

Very Brief Advice on Smoking Cessation – Online Training

Module 1: Importance of Brief Smoking Cessation Advice

Self-assessment Questionnaire

1. Which of the following about daily smoking prevalence in Hong Kong is true?
 - A. Daily smoking prevalence in Hong Kong is decreasing but it seems to increase again
 - B. Daily smoking prevalence in Hong Kong is increasing but the trend is slowing down
 - C. Daily smoking prevalence in Hong Kong is decreasing but the trend is slowing down
 - D. Daily smoking prevalence in Hong Kong is decreasing and the trend is accelerating

2. Which of the following about the benefit of quitting is **NOT** true?
 - A. Risk of coronary heart disease reduces to level similar to never smoker in persons with diabetes after 10 years of abstinence
 - B. Risk of lung cancer reduces to a level similar to never smoker after 10 years of abstinence
 - C. Protect smokers' family against hazards of secondhand smoke
 - D. Smell fresh and build up a healthy image

3. Which of the following statement about hazard of smoking is true?
 - A. Smoking causes skin cancer
 - B. Smoking causes breast cancer
 - C. Smoking causes pancreatic cancer
 - D. Smoking causes bradycardia

4. Risk of which of the following chronic illnesses can be lowered by smoking cessation?
 - A. Diabetes
 - B. Cardiovascular diseases
 - C. Cancers
 - D. All of the above

5. Which of the following can a doctor advise a smoking patient with chronic obstructive pulmonary disease?
 - A. You need to quit for at least 1 year to experience symptom improvement
 - B. Quitting improves your lung function
 - C. Cutting down the number of cigarettes prevents the worsening of your COPD
 - D. Quitting can cure your COPD

6. Which of the following can a doctor advise a smoking patient with diabetes?
- A. Quitting reduces your risk of premature death
 - B. Quitting can help you to lose weight
 - C. Quitting will not affect your glycaemic control
 - D. Quitting takes years to show any health benefits
7. How much does physicians' brief advice increase the chance of quitting?
- A. 20%
 - B. 40%
 - C. 52%
 - D. 66%
8. How much does nurses' brief advice increase the chance of quitting?
- A. 27%
 - B. 39%
 - C. 50%
 - D. 60%

(Please scroll down for answers)

Acknowledgements



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Answers: 1.C, 2.B, 3.C, 4.D, 5.B, 6.A, 7.D, 8.A