Quick Quiz: Nicotine dependence

1. Which statement about cigars is true?
   a. Most contain over 500 milligrams of nicotine.
   b. Some contain the tobacco equivalent of 20 cigarettes.
   c. Cigar smoking has not been associated with cancer of the esophagus.
   d. When cigars aren’t inhaled, they have no detrimental effects.

2. How long does it take nicotine inhaled through a cigarette to reach the brain?
   a. 7 seconds
   b. 21 seconds
   c. 35 seconds
   d. 50 seconds

3. Which question should you ask to assess for nicotine dependency?
   a. How many cigarettes do you smoke before noon?
   b. How strong is your urge to smoke after breakfast?
   c. How many minutes after waking do you smoke?
   d. How willing are you to quit?

4. Recommended follow-up by the healthcare provider for people who quit tobacco use includes direct encouragement
   a. daily for 30 days.
   b. daily for 7 days, then weekly for 6 weeks, and then monthly for 3 months.
   c. weekly for 12 weeks.
   d. at 1 week, at 1 month, at 6 months, then annually.

5. Evidence-based guidelines for patients ready to quit recommend each of the following except
   a. intensive counseling.
   b. cold turkey cessation.
   c. medication to decrease withdrawal symptoms.
   d. social support.

6. To remain abstinent, most patients use NRT
   a. at least 3 months.
   b. no more than 2 weeks.
   c. no more than 2 months.
   d. in conjunction with cold turkey.

7. Which is the best location to place a nicotine patch?
   a. where it feels most comfortable for the patient
   b. on either upper arm
   c. behind either ear
   d. between the neck and waist

8. Nicotine gum should be
   a. chewed slowly, then “parked” like chewing tobacco.
   b. chewed quickly while constantly moved around the mouth.
   c. chewed until a tingling sensation appears and then removed.
   d. chewed until a peppery taste appears and then removed.

Quick Quiz is available online at http://www.nursing2007.com (click the “Educators” button).