

# 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?” or “Are you ready to quit smoking?”

No / Unsure

Yes

## 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? Are you ready to quit smoking?”

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 / unsure

Document smoking status

“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.”

## Arrange

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

