

# Module 3: Behavioural Counseling

## Part 2 – Enhancing Patient Motivation to Quit



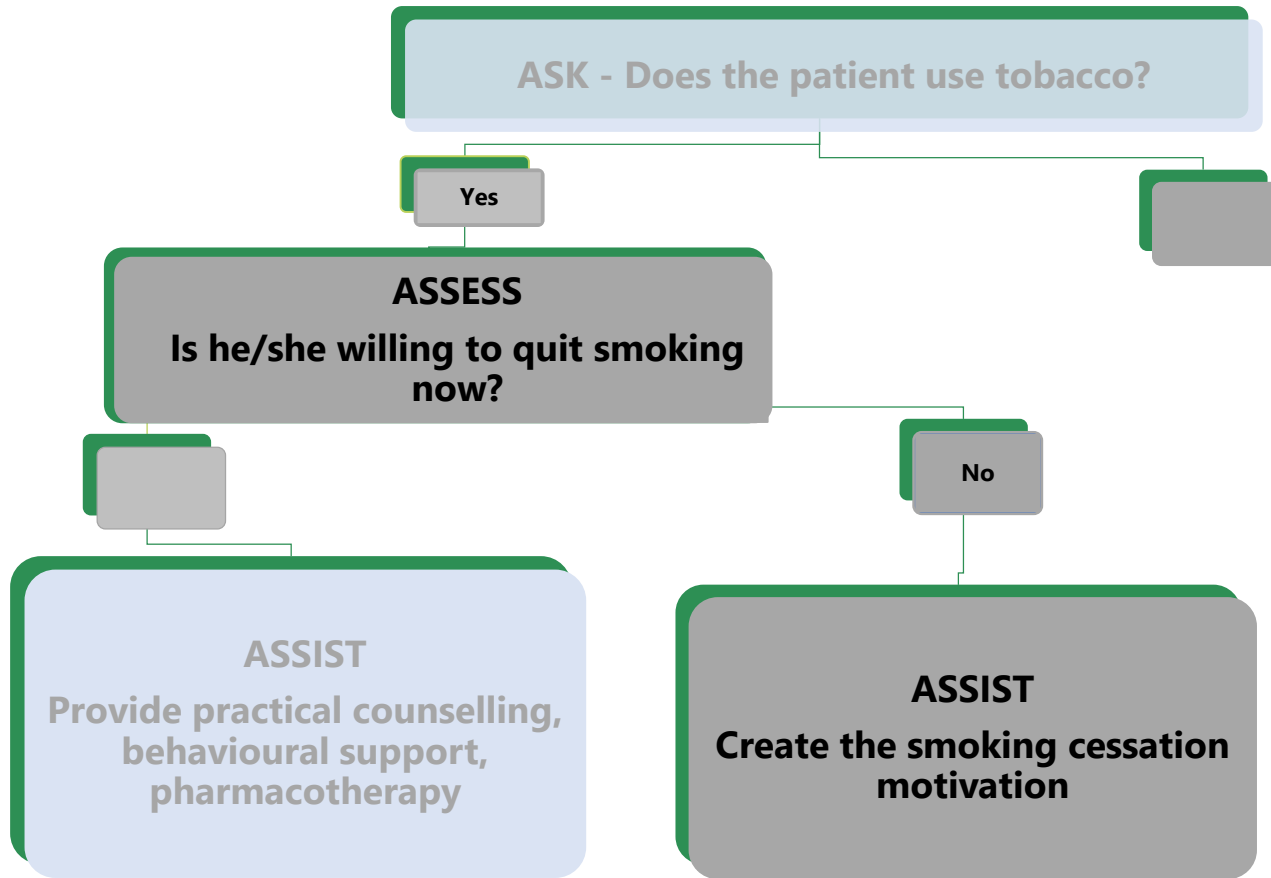
**ENSP**



**START**

After completing the Course you will be able to:





