

USING THE 5R'S

RELEVANCE • RISKS • REWARDS • ROADBLOCKS • REPETITION

PATIENT NAME

RELEVANCE of their current tobacco use and reasons to stop

- Discuss their current tobacco use and why quitting is important to them.

DATE OF BIRTH

FOR EXAMPLE

- “What do you think the overall impact is to your health?”
- “I know you talked about trying to get pregnant, would you be open to discuss the effects of smoking on fertility and pregnancy?”

NOTES

RISKS of continued tobacco use

- Go over risks of continuing to use tobacco, both to the patient and others. Incorporate any personal aspects or familial history if known.

FOR EXAMPLE

- “Do you have children who may be exposed to the secondhand smoke?”
- “I remember you said you have a family history of diabetes, let’s talk about how smoking affects your risk of developing diabetes.”

NOTES

REWARDS of quitting tobacco

- Ask the patient to identify the benefits of tobacco cessation.

FOR EXAMPLE

- “You’ve had several visits this year for your asthma, can you tell me how quitting smoking might help your asthma symptoms?”
- “How much do you typically spend on cigarettes each week/month? I wonder what else you might spend that money on?”

NOTES

ROADBLOCKS to a successful quit attempt

NEED COUNSELING REFERRAL? MEDICATION OR NRT?
ANY ADDITIONAL RESOURCES?

- Explore the barriers to cessation and provide support/resources as appropriate.

FOR EXAMPLE

- “You’ve talked about being concerned about withdrawal symptoms, would you like to talk about nicotine replacement therapy?”
- “I know you said money has been tight lately, let’s explore resources for a free starter kit. 1-800-QUIT-NOW offers free and confidential resources.”

NOTES

REPETITION of all 5R’s in each contact with currently unmotivated tobacco users

- Include aspects of the 5 R’s in each clinical contact with currently unmotivated patients.

- Patients with a failed quit attempt should be advised that **most people make multiple quit attempts before they are successful.**
- Plan to follow-up to repeat these steps (in person, virtual visit, or by telephone).

NOTES