

Feasibility of a Motivational Interviewing "Train the Trainer" program for family physicians

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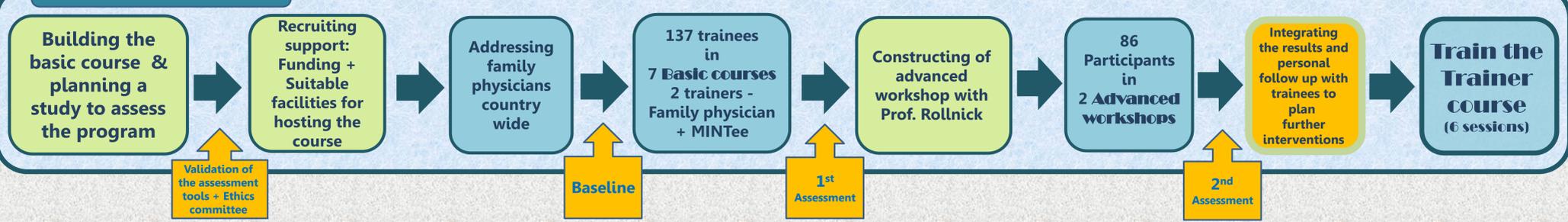
Introduction

Motivational Interviewing (MI) is an evidence-based, person-centered therapeutic approach that helps people adopt a healthier lifestyle^{1,2}. The main causes of death in the West are all related to lifestyle and health behavior³. The Israeli Society of Lifestyle Medicine was established in order to develop and implement Lifestyle Medicine curricula for medical students, physicians and healthcare providers. We, at the Israeli Society of Lifestyle Medicine, believe that MI can assist family physicians in their consultations about lifestyle modifications. In order to achieve these goals, we have launched a program to train family physicians as MI trainers. Our aim is to create a network of MI trainers throughout the country, in order to make MI training accessible to every family physician in Israel.

Objective

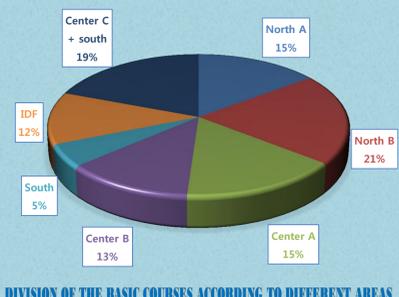
To assess the feasibility of a country-wide MI "Train the Trainer" program for family physicians.

Methods



Basic courses*

June - Oct 2015
7 courses (5hr X 2 sessions)



- 1st session:
- The spirit, principles and style of MI
 - Four processes
 - Core skills (OARS)
 - Scales
- 2nd session:
- Ambivalence
 - Change Talk, Sustain Talk
 - Evoking inner motivation
 - Rolling with resistance
 - Change plan



* Based on: Miller & Rollnick: Motivational interviewing helping people change, 2nd edition.

Advanced workshops

Nov 2015
2 workshops (10hr X 2 sessions)



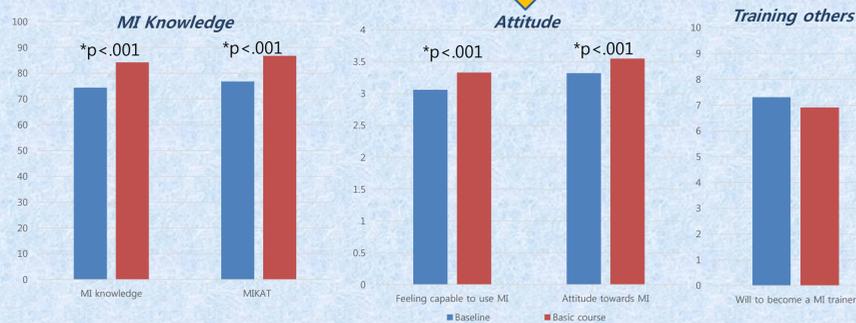
- MI topics:
- Basic guiding style
 - Core skills
 - MI in short time
 - Focusing
 - Giving advice
- Train the trainer:
- "one on one" learning
 - Small group learning
 - The trainers learning and teaching



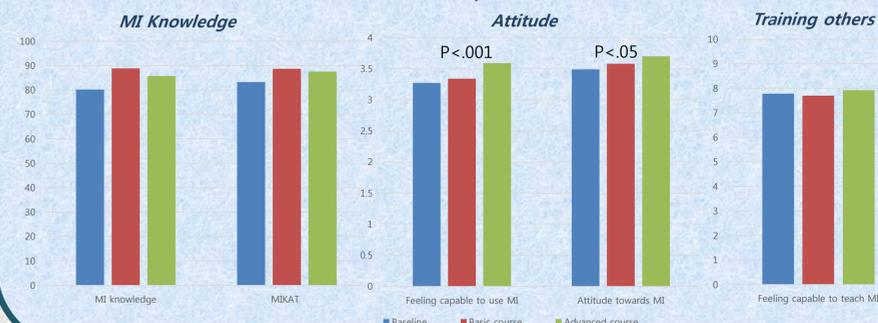
The workshops were conducted in English. Exercises were in the local language (Hebrew).

Results

1st Assessment
N=92 (out of 137)



2nd Assessment
N=40 (out of 43)



Conclusions

Knowledge and attitude scores were significantly improved after the participants completed the basic course. However, the participants expressed a lower desire to train others in MI.

The attitude scores for the advanced course participants were significantly higher than before the course. The participants had no significant change in the MI knowledge scores after completing the advanced course. There was no significant change in the teaching self-efficacy after the advanced course.

This training program is one of the most comprehensive yet to be described for MI in a family physician population; along with a large number of participants it included numerous regions in Israel. The basic course contributed towards both MI knowledge and attitude, while the advanced course strengthened the participants' sense of ability to use MI. Yet, neither course raised the self-efficacy to teach MI.

Following these results, we addressed participants asking what will enable them to establish self-efficacy and desire to teach MI. Hence, we built a more in depth follow-up course: "train the trainer" – that included another workshop with Prof. Rollnick and 5 additional sessions, that aimed towards practical training, utilizing hands-on experience. Twenty seven graduates of the previous courses joined the follow-up course. Many of the "train the trainer" course participants are already teaching and training MI throughout the country, making MI more accessible.

- Strengths:**
- Countrywide program
 - Multiple participants - large sample size
 - Participants with inner motivation
 - Previous experience in communication skills
 - Good response rate
 - Development and use of validated assessment tools
- Limitations:**
- No control group
 - Did not address effect on skills, behaviors or patient outcomes
 - Report bias

Acknowledgments:
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- References:**
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 - Söderlund, L. L., Madson, M. B., Rubak, S., & Nilsen, A.: A systematic review of motivational interviewing training for general health care practitioners. Patient education and counseling, 2011: 84(1), 16-26.
 - WHO - <http://www.who.int/mediacentre/factsheets/fs310/en/index1.html>

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