

Intern Name: Alicia Blase

RDN/Preceptor motivational interviewing checklist

Preceptor should observe the intern during the first few attempts at following the motivational interviewing technique.

Comment on how well the intern has attended to each of these:

- Exploration of clients' thoughts and feelings about the good and not so good things about the issue- i.e. being overweight, having high blood pressure, having high blood glucose levels. "What do you like about eating out? Is there anything you don't like about dining out?" Please comment.

Good job at exploring patient's feelings.

- The use of reflective listening and then summarize back i.e. "so it seems on the one hand it's and on the other it's....." Please comment

Able to get patients to say issues & then summarizes their thoughts back to them.

- Showing respect and willingness to understand client's perspective. Don't need to agree, but do not show disapproval or blame. Please comment

Willingness to understand perspectives.

- Giving of accurate evidenced-based nutrition information. Please comment

Gives accurate information to patients.

Helping the client clarify their personal goals. Then help the client to think about whether the current issue is helping them get there. The aim is for the client to see the conflict or discrepancy. IE "So when you are feeling stressed you snack, but when you're feeling less stressed you have don't snack as much?" Please comment

Good at goal setting with patients

Avoiding lecturing or judging. This will encourage the client to defend their opinion and behavior patterns. Please comment

Doesn't lecture or judge.

Encouraged client to set a short term goal. Help with realistic goal setting. Please comment

Had many patients set goals.

Build confidence and offer support. Please comment

Gave pt confidence + made them feel like anything was possible.

Preceptor Signature: [Signature], Registered Dietitian/Nutritionist