

Motivational Interviewing Education for Providers to Address Adolescent Nutrition by Mary Roth



UVA

SCHOOL of NURSING

GOAL

To implement the Change Talk: Childhood Obesity motivational interviewing (MI) training to increase provider self-reported knowledge and use of MI to address adolescent nutrition and weight management.

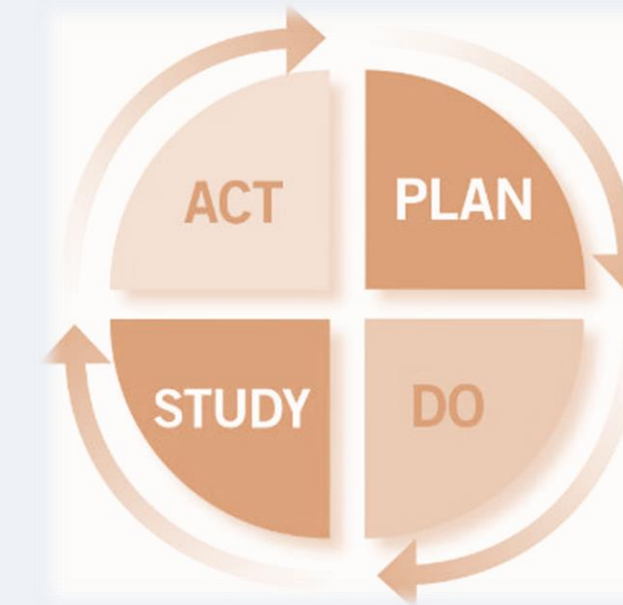
REVIEW OF LITERATURE

- Lack of research on Change Talk program
