



Replacement therapy quiz

Objective

The objective is for the participants to learn about different types of smoking cessation methods and to help students find information about nicotine replacement therapies, their dosages and effects and how they are used.

Target group and the group size

Teams of 3-4 people

Time use

The teams should spend approximately 5 minutes on each question.

Preparation, supplies, facilities and equipment

- A classroom with open space
- Nicotine replacement therapy brochures, smartphones, a flipchart for each team, a description of the case person and the questions (Word, PowerPoint, other electronic format)

Assignment and work instructions

The participants are divided into teams of four and briefed on the quiz: the case person, the questions and the quiz method.

Description of the case person: Our case person has completed the Fagerström questionnaire and scored 2 points. The person smokes his/her first cigarette 45 minutes after waking up and smokes around 15 cigarettes per day.

The case person's description, questions and the sample website should be displayed on the board during the quiz so that the teams can see them.

Questions for the teams:

- What types of nicotine replacement therapy products could be suitable for the case person?
- What strengths should he/she choose?
- What would be the maximum dosage per day?

Students are allowed to use smartphones to find information, and they should also be given product brochures.



The teams take their places by the flipcharts, and they are given approximately five minutes to find the information. Each team then gives its answer. The answers can be supplemented and additional information can be given at the end. The answers are shown on the board.

The quiz winner is the team that has found the highest number of nicotine-based and nicotine-free products. If there is a tie, the answers can be looked at in detail. However, the quiz is meant to be a fun exercise, and there are no prizes.

