

Motivational Interviewing Training for Multidisciplinary Adolescent Healthcare Providers



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Background

- Motivational interviewing (MI) is a patient-centered, goal-oriented style of communication¹. Patients exposed to MI in clinical trials are more likely to enter, stay in, complete treatment, and participate in follow-up visits.²
- Research shows:
 - MI is a complex clinical skill⁴
 - Takes time to learn⁴
 - No agreement on the best MI training approach^{3,4}
- MI is best learned⁴:
 - In workshops of sufficient duration that incorporate follow-up sessions or post-course supervision
 - By applying MI regularly in routine clinical practice with clients or patients
 - By practicing MI on one's own or with a coach/colleague who is more proficient in MI

Objective

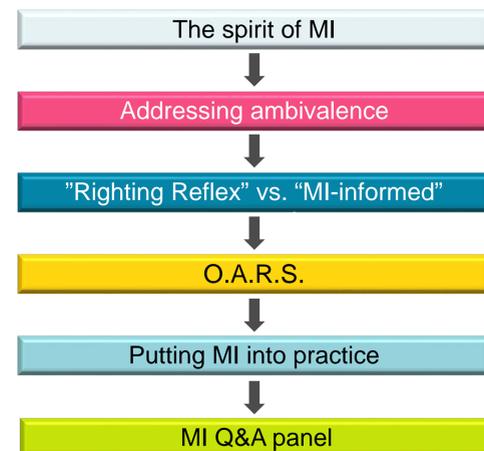
To design a clinical MI training curriculum to help multidisciplinary adolescent healthcare providers feel more confident in their ability to use MI to improve patient interactions

Methods

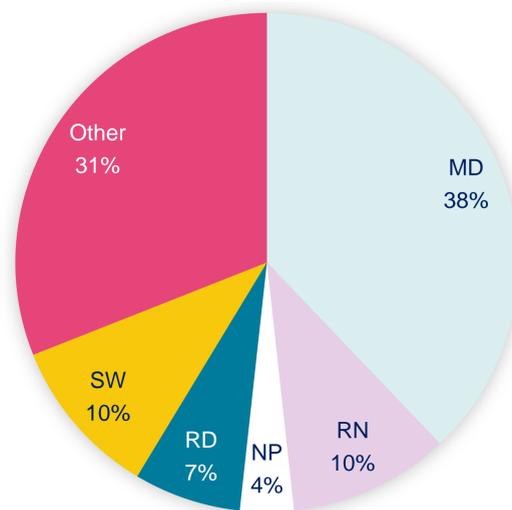
- Literature review to develop training
- Piloted the MI training
- Led an improved MI training for multidisciplinary adolescent providers at Seattle Children's Hospital (SCH)
- Analyzed SCH provider feedback to inform future recommendations

Components of the MI Training

MI Training Components:



Post-MI Training Survey Results



n = 29 adolescent medicine providers that completed the post-assessment survey

93% of providers "agreed" or "strongly agreed" that they felt more confident in their ability to use MI to improve patient interactions

76% of providers felt that the length of the training (1-hour) was "just right"

Qualitative Feedback From Post-MI Training Survey

"One-on-one coaching would be more helpful and have more impact on clinical practice than review of concepts"

"A series would be good."

"I enjoyed the change of pace (lecture, video, role play) kept me engaged throughout"

"Always need more!"

Lessons Learned

What worked well?

- Two opportunities to practice MI skills with a partner
- Use of visuals
 - PowerPoint presentation
 - Videos
 - Handouts with examples of "OARS"
- Panel of providers to respond to participants' questions

What can be improved?

- Create opportunities for an MI-expert to give one-on-one feedback
- Offer a two-part series on basic and more advanced MI skills
- Use case studies tailored to the specific patient population that providers in the audience interact with most frequently

Future Recommendations

- Provide regular opportunities for providers to continue practicing MI skills
- Evaluate the effectiveness of a more advanced MI training
- Incorporate discussions about MI-informed approaches to difficult patient interactions during case conferences

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Please email riceL2@uw.edu for list of sources



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