

# **Using Motivational Interviewing with Obese Adolescents to Improve Weight Management: A Quality Improvement Project**

Erika Peschel, Family Nurse Practitioner Program  
Washington State University

## **Abstract**

Adolescents are a vulnerable population in the obesity pandemic. Often it can be difficult to communicate with this age group. This quality improvement project was meant to improve the way providers communicate with their adolescent patients in order to allow them to change their own behaviors to improve their health. A motivational interviewing on-line training program with follow-up one-on-one consultation by an MI specialist, was created for providers at an adolescent medical clinic. Their use of MI in the past did demonstrate a change in the adolescent's accountability for their own care; however, over time, the provider's skill sets and the influx of new providers diminished the use of MI.

The intent of this project was to reactivate the MI process and to improve the communication and collaboration between patient and provider and to allow for a more patient-centered approach to care. The results showed that the providers liked the online training program and were desirous of the individualized consultation so they

could be more fluent and more appropriate in the use of motivational interviewing with their adolescent patients.