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

Paul J. Hershberger\textsuperscript{a}, Dean A. Bricker\textsuperscript{b}, John C. Duby\textsuperscript{c}, & Angela K. Castle\textsuperscript{a}

Departments of Family Medicine\textsuperscript{a}, Internal Medicine\textsuperscript{b}, & Pediatrics\textsuperscript{c}, Wright State University Boonshoft School of Medicine, Dayton Ohio

Background

- Unhealthy levels of alcohol use, recreational drug use, and inappropriate use of prescription medications are associated with extensive co-morbidities.
- 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:

<table>
<thead>
<tr>
<th>Week One</th>
<th>Review of motivational interviewing (MI) as an approach to patient behavior; video examples.</th>
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<tr>
<td>Week Two</td>
<td>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.</td>
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<td>Week Three</td>
<td>Role play practice of MI and SBIRT with myriad of cases involving various co-morbidities.</td>
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<td>Week Four</td>
<td>Practice of MI and SBIRT with a trained simulated patient.</td>
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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

- Substance Abuse and Mental Health Services Administration (SAMHSA) Grant #1H79T10259810-01

Funding Source

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