Motivational Interviewing in Respiratory Health Care: A Knowledge Translation (KT) Initiative
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What is your level of familiarity with motivational interviewing?

a. Never heard of this approach
b. Heard about it from courses or articles, but never taken a full course or training
c. Previous training, but not sure I remember much
d. Previous training, but didn’t really apply it to my practice
e. Previous training, and using it actively in my practice
What is Motivational Interviewing (MI)?

Learning Objective:
Define Motivational Interviewing (MI) and its relevance to respiratory health care and health behaviour change
Welcome to the Motivational Interviewing website. The materials included here are designed to facilitate the dissemination, adoption and implementation of MI among clinicians, supervisors, program managers and trainers, and improve treatment outcomes for clients with substance use disorders.
Guiding: (Asking)

Following: (Listening)

Directing: (Informing)
Direction Language

- “Directing” as a counsellor behavior
- “Direction” as goal-orientation
- “Directional” rather than “directive” as a description of MI
Evidence base for MI in Respiratory Health Care
Motivational interviewing for smoking cessation (Review)

Key points from the review of 14 studies:

• MI vs. brief advice or usual care yielded a modest but significant increase in quitting.

• Found that MI seems to be effective when given by general practitioners and by trained counsellors.

• Longer sessions (> 20 m) were more effective than shorter ones.

• Two or more sessions of treatment appeared to be marginally more successful than a single session treatment, but both delivered successful outcomes.

Key points:

• Method and spirit of MI as applied to asthma management.

• MI strategies have been modified such that HCPs can readily incorporate them into regular clinical care.

• In 2007, there were 117 National Institutes of Health–funded trials on MI, 2 of which were on asthma management, one with low-income adults and the other with inner-city teens.

• Demonstrating to HCPs that patient-centered counseling serves their needs by reducing daily frustrations of nonadherent patients, decreasing adverse events, and improving the quality of care with minimal drain on time could motivate HCPs to learn and use these skills.

A Randomized Controlled Pilot Study of Motivational Interviewing to Change Attitudes about Adherence to Medications for Asthma

Karen B. Schmaling, Arthur W. Blume, and Niloofar Afari

**Key points:**

- Participants who received education alone showed a decreased level of readiness to adhere with their medications over time, whereas participants who received MI showed a stable or increased level of readiness.

- Among participants who described themselves as not consistently adhering with their medications at the first evaluation, those who received MI endorsed more positive attitudes toward taking medications over time.

**KEY WORDS:** adherence; asthma; motivational interviewing; education.

A Randomized Trial to Reduce Passive Smoke Exposure in Low-Income Households With Young Children

Key points:
• Does a motivational intervention for smoking parents of young children lead to reduced household passive smoke exposure?
• MI vs. self-help. Follow-up’s at 3 & 6 months. MI condition consisted of a 30-45 m MI session at the participant's home with a trained health educator and 4 follow-up counseling calls.
• 6 M nicotine levels were significantly lower in MI households.
• Providers can help parents work toward reducing household passive smoke exposure using MI and providing a menu of approaches regardless of whether the parents are ready to quit.

Key points:

- Reviews the empirical research regarding the effects of exposure on children with asthma and provides a brief overview of interventions to reduce ETS exposure.

- Health care providers (HCPs) can use medical encounters as "teachable moments" to advise parents to quit smoking and/or reduce ETS exposure in the home.

- Ask every caregiver of a child with asthma about their smoking status (& rest of 5 A's).

- With practice MI can be incorporated into an office visit with minimal effort.
Take away points:

• Still a lack of adequate research within the field of MI and respiratory health/asthma.

• However, MI strategies show positive results when working with clients facing various chronic health concerns.

• Most effective interventions involved multiple repeated contacts (office, in-home, phone, text messaging) with trained HCPs.

• HCP’s office may be utilized as an effective channel for motivating behavior change among those facing respiratory conditions.
Other Relevant Sources:


Motivational interviewing is encouraged to support patients’/clients’ willingness to engage in treatment now and in the future. (GR/LOR: 1B)
The “Spirit” of Motivational Interviewing

Learning Objective:
Operationalize the “spirit” of motivational interviewing in conversations with clients
The Spirit of Motivational Interviewing

- Partnership
- Acceptance
- Compassion
- Evocation

- Absolute worth
- Accurate empathy
- Autonomy support
- Affirmation

Miller & Rollnick, 2013
Partnership

You are the best judge of what is going to work for you.
Acceptance

I am here to help whatever you decide to do.
Compassion

Guide me to be a patient companion, to listen with a heart as open as the sky. Grant me vision to see through his eyes, and eager ears to hear his story… Let me honour and respect his choosing of his own path.

