Clinics

Session One

Q.N	Questions	Question Type	Answers
1	5 million Americans 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	Which of the following are system changes you can implement in your clinic to ensure tobacco interventions are consistently followed: <ol style="list-style-type: none"> a. Involve everyone in the office b. Add tobacco use to vital signs c. Use posters and signs d. Identify staff to coordinate cessation efforts e. Use tobacco cessation codes (counseling and medication) f. All the above 	Multiple Choice	“f”

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	When talking with your patients about cessation, ask open-ended questions	True/False	<ul style="list-style-type: none"> • True
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