**techniques**

**motivational**

# The “5Rs” strategies are:



**Relevance**

**Risks**

**Rewards**

**Roadblocks**

**Repetition**

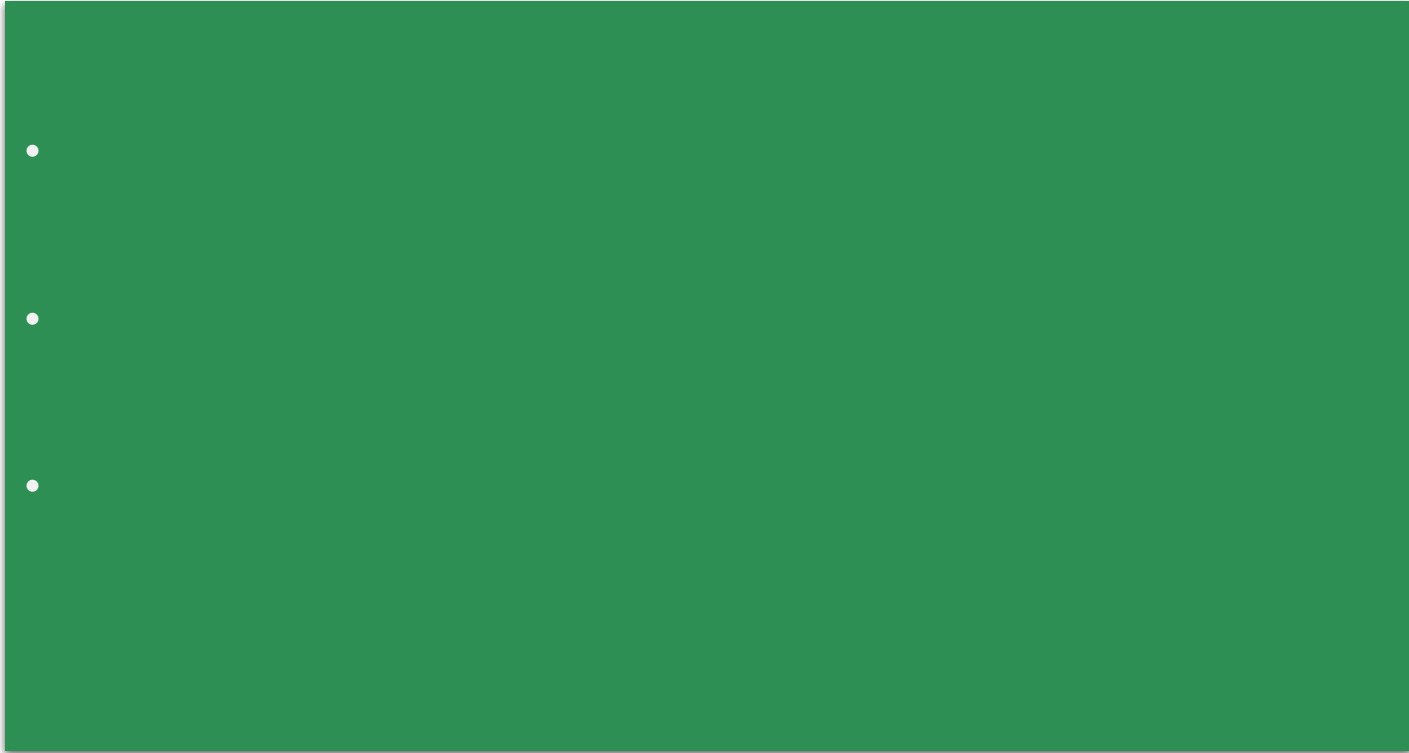


*The ENSP European Tobacco Treatment Guideline Recommends:*

**Motivational**



**Motivational**







# Principles of MI

**Resist  
the  
righting  
reflex**

**Understand  
your  
patient's  
motivation**





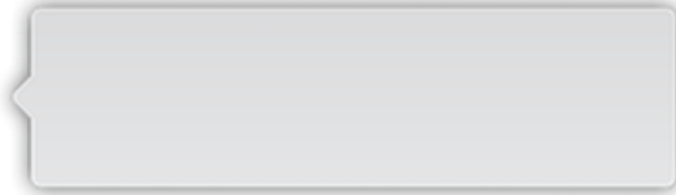
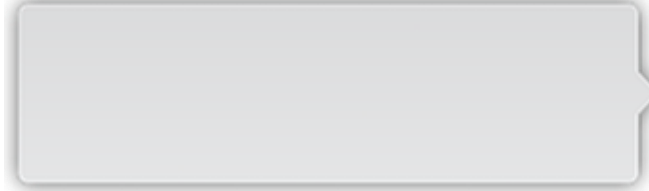
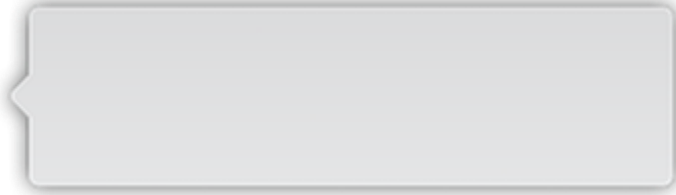
## Standard Approach:

