

WHAT IS IN YOUR POWER TO CHANGE?

The Transformative Power of Small
Changes

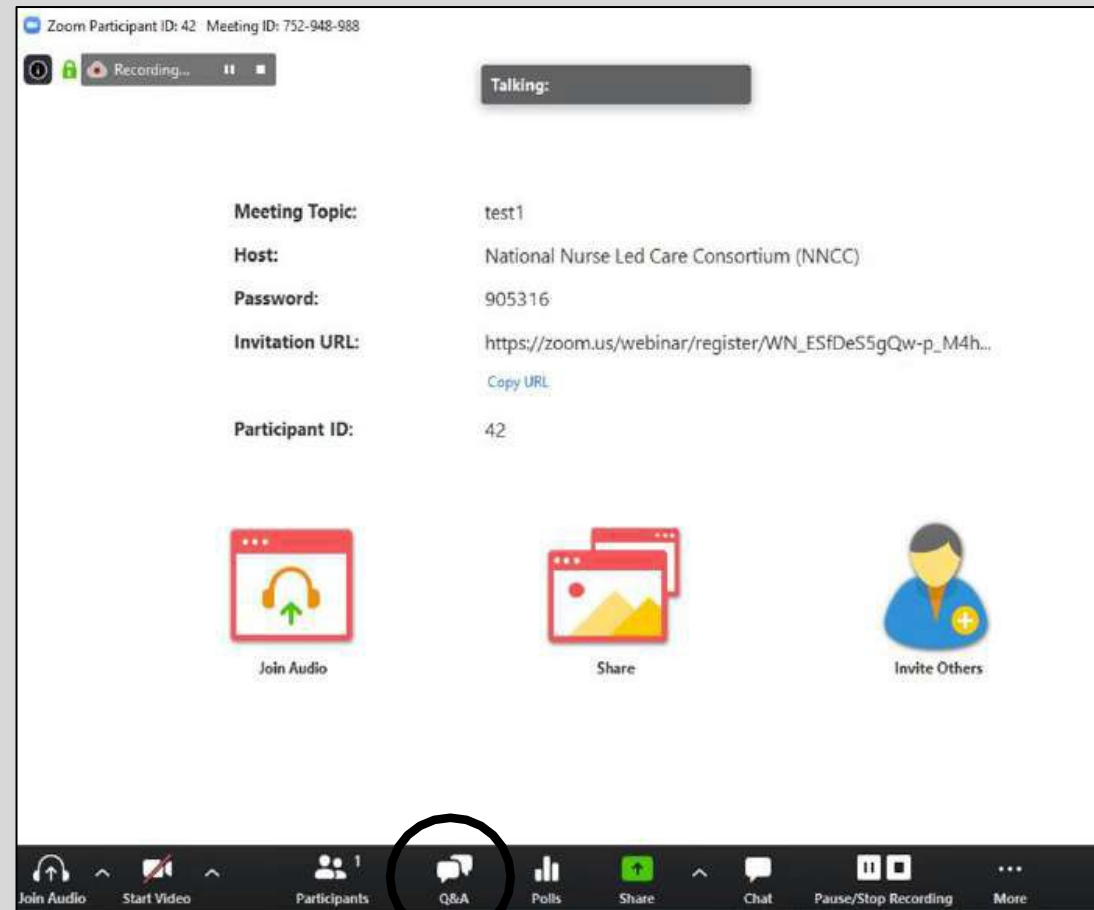
Housekeeping

Zoom Features

- Use the Q&A tab to submit your questions
- The Moderator will either send a typed response or answer your questions live at the end of the presentation.
- Use CHAT to communicate with presenters and each other.

Continuing Education Credits

- Please take the evaluation at the end of this webinar to receive CEs.
- You must complete evaluation to receive credit.



National Nurse-Led Care Consortium

The **National Nurse-Led Care Consortium (NNCC)** is a membership organization that supports nurse-led care and nurses at the front lines of care.

NNCC provides expertise to support comprehensive, community-based primary care and public health nursing.

- Policy research and advocacy
- Program development and management
- Technical assistance and support
- Direct, nurse-led healthcare services



WHAT IS IN YOUR POWER TO CHANGE?

The Transformative Power of Small
Changes



Lizz Tooher
Senior Director of Child Health and Education
Public Health Nurse Supervisor



Maria Mazzocchi
**Senior Director of NFP Implementation and
Quality**
Public Health Nurse Supervisor

About Our Work





YOU WERE BORN WITH THE POWER TO CHANGE OTHERS. YOU CHANGE PEOPLE BY THE WAY YOU TREAT THEM. THAT IS WHAT CHANGES THE HUMAN HEART.

PATRICIA POLACCO

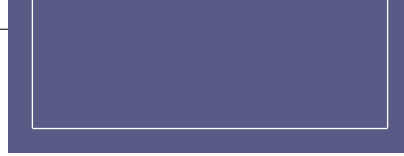


CASE STUDY

My name is Shera. I am a healthy 18 years old woman. I went to my provider for a check-up because I have been having frequent headaches. My doctor greeted me and asked right away what my problem was. I explained about my headaches and the provider started asking many questions, sometimes I didn't have time to think about my answer. Some of the questions were already answered by my provider, such as, "You are not having unprotected sex, right?" Or, "You don't use marijuana, correct?" I use marijuana and sometimes have unprotected sex, but I was ashamed to answer that honestly because I felt I would be judged.