Adapted from Miller & Rollnick, 2013
Evocation

What are your thoughts about smoking and quitting?
Understanding – and Resisting – The “Righting Reflex”
Persuasion Exercise

• Choose one person near you to have a conversation with, and work together
• One will be the speaker, the other will be a counsellor
Speaker’s Topic

• Something about yourself that you:
  – want to change
  – need to change
  – should change
  – have been thinking about changing

but you haven’t changed yet…in other words – something you’re ambivalent about
Counsellor: Find out what change the person is considering making, and then:

- Explain *why* the person should make this change
- Give at least three specific *benefits* that would result from making the change
- Tell the person *how* they could make the change
- Emphasize how *important* it is to change
- If you meet resistance, repeat the above.

P.S. This is *NOT* motivational interviewing
Common Reactions to Righting Reflex

- Angry, agitated
- Oppositional
- Discounting
- Defensive
- Justifying
- Not understood
- Not heard
- Procrastinate
- Afraid
- Helpless, overwhelmed
- Ashamed
- Trapped
- Disengaged
- Not come back – avoid
- Uncomfortable
A Taste of MI:
Conversation with one speaker and one listener

Something about yourself that you
  - want to change
  - need to change
  - should change
  - have been thinking about changing
  ..........but you haven’t changed yet

i.e. – something you’re ambivalent about
Listener

1. Listen carefully with a goal of understanding the dilemma
2. Give no advice.
3. Ask these four open questions and listen with interest:
   a) Why would you want to make this change?
   b) How might you go about it, in order to succeed?
   c) What are the three best reasons to do it?
   d) On a scale from 0 to 10, how important would you say it is for you to make this change?

Follow-up: And why are you at __ and not zero?
   a) Give a short summary/reflection of the speaker’s motivations for change
   b) Then ask: “So what do you think you’ll do?” and just listen
Common Human Reactions to Being Listened to

- Understood
- Want to talk more
- Liking the counselor
- Open
- Accepted
- Respected
- Engaged
- Able to change
- Safe
- Empowered
- Hopeful
- Comfortable
- Interested
- Want to come back
- Cooperative

Would you rather work with these people. . .
...or these?

- Angry, agitated
- Oppositional
- Discounting
- Defensive
- Justifying
- Not understood
- Not heard
- Procrastinate

- Afraid
- Helpless, overwhelmed
- Ashamed
- Trapped
- Disengaged
- Not come back – avoid
- Uncomfortable
Summary of Skills

• “Spirit” of MI
  – Partnership
  – Acceptance
  – Compassion
  – Evocation

• Resist the “Righting Reflex”
  – Avoid rescuing or offering unsolicited advice/suggestions in response to a patient-articulated concern or problem
  – Allow the patient to articulate his or her own reasons for change and next steps
FOUNDATION SKILLS – OARS

OPEN questions (to elicit client change talk)

AFFIRM the client appropriately (support, emphasize personal control)

REFLECT (try for complex reflections)

SUMMARIZE ambivalence, offer double-sided reflection

Learning Objective:
Review and practice foundation skills in MI
FOUR KEY STRATEGIES – O A R S

Open versus Closed Questions
Open versus Closed Questions

• CLOSED questions invite a “yes/no”, one-word or very limited answer
• OPEN questions encourage elaboration – they evoke the client’s ideas, opinions, hopes, concerns, etc.
Open versus Closed Questions

Read the following questions, and “vote” for whether each one is OPEN or CLOSED
“Would you say you are motivated to quit smoking in the next 30 days?”

a. Open question
b. Closed question
“Tell me about how motivated you are to quit smoking in the near future – say, the next 30 days?”

a. Open question
b. Closed question
“What made you decide to quit smoking in the next 30 days?”

a. Open question
b. Closed question
How many cigarettes do you smoke in a typical day?”

a. Open question
b. Closed question
“Can you describe a typical day, and how smoking fits in?”

a. Open question
b. Closed question
Affirmations

Praising versus Affirming
Affirmations:

• Go beyond “giving a good grade”
• Are not about the practitioner’s approval of the patient
• Acknowledge the client’s experience, struggle, expertise, efforts, etc.
Example of Praising:

I think it’s great that you are planning to quit smoking!
Praising can lead to...

