Smoking Cessation Script for Patients NOT Ready to Quit

Motivational Interview; Better known as the 5 R’s

**Relevance**
- 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.