

Motivational Interviewing for COVID-19 Vaccine Confidence and Hesitancy

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I have no conflicts to declare

2

OBJECTIVES

1. Define vaccine hesitancy
2. Describe 3 motivational interviewing-informed steps for talking with patients about vaccines confidence and hesitancy.
3. Recognize the patient scenarios for which motivational interviewing may be less effective.

3

My team

SPECIAL COMMUNICATION

Motivational Interviewing Strategies for Addressing COVID-19 Vaccine Hesitancy

Cassandra L. Boness, PhD, Mackenzie Nelson, and Antoine B. Douaihy, MD

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ORIGINAL PAPER

COVID-19 Vaccine Hesitancy, Acceptance, and Promotion Among Healthcare Workers: A Mixed-Methods Analysis

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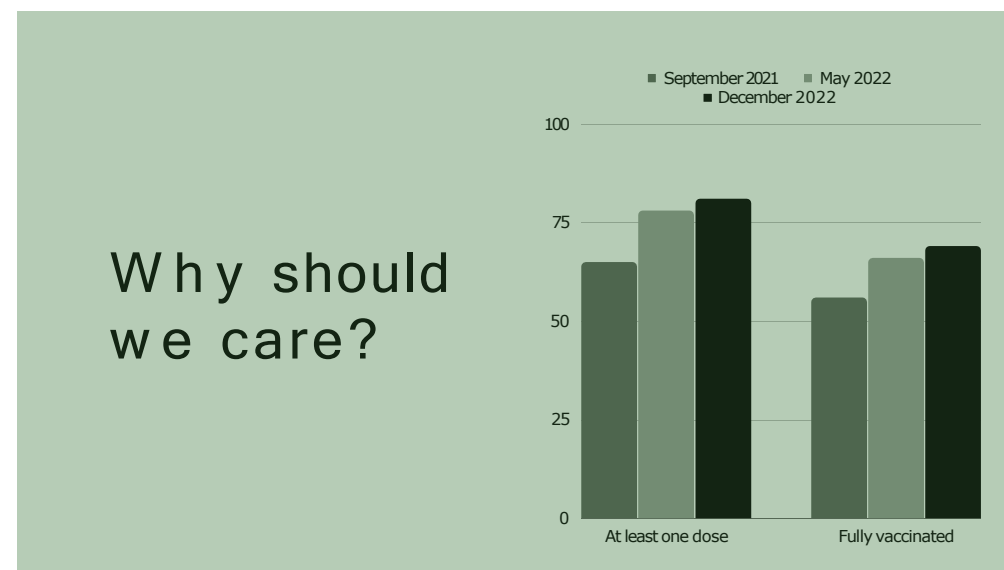
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What is vaccine hesitancy?

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What can we do about it?

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The "Spirit"

- person-centered
- collaboration
- compassion
- acceptance

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How can we work together?

VS.

This is what you should do.

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- 1 Practice a guiding style
- 2 Evoke using the MI toolbox
- 3 Respond mindfully

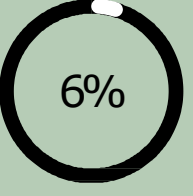
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- O** OPEN-ENDED QUESTIONS
- A** AFFIRMATIONS
- R** REFLECTIONS
- S** SUMMARIES

1 Practice a guiding style


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NOT VACCINATED



6%

AT LEAST 1 DOSE



93%

2 Evoke using the MI toolbox

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NOT VACCINATED

It will not enter my system unless mandated

I am a young woman and any inking that is may lead to infertility is enough for me to not get it

AT LEAST 1 DOSE

I did not want to risk spreading anything to my patients

My daughter... is high risk... I could not in good conscience tell her to get it if I wouldn't get it myself


2 Evoke using the MI toolbox


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- E** ELICIT
- P** PROVIDE
- E** ELICIT

2 Evoke using the MI toolbox

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No hesitancy  Extreme hesitancy


No hesitancy  Extreme hesitancy

3 Respond mindfully

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Demonstration

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MOTIVATIONAL INTERVIEWING

 Have patients who are unsure about getting the COVID-19 vaccine or booster? Using this 3-step technique can help.

SAMPLE QUESTIONS

 How do you feel about getting the vaccine?

 What is your understanding of the vaccine?

 Would it be alright if I shared some information?

 What are your thoughts about what I shared?

 What might be the next step for you?

Step 1: Practice a guiding style

- Use neutral, open-ended questions to develop rapport
- Work to understand your patient's position
- Emphasize the patient's autonomy

Step 2: Listen with empathy

- Begin by asking what the patient already knows or is interested in knowing
- Ask targeted, open-ended questions to learn more
- After receiving permission, share concise bits of information
- Ask for feedback
- Stay as neutral as possible and weigh the pros and cons

Step 3: Respond mindfully and skillfully

- Summarize the discussion
 - Highlight aspects that favor behavioral change
 - Collaboratively decide on the patient's next step

Boness, C.L., Nelson, M., & Douaihy, A.B. (in press). Motivational interviewing strategies for addressing COVID-19 vaccine hesitancy. *Journal of the American Board of Family Medicine*. Retrieved from <https://doi.org/10.1093/famfam>.

More resources: <https://osf.io/wrb9h/>

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Possible challenges

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Counter-productive?



Historical trauma



Conspiracy beliefs

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Thank you!

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References

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Boness, C.L., Nelson, M., & Douaihy, A.B. (2022). Motivational interviewing strategies for addressing COVID-19 vaccine hesitancy. *Journal of the American Board of Family Medicine*, 35, 420-426.

Hoffman, B.L., Boness, C.L., Chu, K., Wolynn, R., Sallowicz, L., Mintas, D., Douaihy, A.B., Felner, E.M., & Sidani, J.E. (2022). COVID-19 vaccine hesitancy, acceptance, and promotion among healthcare workers: A mixed-methods analysis. *Journal of Community Health*, 1-9.

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