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Introduction to Motivational Interviewing

Patients who actively participate in care planning are much more likely to follow through with changes to improve their health. Easier said than done, right? Motivational Interviewing (MI) is an evidence-based approach that can help clinicians streamline the care planning process by engaging patients from the start. Learn how to implement this technique and earn nursing continuing education credits in this 2-hour interactive online course from EDISCO™ by Quality Insights.

This course introduces the four processes of Motivational Interviewing and then illustrates examples and supportive tools with multimedia patient scenarios and interactive activities.

Handouts for key tools such as the OARS Model and Importance & Confidence Rulers are also included.

Quality Insights has no conflicts of interest in the development of this course content.

Recommended Audience:

The information in this course is appropriate for nurses and other healthcare providers.

Learning Objectives:

- Identify the four (4) processes of Motivational Interviewing with adults.
- Explain how to incorporate the OARS Model with Motivational Interviewing among adults.
- Discuss how to utilize the Importance/Confidence Rulers with adults.

Course Requirements:

- Watch several short videos
- Participate in several online activities
- Pass a final knowledge check with a score of 80% or better
- Complete an evaluation



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* This continuing nursing education activity was approved by the Alabama State Nurses Association, an accredited approver of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). E-010320-MD