

KEEP IT SACRED



National Native Network
Technical Assistance Webinar

A Motivational Interviewing Approach to Public Health



Presented by:

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Tobacco Program Manager

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(SEARHC)

- BA, University of Wisconsin-LaCrosse;
LaCrosse, WI, Psychology, 1979
- Med, Western Washington University,
Bellingham, WA, School Counseling, 1981
- PhD, Capella University, Minneapolis, MN,
Family Psychology, 2012

Lung Cancer Screening in Indian Country



Since 2011, Edy has worked with SouthEast Alaska Regional Health Consortium (SEARHC), specializing in Tribal health Promotion and Tobacco Prevention and Control. In 2003, Edy completed a Training of Trainers symposium with Bill Miller and Steve Rollnick, authors of Motivational Interviewing (MI). She's trained MI within many health care settings, helping staff pay attention to the language of change that strengthens clients' resolve to make changes they need and want. Edy completed her PhD in 2012 with a dissertation focused on empathy and learning MI skills. She strives to spread best practices that address public health and social justice goals.

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- Funding for this webinar was made possible by the Centers for Disease Control and Prevention DP13-1314 Consortium of National Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities grant. Webinar contents do not necessarily represent the official views of the Centers for Disease Control and Prevention.
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- Continuing Education guidelines require that the attendance of all who participate be properly documented.
- To obtain a certificate of continuing education, you must be registered for the course, participate in the webinar in its entirety and submit a completed post-webinar survey.
- The post-webinar survey will be emailed to you after the completion of the course.
- Certificates will be mailed to participants within four weeks by the Indian Health Service Clinical Support Center.

Learning Objectives/Outcomes

By the end of this webinar, participants will be able to:

1. Examine the empirical support for using Motivational Interviewing in the health care setting.
2. Identify the importance of Motivational Interviewing.
3. Apply the general principles of Motivational Interviewing to assist patients to modify health behavior to achieve best health outcomes.



Motivating For Change

Strategic Conversations • Organizational Results

A Motivational Interviewing Approach to Public Health

Edy Rodewald, PhD

Motivational Interviewing Network of Trainers (MINT)

Objectives

During today's webinar we will discuss:

- Why Motivational Interviewing (MI) is Evidence-Based Practice
- Using the “spirit” of Motivational Interviewing
- Applying the general principles of MI to assist patients/participants to modify health behavior to achieve better health outcomes



Definition of Motivational Interviewing

“Motivational Interviewing is a **collaborative** conversation style for strengthening a person’s own **motivation** and **commitment** to change.

Bill Miller and Stephen Rollnick, 2013



MI as Evidence-Based Practice

Evidence-based practices (EBPs) are specific techniques and intervention models that have shown to have positive effects on outcomes through rigorous evaluations

- Mobilizes client resources
- Low cost, high efficacy
- Compatible with health care delivery
- Emphasizes client motivation
- Can be a prelude to other health care interventions

Meta-Analysis of MI in Medical Care

- Included analysis of 48 Studies (9,618 participants)*
- MI had statistically significant advantage
- MI was robust across moderators such as delivery location and patient characteristics
- MI efficacious when delivered in brief consultations

*Motivational interviewing in medical care settings: a systematic review and meta-analysis of randomized controlled trials. Lundahl et.al. *Patient Educ Couns*, 2013 Nov; 93(2): 157-68.



Ambivalence

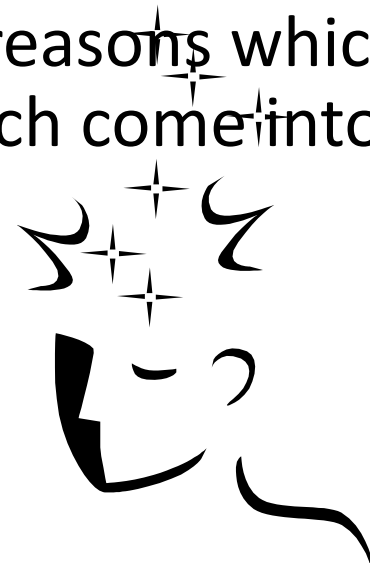
Often interpreted as a lack of motivation or of resistance, it's actually a normal part of behavioral change

- One part of the person wants health and knows change is needed
- Another part is comfortable with how things are



Righting Reflex

- Comes from a desire to be helpful
- When a well intentioned helper decides to fix another person's problem
- “People are generally better persuaded by the reasons which they have themselves discovered, than by those which come into the minds of others” (Blaise Pascal 1623-1662)



Paradigm Shift

You don't have to make change happen.

