

5 R'S: MOTIVATIONAL INTERVENTION FOR TOBACCO TREATMENT READINESS



The 5 R's are a 10-minute decision support tool that health providers can utilize with patients or clients who are not ready to stop using tobacco. The 5 R's are a motivational intervention that can help health professionals guide patients or clients toward tobacco treatment.



1

RELEVANCE

Tailor advice and discussion for each patient or client.

- Do you think that participating in tobacco treatment is important for you and those around you?



2

RISKS

Prompt the patient to consider the risks of tobacco use:

- What effect do you think your tobacco use has on you and those you love?
- What thoughts do you have 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 long-term tobacco use?



3

REWARDS

Outline the benefits of stopping tobacco use:



Health
(Self & Others)



Feel
Better

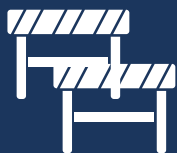


Sense of
Smell



Longevity

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



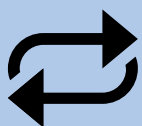
4

ROADBLOCKS

Ask your patient 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.



5

REPETITION

- Respectfully repeat the 5 R's with each interaction.

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