

Stuart Tousman, Ph.D. Motivational Interviewing and other communication techniques to change asthma patient behavior

1. Describe the typical barriers that exist with getting asthma patients to adhere to taking their medications as well as other asthma health behavioral changes.
2. Describe how motivational interviewing and other evidence based communication approaches that can be effectively implemented by healthcare professionals to change asthma behavior.
3. Describe how healthcare professionals can implement problem-based and emotional-based communication strategies that can help provide better care to help the asthma patient and caregivers cope with the chronic disease.

I. Barriers

A. Role Play

1. Opening: Emotion Based Coping/Problem-based Coping (Folkman & Lazarus)
2. Assessment: Columbo!
3. Education

B. Self-Management (Creer)

1. Traditional versus Learner Centered. (Lorig)

II. One on One Solutions

A. Teaching and Learning: Constructivism (Vygotsky): Schemas, Zone of Proximal Development, Scaffolding, Teach me back.

B. Motivational Interviewing

C. Prochaska

D. Cognitive Dissonance

III. Group based

A. Group size/Sessions/Topics/Techniques

B. Kanfer's Theory of Behavior Change

1. Principle of Least Resistance.
2. Anticipatory Self-Regulation
3. Automatic versus Controlled Processing

C, Online

III. Figures

Figure 2
Patient Medication Schema

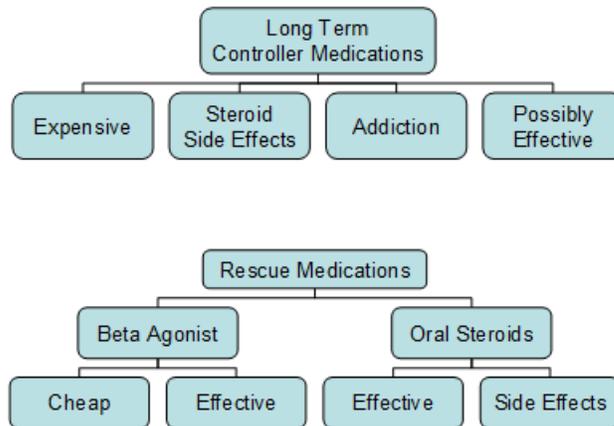
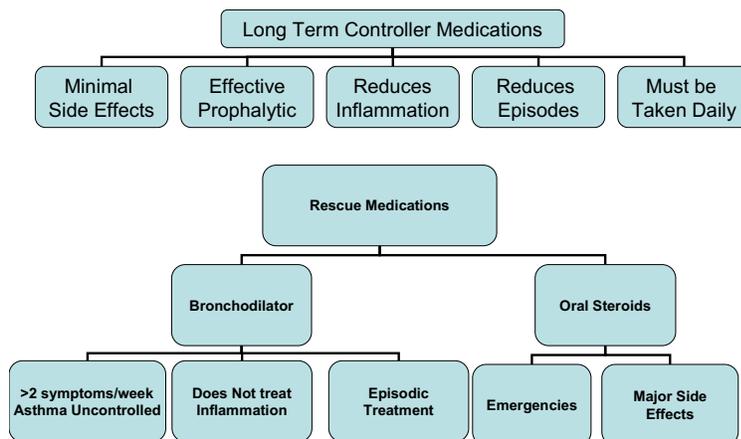


Figure 1
HCP Medication Schema



IV. Online Group Based Adult Asthma Education Program. (Eastern Allergy Proceedings 2016)

The purpose of this pilot program was to educate adults with asthma about key topics such as asthma disease severity, asthma medication management, and asthma symptom control. Three people participated in a 6 week group based online asthma education program that was conducted by Dr. Stuart Tousman and 2 students using the free online groupsite platform. The format of the program was based on Vygotsky's constructivist principles in which participants shared information about key topics during the first week and then received feedback and acoustic recordings during the second week. The results of the study indicated that all participants enjoyed the format of the program and the information they learned during the six weeks. For future programs, they recommended having more participants and covering more topics.