

# 5 R's

## Motivational Intervention for Smoking Cessation Readiness



The 5 R's are a 10-minute motivational intervention tool for clinicians to increase readiness for smoking cessation.

"Do you think that quitting smoking is important to do for you and those around you?"

1

### Relevance

Tailor advice and discussion for each patient



2

### Risks

Outline the risks of continued smoking

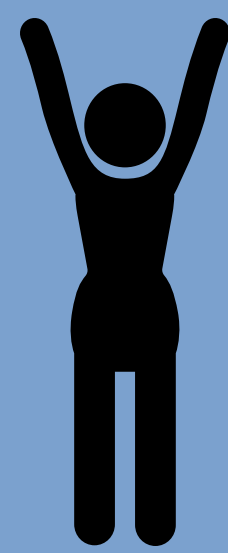
"What effect do you think smoking will have on you and the ones you love?"

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 quitting



"What do you think the benefits of quitting smoking may be for you personally?"

- Health (self & others)
- Sense of Smell
- Feel Better
- Longevity

4

### Roadblocks

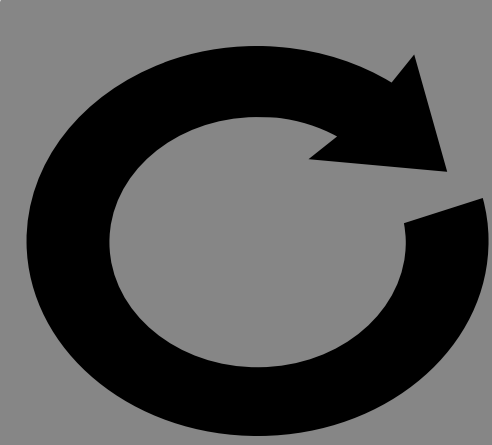
Ask your patient about perceived roadblocks to quitting

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

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

5

### Repetition



Respectfully repeat the 5 R's with each interaction.

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

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

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