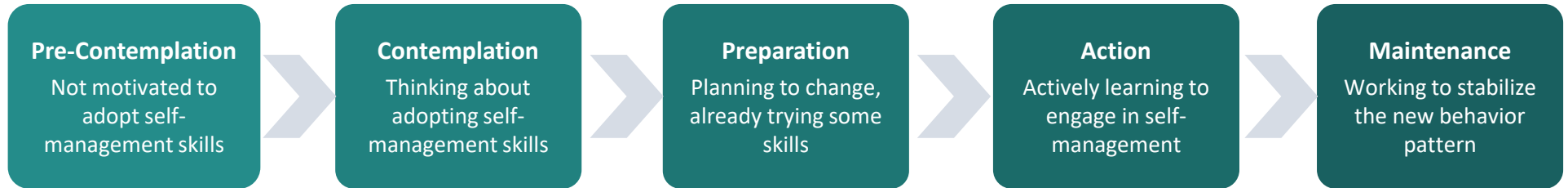


Motivational Interviewing – Interventional Model

Stages of Change



1	2	3
Assess Patient Beliefs About Self-Management	Utilize Importance and Confidence Scales	Provide Feedback using FRAMES
<p>✓ Ask Open Ended Questions</p> <ul style="list-style-type: none"> How do you feel about ____ as a way to manage your anxiety? <p>Precontemplation: activity would not be helpful Contemplation: uncertain that activity would be helpful Preparation: believes activity would be helpful and would like to do it Action: already participating in activity and believes it is helpful Maintenance: activity is now part of daily lifestyle Relapse: used to participate in activity but no longer does</p> <p>✓ Utilize OARS: Open Ended Questions Affirmations Reflective Listening Summary</p>	<p>✓ Ask Importance and Confidence Questions</p> <ul style="list-style-type: none"> From 0-10, how important do you feel this activity is in helping to manage your anxiety? From 0-10, confident do you feel in your ability to engage in this activity and maintain your participation in it? <p>✓ Summarize your understanding of how important and confident they feel.</p>	<p>Feedback</p> <ul style="list-style-type: none"> Discuss assessment of results with patient <p>Responsibility</p> <ul style="list-style-type: none"> Emphasize patient’s autonomy and right to decision-making <p>Advice</p> <ul style="list-style-type: none"> Provide guidance based on patient’s choice of strategy and identified goals <p>Menu</p> <ul style="list-style-type: none"> Create a list of self-management strategies with the patient <p>Empathy</p> <ul style="list-style-type: none"> Be empathetic, respectful, and non-judgmental <p>Self-Efficacy</p> <ul style="list-style-type: none"> Express optimism that the patient can modify their medication use

Self-Management Techniques

<p>Exercise and Physical Conditioning</p> <p><i>Stretching, Walking, Swimming, Yoga</i></p>	<p>Relaxation Techniques</p> <p><i>deep breathing, meditation, tai chi, sleep hygiene</i></p>	<p>Maintaining Daily Activities</p> <p><i>housework, cooking, family events, shopping</i></p>	<p>Non-Prescription Medications</p> <p><i>for insomnia: melatonin (QHS)</i></p>
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