You cannot.

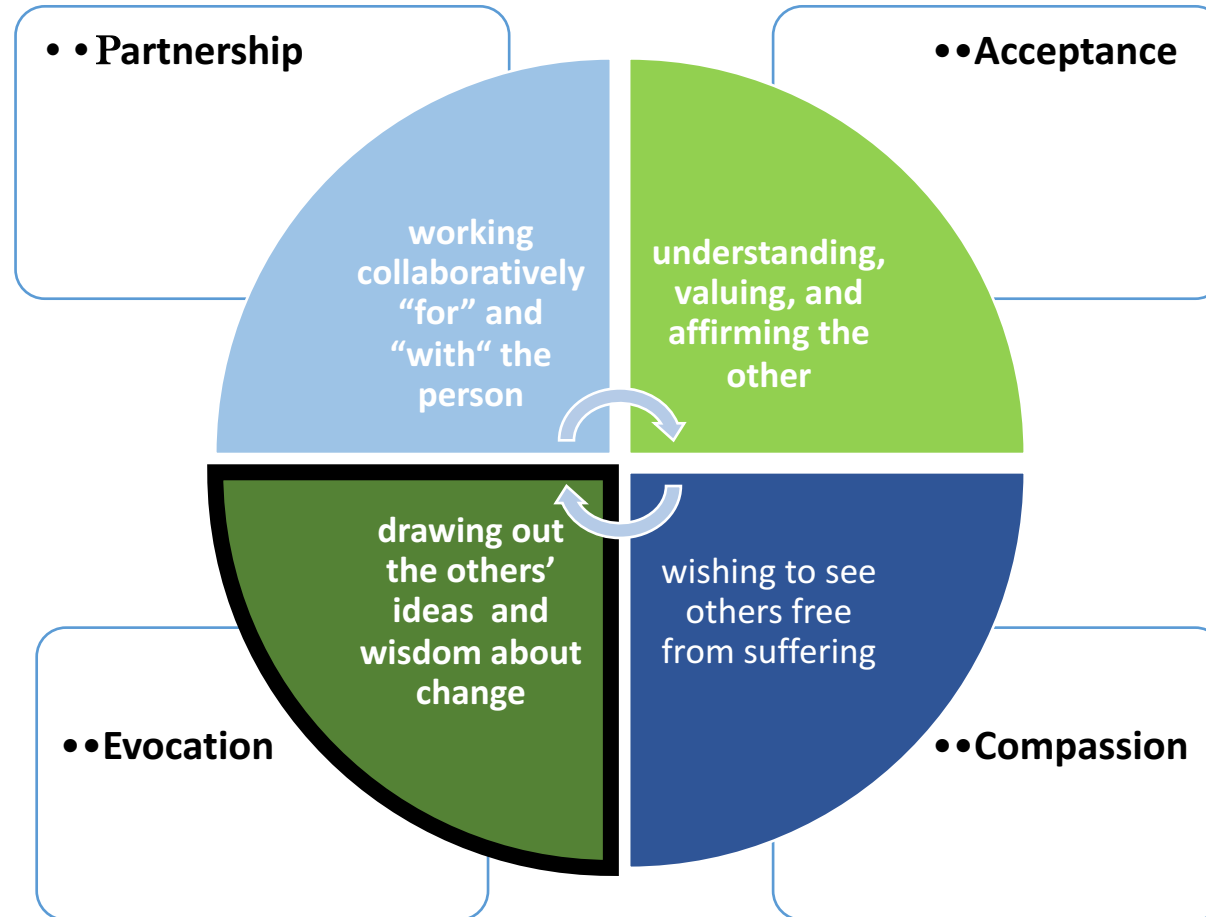


You don't have to have all the answers.

