

Interclerkship Intensive - Make Up Assignment Nutrition, Addiction and Behavior Change

Subject: Wellness and Behavior Change

Faculty: Sapana Shah, M.D., Sarah Moore, M.D., Damara Gutnick, M.D.

Due Date: April 18, 2014

Objective of workshop:

- To reflect on their own personal struggles to make changes in their lifestyle.
- To improve their counseling skills in regards to lifestyle behavior change.
- To understand the spirit of motivational interviewing as an example of patient centered counseling.
- To review some basic skills of MI.

Attachment:

- Read, Levensky E., Forcehimes A., O'Donohue W., Beitz K., "Motivational Interviewing - An evidence-based approach to counseling helps patients follow treatment recommendations." AJN, October 2007; Vol 107, Pages 50-58. (Required)
- Review OSCE Videos on NYU iTunes (On ALEX, Interclerkship Intensive-Student Site Tab, iTunes U).
 - **Obesity OSCE Good Student**
 - **Obesity OSCE Poor Student**

Please respond to the questions below. Should be at least 1 to 2 pages.

1. Describe the ways in which the patient demonstrates resistance in video #1. How does the student respond to this? Is this effective? What other forms of "Resistance have you noticed in patients?"
2. What Motivational Interviewing skills (if any) are used by the student in video #2? (skills are open ended questions, reflections, affirmations, and summaries). When describing these skills give a brief paraphrase of what the provider said.
3. What stage of change is this patient in?
4. For what patient do you think motivational interviewing is most effective? In what settings do you think it would be least effective?

**** Please **SUBMIT** your MAKE UP Assignments to Bert Ongkeo (bert.ongkeo@nyumc.org) ****