

Motivational interviewing is a beneficial skill for the community health nurse. According to Stanhope et al., motivational interviewing (MI) is arguably the most widely used intervention to promote behavior change (2016). MI is a beneficial skill for the public health nurse since it is patient-centered and involves therapeutic communication skills. MI is not merely gathering information; instead, it strives to understand the full scope of the patient's condition. It is also an essential tool for case managers since it is client-centric counseling (Harkey, 2017). MI encourages clients to make positive steps toward achieving their health goals. In addition to client-focused healthcare, actively engaging people in treatment decisions and managing their wellness is central to healthcare reform (Harkey, 2017). MI can assist the public health nurse in therapeutic communication to better equip patients with personal resources to identify, create, implement, and sustain positive health behaviors. MI is a valuable tool in behavior change.

#### References

Harkey, J., Sortedahl, C., Crook, M. M., & Sminkey, P. V. (2017). Meeting people "where they are". *Professional case management*, 22(1), 3-9.

Stanhope, V., Tennille, J., Bohrman, C., & Hamovitch, E. (2016). Motivational interviewing: Creating a leadership role for social work in the era of healthcare reform. *Social work in public health*, 31(6), 474-480.

Hello Ashlynn,

The nursing student will reflect on Molley Sung from the intimate partner violence virtual simulation. Molley would benefit from motivational interviewing since she is pregnant and could develop more positive lifestyle habits. During the simulation, the nursing student found out that Molley's boyfriend smokes. Since Molly is pregnant, educating her on the health effects of smoking and limiting her exposure will help the outcome of her pregnancy. Motivational interviewing will be a valuable tool to utilize with Molley to understand her current health behaviors and identify ways to promote more positive changes.

Hello Blake,

Great discussion post. The nursing student would like to add more to your discussion on motivational interviewing (MI). The nursing student would like to expand more on this topic. As you noted, MI is a valuable tool for case managers in addition to motivating the clients. Not only does MI benefit case managers, but it is also useful for the nursing student's future career. MI is a quality skill to have when interacting with clients to determine their health status. MI allows for mutual respect and trust between the nurse and client (Harkey, 2017).

#### Reference

Harkey, J. (2017). The statement that can change things: "I'm a case manager, and I'm here to help". *Professional Case Management*, 22(1), 44-45.