

Dear Tester,

Please look at these questions and email your feedback to anna.hargreaves@state.nm.us. Anyone who takes the online course will need to go through this in order to receive a continuing education certificate. Thanks!

Quiz Questions for Diabetes and Smoking Module

1. Smoking rates for people with diabetes have risen dramatically over the last 10 years.
Select an answer.
 - a. True
 - b. False

Correct answer is b.

Feedback: The smoking rates for people with diabetes have not changed much in the last 10 years, but it still important to address this issue.

2. The most common adverse outcome for mothers who smoke during pregnancy is _____.
Select an answer:
 - a. ectopic pregnancy
 - b. still birth
 - c. higher rates of low birth weight
 - d. placental abruption

Correct answer is c.

Feedback: Although all these outcomes can occur, the most common is higher rates of low birth weight.

3. In the CARDIA study about the effects of smoking on young adults, smokers had a ____ increased risk of developing type 2 diabetes. Select an answer:
 - a. 65%
 - b. 35%
 - c. 22%
 - d. 17%

Correct answer is a.

Feedback: The correct answer is 65% for smokers and 35% for those who never smoked but were exposed to passive smoke.

4. Former smokers who have diabetes are 1.54 times as likely to be diagnosed with coronary heart disease. Select and answer.
 - a. True
 - b. False

Correct answer is a.

Feedback: This is a true statement, and smoking is also an independent risk factor for stroke.

5. Which of these statements is not an example of empathy? Select an answer.
 - a. ask open-ended questions
 - b. use reflective listening
 - c. normalize feelings and concerns
 - d. never personalize the situation

Correct answer is d.

Feedback: Expressing empathy includes the first 3 strategies, but sometimes it helps to personalize the situation so the patient knows that others have had a similar experience.

6. Which is the best strategy for assisting patients with smoking cessation? Select an answer.
- insist on total abstinence
 - provide practical problem-solving skills
 - avoid discussing triggers
 - talk about the dangers of smoking

Correct answer is b.

Feedback: The best strategy is to provide practical problem-solving skills that may include a discussion about abstinence (but not insisting on it) and triggers.

7. At what stage of change would you encourage self-efficacy? Select an answer.
- pre-contemplation
 - contemplation
 - preparation
 - action

Correct answer is c.

Feedback: In the first two stages, you have identified the benefits of smoking cessation, and it is therefore time to encourage the patient in the belief that they can do it.

8. The most common side effect of Zyban is _____. Select an answer.
- weight gain
 - depression
 - nausea
 - insomnia

Correct answer is d.

Feedback: Insomnia is the most common side effect, and it is therefore advisable to take Zyban in the early afternoon.

9. Serious neuropsychiatric symptoms have occurred in patients being treated with Chantix. Select an answer.
- True
 - False

Correct answer is a.

Feedback: This is true – patients should stop taking Chantix and contact a healthcare provider immediately if agitation and depressed mood are observed.

10. Behavior changes are more effective if dealt with one at a time.
- True
 - False

Correct answer is b.

Feedback: Although it is difficult to change several habits at once, interventions that include multiple clinicians and formats have better abstinence rates for smokers.