



STRUCTURE TO MOTIVATE

5A's

ASK

Identify and document tobacco use with the person every visit. Use motivational interviewing and appropriate documentation formats.

ADVISE

Provide clear personalized feedback and support through interventions.

Assess

Assess stage of change, readiness, importance of change, & confidence of change.

Assist

Create a plan to address tobacco use.

Arrange

Schedule follow-up contact, in person or by phone, within 1 week of after quit date or identified goal.

5R's

STRUCTURE TO MOTIVATE



RELEVANCE

Connect to relevant topics, such as the person's health concerns, goals, age, prior quitting experience, barriers, unique situation, perspective, and culture.

RISKS

Identify risks which are relevant to the person (health, family, work, social).

REWARDS

Emphasize personalized rewards (improved health, energy, health & safety of children, money, teeth, senses)

ROADBLOCKS

Provide education, support, and targeted interventions related to the person's fears or direct roadblocks (weight gain, loss of friends)

REPETITION

Schedule follow-up contact, in person or by phone, within 1 week of after quit date or identified goal.