

## Motivational Interviewing (MI) for School Nurses Overview of Steps and Implementation Tool

**Prior to using this tool it is recommended to complete at least one of the following:**

- View 30-minute National Association of School Nurses video: *School Nurses and Motivational Interviewing: Painting a Picture of What School Nurses Can Do*  
<https://www.youtube.com/watch?v=1Zem1R0EQCE>
- Complete E-Learning Course: Motivational Interviewing for School Nurses  
<https://www.pathlms.com/nasn/courses/12101> (0.88 CNE) Contact Hours. Free for NASN members. \$20.00 for nonmembers.
- Read article: Beckwith, V.C., & Beckwith, J. (2020). Motivational Interviewing: A communication tool to promote positive behavior change and optimal health outcomes. *NASN School Nurse*. 35(6). 344-351. <https://journals.sagepub.com/doi/pdf/10.1177/1942602X20915715>

**Goal of MI:** Establish an empathetic, collaborative relationship between the school nurse and the student (and/or the student's parents/guardians) to resolve ambivalence toward change and motivate positive health outcomes through assisting the student in identifying their individual values and goals.

**Application:** For use with individual students, student-adult dyad, etc.

**Prior to conducting MI:**

- Consider the amount of time available (e.g., minimum of 5 minutes)
- Avoid interruptions during MI session (e.g., choose times when health room is less busy)
- Consider available resources to assist individual in meeting goals (e.g., school, family, community resources)
- Have the right tools at hand, such as a readiness ruler and calendar

<b>Phase 1: Engage</b>	<p>Resolve ambivalence toward change</p> <ul style="list-style-type: none"> <li>• Obtain permission to discuss health behavior.</li> <li>• Identify gap(s) between current health behaviors and desired health outcomes.</li> </ul>
<b>Phase 2: Motivate &amp; Plan</b>	<p><b>O: Open-ended questions-</b> Invite student to elaborate to encourage broader thinking.</p> <p><b>A: Affirming strengths or positive behaviors-</b> Build rapport and identify strengths.</p> <p><b>R: Reflective listening-</b> Helps express empathy and guide student toward change.</p> <p><b>S: Summarizing-</b> Have student, parent, or guardian set goals and decide on the next time to meet.</p> <p><b>Establish SMART Goals:</b> Specific, measurable, attainable, realistic, time sensitive. <i>Example: I will eat a fruit or vegetable at each meal, every day for two weeks.</i></p>

For a detailed description and examples of the use of MI, refer to Section 3 (pages 12-23) of Missouri Department of Health and Senior Services' *School Nurse Interventions to Promote Healthy Weight*.  
<https://health.mo.gov/living/families/schoolhealth/pdf/SchoolNurseInterventionstoPromoteHealthyWeight.pdf>

Change Talk is a free app available to assist health professionals in further developing their MI skills centered around childhood obesity – <https://apps.apple.com/us/app/change-talk-childhood-obesity/id821851796>

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## Motivational Interviewing Tools

### 1. Readiness to Change Ruler

Determining an individual's readiness to change is essential to success with health outcomes and is assisted by use of a readiness to change ruler with

- 0 to 3 indicating "not ready for change,"
- 4 to 6 indicating "unsure," and
- 7 to 10 "ready for change."

Two examples of readiness to change questions include:

- How important is this change on a scale of 1 to 10 with 1 being *not at all important* and 10 being *very important*?
- How confident are you about making this change with 1 being *not at all confident* and 10 being *very confident*?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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### 2. Two Week Calendar (Use a calendar to monitor success and determine next steps for client including establishing your next meeting date and time.)

**SMART Goal:**

**Place check mark on each day goal is met.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday