PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

PATIENTS NOT READY TO MAKE A QUIT ATTEMPT-THE "5 Rs"

Approximately 46% of tobacco users try to quit each year. Most try to quit "cold turkey." Of those, only about 5 percent succeed. Most smokers make several quit attempts before they successfully quit for good.

Patients not ready to make a quit attempt may respond to a motivational intervention. Using the 5 Rs can motivate patients to consider a quit attempt. **Relevance, Risks, Rewards, Roadblocks, and Repetition.**

RELEVANCE
Encourage the patient to include why quitting is personally relevant (may include health of self and family, economic concerns, quality of life)

RISKS
Ask the patient to identify potential negative consequences of tobacco use (consider short and long term impact for self and family)

REWARDS
Ask the patient to identify potential benefits of stopping tobacco use (good example for children, quality of life, improved taste and smell, reduce aged appearance, save money)

ROADBLOCKS
Ask the patient to identify barriers or impediments to quitting and discuss ways to respond to the roadblocks

REPETITION
Repeat the motivational intervention at each interaction with an unmotivated patient

Tobacco users who have failed in previous quit attempts should be reminded that most people make repeated quit attempts before they are successful.

Motivational Questions

On a ten point scale, how important is it for you to quit smoking at this time?

What would have to happen or change in your life for stopping tobacco use to become more important to you?

On a ten point scale, how confident are you that you can stop smoking for good?

What would help you to increase your confidence in your ability to quit, and how can I assist you with this?

Adapted from: Patients Not Ready To Make A Quit Attempt Now (The “5 Rs”). U.S. Public Health Service www.ahrq.gov/clinic/tobacco/5rs/htm. and Fiore, M.C. & Schroeder, L.L. (2003). Effective interventions for patients who use tobacco. Key findings from the United States public health service clinical practice guideline: Treating tobacco use and dependence. Journal of Clinical Psychiatry Monographs, 18(1), 64-73.