

Cheap Nursing CEUs

Tobacco Cessation: A Toolkit for Healthcare Providers

1. Nicotine activates reward pathways by primarily increasing levels of the neurotransmitter dopamine.

- A. True
 - B. False
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2. Which of the following medical disorders is associated with tobacco use?

- A. Coronary heart disease
 - B. Premature menopause
 - C. Chronic Respiratory disease
 - D. All of the above
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3. Which of the following statements is most accurate?

- A. Tobacco smoke may decrease the metabolism of warfarin.
 - B. Tobacco smoke has no effect on the metabolism of warfarin.
 - C. Tobacco smoke may increase the analgesic effect of opioids.
 - D. Tobacco smoke may decrease the analgesic effect of opioids.
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4. Diazepam is ordered for a 46-year-old male patient who is a 1 pack a day smoker. The patient has several questions regarding the use of diazepam and tobacco. Which of the following counseling points should be included in the health care professional's response to the patient's questions?

- A. Tobacco smoke may increase the sedation effects associated with diazepam.
 - B. Tobacco smoke may decrease the sedation effects associated with diazepam.
 - C. Tobacco smoke may increase drowsiness.
 - D. Stop diazepam immediately if sedation occurs.
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5. Which of the following statements is most accurate?

- A. Smoking rates are highest among adults aged 22-44 and lowest among adults older than 65.
 - B. Smoking rates are lowest among adults aged 22-44 and highest among adults older than 65.
 - C. Individuals with behavioral health conditions are not typically nicotine dependent.
 - D. Individuals with behavioral health conditions are nicotine dependent at rates 2-3 times lower than the general population.
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6. Individuals may smoke because nicotine enhances concentration, information processing and learning.

- A. True
 - B. False
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7. Cognitive behavioral therapy and antidepressants have been found to improve tobacco cessation rates for those with a history of Major Depressive Disorder or symptoms of depression.

- A. True
 - B. False
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8. A health care professional meets with a 33-year-old male patient regarding tobacco use. The patient indicates he is not ready to quit smoking just yet but would like to quit in the next 6 months. According to the Stages of Change Model, what stage is the patient in?

- A. Pre-contemplation
 - B. Contemplation
 - C. Preparation
 - D. Action
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9. Which of the following statements is most accurate?

- A. Health care professionals should not show empathy when engaging in motivational interviews with patients.
 - B. Health care professionals should argue for change when engaging in motivational interviews with patients.
 - C. Health care professionals should argue for change when engaging in motivational interviews with patients, as well as express empathy.
 - D. Health care professionals should avoid arguing for change when engaging in motivational interviews with patients.
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10. Change talk is the use of certain words that suggest a willingness or contemplation of change.

- A. True
 - B. False
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11. Tobacco dependence treatment should only focus on the addiction.

- A. True
 - B. False
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12. Which of the following medications is approved by the U.S. Food and Drug Administration (FDA) for tobacco cessation?

- A. Nortriptyline patch
 - B. Clonidine patch
 - C. Lorazepam tablets
 - D. Bupropion SR tablets
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13. The use of two or more forms of tobacco cessation medications can improve cessation rates.

- A. True
 - B. False
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14. Which of the following statements is most accurate?

- A. Distraction skills are techniques developed to assist people in increasing stress.
 - B. Distraction skills are techniques developed to assist people in becoming intolerant of distress.
 - C. Distraction skills are techniques developed to assist people in tolerating distress.
 - D. Distraction skills are techniques developed to assist people in tolerating tobacco.
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15. Acceptance and Commitment Therapy (ACT) focuses on an individual's attempts to control or reduce unpleasant feelings such as anxiety, sadness and/or cravings.

- A. True
 - B. False
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