

# USING THE 5R's

**RELEVANCE** of their current tobacco use and reasons to stop.

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

**RISKS** of continued tobacco use.

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

**REWARDS** of tobacco cessation.

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

**ROADBLOCKS** to a successful quit attempt.

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

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

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

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