

Bookmark File PDF Motivational Interviewing In Health Care Helping Patients Change Behavior

Stephen Rollnick

personalities. For each, we've included loads of counseling vignettes, with dialogue you may frequently hear from clients, as well as suggestions on how you might respond. For each vignette, we've included the total time, so you can see just how effective 5-7 minutes can be! Note: When you purchase this book, you also get access to 5 1-hour webinars, each focused on a specific challenge area for short-stint MI. You'll also hear actual dialogue between a client and professional, to give you more ideas about troubleshooting your use of MI in a short timeframe. Ready to set aside your "fixing" reflex and put your client in the driver's seat? Let's get started. This is the authoritative, bestselling guide that professionals and students turn to for a complete introduction to motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI -- engaging, focusing, evoking, and planning -- and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page provides additional helpful resources, including reflection questions, an extended bibliography, and annotated case material. New to This Edition: Reflects major advances in understanding and teaching MI. Fully restructured around the new four-process model. All chapters now authored by Miller and Rollnick. Additional case examples and counseling situations. Reviews the growing evidence base and covers ways to assess MI fidelity. Pedagogical Features Include: Online reflection questions and annotated cases, ideal for classroom discussion. Bulleted key points at the end of each chapter. Engaging boxes with special topics and personal reflections. Extended bibliography and quick-reference glossary. This title is part of the Applications of Motivational Interviewing Series,

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edited by Stephen Rollnick and William R. Miller.

This may be the single most important book you ever buy during your medical training. Rotations come and go, exams come and go, but regardless of specialty, patient-care will be at the heart of your practice. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. MI is among the most powerful tools available to promote behavior change in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior change is no longer limited to substance use or the field of psychiatry - maladaptive choices and behaviors that negatively impact health outcomes are rampant. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can't make people change. How marvelous is it that an evidence-based health behavior change approach (MI) can help people change the outcomes of their illnesses and the course of their lives. This therapeutic approach is not a form of psychotherapy and is not the stuff of cobwebs and old leather couches. MI is readily integrated into regular ward rounds and office visits and provides an effective and efficient approach to patients clinical encounters. Written by experts in the field and medical trainees across medicine, this is the first MI guide of its kind. Its explores how MI enhances contact with patients from every level of training, following an accessible, succinct approach. This book covers the application of MI method and skills into practice and also includes numerous clinical scenarios, personal reflections and online animated clinical vignettes (video clips) that share the challenges and successes the authors have focused. Furthermore this book is endorsed by the pioneers of MI: William R. Miller & Stephen Rollnick.

Addresses a central issue in contemporary therapeutic

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practice adherence to treatment. This volume presents research and theory on adherence, both in general and with respect to individual treatment concerns such as diabetes, HIV, heart care, and more.

This book translates the new findings in exercise research for the elderly for busy practitioners, trainees, students and administrators. This book provides practical strategies that can be implemented immediately in the common settings in which practitioners care for adults. The format includes key points and case examples which showcase the strong evidence supporting exercise by older adults as a key tool to enhance health, prevent serious outcomes, such as hospitalization and functional loss, and as part of the treatment plan for diseases that are common in older adults. Written by experts in the field of exercise in older persons, this book is a guide to maintaining quality of life and functional independence from frail to healthy aging adults. Strategies and exercises are discussed for specific care settings and illustrated via links to video examples, to ensure readers can immediately apply described techniques. *Exercise for Aging Adults: A Guide for Practitioners* is a useful tool for physicians, residents in training, medical students, physical therapists, gerontology advance practice nurse practitioners, assisted living facility administrators, directors of recreation, and long-term care directors.

Fundamentals of Person-Centred Healthcare Practice presents evidence-based perspectives on a broad range of approaches to person-centred practice in healthcare. Featuring contributions from internationally recognised experts in the field, this valuable textbook helps students and staff across healthcare disciplines understand the essential concepts of person-centred practice in various health-related contexts. Using the Person-centred Practice Framework—an innovative theoretical model based on more than two

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decades of research and practice—students develop a strong understanding of the different components of person-centredness, their connections and interactions, and how they can be implemented to promote positive healthcare experiences for care providers, service-users, and families. Recognising the dynamic and complex nature of person-centredness, the text emphasises the importance of a common language and a shared understanding of person-centred practice in all areas of healthcare, from hospital and social care systems, to mental health, learning disability, and rehabilitation services. This practical and insightful introduction to the subject: Provides engaging, student-friendly coverage of the central principles and practice of person-centredness within a multi-professional and interdisciplinary context Features cases and examples of person-centred practice in curricula worldwide Includes activities designed to support person-centred practitioner development Discusses the future of person-centred facilitation, learning and practice Offers real-world guidance on providing a holistic approach to developing person-centred relationships that facilitate meaningful connections with others

Fundamentals of Person-Centred Healthcare Practice is an indispensable resource for nursing and allied health professionals, and an important reference work for educators, facilitators, supervisors and healthcare practitioners.

PART ONE: EPIDEMIOLOGY AND PREVENTION

THEORY 1. Epidemiology/Biology of Dental Caries 2.

Epidemiology/Biology of Periodontal Diseases 3.

Epidemiology/Biology of Oral Cancer

PART TWO: RISK-BASED PREVENTION

4. Dental Caries and Associated Risk Factors 5. Periodontal Disease and Associated Risk

Factors 6. Oral Cancer and Associated Risk Factors 7.

Synergism between Pharmacology and Oral Health

PART THREE: ASSESSMENT STRATEGIES TO TAILOR YOUR PATIENT CARE PLAN 8. Nutritional Risk Assessment 9. Laboratory Testing 10. Integrating Risk and Health Promotion Counseling 11. Enhancing Patient Adherence to Preventive Programs 12. The Fearful and Phobic Patient 13. Cultural Competence and Risk Assessment PART FOUR: PREVENTION AND PRACTICE 14. Disease Prevention/Health Promotion 15. Prevention Strategies for Dental Caries 16. Prevention Strategies for Periodontal Diseases 17. Prevention Strategies for Oral Cancer 18. Prevention Strategies for Oral Components of Systemic Conditions 19. Prevention Strategies for Special Populations 20. Integrating Preventive Strategies into Clinical Practice.

Against a global backdrop of problematic adherence to medical treatment, this volume addresses and provides practical solutions to the simple question: "Why don't patients take treatments that could save their lives?" The Wiley handbook of Healthcare Treatment Engagement offers a guide to the theory, research and clinical practice of promoting patient engagement in healthcare treatment at individual, organizational and systems levels. The concept of treatment engagement, as explained within the text, promotes a broader view than the related concept of treatment adherence. Treatment engagement encompasses more readily the lifestyle factors which may impact healthcare outcomes as much as medication-taking, as well as practical, economic and cultural factors which may determine access to treatment. Over a span of 32 chapters, an international panel of expert authors address this far-reaching and

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A fascinating field, describing a broad range of evidence-based approaches which stand to improve clinical services and treatment outcomes, as well as the experience of users of healthcare service and practitioners alike. This comprehensive volume adopts an interdisciplinary approach to offer an understanding of the factors governing our healthcare systems and the motivations and behaviors of patients, clinicians and organizations. Presented in a user-friendly format for quick reference, the text first supports the reader's understanding by exploring background topics such as the considerable impact of sub-optimal treatment adherence on healthcare outcomes, before describing practical clinical approaches to promote engagement in treatment, including chapters referring to specific patient populations. The text recognizes the support which may be required throughout the depth of each healthcare organization to promote patient engagement, and in the final section of the book, describes approaches to inform the development of healthcare services with which patients will be more likely to seek to engage. This important book: Provides a comprehensive summary of practical approaches developed across a wide range of clinical settings, integrating research findings and clinical literature from a variety of disciplines Introduces and compliments existing approaches to improve communication in healthcare settings and promote patient choice in planning treatment Presents a range of proven clinical solutions that will appeal to those seeking to improve outcomes on a budget Written for health professionals from all disciplines of clinical practice, as

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well as service planners and policy makers, *The Wiley Handbook of Healthcare Treatment Engagement* is a comprehensive guide for individual practitioners and organizations alike.

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the *Applications of Motivational Interviewing* series.

"Elective surgery on poorly prepared patients suffering with chronic pain and comorbid substance dependence is increasingly shown to confer suboptimal outcomes - both clinical and economic. Achieving biopsychosocial 'fitness for surgery' for these patients often requires a process similar to preoperative optimization of cardiac and other chronic diseases, with modification / elimination of risk factors (in many cases shared with those diseases.) These risk factors are not so much genetic or uncontrollable, but rather behavioral, and comprise toxic thoughts and toxic habits. The preoperative optimization program for chronic pain

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patients, presented in this book focuses on high-yield modifiable targets that are supported by the literature and the authors' clinical experience. These comprise tobacco cessation, preoperative opioid reduction or elimination, slow-wave sleep enhancement, nutritional and exercise "prehabilitation", and reduction of anxiety and pain catastrophization Preoperative Optimization, Chronic pain, Risk Factors, Enhanced Recovery, Ambulatory Surgery, Elective Surgery, Biopsychosocial, Motivation, Habit, Motivational Interviewing, Motivational Enhancement, Prehabilitation"--

Having served as Great Britain's longest-enduring prime minister, Adam Lang accepts a large cash advance to write a tell-all memoir of his life and controversial political career, an effort for which he hires a ghostwriter who uncovers dangerous secrets about the former leader's term.

Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices.

This new book summarizes the adherence literature for a number of specific health behaviors and populations. It provides a comprehensive source on the conceptualization, interventions, and measurement of treatment adherence and a synthesis of the research across demographic and chronic diseases. The text presents problems associated with treatment adherence; theoretical models that have commonly been used to

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understand, predict, and/or improve adherence; adherence with specific behaviors including exercise, diet, rehabilitation, medication, and psychological therapies; and strategies in enhancing adherence. Because chronic diseases involve similar behaviors, the handbook is organized by specific behaviors and special populations, and not by disease. Every chapter is sub-organized by specific diseases to ensure easy access for the readers and features a discussion of adherence across demographic and chronic conditions, a review of previous interventions directed at the particular behavior or population, questions and scoring algorithms for widely used measures of treatment adherence, a discussion of the clinical research, and where appropriate, policy implications. Patient Treatment Adherence addresses: practical recommendations to improve adherence; the impact of non-adherence including costs and health-related quality of life; methodological issues such as assessing cost-effectiveness; and the use of technological advances to improve adherence. Intended for health service professionals, health, clinical, social, and cognitive psychologists, primary care physicians, pharmacists, and policy-makers, this text is also an excellent resource for graduate courses on health psychology and public health.

Motivational Interviewing in Nursing Practice: Empowering the Patient is a guide to learning Motivational Interviewing, a set of skills that utilizes therapeutic communication to promote behavior change. This text provides unique tools for nurses to implement

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and help patients take responsibility in their own health care, make informed decisions and provide guidance toward healthy behavior change, leading to improved health of our communities and country. This unique reference contains diagrams, tables, and case studies throughout to offer a better understanding of how to utilize the skills in daily practice. Clear objectives are at the beginning of each chapter and key points to remember are included at the end of each chapter. The skills learned will help nurses to accomplish the many healthcare goals and empower their patients through communication.

Motivational Interviewing in Health Care Helping Patients Change Behavior Guilford Press

Fundamental Skills for Patient Care in Pharmacy

Practice enables students and new pharmacists to master the skills associated with clinical care in either the inpatient or outpatient setting. In accessible steps, this valuable resource provides the tools for gaining medication histories from patients and counseling them on the most effective and safe manner to take medications. Each chapter explores the background and practice of a critical skill, tools that aid in its development and mastery, and tips for success. Students and pharmacists will come away with the knowledge to identify drug-related problems and formulate plans for solutions to these problems. Fundamental Skills for Patient Care in Pharmacy Practice prepares future pharmacists to communicate effectively in verbal and written formats with health professionals and special patient populations as they prepare and present SOAP

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notes, patient cases, and discharge counseling.

