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Motivational Interviewing (part 3) and Physician Wellness

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Motivational Interviewing (part 3) and Physician Wellness

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Agenda

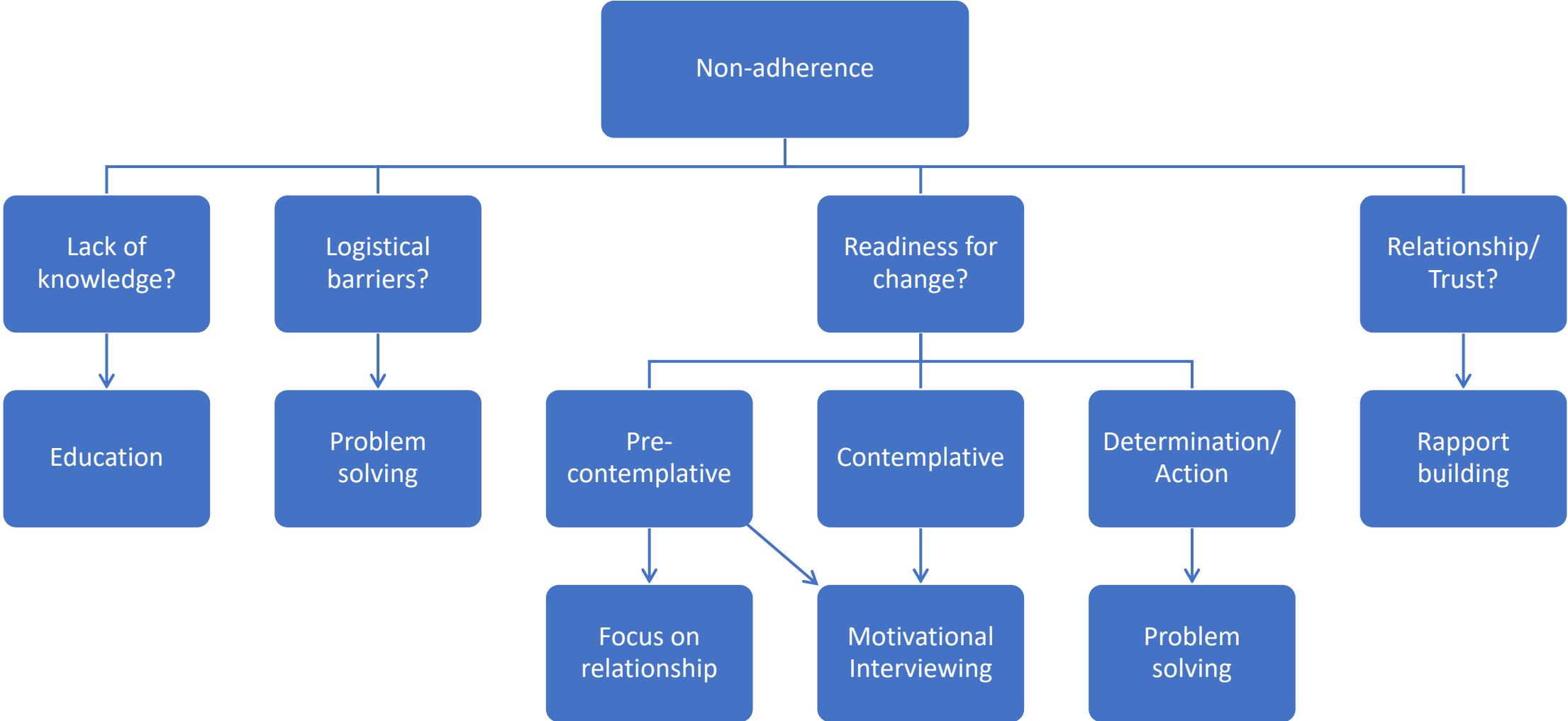
- 45-60 minutes Motivational Interviewing (recorded)
 - Review of Motivational Interviewing
 - Counseling skills and interview structure
 - Example videos and discussion
 - Practice assignment?
- 30 minutes for discussion about physician wellness (not recorded)
 - Check in on current functioning
 - Plan for ongoing support

