



# Development of a Novel Curriculum in Motivational Interviewing for Medical Students in an Elective and Longitudinal Integrated Clerkship (LIC)

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## 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.

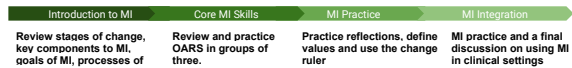
## SETTING + PARTICIPANTS

- 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 an urban safety net health care system. Ten third year medical students participated.

## METHODS

### MI Elective Sessions

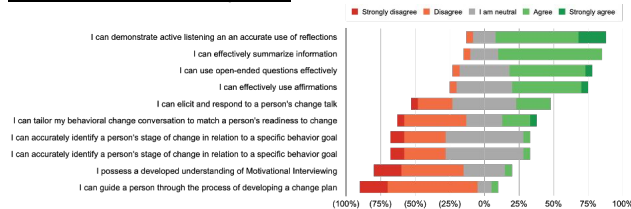


### MI Curriculum Timeline

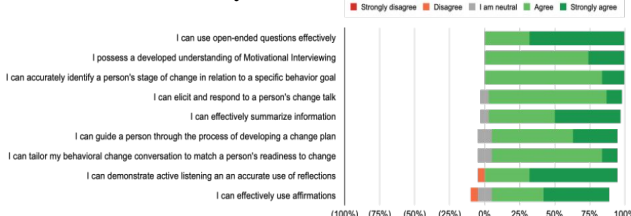


## DATA

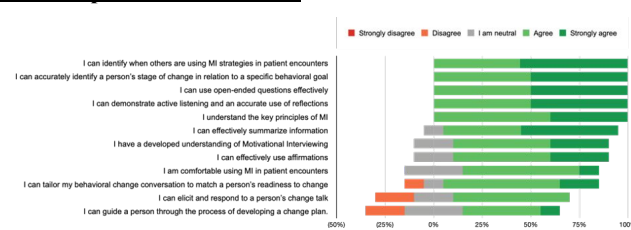
### MI Pre-elective survey data



### 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.

**References**

- Lee, W, Choi, K, C., Yun, Royce (2016). "Effectiveness of motivational interviewing on lifestyle modification and health outcomes of clients at risk or diagnosed with cardiovascular diseases: A systematic review.
- Lundahl B, Moles T, Burke BL, Butters R, Tollefson D, Barker C, Rollnick S. Motivational interviewing in medical care settings: a systematic review and meta-analysis of randomized controlled trials. Patient Educ Couns 2013;93:157-68.