

# 5 R'S: MOTIVATIONAL INTERVENTION FOR TOBACCO TREATMENT READINESS



The 5 R's are a 10-minute motivational interviewing tool for clinicians to determine readiness for tobacco treatment. The 5 R's can help you guide patients toward increasing desire to stop using tobacco.



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 tobacco use:

- What effect do you think your tobacco use will have on you and those you love?
- What thoughts have you had about your health and tobacco use?
- What worries do you have for your family because you use tobacco?
- What do you fear the most from using tobacco?
- What concerns you about your tobacco use?



3

## REWARDS

Outline the benefits of stopping tobacco use:



Health  
(Self & Others)



Feel  
Better



Sense of  
Smell



Longevity

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



4

## ROADBLOCKS

Ask your patient about perceived roadblocks to stopping.

- Withdrawal symptoms
  - Fear of failure
  - Enjoyment of tobacco
  - Lack of support
  - Depression
  - Weight gain
- A patient's perceived roadblocks negatively affect their readiness to stop.



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

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Funded by the Kentucky Department for Public Health

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