STFM 2010 Brief Intervention Lecture Discussion Submission

Manuel Angel Oscós-Sánchez, MD
Department of Family and Community Medicine
7703 Floyd Curl Drive
San Antonio, Texas
78229-3900
phone: 210-358-3881
fax: 210-220-3763
oscos@uthscsa.edu

Biosketch of Person Submitting Abstract

Dr. Oscós-Sánchez is an Associate Professor with Tenure in the Department of Family and Community Medicine at the University of Texas Health Science Center at San Antonio (UTHSCSA). He is a Co-Investigator of a five year Screening, Brief Intervention and Referral to Treatment Residency Training Grant from the Substance Use and Mental Health Services Administration. He received his medical degree from Stanford University School of Medicine, completed his residency at UTHSCSA, and completed a 3-year primary care research fellowship at the University of California Los Angeles. He is licensed to practice Family Medicine in the state of Texas, is certified by the American Board of Family Practice, and is the President of the Texas Society for Adolescent Medicine.

Additional Presenters
Sandra K. Burge, burge@uthscsa.edu
Joy Emko, emko@uthscsa.edu

Title of Presentation:
Teaching Residents a Brief Motivational Interviewing Intervention for Substance Use

Abstract-125 words
Screening, Brief Intervention and Referral to Treatment is an evidence-based strategy to address substance use in primary care settings. During this session, a 45 minute lesson targeting family medicine residents will be modeled. The session introduces participants to and engages them in the use and critical evaluation of a brief motivational interviewing intervention for substance use.

Behavioral Objectives for the Session
By the end of this session you will be able to:
- Engage in a brief motivational interviewing intervention for substance use
- Organize a brief motivational interviewing teaching session for Family Medicine residents
- Develop strategies to address special situations that arise while conducting brief interventions for substance use

Background and Knowledge Gap- 5000 characters
Family medicine residents often do not have the skills and become frustrated when trying to address the frequent substance use issues that are common in the primary care clinical setting. Brief motivational interviewing is an evidenced-based approach that can be easily taught to residents. Brief interventions are one or more time limited conversations (5-15 minutes) between a health care provider and another person regarding substance use. The goal is to help the person increase their awareness of potential consequences of substance use and help the person to make their own healthy decisions regarding substance use. Motivational interviewing is a patient-centered but directive approach that elicits and helps
patients explore, articulate and resolve their ambivalence toward substance use. Motivational interviewing is a quiet and eliciting counseling style that allows the health care provider to avoid argumentation and supports patient self-efficacy.

**Substance of the Presentation**
During this session participants will be introduced to and practice a script to conduct a brief intervention for substance use with the use of the motivational interviewing importance and confidence scaling questions. After practicing the script participants will reflect on how the script serves to help patients explore, articulate and resolve their ambivalence toward substance use based on their internal motivations. Participants of the session will also reflect on how the questions in the script serve to promote patient self-efficacy and at the same time serve to decrease argumentation and physician frustration of how to deal with substance use in a brief primary care clinical visit.

**Teaching Methods**
1. Introductory Lecture on a brief motivational interviewing intervention for substance use.
2. Demonstration of a brief motivational interviewing intervention for substance use.
4. Elicit and share reflections on being a patient and a provider during the intervention.
5. Small group summary exercise.

**Format Justification**
The 45 minute time slot allows for a brief introduction to the material, an interactive practice of new skills, and time for individual and group reflection on the brief motivational interviewing process. It also allows for the modeling of how an interactive brief motivational interviewing lesson can be implemented within the common one hour time slot that is seen in family medicine residency training programs.

**Timeline**
1. Introductory Lecture- 5 minutes
2. Demonstration- 5 minutes
3. Small Group Practice- 10 minutes
4. Elicit and share reflections- 20 minutes
5. Summary exercise- 5 minutes