Motivational Interviewing and Brief Action Planning for Smoking Cessation in Primary Care

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Part III: NYACP Webinars on Smoking Cessation and Treatment
Disclosures

Susan Lane, MD – none

Steven Cole, MD
Online course in Brief Action Planning available for a fee:
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www.ComprehensiveMI.com
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Comprehensive Motivational Interventions, LLC
www.ComprehensiveMI.com

Centre for Collaboration, Motivation & Innovation
www.CentreCMI.ca
Major Topics Today

Brief Action Planning

Spirit of MI

Change Talk
Overview of Webinar – Interactive
We Encourage Your Participation

• Background for development of webinar
• Evidence for use of MI in smoking cessation
• Video – Case of Mr. Smith – Introduction to MI and BAP
• Questions for clarification; requests regarding webinar
• Brief Action Planning (BAP)
• Spirit of Motivational Interviewing (MI) and Change Talk
• Video of BAP in a chronic smoker with little interest in change
• Questions/Comments/General Discussion
Introduction:
“Mr. Smith and Smoking Cessation:”
Does this sound familiar to you?

Video 1 (10 min)

• Prepared by Damara Gutnick, MD, a practicing internist & colleague contributing to our approach to use of MI

• First minute provides brief discussion of the “Spirit of MI,” “Brief Action Planning,” and “Change Talk,” all of which we will discuss throughout this webinar

• Real case of a chronic smoker who is not interested in changing

https://www.youtube.com/watch?v=0z65EppMfHk
Objectives

At the conclusion of this program, participants will be able to:

1. Describe the four elements of the Spirit of Motivational Interviewing (MI)
2. Describe the 6 core competencies of Brief Action Planning (BAP)
3. Explain the relationship of MI and BAP and the patients for whom MI and BAP are likely to be most appropriate
4. Apply some of the core skills of BAP with their patients who smoke and/or have other risky health behaviors.
Recall Stages of Change

• Precontemplation – not thinking about or ready for change
• Contemplation – thinking about change (ambivalent)
• Preparation – ready for change
• Action – making change
• Maintenance – maintaining change

Prochaska & DiClemente, 1983
Counseling: Not Ready to Quit (Precontemplation/Contemplation)

- Consider Following Spirit and Using Principles of Motivational Interviewing and/or Brief Action Planning
  - USPSTF, Ann Intern Med. 2015; 163:622-34

- “Motivational Interviewing is a collaborative conversation to strengthen a person’s own motivation for and commitment to change”
  - Miller & Rollnick, Motivational Interviewing, 3rd ed., 2013

- “Brief Action Planning is a self-management support tool and technique based on the principles and practice of Motivational Interviewing”
USPSTF recommendation

The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop smoking tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)-approved pharmacotherapy for cessation to adults who use tobacco.

(“A” recommendation)

Behavioral interventions for smoking cessation

Behavioral and Pharmacotherapy Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Women: Clinical Summary

<table>
<thead>
<tr>
<th>Population</th>
<th>Nonpregnant adults age ≥18 y</th>
<th>Pregnant adults age ≥18 y</th>
<th>Pregnant adults age ≥18 y</th>
<th>All adults age ≥18 y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>The 5 A’s framework is a useful strategy for engaging patients in smoking cessation discussions. The “5 A’s” include: 1) Asking every patient about tobacco use, 2) Advising them to quit, 3) Assessing their willingness to quit, 4) Assisting them with quitting, and 5) Arranging follow-up.</td>
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<tr>
<td>Behavioral Counseling Interventions</td>
<td>Behavioral interventions often include in-person behavioral support and counseling, telephone counseling, and self-help materials or combined with pharmacotherapy. Substantially improve achievement of smoking abstinence, increase infant birthweight, and reduce risk for preterm birth.</td>
<td>Behavioral interventions: Substantially improve achievement of tobacco smoking cessation.</td>
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</tbody>
</table>

Effective counseling interventions provide social support and training in practical problem-solving skills

• Training in problem-solving skills includes helping persons who smoke to recognize situations that increase their risk for smoking, develop coping skills to overcome common barriers to quitting, and develop a plan to quit

• Basic information about smoking and successful quitting should also be provided

• Complementary practices that improve cessation rates include motivational interviewing, assessing readiness to change, and offer more intensive counseling or referrals

Any questions for clarification?
Or requests regarding plan for webinar?
Change

• Most think about making changes
• Write short statement of what you are considering changing (but which you have not already started)
• Confidential if you choose
Demonstration
Reflections on Real-Play Demonstration
What is Brief Action Planning (BAP)?

- highly structured
- patient centered
- stepped care
- evidence informed

self management support tool and technique based on the principles and practice of Motivational Interviewing (MI).

What is Brief Action Planning (BAP)?

• alternate definition: “Application” of MI

• alternate definition: “Brief” MI

• adaptation of “5A’s”
Brief Action Planning: 6 core competencies

1. Question 1: Reflects “Spirit” of MI

   a) Patient Centered – “evocation”
   b) Collaborative – “partnership”
   c) Respectful – “acceptance” - supports patient autonomy, patient has the right to change or not to change
   d) compassion

   “Is there anything you would like to do for your health in the next week or two?”
Brief Action Planning: 6 core competencies

2. SMART planning:
   - S specific
   - M measurable
   - A achievable
   - R relevant
   - T timed

For example:
• Until clinician and patient have developed, collaboratively, a specific, SMART plan
Brief Action Planning: 6 core competencies

3. Elicit commitment statement

Would you mind telling me back your plan, so I can be sure we’re on the same page?
Brief Action Planning: 6 core competencies

4. Inquire about confidence level

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”
Brief Action Planning: 6 core competencies

5. Arrange accountability

“Would you like to set a specific time to check in about your plan to see how things have been going?”
Follow-up

6. Follow-up builds confidence.

So, how did it go with your plan?

Early follow-up improves outcomes
Regular contact over time is better than 1x intervention.
Follow-up builds a trusting relationship

Resnicow, 2002; Artinian et al, Circulation, 2010
“Is there anything you would like to do for your health in the next week or two?”

SMART Behavioral Plan → Elicit a Commitment Statement

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

“Would you like to set a specific time to check in about your plan to see how things have been going?”

Follow-up
What is Motivational Interviewing (MI)?

“Motivational interviewing is a collaborative conversation style to strengthen a person’s own motivation and commitment to change.”

Miller & Rollnick
Motivational Interviewing: Helping People Change, 3 ed, 2013
Motivational Interviewing: Core Skills (OARS)

O open-ended questions
A affirmation
R reflection
S summary
Change Talk

Clinicians can learn to evoke change talk → More change talk occurs → Increased change talk is linked to better outcomes

Miller & Rollnick
Motivational Interviewing: Helping People Change, 3 ed, 2013
Preparatory Change Talk: DARN

D 
ESIRE to change (want, like, wish…)

A 
BILITY to change (can, could…)

R 
EASONS to change (if…then)

N 
EED to change (need, have to, got to)
Mobilizing Change Talk: CATS

COMMITMENT to change (intend, decide, promise…)

ACTIVATION (willing, ready, preparing…)

TAKING STEPS to change (started, tried…)

Video Demonstration

BAP in a chronic smoker

video 2 – “Responding To Emotions”
Discussion
Resources

https://www.youtube.com/watch?v=w0n-f6qyG54

https://www.youtube.com/watch?v=262CjvURVn0

www.CentreCMI.ca
• BAP Flow Sheet
• BAP Guide
(Downloadable at above website, along with many other BAP Resources)

www.ComprehensiveMI.com