



MOTIVATIONAL INTERVIEWING

Motivational interviewing (MI) techniques can improve adherence to dialysis treatment, receipt of vaccinations, and overall well-being in dialysis patients. MI techniques involve a collaborative, patient-centered approach that focuses on eliciting a patient's own motivation for change, rather than imposing it. Key strategies include OARS – open-ended questions, affirmation, reflection, and summarizing. While these tools are not expected to bring staff to an expert level in MI, they are helpful in starting to build the skills needed in improving communication with dialysis patients.

MOTIVATIONAL INTERVIEWING RESOURCES

PDF: [Motivational Interviewing Scenarios for Vaccine Conversations](#)

PDF: [Motivational Interviewing to Overcome Vaccine Hesitance - A step by step guide](#)

PDF: [How Dialysis Staff Impact Hospitalizations - Open Ended Questions](#)

Website: [AHRQ MI Techniques](#)

2-Minute YouTube Video General MI Principles: [Neph-U MI Overview](#)

4-Minute YouTube Video MI for Vaccine Hesitance: [MI - Missouri Immunization Conference](#)

GOAL-SETTING RESOURCES FOR PATIENTS

[I Can Do It - Goal-setting worksheet for patients](#)

[Getting Back to Me - A goal-setting workbook](#)