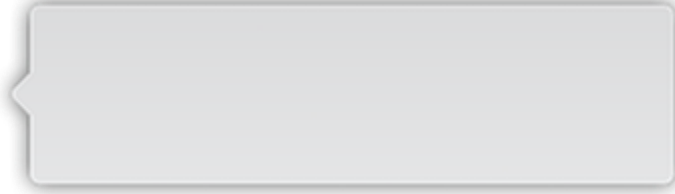
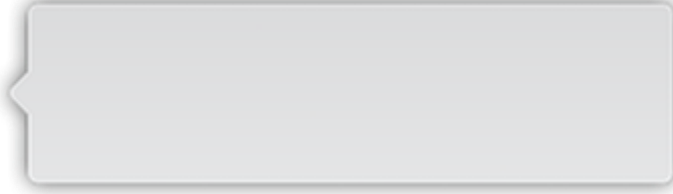
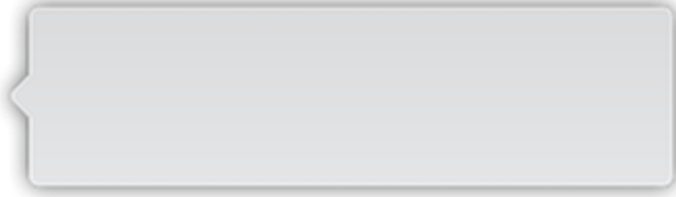
## Motivational Interviewing:

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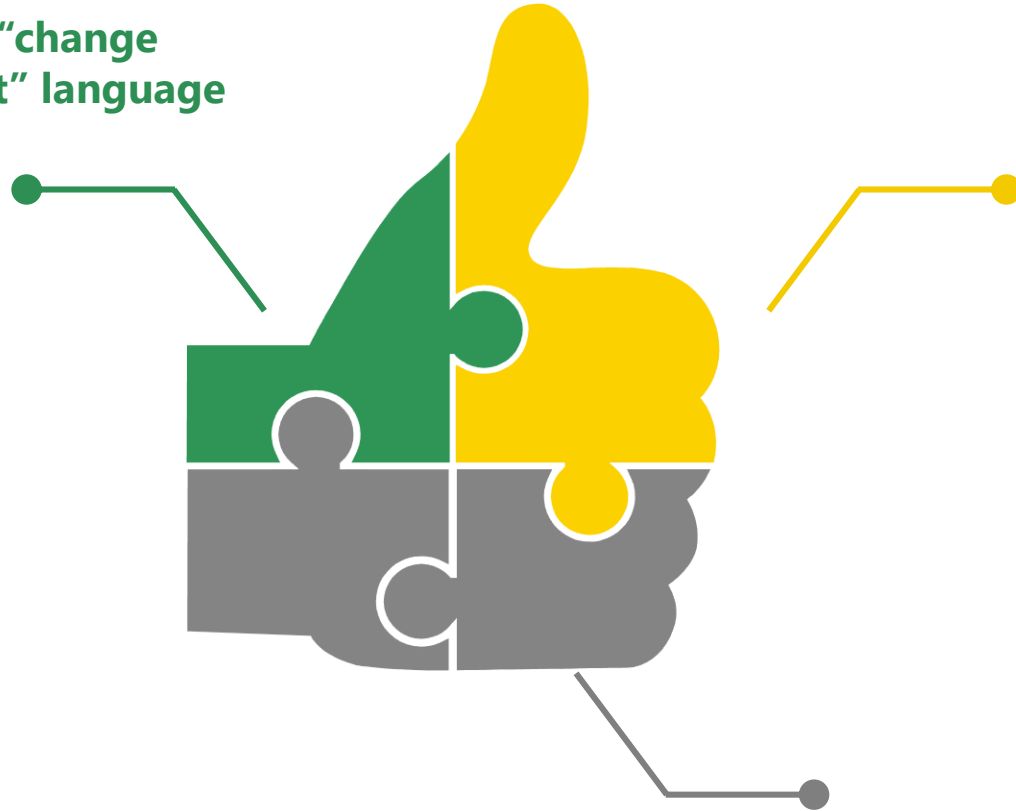
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# The Motivation Ruler





