INTRODUCTION

- Chronic disease, often associated with lifestyle choices, is a costly issue for the US healthcare industry, accounting for 84% of US healthcare spending (Lee, 2016).
- Motivational Interviewing (MI) has shown to be an effective communication tool to help patients find their intrinsic motivation towards behavior change (Lundahl, 2013).
- Aim: To introduce medical students to MI early in their careers with the goal of teaching students to enact a more patient-centered approach to medical care.
- Hypothesis: Formal MI exposure increases medical student knowledge and confidence using MI in patient encounters.

SETTING + PARTICIPANTS

- Elective: University of Colorado School of Medicine (CUSOM) with 20 first- and second-year medical students who self-selected to participate.
- Curriculum: CUSOM’s Denver Health LIC is a year long program in which students meet their core requirements in a longitudinal, integrated clerkship at a urban safety net health care system. Ten third-year medical students participated.

METHODS

MI Elective Sessions

- Introduction to MI
- Core MI Skills
- OARS
- MI Practice
- MI Practice and a final discussion on using MI in clinical settings
- Review and practice OARS in groups of three
- Practice reflections, define values and use the change ruler
- MI Integration
- MI Elective Sessions
- DH-LIC pre-curriculum data
- DH-LIC pre-elective survey data
- MI Post-elective survey data
- MI Pre-elective survey data

DATA

MI Pre-elective survey data

MI Post-elective survey data

DH-LIC pre-curriculum data

RESULTS

- Prior to the elective, 5% of students “agreed” or “strongly agreed” that they possessed a developed understanding of MI, compared to 100% of students after taking the elective.
- Prior to the elective, 5% of students “agreed” or “strongly agreed” that they could identify a person’s stage of change in relation to a specific behavior goal, compared to 100% of students after taking the elective.
- Prior to the elective, 25% of students “agreed” or “strongly agreed” that they could elicit and respond to a person’s change talk, compared to 95% of students after taking the elective.

CONCLUSION

- The data shows that MI is highly valued by medical students as a skill needed to advance their patient communication skills.
- The findings from the MI elective show that medical students’ communication and patient-centered counseling improves significantly after eight hours of MI specific training.
- The DH-LIC Curriculum was created based on the success of the MI elective and needs assessment of the DH-LIC. Data pending, curriculum ends Feb ’21.