Caries Management Course
Module: Motivational Interviewing

Robert S Jones DDS PhD
Assistant Professor
Division of Pediatric Dentistry
University of Minnesota

Copyright and Acknowledgements
This work is protected by copyright.
All images created by author unless indicated.
The author would like to acknowledge residents efforts to obtain clinical images.
Look for the blue underline reference links to click during the presentation!

Module Objectives

- Discuss how Risk Assessment can be an educational tool.
- Motivational Interviewing Ideas and self management goals.

What is the Point?

- Risk Assessment is imperfect
- Not Very Predictive
- Work in Progress
- Improves upon a Restorative-only Philosophy
What is the Point?

• Asking the Risk Assessment questions is a form of education.

• Risk assessment can be a powerful message to patients for their own self evaluation.

What is the Point?

• But don’t patients already ‘know’ why they get dental decay!

• Isn’t dental decay just a compliance issue on the part of patients and families?

What is the Point?

• You will be surprised.

• How many patients/families appreciate the risk of caries with potato chips?

• How many patients/families really appreciate why water is fluoridated?

Education and Goals

• How does a parent learn in the dental office?

• How do you work on a parent’s willingness to change some habits?

• The ‘Data Collection’ of Risk Assessment can assist in the process of parent education
Motivational Interviewing

- Make the Data Collection part of a conversation.
- Determine if parent is working on change
- Provide support and motivational on parent’s own goals

Motivational Interviewing

- Elicit-Provide-Elicit
  - Drawing out patient information beyond a yes and no.
  - Providing Possible Solutions
  - Try to get the Parent/Child to find their own solutions

Motivational Interviewing

- Principle #1 “Focus on the Individual Barriers and Solutions”
- Avoid the ‘General Recommendations”
- Risk Assessment is a starting place to acquire patient specific information before making recommendations

Motivational Interviewing

- Principle #2 “Collaborative Discussion”
- Appreciation for Parent/Child Ambivalence
- Understanding that Concerns and Parent Motivation need to be addressed before ‘Solving the Problem”
Motivational Interviewing

• Principle #3 “Respect Independence”

• We want to help you prevent more cavities in your child but we need to ask you some questions. Can we go through your oral health in more detail?

Motivational Interviewing

• Principle #4 “Reflective Listening”

• Open Ended Questions

• Affirmation regarding a Patient’s barriers “That is difficult.”

• Reflective Listening- Summarize Key Points made by parents

Motivational Interviewing

• Principle #5 “Empowerment”

• Is your patient ready to make change?

• Be optimistic that they may be ready next time.

• Self Management Goals

Motivational Interviewing

• Literature

• Motivational Interviewing in Pediatrics

• Dentalcare.com
  – Corporate P&G site has some good resources for motivational interviewing
Open Ended Questions

- Do not read the Risk Assessment form aloud.
- Not very helpful when asking
- Do you brush twice a day?
- Instead
- “Tell me when and where you brush your teeth each day”

Open Ended Questions

- Not very helpful when asking
- Does your child snack over 3 times a day?
- How many snacks does your child have a day?

Open Ended Questions

- Instead:
  - On a typical day during the school year, what does your child have for breakfast…?”
  - “Any snacks between breakfast and lunch”
  - This usually involves getting the child to participate

Education Not Answers

- Keep in Mind that there is little evidence on the validity of food frequency questionnaires
- This has been investigated in obesity research
- Education and Self Reflection
Confidence

“It is hard to change what children want to eat”

How confident are you that his/her eating habits can change?

*We are here to help and listen. Our goal is to help prevent those cavities in the future*

Conclusion

• Motivational Interviewing is Time intensive

• Caries Management with Motivational Interviewing anchoring Parent Education may be an effective model but is hard to implement in clinical practice