Trainer
Practice Session   Activity #13

Trainer Notes:

The trainer will be the patient during a 15minute role-play with each participant. Design a patient profile including:

- Chronic illness(s)
- Any SDoH issues
- Family dynamics

Use the same patient profile with each role-play.

Use the Practical Skills Evaluation attached to capture feedback

Participant Instructions:

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 then 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

Motivational Interviewing Practical Skills Evaluation

Name:_____

Role:_____

MI CODING	Tally	Comments	Total
Open-ended questions			
Close-ended questions			
Reflections			
Complex Reflections			
Affirmations			
Responding to Change Talk			
MI Non adherent (i.e. interruptions)			

To what extent were the following MI skills and style demonstrated:

Skill	Score
Spirit of MI	
Active Listening	
Information offering – seeks permission before offering advice or suggestions.	

0 –not at all 1 -minimally 2 –to some extent 3 –a good deal 4 –a great extent

To what extent were the following MI processes demonstrated:

Process	Score
Engaging	
Focusing	
Evoking	
Planning	

0 –not at all 1 –minimally 2 –to some extent 3 –a good deal 4 –a great extent