



Practice Session

Activity #13

Following successful completion of the MICMT SMS post-test, (with a passing score) and the evaluation, you will receive an e-mail enabling you to schedule your 30 - minute practice session with your SMS course trainer.

- During the practice session, you will be the care management team member.
- You will interview your “patient” (your trainer will act as the patient using a patient profile they have developed)
- Points to remember:
 - Use the SPIRIT of motivational interviewing
 - Pace the conversation and try not to move to a plan too soon
 - Avoid problem solving **for** your patient
- You will have 15 minutes to complete the role play.
- The following 15 minutes will be used for your trainer to provide you with feedback.
- Utilize the following steps to elicit a goal with the patient

1. Introduction (ENGAGE)

- Name
- Role
- Reason (“Dr. Jones asked me to talk with you about your diabetes”)
- Permission (“Is it okay with you if we talk for about 10 minutes?”)

2. Collaboratively Choose Agenda (FOCUS)

- Ask, “What if anything would you like to work on over the next 2 weeks related to your health?”

3. Explore Choice (EVOKE)

- Use OARS, (more reflections than questions) to explore the patient’s choice
 - “What made you choose this goal?”
 - “When have you made a change in the past that worked for you?”

4. Plan

- Use SMART to plan
 - “It helps to get a little specific about the plan”

5. Summarize

- Also ask patient to summarize their understanding (teach-back)
- Ask patient about confidence in completing their plan
- If confidence is below 7, use problem solving

6. Close the conversation