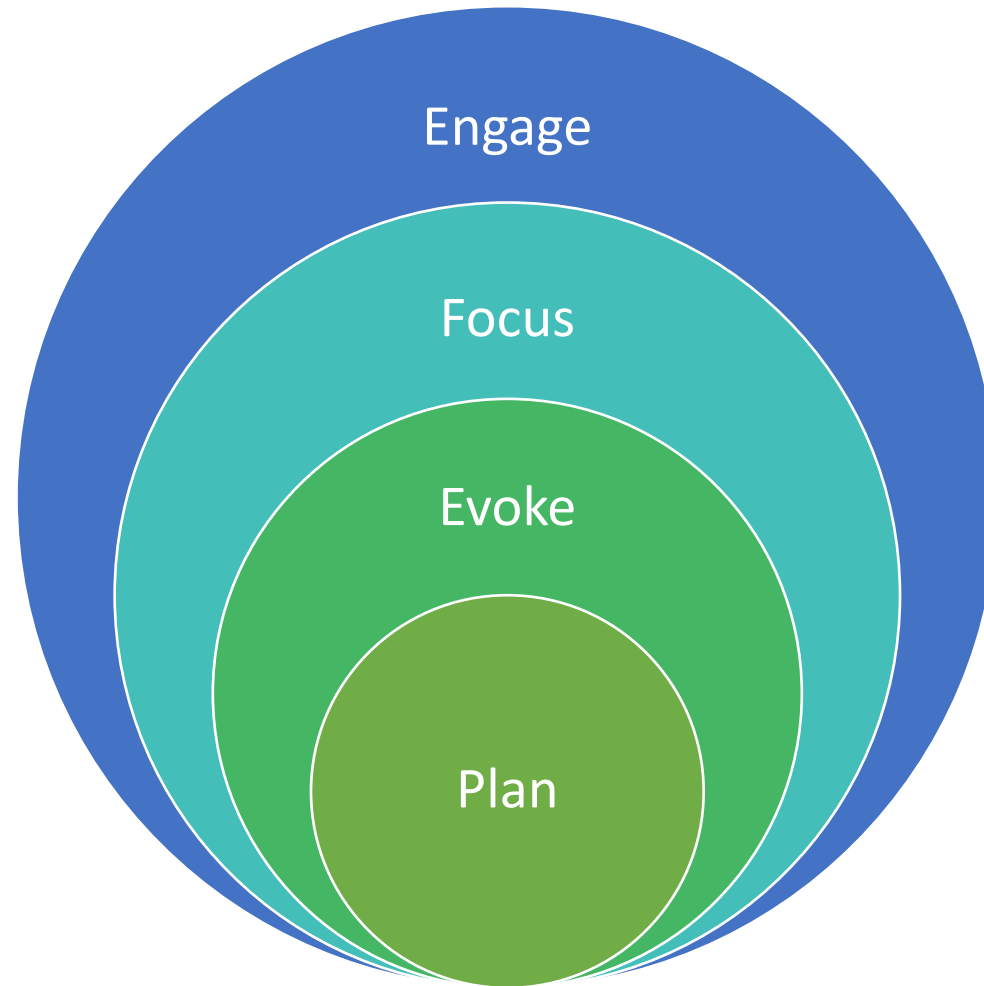
Yours may not be the best anyway.



Spirit of Motivational Interviewing



MI Processes – A Quick Look



Foundational Skills - OARS

A way of using questions and statements strategically to help people think and talk in a positive direction, using their OWN reasons for change.

- Open Questions
- Affirmations
- Reflections
- Summaries



Open Questions

- communicate interest in the other;
- build trust and empathy;
- invite and expect that the person will tell their story;
- encourage awareness of problems, choices, strengths, efforts, and actions
- and they don't result in yes/no answers or very specific information



Open Questions Examples

- What brings you in today?
- How do you feel you've been doing since we last talked?
- How are you managing with that?
- What do you already know about that?
- Why do you think that is happening?
- How did that feel for your?
- What is a benefit/limitation of that?



