

5 R'S

Motivational Intervention for TOBACCO TREATMENT READINESS

An Evidenced-Based Practice Tool

The 5 R's are a 10-minute motivational interviewing tool for clinicians to determine readiness for tobacco treatment.



1

Relevance

Tailor advice and discussion for each patient.

"Do you think that tobacco treatment is important to do for you and those around you?"

2

Risks

Outline the risks of continued smoking

"What effect do you think smoking will have on you and the ones you love?"

What thoughts have you had about your health and smoking?
What do you fear the most from smoking?
What worries do you have for your family because you smoke?
What concerns you about your smoking?

3

Rewards

Outline the benefits of stopping



"What do you think the benefits of tobacco treatment may be for you personally?"

Health (Self & Others)	Feel Better	Sense of smell	Longevity

4

Roadblocks

Ask your patient about perceived roadblocks to stopping.



Withdrawal symptoms

Depression

Lack of support

A patient's perceived roadblocks negatively affect their readiness to stop.



Enjoyment of tobacco

Weight gain

Fear of failure

5

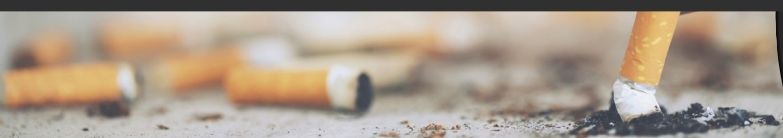
Repetition



Respectfully repeat the 5 R's with each interaction.

Refer patients to tobacco dependence treatment program. A toll free line is available in Kentucky: 1-800-QUIT-NOW

The 5 R's can help you guide patients toward increasing desire to stop smoking.



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