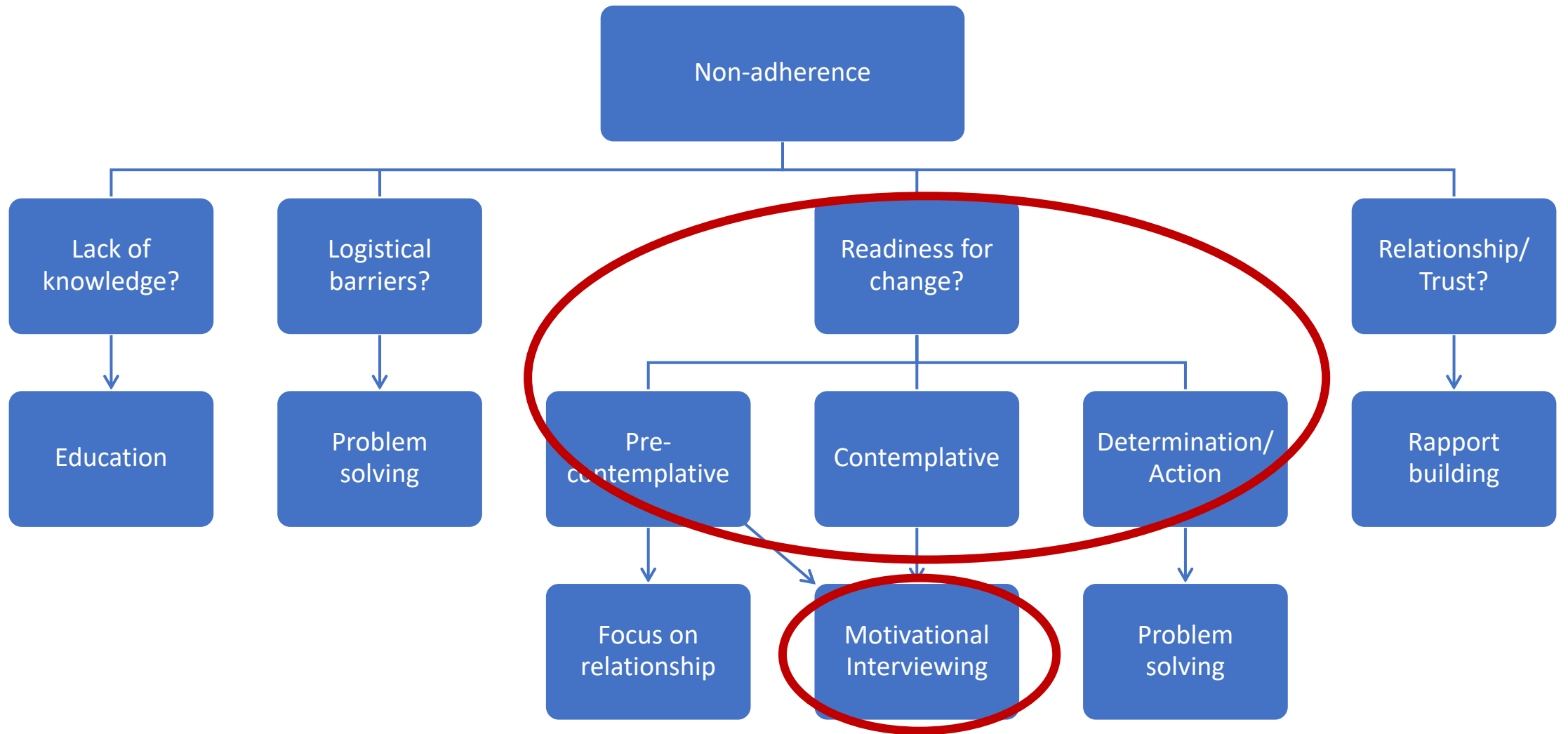
Thoughts about motivational interviewing?

