

USING THE 5R's

RELEVANCE of their current tobacco use and reasons to stop.

RISKS of continued tobacco use.

REWARDS of tobacco cessation.

ROADBLOCKS to a successful quit attempt.

- Need counseling referral?
- Medication or NRT?
- Any additional resources?

REPETITION of all 5R's in each contact with currently unmotivated tobacco users.

RELEVANCE: *“What do you think the overall impact is to your health?”*

RISKS: *“Do you have children who may be exposed to the secondhand smoke?”*

REWARDS: *“You’ve had several visits this year for your asthma, can you tell me how quitting smoking might help your asthma symptoms?”*

ROADBLOCKS: *“You’ve talked about being concerned about withdrawal symptoms, would you like to talk about nicotine replacement therapy?”*

REPETITION: Patients with a failed quit attempt should be advised that most people make multiple quit attempts before they are successful.