Affirmations

- Positive comments that reflect a person's
 - strength, effort, intention, and
 - right and capacity for self-direction.
- Strengthen the working relationship
- Enhance self-responsibility
- Reinforce effort
- Support self-esteem



Affirmations Examples

- You care about your appearance.
- You do the best you can in any situation.
- You've already thought through this.
- What you're doing is working for you.
- You already have a lot of ideas.
- When you get your mind set, you're gonna do it.
- You've got a good little system here.
- You were very persistent to achieve that.



Reflections

Require quietly and actively listening to be able to restate the essence of what was said or meant

- voice inflection at the end of the reflection is downward
- sufficient pause gives the speaker time to respond and further develop the message
- can include thoughts or feelings
- can clarify meaning
- increases the time person spends talking, fosters collaboration, and reduces client resistance



Reflections Examples

- So, you have found that this is not working well for you anymore.
- Now, it is only making matters worse for you.
- You're feeling discouraged.
- You wish it could be different.
- You think it may be time to try something else.
- This really gives you hope.
- It may be possible for you.
- You've been working at this for quite a while now.
- You know quite a bit about the things that work and don't work for you.



Summaries

Select several pieces of client information (usually highlighting change talk) and combine them in a summary with the goal of inviting more exploration of material, to highlight ambivalence, or to make a transition to another topic.

- Introductions to a Reflective Summary
 - Let me see if I understand what you've told me so far..."
 - Here is what I've heard you say so far..."



Change Talk

Person's pro-positive voice for change

- **Desire:** What does the person want for themselves?
- **Ability:** What is the person able to do or has already done?
- **Reasons:** Why does the person want to do this for themselves?
- **Need:** What is the imperative for the person to do this now?



Change Talk

The desire for change may contain tentative language (passive verbs) that can lack the intentionality of commitment to change.

- I'd like to...
- I might...
- I could...
- I should...
- I'll think about it...



Commitment Talk

Stronger than Change Talk

Predicts the likelihood of change happening

- **C**ommitment (I will, I promise, I commit...)
- **A**ction (I did...)
- **T**aking steps (I started...)



Invite Change Talk with OARS

- Use Open Questions.
 - Ask the person to elaborate “In what ways...” or
 - “What else do you want to have happen as a result of this change?”
- Use Affirmations to elicit more change talk.
 - “You’ve really been thinking about this.”
- Use Reflections and Summaries to reinforce change talk and thereby encourage more of it.



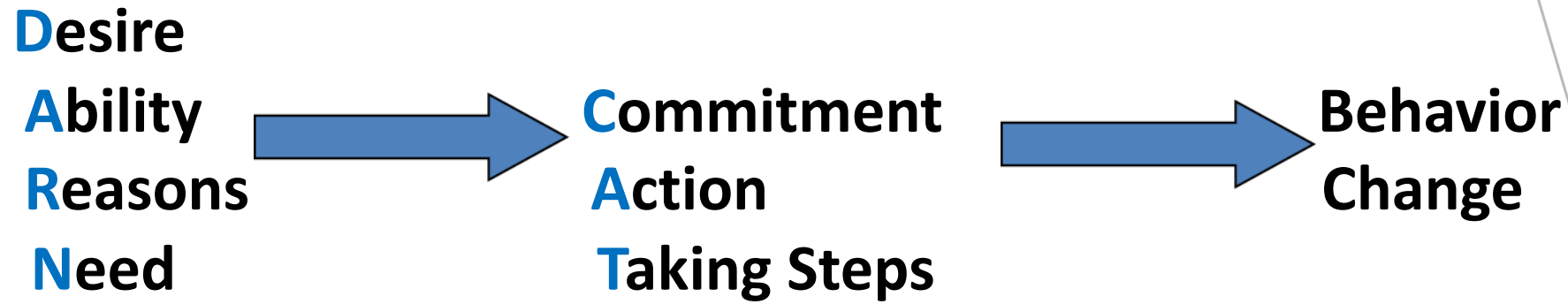
Encourage Commitment

Use a Key Question:

- Given what you've told me (summarize here), what do you think you will do next?
- Where do you think you would like to go from here?
- What's your next step?