Patient encounters when you might use this strategy?

What is Motivational Interviewing?

- A tool to use when education and telling a patient what to do is not working





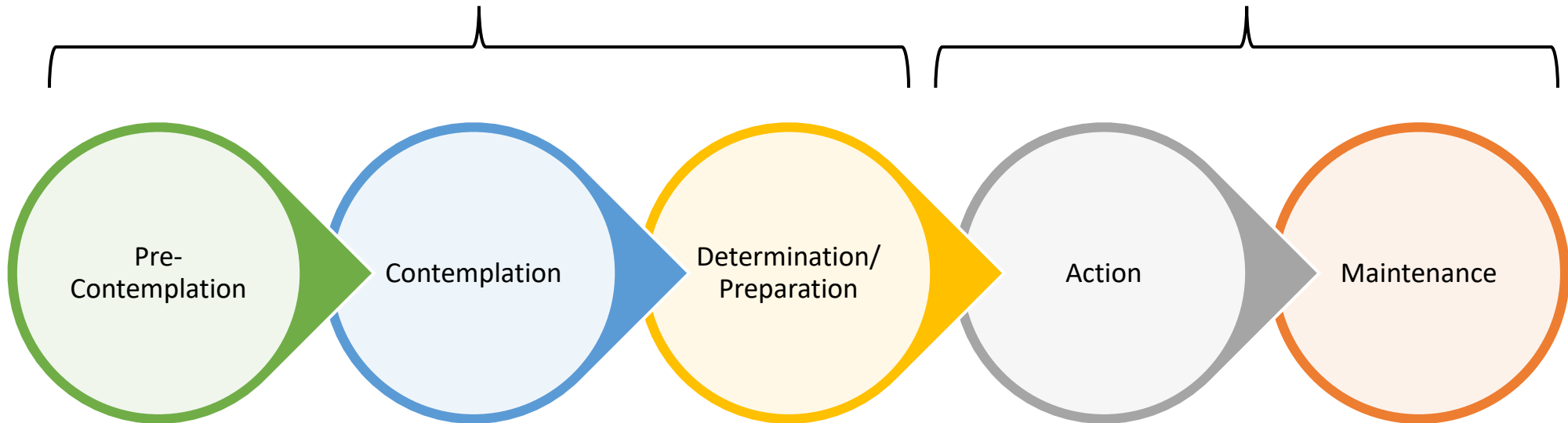
Stages of Change



Stages of Change

Motivational Interviewing

Education and problem solving



Readiness Ruler

- Like the pain scale but a measurement of a patient's stage of change
- “On a scale of 1 to 10, with 1 being not ready and 10 being very ready, how ready are you to change this behavior?”

Active ingredients of MI

1. Clinician Expression of Empathy
 - Listening and understanding the patient's perspective
2. Patient Expression of Change Talk
 - The patient's own reasons for change

Why should the patient
change?

How should the patient
change?

What are the patient's answers to these questions?

Core counseling skills of Motivational Interviewing: OARS

Open-ended
Questions

Affirmations

Reflections

Summaries

Thoughts about motivational interviewing?

Patient encounters when you might use this strategy?

Five “A”s

- Ask
 - What is the current pattern of behavior
- Advise
 - What you recommend the patient to do
- Assess
 - Patient’s stage of change
 - Understanding of the problem
- Assist
 - Problem solving
 - Motivational Interviewing
- Arrange
 - Follow up
 - Resources

