

RD/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.

Alicia was able to ask open ended questions on specific topics related to diabetes - she asked "How do I feel about my diabetes control?" "Is there anything I feel I can change to make it better?"

- 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

Alicia was able to summarize back my responses - she is a very active listener and in turn was able to provide positive feedback to me.

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

Alicia has shown to be very respectful and understanding but mostly non-judgmental. Alicia ~~has~~ is very open and always willing to focus on the client's best interest.

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

Alicia was able to give evidence based information during the interview - for example "Eating a well balanced meal will have a positive effect on my blood glucose levels."

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

Alicia was able to discuss with me (as the client) what goals to start with. For example - "I can make healthy food choices by including more fruits + vegetables into my daily intake."

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

Alicia has never shown any judgement or lectures an individual. Alicia is an excellent listener and asks appropriate questions when needed.

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

Alicia was able to do this w/ my input
1. I will eat one serving of fruit per day
2. I will eat at least two servings of vegetables each day

Build confidence and offer support. Please comment

Alicia is very positive and encouraging and always follows up with - "Is there anything else you need or have questions on?"

Preceptor Signature: Carol Kneisi, Registered Dietitian 8/18/2020