

Initial post

Motivational interviewing is a way to become a helper in a patient's change process (Treatment, 1999). There are five critical components of motivational interviewing. One express empathy through reflective listening, two develop discrepancy between patients' goals or values and their current behavior, three avoid argument and confrontation, four adjust to patient resistance rather than opposing it directly, and five support self-efficacy and optimism. Nurses use motivational interviewing to get patients to comply with medical treatment. Nurses want their patients to get better, and we want our patients to have a connection with us so that they trust us.

Interactive post

How would I incorporate motivational interviewing into my practice? I always try to be empathetic to my patients as we only know a little about the circumstances leading them to us. I always try and listen to what my patients have to say, having a listening ear can be therapeutic for some patients. Being an advocate for my patients is always a priority. As mentioned in the article, collaborating with others in the community is one of the principles of a community nurse (Rector, 2018). Collaborating with others helps our patients receive the best outcome possible.

Rector, C. (2018). Community and public health nursing: Promoting the public's health (9th ed.). Wolters Kluwer

Treatment, C. for S. A. (1999). Chapter 3—Motivational interviewing as a counseling style. Substance Abuse and Mental Health Services Administration (US). <https://www.ncbi.nlm.nih.gov/books/NBK64964/>