## Cardiac Rehabilitation Enrollment/Adherence Strategy

### Motivational Interviewing

*Questions should be directed to: [aacvpr@aacvpr.org](mailto:aacvpr@aacvpr.org)*

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<th>Characteristic</th>
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<tr>
<td><strong>Definition/Description</strong></td>
<td>Model for staffing training and successful integration of Motivational Interviewing (MI) techniques to improve patient adherence to CR programs</td>
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| **Key Terms/Abbreviations**             | MI = Motivational Interviewing  
CR = Cardiac Rehabilitation                                                        |
| **Background and Purpose**              | • Patients who participate in CR often struggle with adherence to attending CR sessions and implementing lifestyle modification (e.g., smoking cessation, weight management, improving stress coping).  
• This strategy involves providing staff with MI training, an empirically supported intervention which improves adherence across multiple behaviors. |
| **Relevant Metric (if applicable)**     | • Motivational Interviewing Treatment Integrity                                                                                       |
| **Process Description/Processes Impacted** | • Introductory training: Provide staff with introduction to MI offered by a qualified MI trainer.  
• Advanced training: Provide staff training on an ongoing basis with a qualified MI trainer  
• Example: Phase I: Staff psychologist provided introductory lectures to staff explaining the theory and scientific evidence supporting the effectiveness of MI in improving adherence across various behaviors.  
• Phase II: Staff psychologist provided more intensive small group training on a regular basis for a three-year period to practice MI interventions with CR patients. |
| **Key People/Departments to Engage**    | • Support from Program Manager, Medical Director and Hospital Administration to hire MI trainer  
• CR staff to engage in process of learning and practicing MI in context of their role |
| **Needed Data Sources (if any)**        | • MITI to evaluate treatment fidelity.  
• MI trainer can respond live to provide feedback and guidance to CR staff during MI training sessions. |
<p>| <strong>Cost Concerns</strong>                       | • Consulting fees for MI trainer range based on the level and duration of training provided to staff                                      |</p>
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<th>Timeline</th>
<th>If MI trainer is part of CR staff, e.g., staff psychologist and embedded in program, training can start within a month. Training is cumulative and more time (approximately 3 months) is required to appropriately integrate MI into CR programming.</th>
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| Supporting Material | • [http://www.youtube.com/watch?v=80XyNE89eCs&feature=BFa&list=PL63BF8767F7FFC96F](http://www.youtube.com/watch?v=80XyNE89eCs&feature=BFa&list=PL63BF8767F7FFC96F)  
• [http://www.youtube.com/watch?v=URiKA7CKtfc&feature=BFa&list=PL63BF8767F7FFC96F](http://www.youtube.com/watch?v=URiKA7CKtfc&feature=BFa&list=PL63BF8767F7FFC96F) |