

3rd World Congress on

PUBLIC HEALTH AND NUTRITION

February 26-28, 2018 London, UK

THE EFFECTS OF MOTIVATIONAL INTERVIEWING TRAINING PROGRAM ON COMMUNICATION SKILLS AND SELF-EFFICACY OF HOME VISITING NURSES

Sung Jae Kim^a and Jeongwoon Yang^b^aSeoul National University, South Korea^bKyungbok University, South Korea

Purpose: The purpose of this study was to examine the effects of Motivational Interviewing (MI) training program on communication skill and self-efficacy of home visiting nurses (HVN).

Methods: This study has a mixed-methods design that includes a one-group pre-post test study and focus group interviews (N=23). From April 16th to June 11th in 2014, total six two-hour sessions of MI training program were provided to the participants. The quantitative outcomes were collected using Global Interpersonal Communication Competence Scale (GICC-15) and Self-efficacy Scale, and the qualitative data were obtained by 5 focus group interviews. Group pre-post changes were evaluated by paired t-tests and the qualitative data were analyzed by content analysis method.

Results: MI training program led to significant enhancement in communication skills ($Z=-3.62$, $p<.001$) and self-efficacy ($Z=-3.67$, $p<.001$). The qualitative study revealed that the participants had positive experiences to express empathy, support self-efficacy, and respect autonomy for their clients applying reflective-listening and affirmation skill.

Conclusion: The HVNs who participated in the MI training program showed improved communication skills and self-efficacy in the quantitative and qualitative studies. A randomized clinical trial is needed to confirm the value of MI training program for HVNs.

Biography

Jeongwoon Yang is working as an Assistant Professor in the Department of Nursing Science, Kyungbok University. Earlier she worked as a Senior Research Assistant of Community Mental Health Nursing in Research Institute of Nursing Science, Seoul National University. She did Doctor of Philosophy in Nursing Science and Master of Public Health from Seoul National University.

jw1228@snu.ac.kr

Notes: