

## **MOTIVATIONAL INTERVIEWING: DO WE NEED THIS SKILL? A QUALITATIVE EXPLORATION AMONG COMMUNITY HEALTH PROMOTER'S IN JOM MAMA PROJECT**

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### **ABSTRACT**

#### **INTRODUCTION :**

Motivational interviewing (MI) is directive and client centred counselling style to behaviour change by helping individuals to explore and resolve ambivalence. The concept of MI is very new in Malaysia and was introduced in implementation of Jom Mama intervention project at five health clinic in Negeri Sembilan. The objective of this study is to explore knowledge, experience and perspective among Nurses involved in Jom Mama project as Community Health Promoters (CHP).

#### **METHODOLOGY :**

Explorative qualitative approach was conducted for this study using focus group discussion (FGD) method. 16 FGD was carried out (in three phases between January 2016 until December 2017) among Community Nurse and Staf Nurse who was involved as CHP in five Jom Mama Project clinics. Data was transcribed verbatim and analyzed using thematic analysis.

#### **RESULT :**

Based on analysis, three aspects have been identified in the implementation of MI among CHP; understanding – MI need interviewing skill when handling clients, open-ended question with more input and use of body language. Second, application – did not fully used as client unable to respond when used MI and encouraged client to make decision (they role only as guidance). Third, perception on MI – no rapport when apply MI, not suitable for lower educated clients, too formal and prefer traditional patient education.

#### **CONCLUSION :**

CHP's had very basic understanding of MI, throughtout of this study, CHP's reported that they were not able to apply MI fully.

**Keyword** – Motivational Interviewing, Counselling, Behaviour Change, Health Clinic, Community Health Promoter