"MI is a practical, brief, and evidence-based approach that takes into consideration how difficult it is to make behavioral changes. Ambivalence represents a patient's experience of simultaneously feeling conflicted (two ways) about changing one's behavior; for example, concurrently wanting to make a change while also feeling reluctant to do so"--

An Introduction to Community and Primary Health Care introduces students to the theory, skills and professional roles in community settings.

Especially helpful for clinicians who have an interest in behavior change but do not possess specialized training in addiction treatment. The study questions at the end of most chapters, accompanied by an answer guide, will help reinforce basic concepts and can be used for self-study, board or general review.

Utilizing a descriptive quantitative design to guide data collection and analysis, 11 of the 14 clinics in the State of Minnesota that participate in the SagePlus program were selected by the Minnesota Department of Health (MDH) to participate in this study. The population for this study was the 22 healthcare professionals who were providing the lifestyle interventions in those clinics. The purpose of this study was to determine if the SagePlus healthcare professionals who are providing lifestyle counseling interventions were using Motivational Interviewing (MI) with SagePlus clients and if the healthcare professionals were maintaining the spirit of MI throughout these interactions. The Behavior Change Counseling Index (BECCI) tool was utilized to assess the healthcare

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professional's competency in using MI techniques.

While all of the healthcare professionals providing demographic information for the study reported that they used MI when providing lifestyle counseling, only one healthcare professional spoke for less than half of the time, and only 50% of the participants had a score reflecting competency. This indicates that the healthcare professionals do not fully adhere to the principles of MI.

"MI is more about listening than telling, about evoking rather than instilling, and empowering the client to make the change" (Rollnick, Miller, & Butler, 2007, p. 3). The information gained from this study can be used to improve the effectiveness of MI-based interventions to guide lifestyle behavior changes in the clients of the MDH's SagePlus program. In addition, study findings can be used to provide ongoing support, feedback, and continuing education necessary to promote effective Motivational Interviewing by the healthcare professionals who are providing SagePlus lifestyle counseling.

People with diabetes often struggle to make healthy choices and stay on top of managing their illness. Filling a vital need, this is the first book to focus on the use of motivational interviewing (MI) in diabetes care. The uniquely qualified authors--physician Marc P. Steinberg has devoted much of his career to diabetes care, and renowned clinical psychologist William R. Miller is the codeveloper of MI--present proven counseling techniques that can make any conversation with a patient more efficacious and motivating. Numerous sample dialogues illustrate specific ways to elicit patients' strengths and help them overcome barriers to

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change in such areas as eating habits, physical activity, medication use, insulin treatment, substance abuse, psychological issues, and more. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers. Winner (First Place)--American Journal of Nursing Book of the Year Award, Adult Primary Care Category

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

"Fundamentals of Motivational Interviewing provides a straightforward, common-language, and user-friendly guide to key concepts in MI"--

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"Promoting Self-Management of Chronic Health Conditions covers a range of topics related to self-management-theories and practice, interventions that have been scientifically tested, and information that

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Individuals with specific conditions should know (or be taught by healthcare professionals)"--

Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skillfully and ethically apply the core MI processes--engaging, focusing, evoking, and planning--in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these materials in a convenient 8 ½" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

This bestselling work for professionals and students is the authoritative presentation of motivational interviewing (MI), the powerful approach to facilitating change. The book elucidates the four processes of MI--engaging, focusing, evoking, and planning--and vividly demonstrates what they look like in action. A wealth of vignettes and interview examples illustrate the "dos and don'ts" of successful implementation in diverse contexts. Highly accessible, the book is infused with respect and compassion for clients. The companion Web page

