



# Tobacco Cessation Script

## For Patients NOT Ready to Quit

Motivational Interview, AKA the 5R's

The 5R's is a motivational interview tool that helps patients to express motivations for quitting tobacco in their own words. It also gives providers the opportunity to tailor their responses to meet the patient's specific needs and objections and boost motivation to finally quit. For patients who are clearly ready to quit tobacco use, the 5A's intervention can help them stop using tobacco.

### **R**elelevance

Ask the patient why quitting tobacco is relevant. May include the patient's own health, family health, cost of tobacco use, quality of life, etc

### **R**isk

Ask the patient to identify negative consequences of tobacco use such as short and long term effects on personal health, family health, economics, quality of life

- Acute Risks: shortness of breath, chest discomfort, increased risk of respiratory infection, harm to pregnancy, erectile dysfunction, infertility
- Long Term Risks: Myocardial Infarction (heart attack), stroke, lung and other cancers (larynx, oral cavity, pharynx, Esophagus, and others), COPD, osteoporosis, long term disability, need for extended care

### **R**ewards

Ask the patient to identify the benefits of stopping tobacco use

- Improved health, food will taste better, improved sense of smell, financial savings, healthier family and children, better performance in physical activities, improved appearance (reduced wrinkling/ ageing of skin, whiter teeth), reduced cancer risks

### **R**oadblocks

Ask the patient to identify potential barriers or impediments to quitting

- Fear of failure, nicotine withdrawal symptoms, weight gain, lack of social support, depression, missing enjoyment of tobacco, being around other tobacco users, limited knowledge of effective and affordable treatment options

### **R**epetition

Repeat the intervention at EVERY visit in every healthcare setting

- Tobacco users who have filed previous attempts to quit can be reminded that many people make multiple attempts before they are successful

***Most tobacco users make several attempts before they succeed in quitting for good.***