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.

1. Relevance
Tailor advice and discussion for each patient

2. Risks
Outline the risks of continued smoking

3. Rewards
Outline the benefits of quitting

4. Roadblocks
Ask your patient about perceived roadblocks to quitting

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

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