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Professionals and How Do I Know What Skill to Use? Both chapters result from what the authors have learned from their interactions over the past six years with their students and health care professionals. The authors have applied motivational interviewing to the complex behavior change that is central to patients being able to manage chronic illnesses such as diabetes, high blood pressure, high cholesterol, and osteoporosis.. This book identifies critical interactional dynamics to assist health care providers (HCP's) in developing a conversational "flow" with the patient. How does empathic understanding create a relationship that allows patients to discuss barriers (and benefits) to managing their illnesses? How can the HCP guide patients to choices they can make to manage their illnesses? How do we encourage patients to talk about how they make sense of their illnesses and what is happening to them? Using MI will enable you to communicate with your patients in a clear, concise, and sensible way that helps open your patients to the possibility of behavior change. By using the tools and skills in this revised second edition, you can have a greater impact on improving your patient outcomes. Key Features: - Two new chapters address the human brain and social threat, and how to know what MI skills to use - Provides a practical, step-by-step approach to the use of MI skills and tools in all practice settings - Includes

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multiple dialogues between HCPs and patients to illustrate the use of MI skills and tools - Case studies vividly demonstrate the application of MI through extensive dialogues with video links - Review questions at the end of each chapter underscore key concepts

Offers an engaging introduction to the theory, skills and application of community and primary health care.

Motivational interviewing is a person-centered, collaborative method for exploring ambivalence and enhancing motivation to change. Compatible with social work values and ethics, it is applicable to the wide range of problems and helping situations with which direct practice social workers are involved.

One such by-product of working with vulnerable and oppressed clients -- people to whom social work is committed -- is that social workers are often employed in public agencies with people who have been ordered by the courts to attend services. In order to work successfully with mandated populations, helpers have to consider how they will access those who initially appear unmotivated to change. Motivational interviewing provides the stance and the tools to be able to achieve this effectively, while maintaining human dignity and respect of the individual. And although it can be used as a stand-alone model, motivational interviewing has also been employed as an initial intervention so

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that people become more motivated to participate in other services; it can be used flexibly on its own or integrated with other, more action-oriented interventions. This workbook, with its infusion of examples and numerous exercises, will help students and beginning practitioners develop the knowledge and skills to work collaboratively with clients and to build their motivation to change problem behaviors.

Midwives support women during the reproductive period of their lives. Dimensions of midwifery work include, in addition to the physiological aspect, psychological and spiritual issues. Midwifery activities mean involvement in the most intimate sphere of clients' lives. Women's perceptions of partnership, sexuality, pregnancy and birth are affected by their personal experiences and by the culture they live in. The same factors also influence the midwives' perception of these issues. It is therefore crucial for the midwives to be aware of certain areas of their work that have a sexual inclination and clarify their own eventual prejudices regarding sexuality, since these can affect their provision of holistic, individual and competent care to women and their families. This book deals with different aspects of sexuality that can have an influence on everyday midwifery work. It might also be of interest to different groups of people - midwives in clinical settings, midwifery educators,

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midwifery students and also other health professionals who manage women during the reproductive period.

Over the past decade health care systems around the world have placed increasing importance on the relationship between patient choice and clinical decision-making. In the years since the publication of the second edition of *Shared Decision Making in Health Care*, there have been significant new developments in the field, most notably in the US where 'Obamacare' puts shared decision making (SDM) at the centre of the 2009 Affordable Care Act. This new edition explores shared decision making by examining, from practical and theoretical perspectives, what should comprise an effective decision-making process. It also looks at the benefits and potential difficulties that arise when patients and clinicians share health care decisions. Written by leading experts from around the world and utilizing high quality evidence, the book provides an up-to-date reference with real-world context to the topics discussed, and in-depth coverage of the practicalities of implementing and teaching SDM. The breadth of information in *Shared Decision Making in Health Care* makes it the definitive source of expert knowledge for healthcare policy makers. As health care systems adapt to increasingly collaborative patient-clinician care frameworks, this will also prove a useful guide to SDM for clinicians of

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all disciplines.

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