

Using the 5 R's

to Motivate Patients to Quit

You can play a key role in fighting tobacco use. You know the impact that tobacco has on your patients' health. You know the toll secondhand smoke can take on their children and families. Many smokers want to quit. Getting started takes support and motivation from trusted sources like you.



Relevance

Encourage the patient to identify the personal relevance in quitting tobacco use.



Risks

Ask the patient to identify the negative consequences of quitting tobacco.



Rewards

Ask the patient to identify the positive consequences of quitting tobacco.

01

04

02

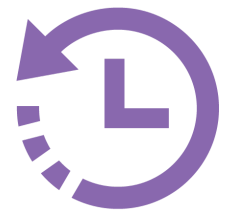
05

03



Roadblocks

Ask the patient to identify their personal barriers to quitting tobacco.



Repetition

Providers should continue to use the 5 R's for unmotivated patients at every clinical interaction. The 5 R's can be used to help patients after a failed quit attempt to encourage future attempts until they reach success.

SOURCES

<https://www.cdc.gov/tobacco/campaign/tips/partners/health/hcp/index.html>
www.ahrq.gov/clinic/tobacco/tobaqrg2.htm#Unwilling