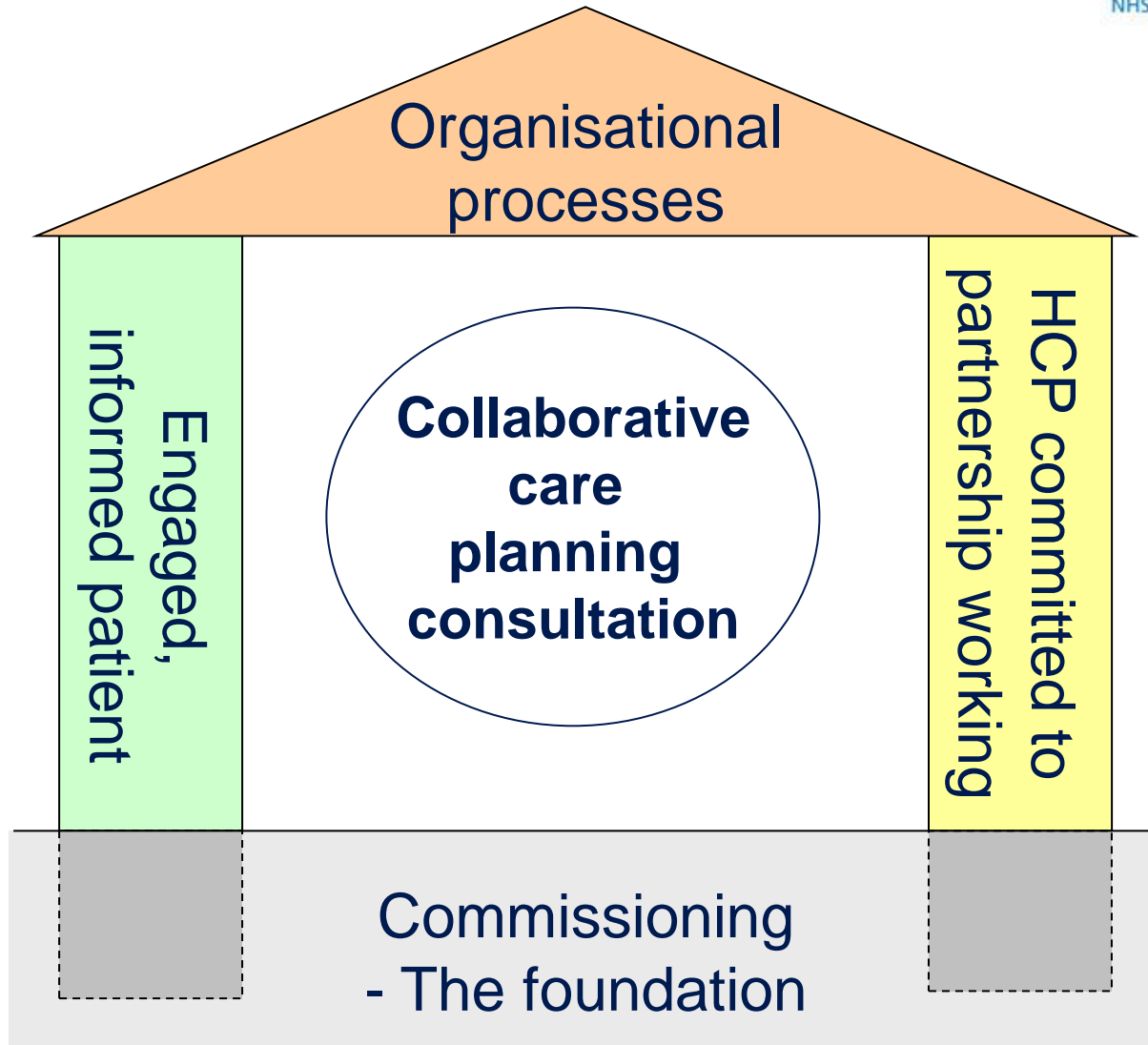


A whistle stop tour of ..

