

# Interdisciplinary Training in Motivational Interviewing (MI) and SBIRT (Screening, Brief Intervention, Referral to Treatment)

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## Background

- Unhealthy levels of alcohol use, recreational drug use, and inappropriate use of prescription medications are associated with extensive comorbidities.
- However, substance use is often not addressed by health professionals.
- Inadequate skill development and lack of confidence contribute to omission of attention to substance use in health care settings.
- Accrediting agencies in health professions education encourage interdisciplinary activities.
- Training in motivational interviewing and SBIRT (Screening, Brief Intervention, Referral to Treatment) can be done with interprofessional groups.

## Aims

- Our interdisciplinary training module aims to develop the skills of health professions students in:
  - Motivational interviewing
  - SBIRT (Screening, Brief Intervention, Referral to Treatment)
- This training will increase the confidence and capability of health professions students to address patients' substance use.

## Methods

### Training Module

#### Participants:

- Residents in Family Medicine, Internal Medicine, & Pediatrics
- Pharmacy Students
- Nurse Practitioner Students
- Dental Residents

#### Schedule:

- Four 2.5 hour sessions meeting once per week during each 4-week residency block

#### Curriculum:

**Week One** Review of motivational interviewing (MI) as an approach to patient behavior; video examples.

**Week Two** Review of SBIRT (Screening, Brief Intervention, Referral to Treatment) as a method for universal screening and appropriate treatment (or referral) for substance use problems; video examples.

**Week Three** Role play practice of MI and SBIRT with myriad of cases involving various comorbidities.

**Week Four** Practice of MI and SBIRT with a trained simulated patient.

## Results

- 89.6% of participants (N = 70) are satisfied with the training experience.
- 93.1% of participants agreed that the material is useful for them in dealing with substance abuse.
- 90.1% of participants agreed that the training enhances skills.
- 95.5% agreed that the training is relevant to their careers.

## Conclusions

- Health professions students can learn useful motivational interviewing (MI) and SBIRT (Screening, Brief Intervention, Referral to Treatment) skills in an interdisciplinary training format.
- Health professions students find this training to be useful and relevant.

## Involved Programs



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