

The video starts with the video's title on the screen, "STAND STEADI: Motivational Interviewing with Older Adult Patients". The HHS CDC logo is in the bottom right corner of the screen.

Text on Screen: "Applying Motivational Interviewing to Fall Prevention"

A subject matter expert appears on screen, and her title is at the bottom of the screen: "Hiro (Hiroko) Kiyoshi-Teo, PhD, RN; Assistant Professor; Oregon Health Sciences University".

Hiro Kiyoshi-Teo: "We have been able to develop and implement motivational interviewing intervention that is specifically for older adults in addressing fall risks. And we have been able to provide this motivational interviewing to patients, in the hospital, in out-patient, and also in residential care facilities. We have been able to do that in person and also through phone and video calls as well."

While Hiro Kiyoshi-Teo is speaking, a couple images appear on screen. First is a stock photo of a healthcare provider speaking with an older adult patient. The second is a stock photo of a healthcare provider speaking with an older adult patient while doing an assessment in the patient's home. The third is a stock photo of an older adult patient holding a smartphone to video call with their healthcare provider.

Text on screen: "Advice for Clinicians Using Motivational Interviewing"

Hiro Kiyoshi-Teo: "Motivational interviewing, the basic element of that is what's called OARS." While Hiro Kiyoshi-Teo is speaking, text appears on screen: "O: Open Ended Questions; A: Affirmations; R: Reflections; S: Summary."

Hiro Kiyoshi-Teo: "An easy way for a person to start with motivational interviewing is really being intentional about asking open-ended questions. In healthcare, we love close-ended questions, like 'have you ever had a fall, in the last 3 months or in the past year?'. Instead of asking that close-ended question, ask question like, 'tell me about situation when you had a fall.'"

Hiro Kiyoshi-Teo "One other question that I love to ask, especially for a person who had a fall, is to ask, 'how has that fall impacted you personally?'. Because by listening to their answer, they can say, 'hey, it was a wakeup call that I need to do something about what I've been feeling, which was unsteadiness, but I'm not sure what to do.' There's an opportunity there, or conversely, a patient can say, 'hey, I had a fall, but I'm never going to fall again.' So those are very difficult clinical questions to answer. What if the person really believes that they're not going to fall again. Typical clinician, past me, before I knew motivational interviewing, would be like, 'okay this person is not ready, I tried to educate the patient, and that's the end of the story.' But with motivational interviewing, I can ask questions like, 'well just share with me. I'm really interested about your real confidence in yourself that you're not going to fall.'"

Text on screen: "Motivational Interviewing Resources and Techniques"

Hiro Kiyoshi-Teo: “There are a wealth of online resources about motivational interviewing. One of the great place to start is the one offered by MINT, Motivational Interviewing Network of Trainers. You can find that website at motivationalinterviewing.org.”

While Hiro Kiyoshi-Teo is speaking, text appears on screen: “Find more information at motivationalinterviewing.org”.

Hiro Kiyoshi-Teo: “One other resource that I love is one offered through Psychwire. You can find their website at [psychwire.com slash motivational dash interviewing slash resources](http://psychwire.com/motivational-interviewing/resources).”

While Hiro Kiyoshi-Teo is speaking, text appears on screen: “Find more information at [pyschwire.com/motivational-interviewing/resources](http://psychwire.com/motivational-interviewing/resources)”.

Text on screen: “STAND STEADI”. The HHS CDC logo and the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo are in the bottom right corner.

Text on screen: “For information about STEADI and older adult fall prevention, visit www.cdc.gov/STEADI”. The HHS CDC logo and the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo are in the bottom right corner.