

## When Time is Short: Using Motivational Interviewing to Improve Adherence and Outcomes

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The rate of nonadherence has not changed in 40 years. Nonadherence to medication regimens is a multibillion-dollar problem. This session will describe a new sense making approach to motivational interviewing (MI), an evidence-based approach to improving treatment adherence with health behaviors and health outcomes. This session will help learners understand why current persuasive and paternalistic ways of talking with patients are ineffective. Cases will be used to demonstrate the effectiveness of MI skills in time limited environments, such as community pharmacy practice.

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