Putting it all together



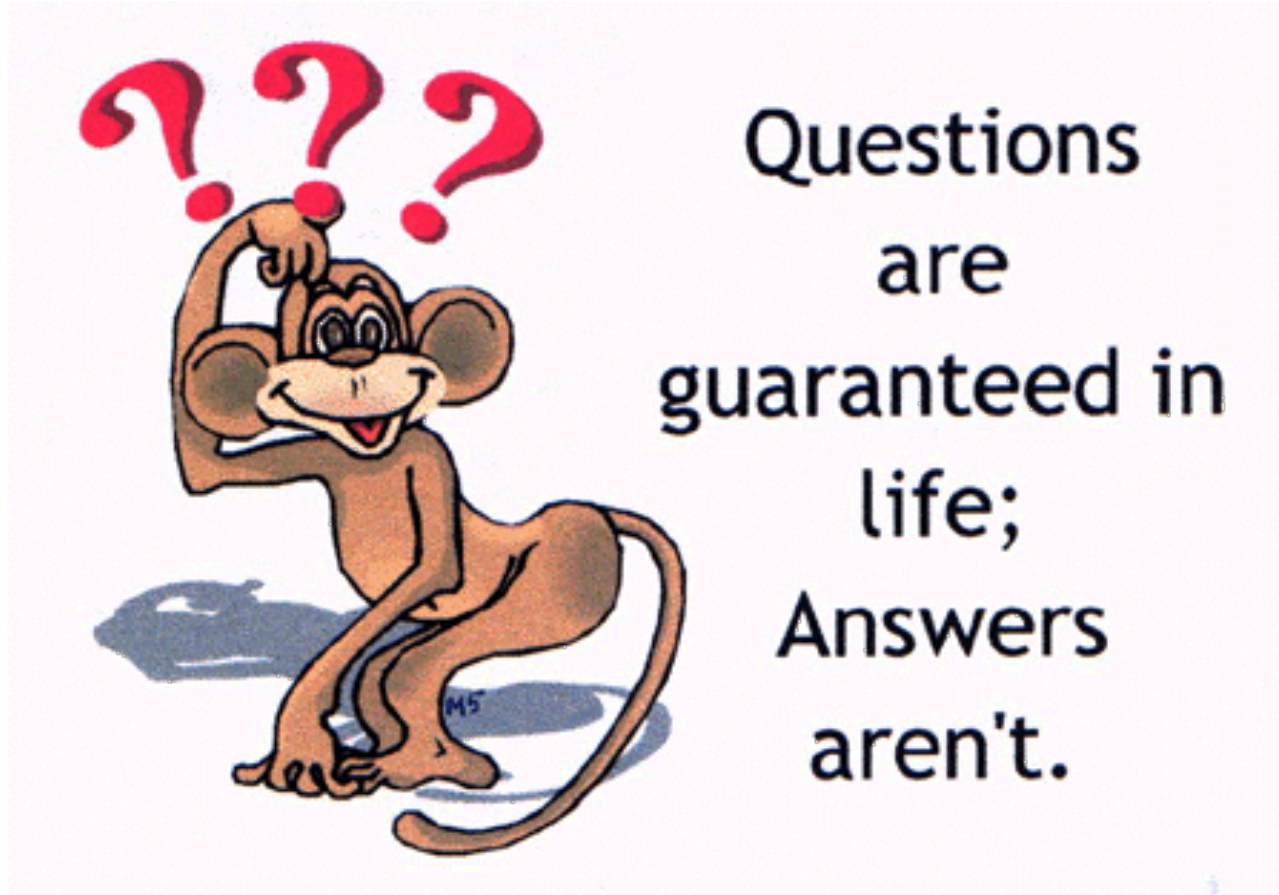
Review

During today's webinar we discussed:

