

Use The 5 A's and the The 5 R's
To Support
Your Patient Plan To Quit



The 5 A's

Ask—Identify all tobacco users at every visit, and follow up with patients who smoke at each visit.

Advise—Smoking cessation treatment as brief as 3 minutes can be effective. Advice you provide should be clear, strong, and personalized to the patient's specific situation. Focus on near-term benefits of quitting.

Assess—Gauge your patients' willingness to quit. Only the patient can make the decision to quit. If your patient is not ready to quit, provide assistance.

Assist—Emphasize the consequences of smoking. Give professional advice, but also be supportive of this difficult decision. Help patients prepare a quit plan as well as a target quit date (TQD). Encourage your patients to seek behavioral and social support for the quitting process.

Arrange—Schedule a follow-up visit or call soon after the quit date. Congratulate your patients on their successes. If a patient has relapsed, encourage a recommitment to quitting

The 5 R's

Relevance—Encourage the patient to indicate why quitting is personally relevant, being as specific as possible. Motivational information has the greatest impact if it is relevant to a patient's disease status or risk, family or social situation (e.g. having children in home), health concerns, age, gender, and other important patient characteristics (e.g. prior quitting experience, personal barriers to cessation).

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 and note elements of treatment (problemsolving, pharmacotherapy) that could address barriers.

Repetition—The motivational intervention should be repeated every time an unmotivated patient visits the clinic setting. Tobacco users who have failed in previous quit attempts should be told that most people make repeated quit attempts before they are successful.