



Smoking Cessation Script for Patients NOT Ready to Quit

Motivational Interview; *Better known as the 5 R's*

Relelevance

- Personalize why quitting is relevant (i.e. family members, health)

Risks

- Ask patient to identify negative consequences of tobacco use
 - Acute risks: shortness of breath, chest discomfort
 - Long term risks: M.I., Stroke, Chronic obstructive pulmonary disease

Rewards

- Ask patient to identify benefits of stopping smoking (i.e. improved symptoms, saving money, set a good example for children)

Roadblocks

- Ask patient to identify barriers to quitting (i.e. weight gain, depression, withdrawal symptoms)

Repetition

- Repeat this intervention at every clinic visit or within any other setting

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

