

Using the 5-Rs to motivate patients to quit

Step	Physician's Role
Relevance	Encourage the patient to identify the personal relevance in quitting tobacco use.
Risks	Ask the patient to identify the negative consequences of quitting tobacco.
Rewards	Ask the patient to identify the positive consequences of quitting tobacco.
Roadblocks	Ask the patient to identify their personal barriers to quitting tobacco.
Repetition	Providers should continue to use the 5 R's for unmotivated patients at every clinical interaction. Additionally, the 5 R's can be used to help patients after a failed quit attempt to encourage future attempts until they reach success.

Source: www.ahrq.gov/clinic/tobacco/tobaqrg2.htm#Unwilling