

# Patients Not Ready To Make A Quit Attempt Now (The “5 R’s”)

Patients not ready to make a quit attempt may respond to a motivational intervention. The clinician can motivate patients to consider a quit attempt with the “5 R’s”: Relevance, Risks, Rewards, Roadblocks, and Repetition

*Approximately 46 percent 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.*

## RELEVANCE

Encourage the patient to indicate why quitting is personally relevant.

## RISKS

Ask the patient to identify potential negative consequences of tobacco use.

## REWARDS

Ask the patient to identify potential benefits of stopping tobacco use.

## ROADBLOCKS

Ask the patient to identify barriers or impediments to quitting.

## REPETITION

The motivational intervention should be repeated every time an unmotivated patient has an interaction with a clinician. Tobacco users who have failed in previous quit attempts should be told that most people make repeated quit attempts before they are successful.

