Motivational Interviewing (MI)

Daniel Geller DNP, APRN, FNP-C
Clinical Instructor
Nell Hodgson Woodruff School of Nursing
Emory University
Motivational Interviewing

Guiding Principles - RULE

Methods – OARS

Stages of Change

http://www.loc.gov/catdir/toc/ecip0718/2007020536.html
MI Guiding Principles – RULE

R – Resist the Righting Reflex
U – Understand your Patient’s Motivation
L – Listen to your Patient
E – Empower your Patient
RULE – Resist the Righting Reflex

- Patients may resist your efforts
- Patients may become defensive
- Better if patients take responsibility for themselves
RULE – Understand your Patient’s Motivation

• Patients need own reasons for change
• Be interested in the patient’s own concerns & values
• Ask, “Why would you want to make a change?”
RULE – Listen to your Patient

• Quality listening is a vital part of good medical care
• Good listening takes patience
• The patient may have answers for their motivation
RULE – **Empower your Patient**

- Outcomes better when patients take an active role
- Patients need to incorporate change into lives
- Support them in their efforts to change
MI Guiding Principles – RULE

R – Resist the Righting Reflex
U – Understand your Patient’s Motivation
L – Listen to your Patient
E – Empower your Patient
Motivational Interviewing

Guiding Principles - RULE
Methods – OARS
Stages of Change
MI-Methods – OARS

O – Open-ended questions
A – Affirmations
R – Reflective listening
S – Summaries
OARS – Open-Ended Questions

“What would you like to talk about?”

“How did this problem start?”

“What would you change if you could?”

“How do your actions relate to your problem?”
OARS – Affirmations

“I appreciate your honesty.”

“I can see you care.”

“It shows commitment that you…”

“You have good ideas.”
OARS - Reflective Listening

“You are saying…”
“I am hearing…”
“What you mean is…”
OARS – Reflective Listening – Exploring Ambivalence

• What is good about current behavior?
• What is not-so-good?
• What would be good about changing?
• What would be not-so-good?
OARS – Summaries

• Communicate you understand situation
• Stay focused on important issues
• Can emphasize certain elements
• “Let me see if I understand…”
MI-Methods – OARS

O – Open-ended questions

A – Affirmations

R – Reflective listening

S – Summaries
Motivational Interviewing

Guiding Principles - RULE

Methods – OARS

Stages of Change
Stages of Change

- **Precontemplation**
  - not see the need for change
- **Contemplation**
  - sees the need for change
- **Preparation**
  - decides to change
- **Action**
  - doing something to change
- **Maintenance**
  - working to maintain change
Motivational Interviewing

Guiding Principles - RULE

Methods – OARS

Stages of Change
Motivational Interviewing (MI)

Daniel Geller DNP, APRN, FNP-C

Clinical Instructor

Nell Hodgson Woodruff School of Nursing

Emory University