

MOTIVATIONAL INTERVIEWING FOR HEARING CARE

LEARNING OBJECTIVES

1. Foundational Principles of Motivational Interviewing (MI):

- Define MI and its core components: empathy, respect, curiosity, and collaboration.
- Understand the importance of active listening, avoiding judgment, and using open-ended questions.
- Apply the OARS framework (Open-ended questions, Affirmations, Reflections, and Summaries) effectively in patient interactions.

2. Assessing Patient Readiness for Change:

- Differentiate between change talk and sustain talk using the DARN CATS framework.
- Identify indicators of patient readiness for change, including expressed desires, abilities, reasons, needs, and commitment statements.
- Employ strategies to address sustain talk and encourage patients to explore their motivations for change.

3. Providing Information and Guidance:

- Understand when and how to provide information and advice in an MI-consistent manner.
- Use the "elicit, provide, elicit" approach to ensure information is relevant and well-understood.
- Avoid offering unsolicited advice or opinions that may hinder patient autonomy.

4. Ethical Considerations in MI:

- Recognize the five key ethical principles in MI: respect for autonomy, beneficence and nonmaleficence, confidentiality, cultural competence, and patient-centered care.
- Identify potential ethical dilemmas in hearing care and develop strategies to address them.
- Ensure that MI is applied in a way that prioritizes the patient's well-being and autonomy.

5. Overcoming Barriers to MI Implementation:

- Identify common individual, organizational, and systemic barriers to implementing MI in clinical practice.
- Develop strategies to address these challenges, such as promoting training, seeking organizational support, and engaging in peer support.

6. Integrating MI into Clinical Practice:

- Apply MI principles throughout the patient journey, from initial engagement to ongoing follow-up.
- Address potential challenges and relapse prevention strategies.
- Continuously develop and refine MI skills through ongoing training and practice.