Thank you!

I really hope I don’t disappoint you...
Example of Affirming

You have really given this a lot of thought.
Affirming can lead to…

Yes, and now that my grandson is older, I want to teach him it is never too late to change.
Example of Praising:

Look how far you’ve come! I know you can do this.
Praising can lead to...

I sure hope so...

But I am actually not so sure...
Example of Affirming

You have hung in there even though the cravings have been pretty bad.
Affirming can lead to…

Yes – I can’t believe how far I’ve come.

Maybe I can really do this!
Reflective Listening

Simple versus Complex Reflections
Simple reflection

Complex reflection
“I am tired of people going on about my smoking. I know it’s bad for me, but so are a lot of things.”
“I am tired of people going on about my smoking. I know it’s bad for me, but so are a lot of things.”

People are really on your case about this, even though smoking is not the only harmful thing out there.

It is frustrating because it feels like “why pick on smoking”?
“I am tired of people going on about my smoking. I know it’s bad for me, but so are a lot of things.”

Smoking has some negative consequences, and so do other things.

From your perspective, smoking is not the most harmful thing to be concerned about.
“I am tired of people going on about my smoking. I know it’s bad for me, but so are a lot of things.”

A lot of people are pressuring you about something you already know is unhealthy.

It is like nagging, and that doesn’t feel very supportive or helpful.
Practicing Reflective Listening

Individually, take a moment to write down an example of a simple and a complex reflection for the following statement (coming up – next slide).

Then compare what you wrote with others at your table. As a group, choose the best examples to share with the larger group.
Practicing Reflective Listening (1)

“How I live my life is my own business.”
“How I live my life is my own business.”

Simple Reflection:

___________________________________
___________________________________

Complex (Enhanced) Reflection:

___________________________________
___________________________________
“I know you mean well, but I don’t need this medication any more.”
Simple Reflection:

___________________________________

___________________________________

Complex (Enhanced) Reflection:

___________________________________

___________________________________

“I know you mean well, but I don’t need this medication any more.”
Summary Statements

“Bouquets of Change Talk with Sprigs of Sustain Talk”
Why use summary statements?

- To check your understanding of the person’s situation as a whole
- To reflect back key components of what the person has discussed
- To signal a transition to another topic or the end of the session/consultation
- To highlight change talk
Example of OARS (including Summary Statement)

“Angry Bob”

http://www.youtube.com/user/teachproject#p/u/5/79YTuZUFRIc
Summary of Skills: O A R S

- Open-ended questions
- Affirmations (versus praise)
- Reflections (simple and complex)
- Summary statements
Recognizing & Responding to Change/Sustain Talk

Learning Objective:
Listen for and respond to client change talk
Change Talk

• Any speech moving in the direction of change
• We don’t know if it’s change talk unless we know what the goal is

“If I don’t quit smoking I know I will be back in the hospital.”
Change Talk and Sustain Talk

“Opposite Sides of a Coin”
DARN CAT

Desire  Commitment
Ability  Action
Reasons  Taking Steps
Need
Yet another metaphor

MI Hill

D A R N
Preparatory Change Talk
(Pre-) Contemplation

C A T
Mobilizing Change Talk
Preparation
Action
Discord and Sustain Talk

- Both highly related to practitioner style
- Respond to both in the same way (OARS)

“I’m not going to quit.” (sustain talk)
“You don’t understand how hard it is for me.” (resistance)
Responding to Change Talk

Use O A R S strategies to elicit:

- Open questions: Ask for elaboration
- Affirmations: Affirm “DARN CAT” statements
- Reflect examples of change talk back to clients
- Summarize change talk
Example

“I know I should use my inhalers, but I am always forgetting where I put them.”

What kind of change talk is this?

Preparatory change talk – “DARN” statement (NEED)
Example

“I know I should use my inhalers, but I am always forgetting where I put them.”

What are some of the reasons you think it’s important to use the medication?

You have been working hard to manage your asthma in spite of how hard it can be.

You know that using the medication every day is very important.

