

# MOTIVATIONAL INTERVIEWING

## Dentists and Occupational Therapists

Dentists and occupational therapists can collaborate on patients' brushing techniques or make modifications in the dental environment that suit patients' needs. OTs can meet with clients to help settle in the dental chair and work with patients to implement daily brushing habits that a dentist recommends. In addition, OT can help patients with sensory disorders through desensitization techniques before going to a dentist appointment.

## Dentists and Social Workers

Dentists and social workers can collaborate together in dental clinic settings to ensure that patients have the motivation and education to upkeep their dental hygiene as well as locating the resources and support to attend regular dental appointments. Social workers also assist patients who have anxiety once they settle into the dentist's chair for a procedure.

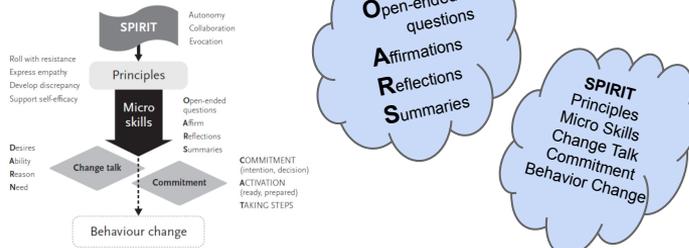
## Dentists and Physicians/PAs

Adequate oral health is achieved through a multidisciplinary approach. There is a lot of overlap in care between dentists and DOs/PAs, especially in primary care. Seamless transfer of care, knowledge of local resources, and open communication are all essential elements of caring for all patients, especially those with serious dental concerns. These professions can use MI to encourage habits that lead to good oral and full body health. After all, the mouth is the mirror to overall health.

**How medical, dental, OT, PA and social work providers can work interprofessionally to create holistic treatment teams for patients within our communities.**

**Motivational interviewing: a collaborative conversation style for strengthening a person's own motivation and commitment for change.**

### The Framework of Motivational Interviewing



## Social Workers and Physicians/PAs

Social workers, physicians and PAs frequently use MI as a means for communicating with the patient about the status of a patient's motivation to make healthy lifestyle changes in order to improve mental and physical health. They can discuss the patient's progress with each other to work together to make a larger impact. A collaborative approach allows patients to receive both mental and physical health care all in one place (ex: at their PCP's office) which is particularly helpful in rural areas where specialty healthcare is harder to find.

## Social Workers and Occupational Therapists

Social workers and occupational therapists will frequently use MI to assess a patient's emotional and occupational needs in order to connect the individual with the appropriate services within the community. Both professions focus on using MI to understand what is important to the patient and how to change their thoughts and behavior. Social workers and occupational therapists will collaborate to talk about a patient's mental health, community involvement and resources that can be utilized.

## Occupational Therapists and Physicians/PAs

Physicians/PAs and occupational therapists often collaborate about patient's progress and to create appropriate discharge plans. MI can be used to incorporate health management skills in a patient's daily life. OTs can also work with physicians/PAs to work on lifestyle modifications and home safety.

### Using "pulling" rather than "pushing techniques"

**-Pushing** is often overused by clinicians who naturally assume the "expert" role and feel it is most time-efficient to simply tell the patients what to do. This technique fails to lead to a behavior change.

**-Pulling** is eliciting the patient's own ideas, values, motivations, concerns, feelings about the problem, and potential solutions.

**How the five professions worked together interprofessionally.** Our standardized patient, Alex, had many concerns such as dental pain, anxiety, homelessness, lack of health insurance, unemployment and chronic GI concerns. Having an interdisciplinary team allowed Alex to have accessible care and address all of her concerns in one place. The student dentist focused on Alex's dental pain and oral concerns, reducing pain and improving oral health. The student physician and PA focused on GI concerns, drug usage, dehydration and health insurance. Alex's anxiety and homelessness was addressed by the student social worker to improve mental health and provide the resources for secure housing. The occupational therapy student concentrated on what jobs Alex could be interested in and her interests to promote involvement in the community and increase self-efficacy. We each brought our own knowledge to the case and collaborated with each other to effectively treat the client in an encouraging and supportive environment. By using principles of MI, we were able to determine Alex's biggest concerns and create goals with plans to achieve them. We learned from Alex that it is important to work together as a team with the patient to make sure the patient is on the same page with the treatment plan and is willing and able to follow the plan.

### Conclusion

Motivational interviewing can be time consuming to learn to use effectively, but in the long term it is more productive and efficient than typical methods of change with patients. Just getting the patient to talk about change, even if they aren't ready to make changes, can be progress. With all healthcare professionals using this approach and communicating progress with each other, huge changes can be made.