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## Motivational interviewing- A necessity in medical education

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Primary care is focused on prevention and adoption of healthy behaviors by the general population. A proven effective tool for patient behavior modification that has been utilized is Motivational Interviewing (MI). Compared to the trans-theoretical model which focuses on the stages of change, MI, promotes personal desire for change within the patient. Such self-promotion of change is enhanced by the fact that the technique allows the patient to resolve doubts and identify barriers for change. Numerous studies have shown that MI is more effective than traditional method of giving advice to elicit behavior change particularly in weight loss, dyslipidemia and lowering of blood pressure. Furthermore, research indicates that the techniques of MI are best taught by workshop sessions by experts who utilize MI within their primary care. The expert clinician asks open ended questions, assesses level of motivation and confidence and then tailors the interview accordingly. Ultimately, the expert determines the structure and direction of the interview, the patient is responsible for the change. Clerkship and residency programs should consider incorporating MI into their communication skills, thus enabling future primary care providers to be effective clinicians.

### Biography

Dybesh Regmi is working as an Assistant Professor in the Department of Family Medicine at UAE University. He also holds a faculty membership at the Department of Family and Community Medicine at the University of Toronto. He completed his residency training in Family Medicine at McMaster University. He has been an examiner for the College of Family Physicians of Canada and was a peer assessor for the regulatory body in the province of Ontario.

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