

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.

Reem was very compassionate during her 1:1 patient consultations. She expressed empathy & was considerate of patients perspective & 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

Reem actively listened & reflected back to the Patient of what she heard.

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

Reem always showed respect & asked open ended questions. She gave our patients time to reflect on their answers.

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

Yes, she used evidenced-based resources.

American Heart Association

Cleveland Clinic

CDC

Academy of Nutrition & Dietetics.

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

Keem did well in setting up individualized personal goals that were realistic for patients.

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

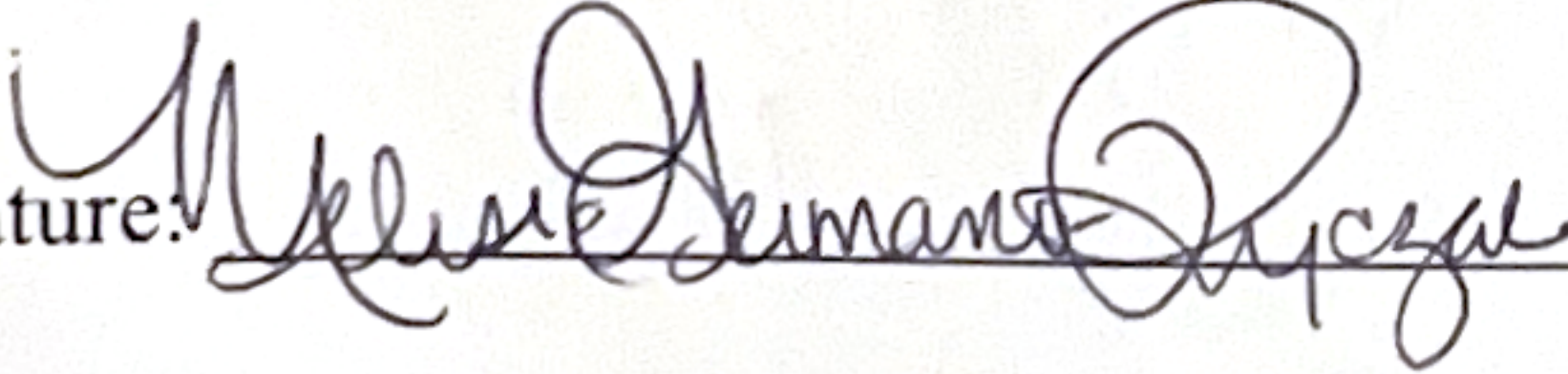
Keem recognized strengths & efforts, she did not judge or lecture.

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

Keem worked together with patient to create SMART goals that were realistic for them to achieve.

Build confidence and offer support. Please comment

Offered support to all patients.

Preceptor Signature:  Ms. Keem, Registered Dietitian