- Insufficient evidence to support singular format of MI education to increase use of MI with adolescent patients
- Secondary benefits of MI: decreased clinician burnout, increased patient satisfaction, shortened visit length

INTERVENTION

QUALITY IMPROVEMENT PROJECT

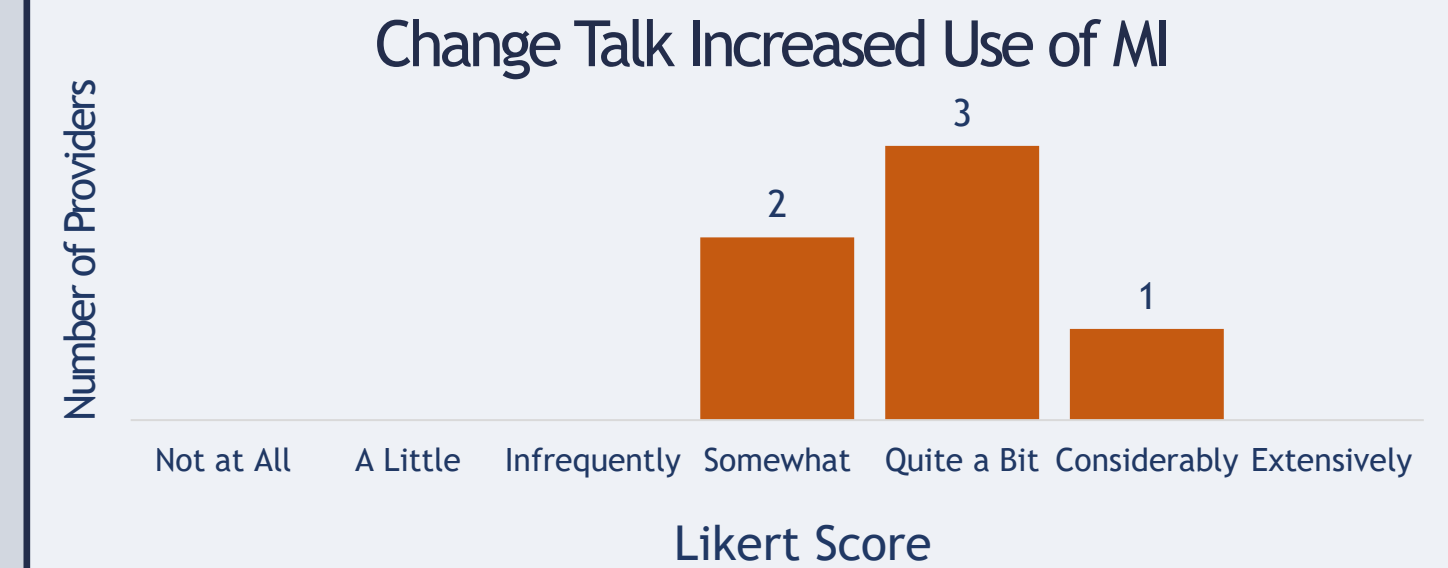
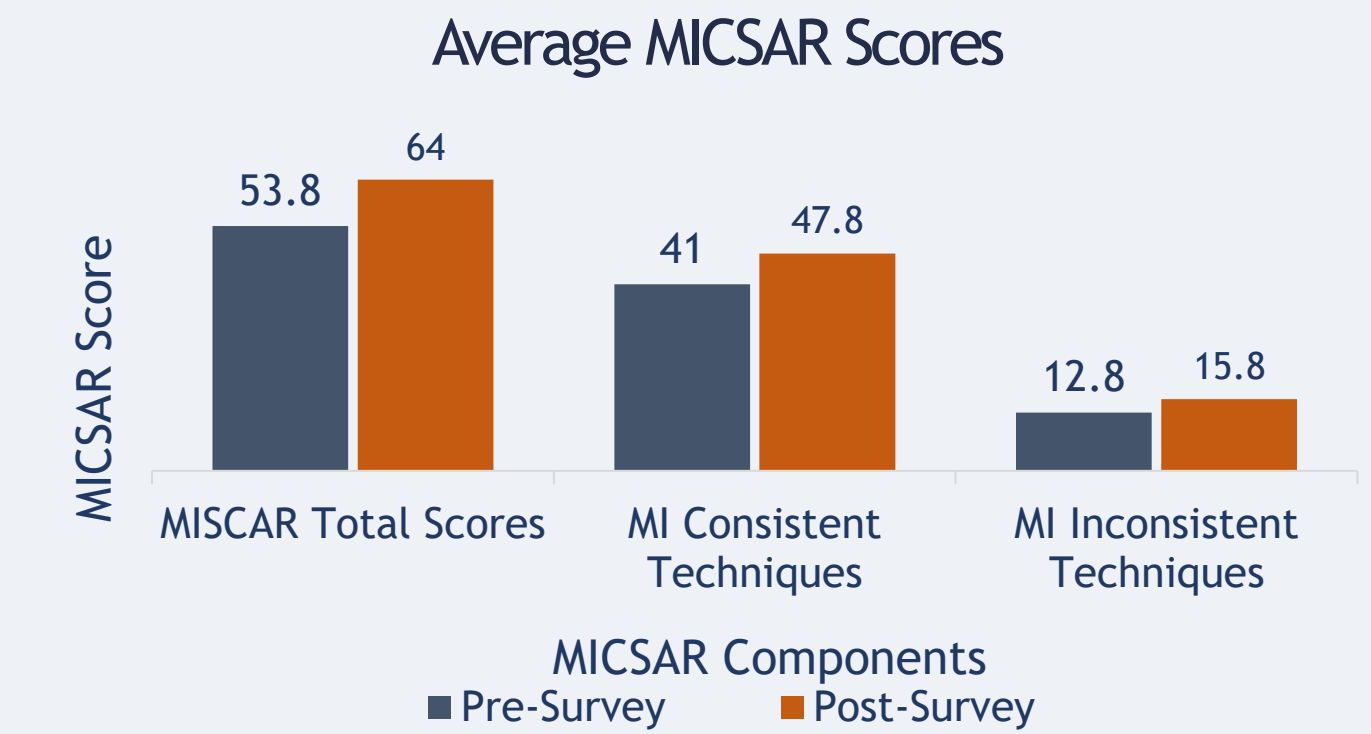
Plan: Ambulatory care setting providers who see adolescents, complete Change Talk
Do: Pre-Survey → Change Talk → Post-Survey
Study:



