Motivational Interviewing: A Best Practice for Sexual + Reproductive Health

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Essential Access Health…

- Champions and promotes quality sexual + reproductive health care for all
- We achieve our mission through an umbrella of services including clinic support initiatives, provider training, advanced clinical research, advocacy and consumer awareness
- Title X grantee for California, serving one million patients annually at 61 agencies, operating 374 health centers
How ready are you to learn?

On a scale of 1-10
1 is the lowest level of readiness
10 is the highest
Objectives

 Describe the stages of change model and basic principles of Motivational Interviewing.

 Demonstrate use of Motivational Interviewing skills for counseling patients about a variety of sexual health behavior changes.

 Apply Motivational Interviewing techniques to your work in order to maximize rapport and promote healthy behaviors.
Motivational Interviewing

- Collaborative conversation style for strengthening a person’s own motivation for change by exploring and resolving ambivalence
- Developed by William R. Miller, Ph.D and Stephen Rollnick, Ph.D
- MI techniques have been successfully applied in many populations
Motivational Interviewing (MI) in Health Care

- Saves Time
- Highly Effective
- Patient/Client-Centered
Motivational Interviewing is good for…

- Condom use consistency
- STD/HIV testing and follow up
- Medication adherence
- Pregnancy Intention
- Addiction counseling and treatment
- Diabetes self management
- Nutrition/exercise improvements
- Weight management
MI: the approach

- Start from a place of respect
- Guiding not directing
- Not “me vs. you” rather… “us together on the same side”
- Help patients feel *motivated* by having them verbalize their own goals
- Identify what is personally meaningful or of value to the patient rather than those things that we think are most important
Core Principles of MI

- Resist the righting reflex
- Understand your client’s motivation
- Listen to you client
- Empower your client
MI: the benefit

Reduces frustration with the patient and subsequently ourselves

Removes our ego…

- “I need to make this patient do what’s good for her.”
- “I want to protect her from getting reinfected!”
- “If I can’t get through to my patient, I fail.”

Improves staff morale because it removes their personal responsibility for patient behavior
Prochaska’s Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
Precontemplation

- No intention to change behavior in the foreseeable future
- Unaware of problems or that there is a need for change
Contemplation

- Individuals have identified a problem
- They are deciding whether there is a need to take action
- Pros and cons of change weighed against pros and cons of continuing the behavior
Preparation

- At this stage, the individual begins to plan the change
- Usually at this stage they are committed to the change
Action

- The stage at which individuals put their plans into action
Maintenance

- The stage at which people work to prevent relapse and consolidate the gains achieved during action
Identifying the Stages of Change

Activity
2 Main Skills of Motivational Interviewing

- Open Ended Questions
- Reflective Listening
Open Ended Questions

- Encourage patient to do most of the talking
- Elicit more information
- Allow patient to focus on what’s important to him/her
- Cannot be answered “yes” or “no” or with just one word
- Good format for evaluation questions
Open Ended Questions

*Instead of “Do you like the pill?”*
- Say: “How is the pill working for you?”

*Instead of “Do you use condoms every time?”*
- Say: “How often do you use condoms?”

*Instead of “Have you considered trying the internal condom?”*
- Say: ___________________________
Open Ended Questions

Instead of “Are you happy about this pregnancy?”
- Say: ________________________________

Instead of “Are you planning to stop smoking?”
- Say: ________________________________

Instead of “Would you feel ok having an abortion?”
- Say: ________________________________
Open Ended Questions

Instead of “Have you heard of PrEP?”
- Say: ________________________________________

Instead of: “Did you take your medication as prescribed?”
- Say: ________________________________________

Instead of “Do you know of a place you can get treatment?”
- Say: ________________________________________
Reflective Listening

- Repeating
- Rephrasing
- Paraphrasing
- Reflecting Feelings
Reflection statement starters

- “It sounds like…”
- “You feel…”
- “It’s like…”
- You mean that…”
- It seems like…”
- You’re wondering…”

[Image of two people in conversation]
Closing Thoughts

- Motivational Interviewing is a process
- You help the patient verbalize *THEIR* desires and goals for their health
- Recognize that behavior change is difficult and happens incrementally
- Applaud all steps toward change
- Your role is to guide the process, not ‘fix’ problems
How will you use Motivational Interviewing?