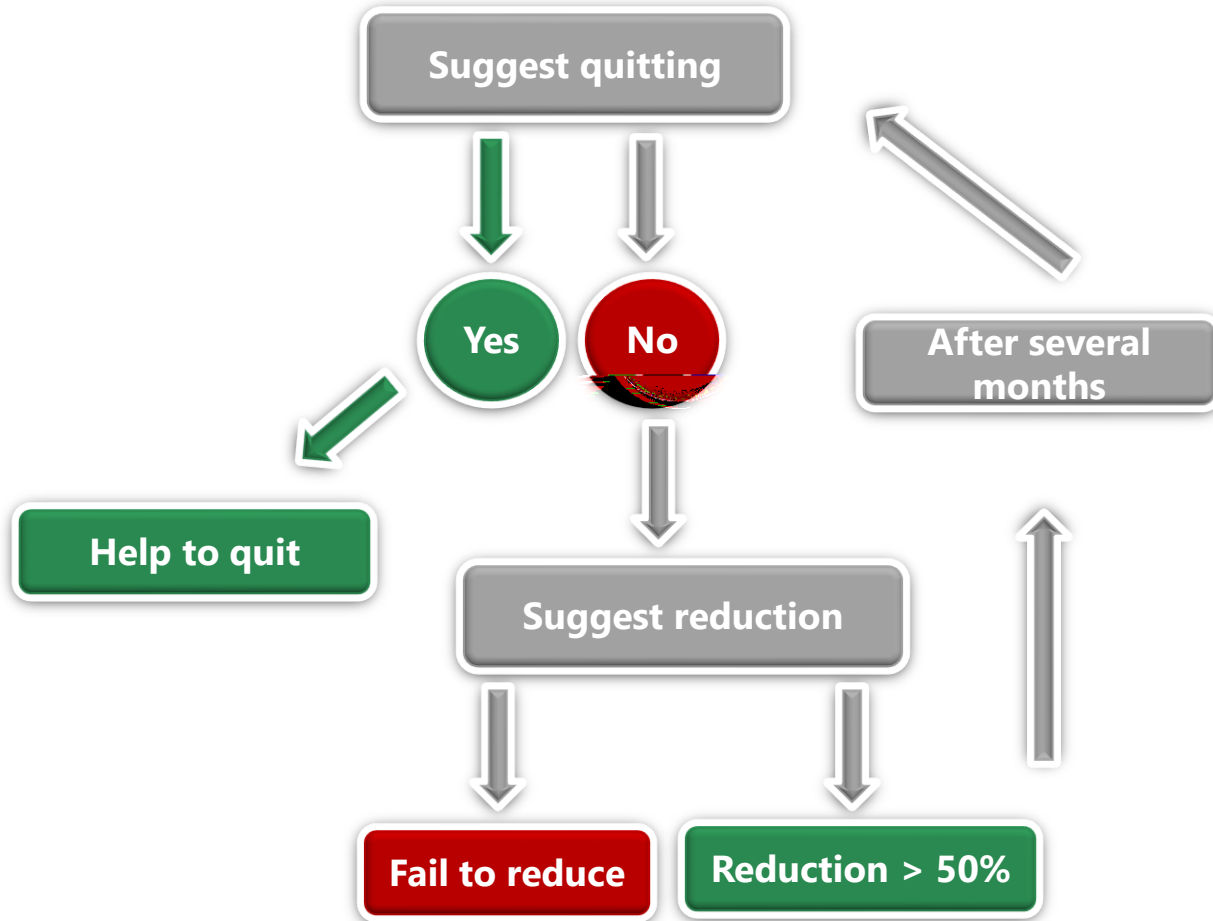
Reinforce and support “change talk” and “commitment” language











**Use of NRT**

**Use of Varenicline**

1

2

3



## Module 4 - Pharmacotherapy