

TEACH Educational Rounds

Motivational Interviewing: Essential Strategies in Motivating Clients to Change

Faculty: Rosa Dragonetti, MSc

- 1) *Just wondering when starting a NRT program with patches do they need to be placed away from other type of patches like birth control or nitro patches?***

There is a lack of data to support this. However, to be on the safe side, advise your clients/patients not to place the nicotine patches right next to other forms of patches they may be using.

- 2) *We commonly tell clients that nicotine is not the harmful substance in cigarettes, when talking about NRT. What are your thoughts about how this message might cause people to consider e-cigarettes a good alternative choice?***

Yes, we have to be careful because it could be received this way. Explain that the only known clean form of nicotine right now is NRT. We have to wait for the research on e-cigarette safety.

- 3) *I feel like if I let the client go without taking action they won't come back. Should you have recommended some action at that point?***

Ask the client what they feel they can manage regarding taking action. Maybe get a commitment from them to return to discuss further?