

Polish Association of Motivational Interviewing (PAMI) annual MI conference. Poznań, October 17-18th 2015.
The conference is called: ***A way of dealing with the "difficult patient".
Motivational interviewing in healthcare***

MI and shared decision making in chronically ill patients. Is it mHealth a key for treatment adherence?*

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Although there are an increased number of new and more efficient treatments, the adherence to the doctors' recommendations still remains low among chronically ill patients.

Patient-centered care has been found to be associated with improved patient outcomes, including improved self-management, patient satisfaction, and medication adherence, and some studies have found evidence for improved clinical outcomes. Moreover, data from surveys and qualitative and observational research indicate that clinicians often do not take patients' perspectives into account.

Patient-centered care requires different approaches depending on the clinical situation. Motivational interviewing and shared decision making provide practical and well-described methods to accomplish patient-centered care in the context of situations like chronic illnesses where medical evidence supports specific behaviour changes and the most appropriate action is dependent on the patient's preferences.

The presentation will guide the audience through the reasons underlying the lack of treatment adherence among patients with chronic diseases and will summarize the overlap between the 2 approaches (MI and shared decision making). Lastly, it will be discussed how practitioners can flexibly combine them to improve their patient-centered practice and what new technologies could help in this purpose.

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