- Barriers & AAP recommended strategies for weight discussions
- Motivational Interviewing Clinician Self-Assessment Report (MISCAR) scores pre vs. post.
- Knowledge and use of MI after Change Talk completion

Act: Sustainability - reduce barriers to MI use, increase Change Talk adoption in practice settings and graduate programs

EVALUATION & COST CONSIDERATIONS

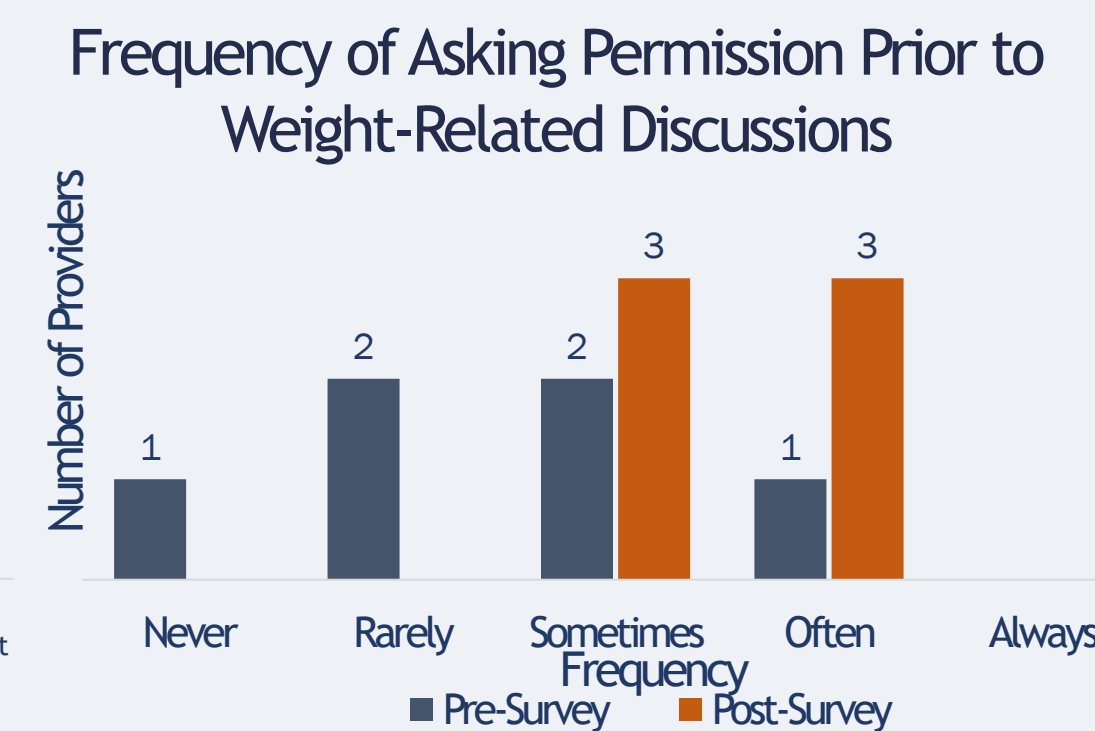
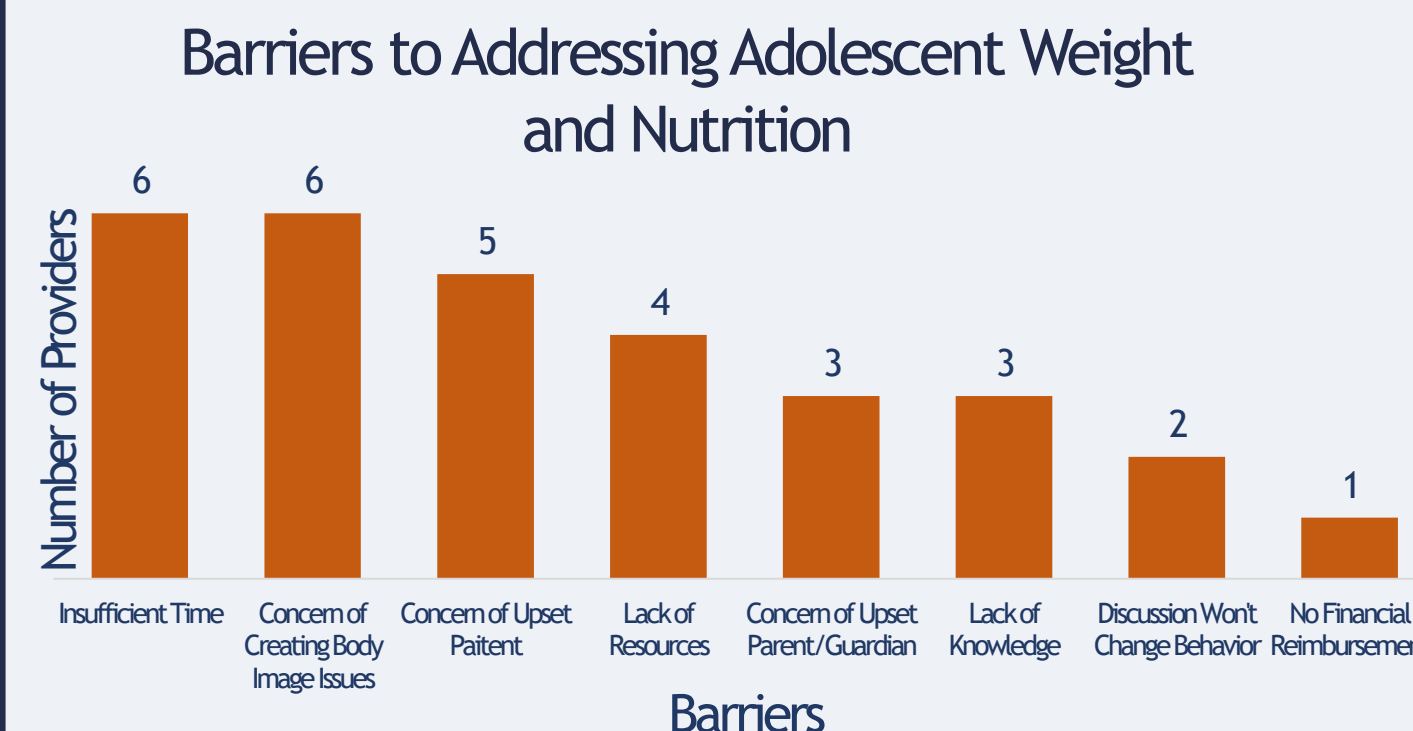


- Participants: 4 NPs, 2 Pas
- Increased MISCAR scores, knowledge of MI, and use of MI
- Intervention at no cost to provider, additional savings in productivity



BACKGROUND

- 20% of US adolescents obese (CDC, 2022)
- Increasing rates in Virginia (DRCCA, 2021)
- \$173 billion/year on medical care (CDC, 2022)
- MI is proven to reduce pediatric BMI (Resnicow et al., 2015)
- Several barriers reduce use of MI (Yarborough et al., 2012)
- American Academy of Pediatrics (AAP) developed Change Talk, a free, online simulation to develop MI skills



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