



Application of MI In Low Socioeconomic Group Setting: Overcoming Language, Cultural & Disability Challenges

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Application of MI In Low Socioeconomic Group Setting

- McKesson Health Solutions study
- Medicaid Value Program (MVP) grant from the Center for Health Care Strategies (CHCS)
- OHSU Health Management Services provided pilot intervention in Oregon

Application of MI In Low Socioeconomic Group Setting

- Target population
 - Medicaid beneficiaries in Oregon
 - Two sites: one rural and one urban
 - Members with diabetes or congestive heart failure + diabetes comorbidity
- Primary Aim
 - To strengthen diabetes management by improving patients' self-efficacy, knowledge of their disease, confidence to manage their disease, and self-care skills

Application of MI In Low Socioeconomic Group Setting

- Outcome Measures
 - Self-efficacy for managing chronic disease scores
 - Clinical values
- Intervention
 - RCT after eliciting interest in participation
 - Control group received normal care
 - Treatment group received normal care plus 4 weekly group sessions
 - Heavily incentivized
 - Based on Motivational Interviewing

Application of MI In Low Socioeconomic Group Setting

- Intervention
 - Facilitators
 - Lead: Dietician with expertise in group facilitation; rated by MISC as proficient in MI
 - Nurse with mental health background; well-acquainted with MI
 - Techniques Incorporated into Sessions
 - Elicit-Provide-Elicit
 - Expressing empathy
 - Rolling with resistance
 - Supporting Self-Efficacy
 - Decisional balance
 - Developing discrepancy
 - Eliciting action plan

Application of MI In Low Socioeconomic Group Setting

- Challenges
 - Language barriers
 - Illiteracy
 - Disabilities: blindness, mobility
 - Wide range of functional and social skills
 - Family members

Application of MI In Low Socioeconomic Group Setting

- Outcomes*
 - Excellent attendance
 - Greater patient self-efficacy
 - Increased use of insulin and oral anti-diabetic medications
 - Increased proportion with HbA1c tests
 - Increased patient satisfaction

** Not statistically significant due to small n*

Application of MI In Low Socioeconomic Group Setting

- In summary
 - Challenging and resource-intensive
 - Promising outcomes
 - Indicates MI may be effective intervention for low socioeconomic members in group setting