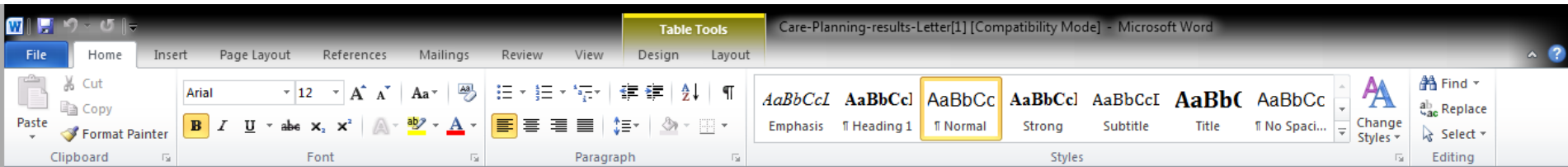
- Motivational interviewing
- Problem solving

Dr Alison Salvadori, Clinical Psychologist
Claire Scott, Care planning lead



Supporting Self Management

- Care Planning
- Goal Setting
- Action Planning
- Engaged and informed patient.



Goal Setting	Date:
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What do you want to work on?

What do you want to achieve?

How important is it to you?
 Not important 1 2 3 4 5 6 7 8 9 10 Important

Action Plan

What exactly are you going to do?

What might stop you and what can you do about it?

Diabetes Care Planning Results Letter

Diabetes Planning Appointment

Name:

Your Appointment:

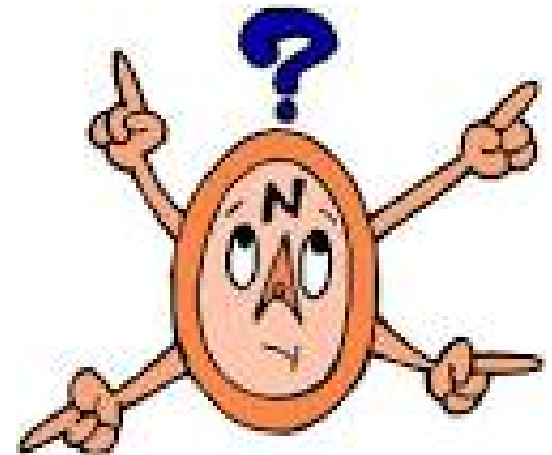
Please bring this to your appointment as it will be used to record what you decide to do to manage your diabetes over the next year and what you would like to discuss at your review.

These are some of the things which people ask about. Circle any which are most relevant to you?

Medical check-ups	Your mood
Taking medication	Eating the right amount
Reducing Carbohydrates	Giving up smoking
Monitoring glucose levels	Alcohol within limits
Healthier eating	Foot care
Pregnancy & Conception	Regular physical activity
	Erectile Dysfunction

Motivational interviewing

- An effective way of talking to people about change
- People find change hard
 - Lack of information?
 - Laziness?
 - Denial?
 - Oppositional personality?



Ambivalence



Resolves ambivalence by eliciting a person's own motivation to change

Spirit of MI

- **R**esist the 'Righting Reflex'
- **U**nderstand the patient's motivations
- **L**isten to the patient
- **E**mpower the patient

Using our OARS!

