

5A/5R簡短戒煙輔導



詢問 Ask

「你有沒有吸煙？」



建議 Advise

「戒煙是你為自己健康能做到最重要的事」

評估 Assess

「你是否想在未來三十天內戒煙？」



否

關聯 Relevance

「你覺得戒煙對你有甚麼重要性？」

風險 Risk

「你知道吸煙對你的健康有甚麼害處嗎？」

回報 Rewards

「你知道戒煙能怎樣改善你的健康嗎？」

障礙 Roadblocks

「你覺得戒煙最大的困難是甚麼？」

重覆 Repetition

「我們討論完這些，你的想法有沒有改變？你是否想在未來三十天內戒煙？」



協助 Assist

- 訂立完全停止吸煙日期
- 講解戒煙技巧
(例如：棄掉所有煙草產品、煙灰缸及打火機，盡量避免會引起煙癮的場合)
- 建議戒煙方法
 - > 使用戒煙藥物
(例如：尼古丁替代療法)
 - > 轉介免費戒煙服務
(戒煙熱線：1833183)
 - > 其他方法
(例如：中醫針灸, 使用流動電話應用程式)
- 給予相關的戒煙資訊如小冊子、戒煙熱線咭

否

「我們明白戒煙確實不容易，但為了你和你家人的健康著想，盡早戒煙吧。有需要可以參考**小冊子**、**戒煙熱線咭**，了解更多戒煙資訊。」

記錄吸煙狀況

安排跟進 Arrange

「下次覆診再跟進你的戒煙情況」



Brief Intervention on Smoking Cessation with 5A's/5R's model



Ask

“Do you smoke?”

Yes →

Advise

“Quitting smoking is the most important thing you can do for your health”

Assess

“Would you like to quit smoking within the next 30 days?”

No ↙

Relevance

“How is quitting important to you?”

Risk

“What do you know about the risks of smoking to your health?”

Rewards

“Do you know how quitting can benefit your health?”

Roadblocks

“What would be the greatest barrier for you to quit?”

Repetition

“After our discussion, have you changed your mind about quitting? Would you like to quit smoking within the next 30 days?”

Yes →

Assist

- Set a date to stop smoking completely
- Suggest skills to quit smoking (e.g. discard cigarettes, lighters and all other smoking-related items, avoid scenarios that might trigger their smoking habit)
- Recommend smoking cessation methods
 - > Use of pharmacotherapy (e.g. nicotine replacement therapy)
 - > Refer to free smoking cessation services (quitline 1833183)
 - > Other methods (e.g. acupuncture, mobile apps)
- Provide relevant smoking cessation information e.g. pamphlets or quitline cards

No ↓

“I understand that this is not an easy job. But for yourself and your family’s health, please quit smoking as soon as possible. You may refer to the **pamphlet and quitline card** to obtain more information.”

Document smoking status ↓

Arrange

“I will check on your quitting progress in the next follow-up”

