

“Motivational Interviewing (MI) for Pain Management”

Presented by:
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Webcast Post-test Answers (Answers are in **bold**)

Questions:

1. Which of the following words is not used to describe the Spirit of Motivational Interviewing?
 - a. Autonomy
 - b. Expertise**
 - c. Evocation
 - d. Collaboration
2. Which one of these is NOT a value of motivational interviewing?
 - a. Free choice
 - b. Collaborating together
 - c. Bringing forth strength for change
 - d. Giving information**
3. What does the acronym OARS stand for?
 - a. Old ideas, Add new ones, Return to values, Stop arguing
 - b. Open questions, Affirmation, Reflective listening, Summarizing**
 - c. Open questions, Add information, Reflective listening, Summarizing
 - d. Open questions, Affirmation, Reflective listening, Share information
4. Which of these is NOT one of the four principles of motivational interviewing?
 - a. Roll with resistance
 - b. Repeat key messages**
 - c. Develop difference (discrepancy)
 - d. Support self-efficacy

5. Which one of these is NOT a method of rolling with resistance?
 - a. Coming alongside
 - b. Emphasizing personal control
 - c. Reframing
 - d. Telling the person what they should do**

6. Resistance is a signal for the clinician to:
 - a. List reasons for change
 - b. Use confrontation to break through resistance
 - c. Respond with reflection**
 - d. Ask for a time-out

7. Statements made by patients indicating an inclination or reason for change – self-motivation is known as change talk. Goals of MI regarding change talk include all of the following EXCEPT:
 - a. Identifying the subtle change talk so that through reflection you can purposefully guide session forward
 - b. Eliciting change talk
 - c. Strengthening or reinforcing change talk (“sounds like a good idea;” “great point;” “I think you’re right”)
 - d. Finding a way to push through “Resistance Talk” by changing the subject**

8. Which is NOT one of the steps in creating a plan for change?
 - a. Set goals
 - b. Ask a key question
 - c. Elicit commitment to the plan
 - d. Establish rapport**

9. John is a 45 year-old man who owns a construction company. He has been on opioid analgesic medication for four years for chronic low back pain. He discloses that he has been taking more than prescribed and it makes him tired at work. Which of the following Motivational Interviewing approaches might be used during the counseling session?
 - a. I think you are really just taking too many pills and putting your health at risk.
 - b. I'm worried about your use of opioids and it's time to cut way back
 - c. You identified some concern about the use of your pain medicine. What would you like to accomplish towards addressing this concern?**
 - d. Let me tell you some facts about how successful other people are managing to cut down on medications to build your confidence.

10. Pick the best response to this example of resistance/ ambivalence that might lead to change talk:

"Yeah my pain level is still a 10 but I'm happy with the dose of pills I'm on. It's just you and my family who seem to have a problem."

- a. **You are satisfied with your current pain control, but it's confusing that others view your medication use as a problem**
- b. You're perfectly satisfied with you pain medication dose but it really is a bit high
- c. If your pain level is still a 10, the medications are not working effectively; what about trying meditation too. It has worked for my other patients
- d. Your family has reason to be concerned, these pills are just not working and you are still in a great deal of pain.