

# Taking the Dialogue to the Next Level: Facilitating Open Communication About Obesity—A Motivational Interviewing Workshop

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pri-med

Obesity  
Medicine  
Association

Outcomes  
celebrating 20 years

This initiative is supported by an educational grant from Lilly.



## Purpose and Methods

Pri-Med Institute, OMA, and CE Outcomes presented 13 small group, motivational interviewing (MI) workshops, one at each of Pri-Med's Primary Care Updates in-person conferences in 2023. 480 PCPs (MD, DO, NP, and PA) completed one of the workshops, which used role playing exercises, structured peer-to-peer feedback, and expert faculty feedback to educate learners and increase confidence with using appropriate, non-judgmental language, applying MI techniques, and developing patient-centered treatment plans. To understand the impact, we conducted 30-minute learner interviews 90 days post-engagement. These interviews addressed current use of MI, challenges in obesity management, and topics for future education.



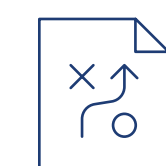
## Continuing Barriers to Care

- Lack of time to have conversations
- Helping to keep patients motivated on a long-term scale
- Dealing with patient plateaus/lack of progress when they have done everything planned



## Phase 2 Initial Data

- 17 workshops are being held in 2024 with a learner/control follow-up survey to measure impact.
- Initial data suggests that learners are more likely than non-learners to prioritize discussions about obesity ( $p=.02$ ) and are more likely to ask permission before engaging in weight discussions ( $p=.01$ ).



## Conclusions and Future Direction

Learners mentioned specific patient encounters where they used MI or they established SMART goals with patients. All discussed positive experiences with initiating conversations, even if they were hesitant to do so prior to education. Although all of the learners were established clinicians who manage a large number of patients with obesity, they gained new information from the education.

Common items were:

- Asking permission to have a discussion
- Increasing the specificity of goals
- Insight into how others perceive the language commonly used

Future workshops should focus on increased time for role play as well as other aspects of obesity management such as nutrition, new and emerging therapies, and MI in the pediatric population.



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## Results

All learners agreed that obesity is a chronic condition that should be managed similarly to other chronic conditions

“ Truly correct... It's a long-term process, so just even for the patients just to be in terms of mindset, knowing it's not going to be a start and stop like 'I'm going to use this plan for three months and then ...it's gonna get back to my normal routine.' This is a lifestyle. ”

“ I agree. I think it should be addressed as a chronic condition. ”

“ Overall, I'd say it it's been going really well. I just had a patient for the first time and her main concern was specifically weight gain. So I think that opened the doors to the conversation and then after doing blood work, she was in the prediabetes range and it was a conversation. Every day at 3 PM, she needs a pick me up and she'll drink a Coca Cola. So we made a goal that she would reduce that from every day to just once or twice a week. ”

All learners were able to describe patient encounters where they used MI

“ ...finding different alternatives to meet the patient where they are ”

“ using specific goals... to figure out a good motivation ”

“ my eyes are going all over the place... one of the people I was with highlighted that so I've been working on that skill ”

Even though the learners were experienced clinicians, the education still presented items that were novel and useful to be incorporated into their practice