Brief Negotiated Interview

BRIEF NEGOTIATED INTERVIEW (BNI) ALGORITHM

1) BUILD RAPPORT	Tell me about a typical day in your life. Where does your current [X] use fit in?
2) PROS & CONS Summarize	Help me understand, through your eyes, the good things about using [X]. What are some of the not-so-good things about using [X]? So, on the one hand [PROS], and on the other hand [CONS].
3) INFORMATION & FEEDBACK Elicit Provide Elicit	I have some information on low-risk guidelines for drinking and drug use, would you mind if I shared them with you? We know that drinking... <ul style="list-style-type: none"> • 4 or more (F) / 5 or more (M) drinks in 2 hrs • or more than 7 (F) / 14 (M) drinks in a week • having a BAC of ____ ...and/or use of illicit drugs such as ____ ...can put you at risk for social or legal problems, as well as illness and injury. It can also cause health problems like [insert medical information]. What are your thoughts on that?
4) READINESS RULER Reinforce positives Ask about lower #	This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change your [X] use? You marked _____. That's great. That means you are _____ % ready to make a change. Why did you choose that number and not a lower one like a 1 or a 2?
5) ACTION PLAN Identify strengths & supports Write down steps Offer appropriate resources Thank patient	What are some steps/options that will work for you to stay healthy and safe? What will help you to reduce the things you don't like about using [X]? What supports do you have for making this change? Tell me about a challenge you overcame in the past. How can you use those supports/resources to help you now? Those are great ideas! Is it okay for me to write down your plan, your own prescription for change , to keep with you as a reminder? Will you summarize the steps you'll take to change your [X] use? I have some additional resources that people sometimes find helpful; would you like to hear about them? <ul style="list-style-type: none"> • Primary Care, Outpatient counseling, Mental Health • Suboxone, Methadone clinic, Needle Exchange, AA/NA, Smoking cessation • Shelter, Insurance, Community Programs • Handouts and information Thank you for talking with me today.

Brief Negotiated Interview

BRIEF NEGOTIATED INTERVIEW (BNI) ALGORITHM

<p>1) BUILD RAPPORT</p>	<p>Tell me about a typical day in your life. Where does your current [X] use fit in?</p>
<p>2) PROS & CONS</p> <p>Summarize</p>	<p>Help me understand, through your eyes, the good things about using [X]. What are some of the not-so-good things about using [X]?</p> <p>So, on the one hand [PROS], and on the other hand [CONS].</p>
<p>3) INFORMATION & FEEDBACK</p> <p>Elicit</p> <p>Provide</p> <p>Elicit</p>	<p>I have some information on low-risk guidelines for drinking and drug use, would you mind if I shared them with you?</p> <p>We know that drinking...</p> <ul style="list-style-type: none"> • 4 or more (F) / 5 or more (M) drinks in 2 hrs • or more than 7 (F) / 14 (M) drinks in a week • having a BAC of ____ <p>...and/or use of illicit drugs such as _____</p> <p>...can put you at risk for social or legal problems, as well as illness and injury. It can also cause health problems like [insert medical information].</p> <p>What are your thoughts on that?</p>

Brief Negotiated Interview

<p>4) READINESS RULER</p> <p>Reinforce positives</p> <p>Ask about lower #</p>	<p>This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change your [X] use?</p> <p>You marked _____. That's great. That means you are _____ % ready to make a change.</p> <p>Why did you choose that number and not a lower one like a 1 or a 2?</p>
<p>5) ACTION PLAN</p> <p>Identify strengths & supports</p> <p>Write down steps</p> <p>Offer appropriate resources</p> <p>Thank patient</p>	<p>What are some steps/options that will work for you to stay healthy and safe? What will help you to reduce the things you don't like about using [X]?</p> <p>What supports do you have for making this change? Tell me about a challenge you overcame in the past. How can you use those supports/resources to help you now?</p> <p>Those are great ideas! Is it okay for me to write down your plan, your own prescription for change, to keep with you as a reminder? Will you summarize the steps you'll take to change your [X] use?</p> <p>I have some additional resources that people sometimes find helpful; would you like to hear about them?</p> <ul style="list-style-type: none"> • Primary Care, Outpatient counseling, Mental Health • Suboxone, Methadone clinic, Needle Exchange, AA/NA, Smoking cessation • Shelter, Insurance, Community Programs • Handouts and information <p>Thank you for talking with me today.</p>

Video examples

- Focus on two things:
 - What do you notice that is absent from these conversations?
 - What were the patient's reasons for change? And for not changing?

Project for next session

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