

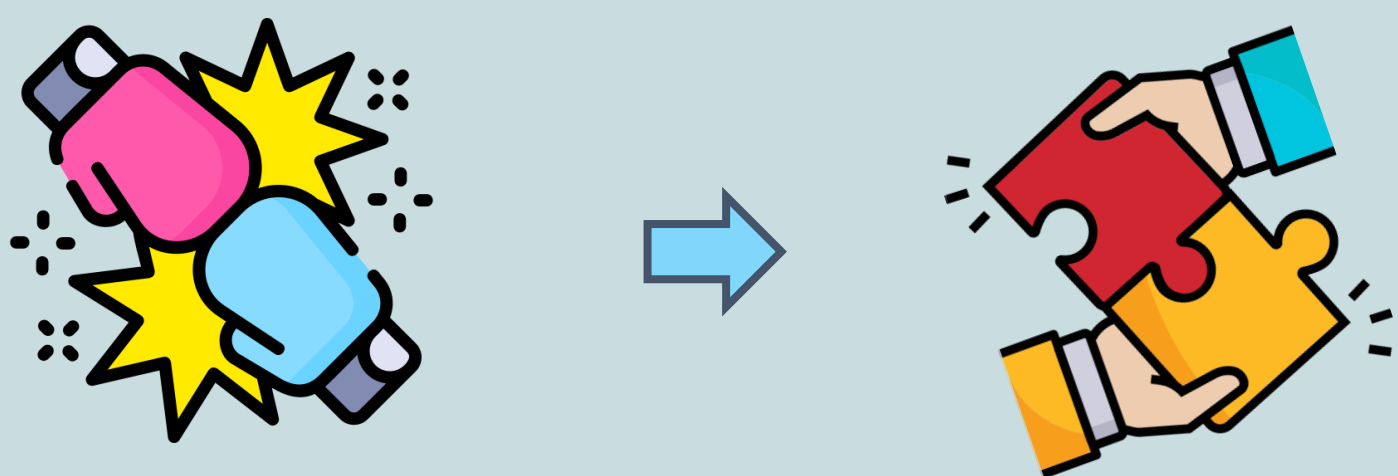
Iterative co-development of a behaviour change counseling workshop for physicians: the MOTIVATOR program

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BACKGROUND

- Chronic disease management is most important health challenge worldwide
- Non-collaborative patient-provider relationship leads to low patient self-management.
- Motivational Communication (MC): physician training to support patient-centred care



- Existing training platforms are
 - Based on education only
 - Contain impractical evaluations

AIM

- Co-development and optimization of an evidence-based behavioural change counseling training workshop and evaluation tool for physicians.

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Significant increased competency in behaviour change counseling skills in physicians and identification of barriers to adoption and uptake

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Strategy for Patient-Oriented Research
SPOR

Putting Patients First

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Chair

Canadian Network
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Behavior
Change
and Promotion

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Systematic literature reviews

(Dragomir AI et al., 2019; Boucher VG et al, 2020)

Consensus study

11 MC skills...

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Listening

Empathy

Acceptance

Responding to resistance

Negatively judging

Hostility

Evoking change-talk

Being argumentative

Setting goals

Informing

Collaborating

...co-dev assessment tool (MC-CAT)

Motivational Communication Competency Assessment Tool

(Dragomir AI et al., 2019)

Validation of the MC-CAT

(Boucher VG et al, 2021 ; Dragomir AI et al., in preparation)

Development of logic model

Iterative co-dev of workshop

(Voisard B, Dragomir AI, et al, 2024)

Accreditation

Proof-of-concept

(Voisard B et al., In preparation)