



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



Review stages of change, key components to MI, goals of MI, processes of MI

Review and practice CARS in groups of three.

Practice reflections, define values and use the change ruler

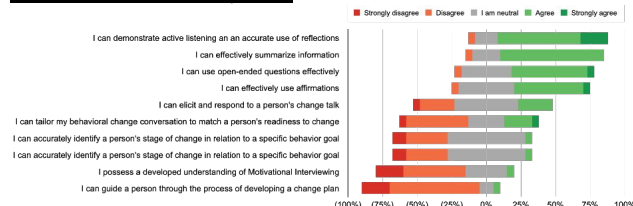
MI practice and a final discussion on using MI in clinical settings

MI Curriculum Timeline

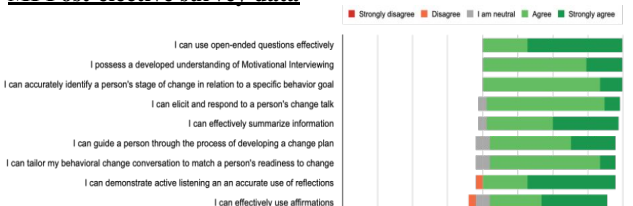


DATA

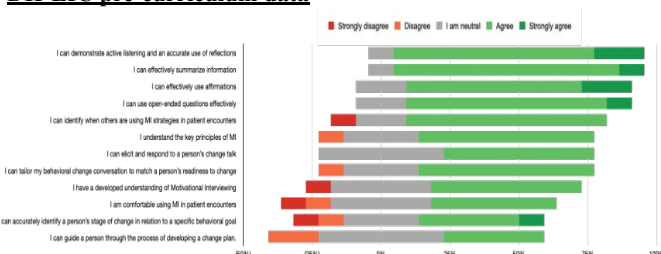
MI Pre-elective survey data



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

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

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