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Teaching Nurses Who Provide Direct Patient Care to Persons Diagnosed with a Chronic Disease, How to do Motivational Interviewing

Chronic disease affects individuals, families, and populations and is often associated with lifestyle choices. Unmanaged, it can be debilitating and fatal. Caregivers have traditionally used threatening and consequential communication when attempting to institute behavioral change in patients. Patients are told what to do, when to do it, and given the consequences of non-compliance. Non-compliance leads to disappointment, shame, and frustration for patients and providers. Patients desire healthcare involvement and choices and deserve respect and support. Motivational Interviewing (MI) is an evidence-based communication style designed to help people create change, allowing providers to impact the health and wellness of persons with a chronic disease. This scholarly project was designed to deliver a four-hour educational program on MI to nurses who provide direct care to persons with diabetes. Orem's Theory of Self-Care Deficit and the Transtheoretical Model of Change was utilized and pre- and post-tests, demographics, evaluation, and analytical process were completed. The findings identified enhanced confidence and basic MI skills in the participants. Nurses who participated in the training reported the information and skills learned enhanced their professional competence or ability and will improve the treatment outcomes of their patients. Future recommendations include integrating MI into curriculum throughout nursing education and practice. Since nurses naturally use many MI techniques, fully incorporating its principles is felt to be ethically correct, as well as obligatory for patient-assisted behavioral change.

Biography

Sandra Olguin obtained her Baccalaureate and Master of Science in Nursing degree from Orvis School of Nursing at the University of Nevada, Reno and Doctor of Nursing Practice from Touro University Nevada. She is an owner and Chief Executive Officer for the Advanced Wellness Partners of Nevada. She is also the Chief Executive Officer/President of the Nevada Nurses Foundation, a non-profit organization raising funds for scholarships and grants.

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