Example Scenario:

A classmate who is a long term smoker is looking to quit. She has tried nicotine gum and patches in previous efforts to quit, and is wondering if using e-cigarettes might lead to more success.

<table>
<thead>
<tr>
<th>Population</th>
<th>Intervention or Exposure</th>
<th>Comparison</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoker</td>
<td>Intervention could be a therapy, test, drug, health promotion strategy, etc. Exposure could refer to risk factor, etc.</td>
<td>What is the alternative to the intervention you are considering? (Please note that you do not have a comparison)</td>
<td>Successful smoking cessation</td>
</tr>
<tr>
<td></td>
<td>e-cigarettes</td>
<td>Other nicotine replacement therapies (gum or patches)</td>
<td></td>
</tr>
</tbody>
</table>

What is your research question?

Among smokers looking to quit, is the use of e-cigarettes more effective than other nicotine replacement therapies?

Synonyms or other key words or phrases

Not including in search strategy – covered by other concepts

Electronic cigarettes
E-cigarettes
Nicotine replacement therapies
Nicotine patch
Nicotine gum

Smoking cessation

MeSH Headings

Not including in search strategy – covered by other concepts

No specific MeSH term – included in Tobacco Use Cessation Products

Tobacco Use Cessation Products

Smoking cessation

CINAHL Headings

Not including in search strategy – covered by other concepts

No specific CINAHL heading – uses headings Smoking and Electronics on these articles

Nicotine Replacement Therapy

Smoking cessation

This worksheet was adapted from the following with permission from Health-evidence.ca