



## Focus Area

Maternal OUD, Safe Sleep, & NAS

## Status

Implementing

## Problem Statement

When confronted with a recommendation for change, patients may express hesitancy, uncertainty, or ambivalence appearing disengaged or even angry at times.

Maintaining a trusting rapport with delivering and postpartum persons and infant caregivers and fostering an environment of shared decision making is important in optimal health outcomes.

Motivational interviewing (MI) is a technique that can help raise awareness of a person’s values and hopes for a healthy life for them and/or their loved one(s) and uses strategic conversational approaches to increase internal motivations to take actions toward wellness.

“People are generally better persuaded by the reasons which they have themselves discovered than by those which have come into the mind of others.”

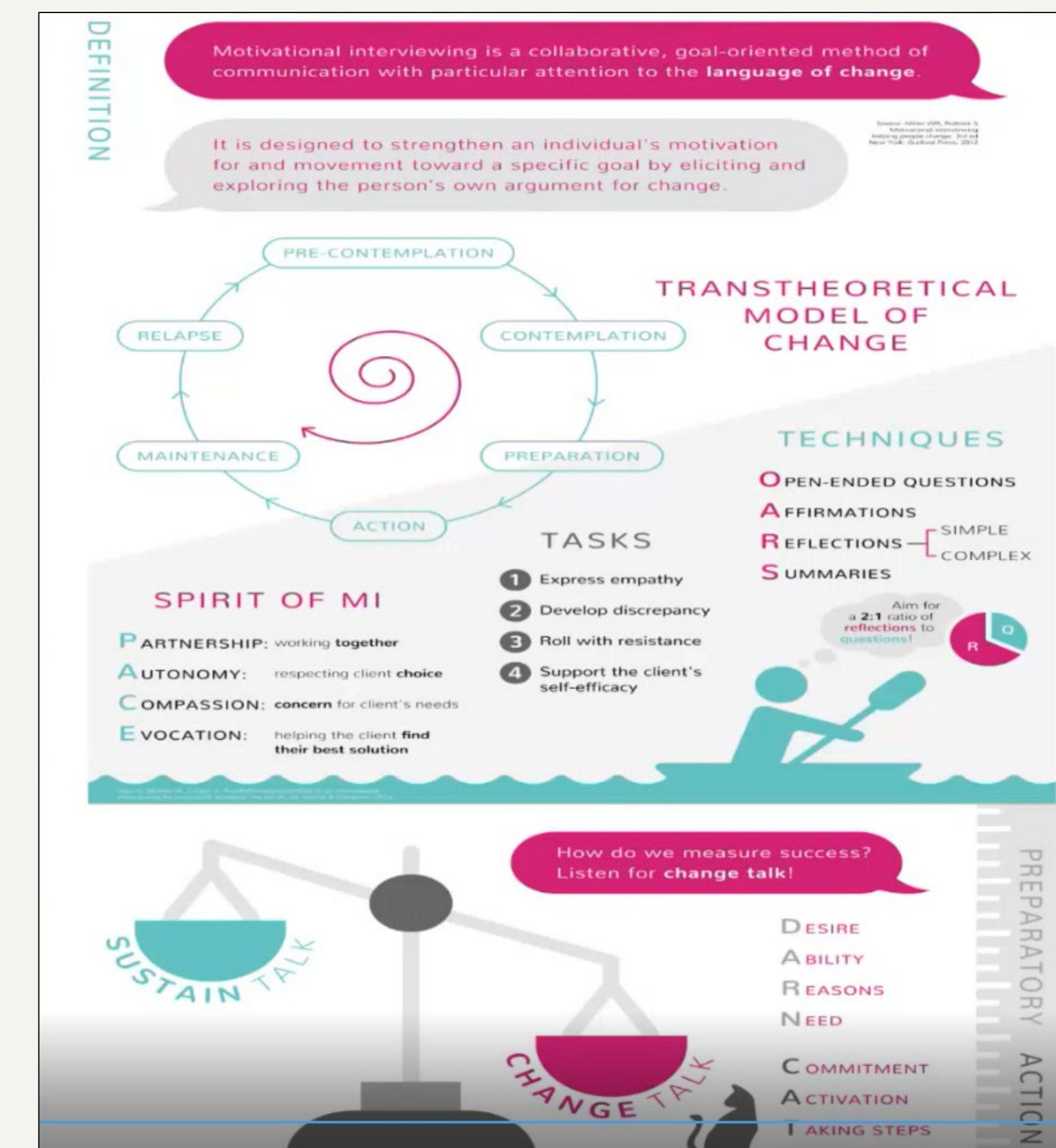
—Blaise Pascal

## Key Interventions

1. Initial discussions and planning occurred at our monthly PAPQC meetings and later a subgroup formed to continue planning efforts with the appropriate experts and stakeholders in attendance.
2. Resources for MI, available through ASAM and SAMHSA, were initially reviewed by team members with the plan to develop an electronic learning module.
3. We adjusted our plans when we were made aware that one of our Addiction Medicine fellows, Dr. Rusina Karia, was interested in providing assistance with the development of a PowerPoint and/or live trainings.
4. A live-training schedule was drafted.
5. Three 1-hour live staff training sessions were completed.
6. One of the live sessions was recorded and is available for future training purposes.

**DEFINITION**

“MI is a *Patient-centered, Collaborative, Goal-oriented* method for enhancing **intrinsic motivation** to change by exploring and resolving ambivalence.”



## Results

Three separate 1-hour live staff training sessions were completed with staff from our largest OB ambulatory care site, with our Children's Hospital Safe Sleep Team, and our NICU Professional Collaborative Nursing Council (PCNC). Future plans include extending the training to our Women & Babies PCNC.

The training sessions were positively received by attendees and great Q&A sessions occurred after the training.

## Lessons Learned

- Utilize internal experts for MI Support and training development.
- Initial MI education is a good first step, but additional opportunities to simulate conversations and apply skills is also important.
- It may be helpful to identify real-time coaches and mentors that can be contacted for in-the-moment practice or support.

“On this topic, our team would most like to learn from our peers...”

What motivational interviewing training curriculums/ modules have other organizations used?

What have you implemented to ensure ongoing competency and support with motivational interviewing?