

# MOTIVATIONAL INTERVIEWING

**Pilot Study**

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# BACKGROUND

- ❑ MI was developed to address patient *ambivalence* and *resistance* about behavior change (taking a med, losing weight, quitting smoking, illicit drugs)
- ❑ MI is a patient-centered form of counseling that helps *patients* to reason *their* way to the conclusion that they need to change their behaviors in order to achieve their goals.


# WHY A NEW APPROACH?

- ❑ The acronyms (READS, DARN, OARS) originally developed created problems for health care professionals (HCPs).
  - ❑ Remembering each letter
  - ❑ When to use it
- ❑ Changed to a sense making approach
  - ❑ Humans are sense makers
  - ❑ A sense leads to a conclusion which leads to a decision about behavior
    - ❑ E.g. “I don’t know why I need this medicine. I feel fine.”

# WHY E-LEARNING?

- ❑ Allows for training flexibility
  - ❑ Go at your own pace
  - ❑ You have three months to complete the 6 modules
  - ❑ Review principles as often as you like during the 3 months
- ❑ Allows didactic material to be standardized and then can be applied by a facilitator or other means
- ❑ Lower cost per participant

# PROGRAM SPECIFICS

- ▶ Six modules – total of 8 hours
  - ▶ Approximate times
    - ▶ Module 1 – 75 minutes
    - ▶ Module 2 – 55 minutes
    - ▶ Module 3 – 45 minutes
    - ▶ Module 4 – 95 minutes
    - ▶ Module 5 – 110 minutes
    - ▶ Module 6 – 100 minutes
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# PROGRAM SPECIFICS CONT

- ▶ Program bookmarks – stop anywhere and go back to it
- ▶ Each module has:
  - ▶ a “More from Bruce” button for more information
  - ▶ An objectives button
  - ▶ a reference button – references for that module
  - ▶ A glossary button
  - ▶ A Table of Content button– click on it to go to specific topics.  
Cannot fast forward

**comMit**®

Comprehensive Motivational Interviewing Training  
for HCPs (health care professionals)



Exit

More From  
Bruce

Objectives

References


Glossary

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# PROGRAM SPECIFICS CONTINUED

- ▶ Audio and actual scripts not video (**see next slide**)
    - ▶ Problems with streaming
    - ▶ Allows you to see the words that create or solve problems
  - ▶ Situations involve many chronic illnesses and health behaviors
    - ▶ Medication adherence
    - ▶ Dietary changes
    - ▶ Physical activities,
    - ▶ Tobacco cessation, etc.
  - ▶ Focus on teaching principles, not situations
- 



## Module 4: Developing Rapport and the Synergy of MI

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I hate that he has added another medicine. He says I need it to control my blood pressure. I just don't like it.

Exactly.

It seems like as I get older I have to take more and more medicine.

Yes. Exactly! Plus, does this mean my blood pressure is getting worse?

Right.

He said if I would lose 30 pounds I might not have to take so much medicine....like it's so easy to lose 30 pounds.

You got it! Either lose more weight or take more medicine.

No they don't.

Right. I don't want to have a stroke or heart attack. I just wish I didn't need more medicine or have to lose weight.

It seems like the doctor just keeps adding medicine to control your blood pressure and that worries you.

Tell me more about what you don't like about the doctor adding another medicine?

Growing older and having to take more medicine has been difficult to accept. Perhaps, you're even wondering if more medicine is really necessary.

So, it's both wondering if you need all of this medicine and are you getting worse...both of these have you feeling pretty anxious.

What have you discussed with the doctor regarding these concerns?


Losing weight, especially 30 pounds, seems like a lot of work and quite difficult even though it might result in less medicine.

Neither seems very attractive right now.

It sounds like you aren't questioning whether your blood pressure has gone up. You just don't like either solution for bringing it down.

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# PILOT DETAILS

- ▶ Pilot to start mid to late March
  - ▶ Code to be used to register on this web site:
    - ▶ <http://nacds.learnercommunity.com/motivational-interviewing>
  - ▶ List serve will be created to communicate (focused on MI):
    - ▶ Successes
    - ▶ Difficulties
    - ▶ Questions
  - ▶ Monthly web meetings to discuss above
  - ▶ Pre-assessment before starting
  - ▶ Post-assessments one month, three months after completion
- 

QUESTIONS?