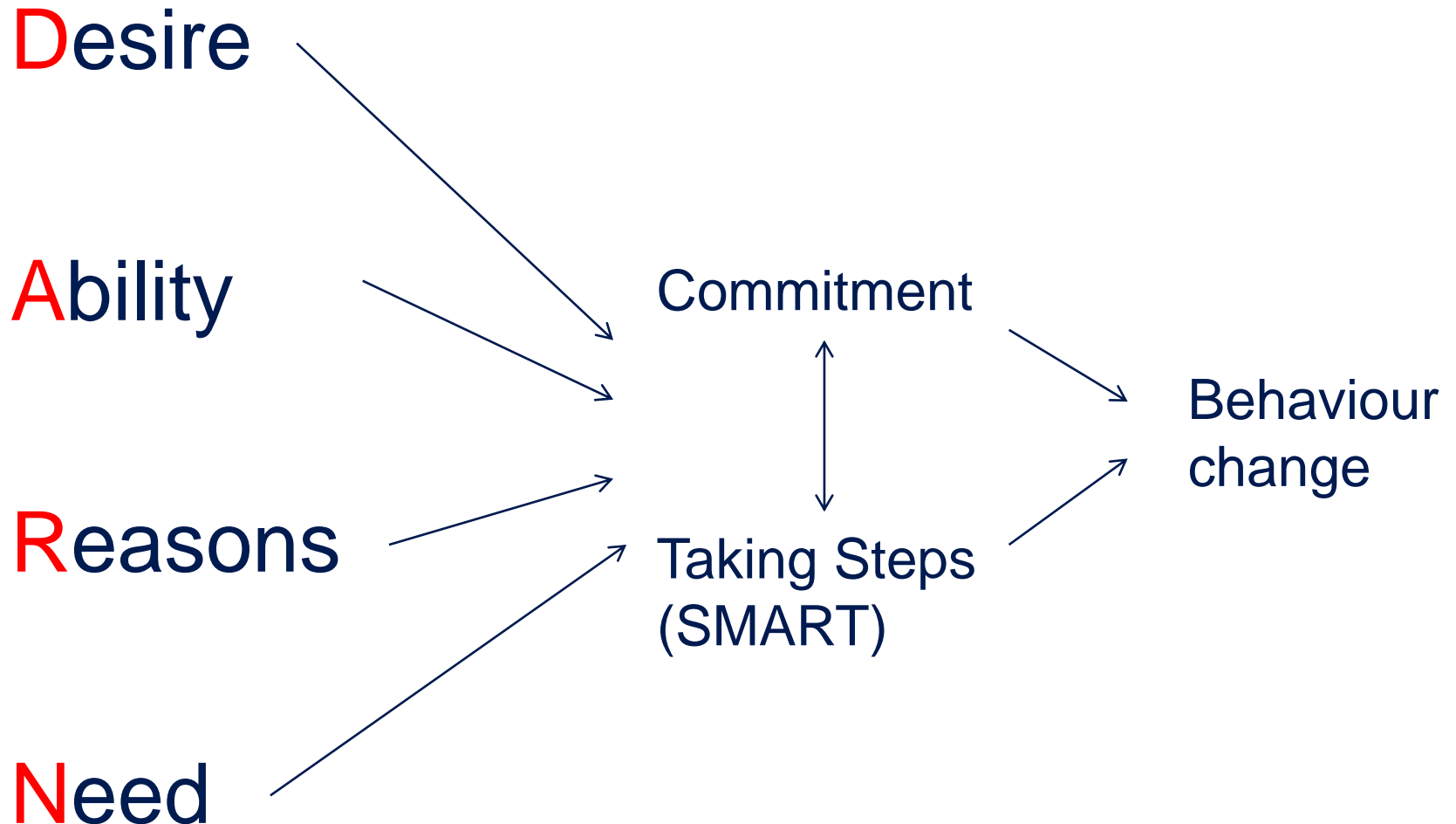
- **O**pen questions
- **A**ffirmations
- **R**eflections
- **S**ummaries



Help the patient to argue for change

- Engage the patient and then listen for change talk
- **D**esire ‘I wish, I want, I like...’
- **A**bility ‘I could, I can’
- **R**easons ‘I would...’
- **N**eed ‘I ought to, I have to, I should’

Change then triggered

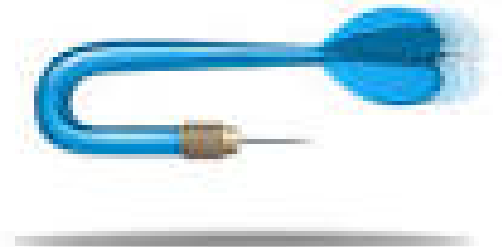


Am I doing it right?

- You hear change talk



- You elicit arguments



A demonstration



How NOT to do motivational interviewing:

https://www.youtube.com/watch?v=_VlvanBFkvl

...and how you SHOULD do it:

