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Healthy ageing: how can family doctors apply motivational interviewing to change behaviour

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Background: The increasing age average of our patients brings a challenge to family practitioners, shifting focus from acute diseases onto long-term conditions, where outcomes are greatly affected by lifestyle choices.

Motivational interviewing (MI) is a collaborative, person-centered form of guiding to elicit and strengthen motivation for change (Miller & Rollnick, 2009). It consists on a technique that has shown success in fostering change towards healthier behaviours by eliciting internal motivation and adherence to treatment. MI is a cost-effective tool that family doctors can apply in their daily consultations to improve their patient's health and lifetime expectancy.

Aim:

- Acknowledge the importance and advantages of using MI at consultations;
- Reflect and identify barriers in applying MI at the daily practice and how to surpass those obstacles;
- Establish the use of MI as a cornerstone of preventive medicine.

Methods: The session will start with a brief presentation of the intervenients and then proceed to the exposition of contents:

- Define the workshop objectives and purpose (5minutes);
- Exposition about MI, its definition and steps (15 minutes);
- Examples of MI and personal reflexion (15 minutes)
- Division into 3 groups with 3 daily clinical situations (obesity, tobacco smoking, stroke). Each discussion group will have a facilitator to engage the group into sharing thoughts/opinions on each particular scenario.

Brainstorming/Roleplay:

Those ideas will be integrated and adjusted to the MI technique in each discussion group (15 minutes)

Discussion about techniques/difficulties (5 minutes)

Review strategies and present keypoints/ take-home messages (5 minutes)

Discussion: The workshop will promote a dynamic interaction between peers, allowing them to share their experiences, their obstacles but also their success in applying MI. It is expected that by the end, participants feel comfortable and confident to use MI with their patients to promote change and guidance to a healthier aging process.