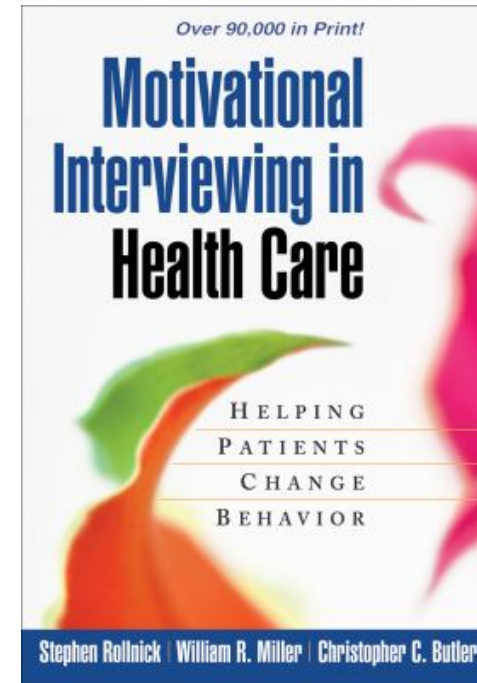
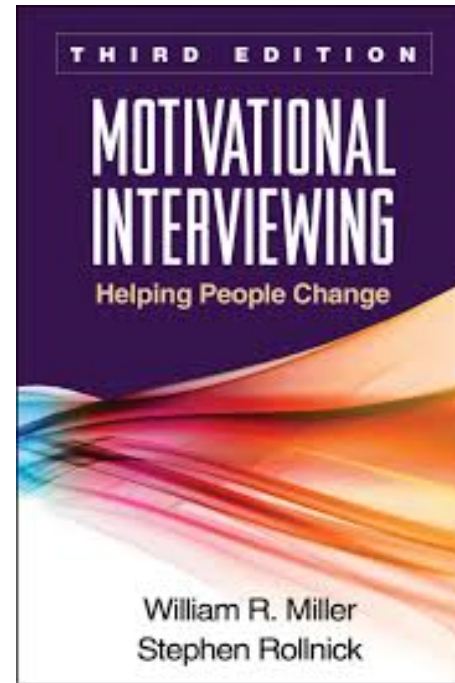
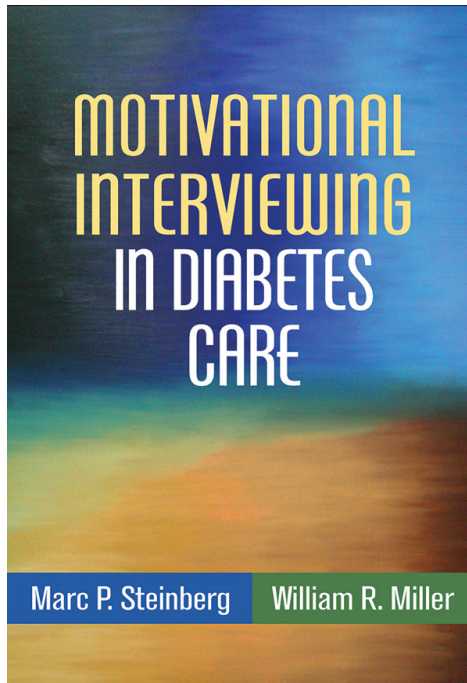
- Why Motivational Interviewing (MI) is Evidence-Based Practice
- Using the “spirit” of Motivational Interviewing
- Applying the general principles of MI to assist patients/participants to modify health behavior to achieve better health outcomes



Questions



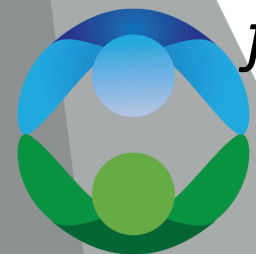
Resources



Thank you and Happy Holidays!

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*"Every small and
positive change in
ourselves repays us in
confidence in our
future." Alice Walker*



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National Native Network Next Webinar



“E-cigarettes and the Community”

Tuesday, March 7, 2017

Presented by Sohab Arif, MPH of CRIHB

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