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Motivational interviewing in a patient with Schizophrenia to achieve treatment collaboration: A case study

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Medication nonadherence decreases the success of clinical treatment and the efficient use of resources, thereby creating a barrier to effective health care. In this report, we describe the achievement of treatment collaboration through motivational interviews (MI) in a patient with treatment-resistant schizophrenia. MI interventions are based on individual-centered counseling, cognitive-behavioral therapy, social-cognitive theory, the health belief model and the trans-theoretical model. In this case study, we conducted six MIs during which we asked open-ended and reflective questions, established empathy with the patient, and developed discrepancies, leading to ambivalent feelings being revealed. Each interview was structured in accordance with the principles of MI. In this context, The Morisky Medication Adherence Scale and a questionnaire were used to assess his medication adherence. We used the importance, confidence and self-efficacy ruler. The MI method can be used to ensure continued treatment effectiveness, to increase patient awareness about the disease and benefits of treatment, and to increase patients' self-efficacy. MI can be included during any of the patient visits to establish treatment collaboration with patients as long as the provider has experience with limiting the length of the interaction at psychiatric facilities, outpatient clinics and community mental health centers. It can take months or years for people to experience a behavior change. MI techniques can encourage patients to think about their medication-taking behaviors in a different way, and after each short session they may be able to improve awareness and self efficacy.

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Biography

Melike Ertem is a Research Assistant at Psychiatric Nursing Programme. She completed her Master's education at Duzce University. Currently, she is studying her PhD at Dokuz Eylul University Psychiatric Nursing Department. She voluntarily gave psychological counselling services at Elder Health Center in Bolu. She studied at European Union Grundving Life Long Learning Project which named Training and Psycho-Social Therapy for Informal Caretakers of Bedridden Disabled Individuals. She has been studying on motivational interviews with schizophrenia diagnosed patients. She has published papers in reputed journals and oral –poster presentations at conferences.

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