

NOTE: Use the open ended questions handout provided.

The 5Rs continued...
Rewards: Ask the patient to identify potential relevant benefits of stopping tobacco use.
Roadblocks: Ask patient to identify barriers to quitting and provide treatment.
Repetition: Repeat assessment of readiness to quit. If still not ready to quit repeat intervention at a later date.

Reaching More Moms

*Increasing support for tobacco quit attempts
before, during and after pregnancy.*

THE BRIEF TOBACCO INTERVENTION

Funded through:



For more resources call:



207-588-5350

The 5As

Ask about tobacco use: "Do you currently smoke or use

other forms of tobacco?"

Advise the patient quit: "Quitting tobacco is one of the

best things you can do for your health. I strongly

encourage you to quit. Are you interested in quitting?"

Assess readiness to quit: "are you interested in quitting

tobacco?"

Assist the patient in quitting:

IF READY TO QUIT: Provide brief counseling and

medication (if appropriate). Resources include, Quit Apps

rack card and TheQUITLINK.com, Maine Tobacco

Helpline 1-800-207-1230.

Arrange for follow up: Follow up regularly with patients

who are trying to quit.

The 5Rs

IF NOT READY TO QUIT: Strongly encourage patients to

consider quitting through personalized motivational

messages. Let them know you are there to help them

when they are ready.

Relevance: Encourage the patient to talk about how

quitting is personally relevant to him or her.

Risks: Encourage patient to identify potential negative

consequences of tobacco use that are relevant to him or

her.

