

Book Review: Motivational interviewing in health care- Helping patients change behavior

Book by:

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Book: [Motivational Interviewing in Health Care- Helping Patients Change Behavior](#)

From the Publisher

Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions.

From the CPNP Member

Effectively educating the patient requires more than a health care practitioner telling them what to do. The

authors' have developed a more gentle approach called motivational interviewing. It is not specific to pharmacy but relevant to all patient care. The focus is to help the patient talk about, and find a resolution to their ambivalence about the needed behavior change. The book walks the reader through the principles and evidence behind motivational interviewing. It described the core skills of asking, listening, and informing the patient in a short period of time. By implementing this technique, pharmacists and pharmacy students may improve medication education with their patients. The book is short and to the point, just like incorporating motivational interviewing in your patient counseling.

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