Actually, I have been using more marijuana since I got the headaches and all the issues with my family and boyfriend. Marijuana is the only thing making me feel better. I wanted to talk about this with my provider, but then I don't feel comfortable to. The visit was over pretty quick and now I have a lot of questions that I didn't have time to ask.

Well, maybe I can google them or ask my friends.



THE POWER OF MI



RULE

RESIST THE RIGHTING REFLEX

UNDERSTAND YOUR CLIENT'S MOTIVATION

LISTEN TO YOUR CLIENT

EMPOWER YOUR CLIENT



OARS

OPEN-ENDED QUESTIONS

AFFIRMATIONS

REFLECTIVE LISTENING

SUMMARIES



BE CURIOUS

Ask Open-Ended Questions to Understand



EMBRACE THE SILENCE

Provide space to gather answers



LISTEN WITH RESPECT

Listen to Learn



SPEAK WITH CARE

Reflect to Understand



VALIDATE

Understanding feelings does not mean to agree with the issue



AFFIRM

Affirm to Motivate



COACHING ACCOUNTABILITY

Take Responsibility for your own actions and feelings



CASE STUDY

My name is Shera. I am a healthy 18 years old woman. I went to my provider for a check-up because I have been having frequent headaches. My doctor greeted me and asked right away what my problem was. I explained about my headaches and the provider started asking many questions, sometimes I didn't have time to think about my answer. Some of the questions were already answered by my provider, such as, "You are not having unprotected sex, right?" Or, "You don't use marijuana, correct?" I use marijuana and sometimes have unprotected sex, but I was ashamed to answer that honestly because I felt I would be judged.

Actually, I have been using more marijuana since I got the headaches and all the issues with my family and boyfriend. Marijuana is the only thing making me feel better. I wanted to talk about this with my provider, but then I don't feel comfortable to. The visit was over pretty quick and now I have a lot of questions that I didn't have time to ask.

Well, maybe I can google them or ask my friends.



WHAT IS NEXT?

My doctor greeted me and asked right away what my problem was.

My doctor greeted me and introduced herself and asked: "How are you", "What's on your mind."

The provider started asking many questions, sometimes I didn't have time to think about my answer.

The provider started asking many questions and waited for me to answer them.

"You are not having unprotected sex, right?"

"Are you sexually active? Tell me more"

"You don't use marijuana, correct? "

"How do you cope with stress? Do you use any substance, like marijuana?"

How are the headaches affecting your day-to-day activities? What makes them worse? What makes them better?



How do we do it?

- **YouTube Videos**

<https://www.youtube.com/watch?v=CF2FOIA3O14>

<https://www.youtube.com/watch?v=2qgdj2oBfOs>

- Webinars**

<https://collegeofwellbeing.com/motivational-interviewing-free-webinar/>

https://psychwire.com/motivational-interviewing/resources?gclid=Cj0KCCQjwyZmEBhCpARIsALzmnIV8iH_tU7BL15Jm9AtbUm6iL_SWQp7-

[YseyfgDFgDFh1hO2zQEHtsaAkH5EALw_wcB](https://psychwire.com/motivational-interviewing/resources?gclid=Cj0KCCQjwyZmEBhCpARIsALzmnIV8iH_tU7BL15Jm9AtbUm6iL_SWQp7-YseyfgDFgDFh1hO2zQEHtsaAkH5EALw_wcB)

- Reads**

Leading with Mastery and Heart by Catherine Robinson-Walker

Building Motivational Interviewing Skills: A Practitioner Workbook by David



WHAT IS
IN YOUR
POWER?



References

Robinson-Walker, C. (2021). *Leading with Mastery and Heart*. Elsevier Inc.

Rosengren, D. B. (2009). *Building Motivational Interviewing Skills: A Practitioner workbook*. The Guilford Press.

Nurse-Family Partnership. NFP Community Site. Denver, CO

Berg-Smith, S. M. (n.d.). Motivational Interviewing, A Brief Introduction.

Retrieved from: <http://www.monarchsystem.com/wp-content/uploads/2012/06/Motivational-Interviewing-A-Brief-Introduction-by-Berg-Smith.pdf>

QUESTIONS?



Thank you!

Learn about more FREE continuing education opportunities by subscribing to our email newsletter.

NurseLedCare.org



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate



PCORI NP Interest Survey

We want to hear from NPs! The National Nurse-Led Care Consortium (NNCC) is conducting a national survey to inform us on the impact of COVID -19 on NP provided office-based SUD treatment.

[Click here for the Survey](#)

Participants will be entered into a raffle to win one of ten \$25 gift cards.



**NATIONAL
NURSE-LED CARE
CONSORTIUM**

a **PHMC** affiliate