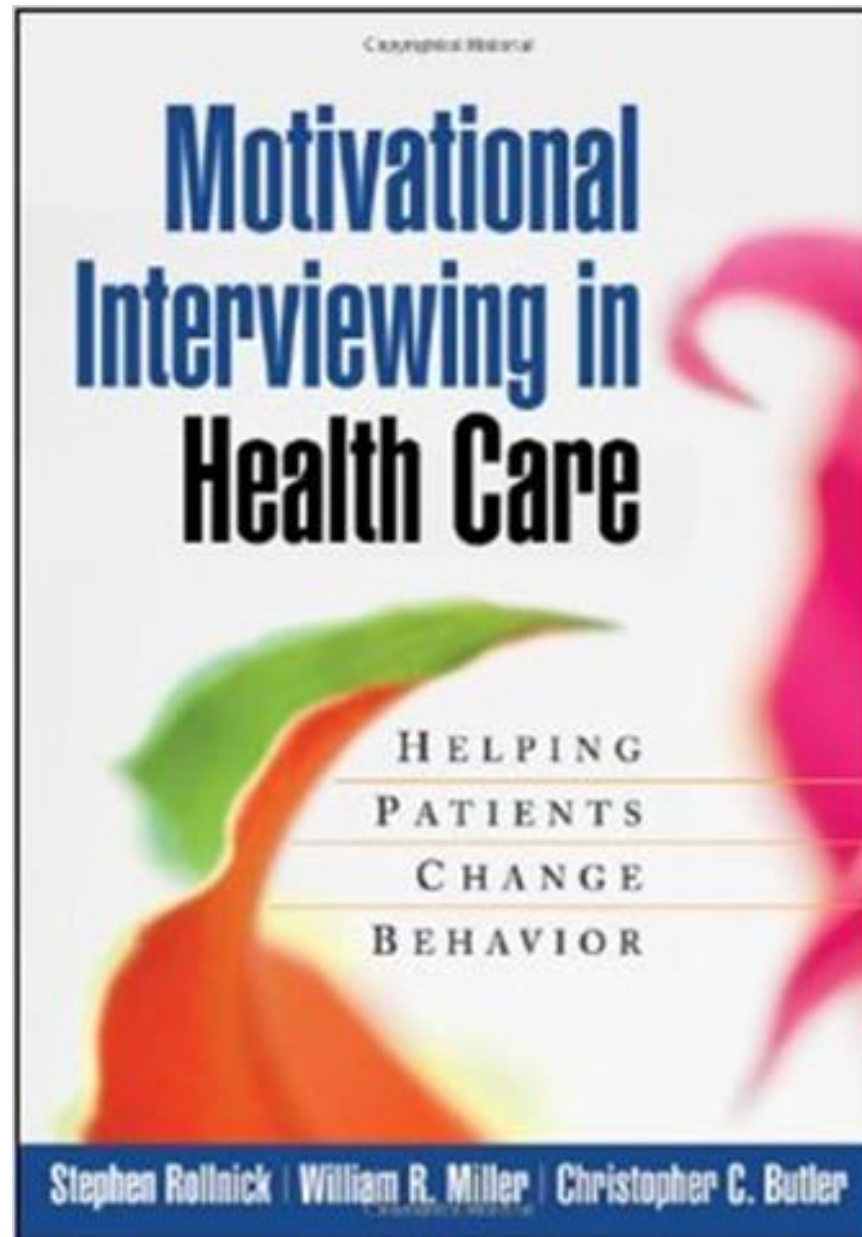
<https://www.youtube.com/watch?v=67l6g1l7Zao>

Meet Bob...

- 66 years old
- Type 2 Diabetes (diagnosed 2004)
- Metformin 2g, gliclazide 80mgs
- BP 130/80 - BMI 42 – lipids 5.4
- Hba1c 62mmols
- Received results summary in post, now attending for Care Planning with you.

Feedback: One comment or observation

- Patient
- HCP
- Observer



Problem solving - POST

- **P**roblem
- **O**ptions
- **S**olutions
- **T**est it out



The Talking Health Service

Talking Health and Wellbeing

Patients experiencing difficulties with coping/adjustment/ self-management and would benefit from health & wellbeing step 2 support and psycho-education
4-6 sessions, individual & group work
Mild to moderate presentation only

MUS

Persistent physical symptoms that have no medical explanation
Up to 16 sessions,
face to face therapy

Community Psychological Medicine

for moderate/complex combined physical /psychological health problems and/or high intensity users of services
Up to 16 sessions,
face to face therapy

Referral forms and further info:

www.talkinghealth.berkshire.nhs.uk