

Very Brief Advice on Smoking Cessation – Online Training

Module 2: Very Brief Advice on Smoking Cessation

Self-assessment Questionnaire

1. Which smoking cessation advice model requires the least amount of time?
 - A. 5A's model
 - B. 5R's model
 - C. 5A's model and 5R's model
 - D. AWARD

2. Who can deliver very brief smoking cessation advice using AWARD model?
 - A. Doctors
 - B. Nurses
 - C. Medical students
 - D. All of the above

3. What kind of smoking patients that an AWARD model can be applicable?
 - A. All smoking patients
 - B. Only smoking patients who are ready to quit
 - C. Only smoking patients who are not ready to quit
 - D. Smoking patients who have history of quit attempt(s)

4. 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

5. How can a doctor assess the smoking status of a patient when using the AWARD model?
 - A. Have you ever tried to quit smoking before?
 - B. When did you start smoking?
 - C. Do you smoke?
 - D. How many cigarettes do you smoke every day?

6. How can a doctor 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

7. What can a doctor give to a smoking patient when using the AWARD model?
 - A. WHO smoking cessation kit
 - B. A leaflet of smoking cessation
 - C. One-week free nicotine replacement therapy
 - D. None of the above

8. What can a doctor do if the patient refuse the referral of smoking cessation service?
 - A. Dial the Quitline 1833 183 with the patient during the consultation
 - B. Emphasize the benefits of using the service again
 - C. Do a complete assessment of smoking pattern with the patient
 - D. Encourage the patient to read the leaflet

9. VBA increases quit rate by...
 - A. prescribing smoking cessation medications
 - B. triggering quit attempts
 - C. helping smokers design a quit plan
 - D. encouraging smokers to seek out smoking cessation services on their own

(Please scroll down for answers)

Acknowledgements



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Answers: 1.D, 2.D, 3.A, 4.C, 5.C, 6.B, 7.B, 8.D, 9.B

References for Self-assessment Questionnaire

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2. World Health Organization. Toolkit for delivering the 5A's and 5R's brief tobacco intervention in primary care. Geneva: World Health Organization; 2014.
3. Lin PR, Zhao ZW, Cheng KK, Lam TH. The effect of physician's 30 s smoking cessation intervention for male medical outpatients: a pilot randomized controlled trial. *J Public Health* 2013;35:375-83.
4. Wu L, He Y, Jiang B, et al. Very brief physician advice and supplemental proactive telephone calls to promote smoking reduction and cessation in Chinese male smokers with no intention to quit: a randomized trial. *Addiction* 2017;112:2032-40.