

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



The 5 R's are a 10-minute decision support tool that clinicians and other health providers can utilize with patients or clients who use tobacco. Embracing the 5 R's can help clinicians and other health professionals guide patients or clients toward tobacco treatment.



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## RELEVANCE

Tailor advice and discussion for each patient or client.

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



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## 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?



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## REWARDS

Outline the benefits of stopping tobacco use:



Health  
(Self & Others)



Feel  
Better

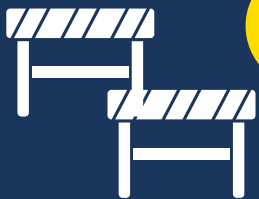


Sense of  
Smell



Longevity

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



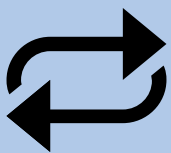
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## ROADBLOCKS

Ask your patient or client about perceived roadblocks to stopping.

- Withdrawal symptoms
- Fear of failure
- Enjoyment of tobacco
- Lack of support
- Depression
- Weight gain

- Perceived roadblocks negatively affect a person's readiness to stop.



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## REPETITION

- Respectfully repeat the 5 R's with each interaction.
- Refer patients or clients to a tobacco dependence treatment program.
- A toll free line is available in Kentucky: 1-800-QUIT-NOW

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