

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.