

# TEST YOURSELF ONLINE

GOOD PRACTICE KNOWLEDGE IS IMPORTANT WHEN ADVISING CUSTOMERS



## Questions

1. What part of the respiratory system absorbs tobacco smoke components into the blood and/or body?

- a) Larynx
- b) Alveoli
- c) Trachea
- d) Bronchioles

2. What type of cancer can cigarette smoking cause?

- a) Lung
- b) Mouth
- c) Throat
- d) All of the above

3. Which of the following is FALSE of NRT products?

- a) They do not contain tar or carbon monoxide
- b) They come in a range of formats to suit customer preference
- c) They are not medically licensed
- d) Different types (e.g. patch and nasal spray) can be combined to help manage cravings

4. Which of the following is TRUE of e-cigarettes?

- a) They do not contain tar
- b) They do not contain carbon monoxide
- c) They can be used to help people stop smoking
- d) All of the above

5. Which of the following NRT products would be most suitable for a smoker who works in an environment where it's difficult to take breaks?

- a) Nasal spray
- b) 24-hour patches
- c) Inhalator
- d) Microtabs

6. Which of the following statements about chronic bronchitis is FALSE?

- a) Symptoms include chest pain, shortness of breath and a productive cough
- b) It falls under the umbrella term chronic obstructive pulmonary disease (COPD)
- c) Smoking does not increase the risk of developing chronic bronchitis
- d) Smoking increases the risk of developing chronic bronchitis



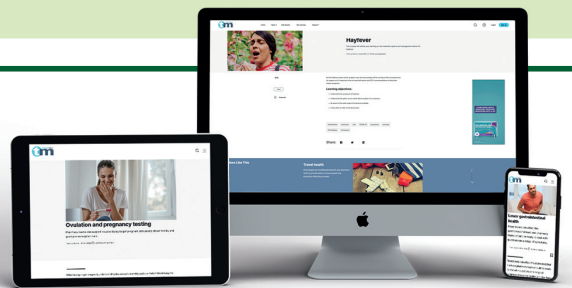
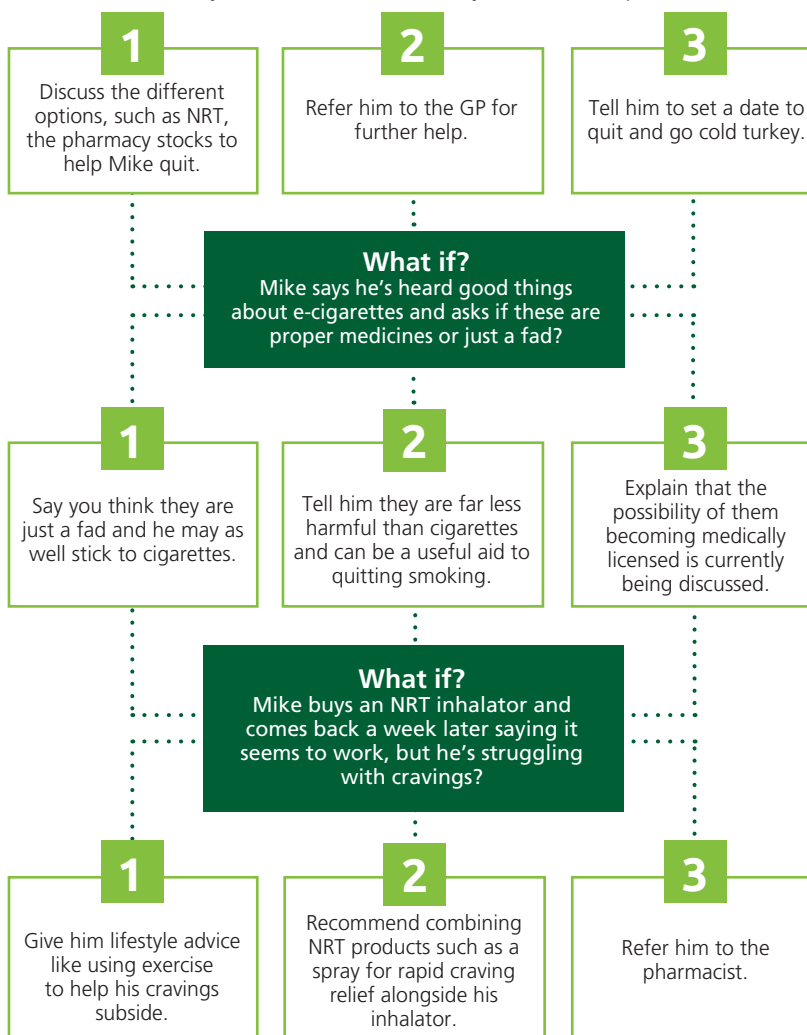
## Scenario



Mike has been smoking for most of his adult life, but as he's turning 50 this year, he's decided now is the right time to quit. This is the first time he's tried to stop smoking, so he has come into the pharmacy looking for advice.

### What would you recommend?

For each part of this scenario, think about the decision you would make and, importantly, why you would choose that option. In addition, for each decision that you make, think about how you would talk to the customer and provide the necessary advice. Discuss this with your team and pharmacist.



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