Session Details

Session #: 208
Title: Having Difficult Conversations: Working Through Conflict and Uncertainty with Motivational Interviewing - Antibiotic Resistance and Vaccine Hesitancy
Speaker: Alyssa McClean, MPH and Alison Dent, BS
Date: Friday, October 14
Time: 11:30am-12:45pm
CE Contact Hours: 1.25
Pharm Hours: 0

Session Description

The aim of this workshop is to: Provide a review of vaccine hesitancy and negotiating antibiotic use; Seek to understand what leads to and how to navigate difficult conversations; and Introduce Motivational Interviewing as a technique to facilitate and engage intrinsic motivation within the patient to change attitude as it relates to vaccines or antibiotic prescribing practices.

Typically used for behavior change counseling regarding smoking cessation and obesity, motivational interviewing (MI) is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients explore and resolve ambivalence. These methods are easily applied to the charged and emotionally driven conversations that surround other health topics, like vaccines. Combining MI techniques, local statistics, case studies, and plenty of group and individual practice, this seminar strives to provide participants with alternatives to stonewalling and conflict through empathy and empowerment.

Learning Objectives

Upon completion of this session, the learner will be able to:
1. Discuss the local/national landscape of antibiotic prescribing practices for upper respiratory tract infections and areas for improvement.
2. Discuss vaccine hesitancy in Oregon and identify different categories of attitudes toward vaccination.
3. Describe the realities and principles of difficult conversations and techniques to help facilitate behavior change and positive rapport.
4. Describe the 4 processes of motivational interviewing and how they can be applied to antibiotic use and vaccine hesitancy.

Disclosures

Conflict of Interest for Presenter:
- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.