Let me make sure I understand what you’ve said so far: You’ve been having a lot of coughing at night; you came today to see me because you are worried about the symptoms you’re experiencing; you know what you should be doing – it’s just hard to actually put it into practice. Does that capture it, or did I miss anything?
Practice Exercise

“I have tried asking my partner to smoke outside, but she doesn’t listen.”

What kind of change talk is this?
Practice Exercise

“I have tried asking my partner to smoke outside, but she doesn’t listen.”

O

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Agenda-Mapping

Learning Objective:
Apply agenda-setting as a strategy for working with clients with complex, co-occurring issues
Agenda-Mapping

- A brief discussion with the client, where he/she has the most decision-making freedom possible.
- The client chooses what area toward better health they want to discuss.
- No topic is off limits – success in one area can lead to success in another.
Tips for Agenda-Mapping

Start with understanding the patient’s perspectives and preferences

Try not to ‘trap’ the person by suggesting a lifestyle change (or focusing too soon on change) once the person raises a lifestyle area
Tips for Agenda-Mapping

Consider providing the patient with a finite list of topics to choose from, and asking them if any of the areas they want to discuss are included in that list.

After the patient responds, feel free to mention topics that you want to talk about.
Strategies Include...

- Asking for elaboration
- Reflective listening
- Emphasizing personal choice and control
- Asking permission before making suggestions
- Summary statements
Setting an Agenda for Change

Asthma

Medication

Smoking

Diabetes

Alcohol
Setting an Agenda for Change

- Asthma
- Healthy Eating
- Medication
- Smoking
- Stress
- Finances
- Diabetes
- Family
- Alcohol
“Given these possible areas to focus, what would you like to talk about in our time together today?”
Setting an Agenda for Change

Asthma  Healthy Eating  Medication
Smoking  Stress  Finances
Diabetes  Family  Alcohol
Video Demonstration

Agenda setting conversation with "Sal"
“Readiness Ruler”

People usually have several things they would like to change in their lives – this may be only one of those things. Answer the following three questions with respect to your goal for this week.

How **important** is it to change this behaviour?

How **confident** are you that you could make this change?

How **ready** are you to make this change?
Summary of Skills

• Recognizing change talk
  – DARN CAT
• Eliciting Change Talk
  – OARS
• Agenda-setting
  – Worksheet
  – Readiness Ruler
  – Follow-up questions
Putting It All Together
The Effective and Ineffective Practitioner

How NOT to do Motivational Interviewing: A conversation with "Sal" about managing his asthma

Learning Objective:
Recognize and integrate MI spirit and skills in practice
Motivational Interviewing Coding Sheet

- Number of closed questions: __________
- Number of open questions: ___________
- Number of simple reflections: ___________
- Number of complex reflections: _______
- Change statements by client: _______
- Sustain statements by client: __________
- Therapist talk time (approx.): __________ %

**Targets:**
- Twice as many reflections as questions
- At least 50% complex reflections
- No more than 50% therapist talk time

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The Effective Practitioner
“Sal”
Motivational Interviewing Coding Sheet

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Handson Practice

• In groups of three, take three roles:
  – Person “A” describe a change you are thinking of making in the next 6 months – 1 year
  – Person “B” respond using motivational strategies
  – Person “C” observe and give feedback

Each “Real Play” will take 5 minutes. After each turn, rotate the roles so that everyone has a chance to practice and receive feedback. 

Please HOLD your feedback until everyone has had a chance to practice – you will have an opportunity to debrief as a small group at the end of this exercise.
Motivational Interviewing Coding Sheet

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Continuing Professional Development in Motivational Interviewing

Learning Objective:
Set objectives and access resources for continuing professional development in MI skills
“Readiness Ruler”

How **important** is it to start using some of these strategies/tools?

How **confident** are you that you could apply them in your practice?

How **ready** are you to actually use them?
Practice Goals

What is one thing you will commit to practicing with your clients this week?

__________________________________________________________

__________________________________________________________

__________________________________________________________
Recommended Resources for Motivational Interviewing Skills Development


http://www.motivationalinterview.org/Documents//MIA-STEP.pdf


http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=5318416


First chapter and table of contents available at www.motivationalinterview.org


Useful Websites

Motivational Interviewing Website
http://www.motivationalinterview.net/

Motivational Interviewing Network of Trainers (MINT) Website
www.motivationalinterviewing.org

Examples of Motivational Interviewing Videos on YouTube
http://www.youtube.com/user/teachproject#p/u