

University of New Mexico
Center on Alcoholism, Substance Abuse, and Addictions
Motivational Interviewing: Professional Training Videotape Series, 1998
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Tape/Part D, Chapter 5 – Case example: Cardiac care patient

Counselor: ...so upon going to the hospital they, with the testing and so forth, decided you needed the angioplasty.

Patient: Right

Counselor: You've been doing some exercise on your own again, very gradually ??

Patient: Gradually – and now they want me in, they suggested that I get into some kind of an organized program.

Counselor: OK

Patient: So that's why I'm,

Counselor: So you've come here for the organized program

Patient: To find out what's available

Counselor: In the course of all this, I wonder if you could tell me, what, what you are becoming aware of, or what you knew before, that might be good for you to think about in the course of looking at your health condition and getting back to a healthier position again. What do you know about what you may need to do differently?

Patient: Well, I guess diet, I hear about cholesterol, and fat. Everybody seems to talk about fat, so I thought maybe I'd, I need to get – get with somebody that, so we can sit down and work out some kind of program, a diet program that gets me off that stuff. And then exercise again. I slacked off and now I need to get back on some kind of a program.

Counselor: Mm hm

Patient: And then they talk about stress and what-have-you, and I have a real problem with that on my job, and I don't see how you –

Counselor: Mm hm

Patient: and everybody keeps talking about stress and eliminating it, but I can't seem to...

Counselor: It's hard to imagine how to do that, it sounds like

Patient: Then main thing they said is fat. Take fat out of your diet. Now, what that means, I don't know.

Counselor: It's kind of confusing, huh.

Patient: Right.

Counselor: OK.

Patient: What does that mean? What do I stop eating? What do I, what do I eat? Or, uh...

Counselor: So you've kinda heard the big picture or the big word of you gotta watch your diet, or change what you eat, but you don't know specifically.

Patient: No, it's difficult, with the family. You know. What do you have, 2 separate meals, or do they eat the same thing? And that kind of thing, so I thought maybe if I can get some kind of a program...

Counselor: OK. You're wondering how you do this because of your job and because of your family

Patient: Yeah

Counselor: And so some specifics about that might be helpful

Patient: Yeah

Counselor: Well, let me tell you a little bit about what we know about how it's helpful for people to change their diet after having had some kind of heart surgery. You hit 2 things that are very key – fat, and cholesterol. And in the fat area, what we recommend is that people get their fat content to between 10 and 20% of what they eat. And one thing that really means is starting to eat a lot of fruits and vegetables. Because they don't have fat in them to start with. And those are kinds of things to have available as snacks, and as a major part of your meals, and just to focus on a lot more fruits and vegetables and you'll automatically stay away from fat when you're doing that. But most of us can't, aren't happy with just fruits and vegetables, and so the other thing to start looking at is the labels on cans and packages, about what the fat content is, and there's a portion on there that says the percentage in that item.

Patient: I've never done that

Counselor: You've never done that, so that would be a new thing to do.

Patient: I think that if I can have 2 or 3 things that you can focus on, instead of 20. You know, like that, read labels, or fruit and vegetables, that's fine. But give me 2 or 3 things that I can follow, and that would help, and I think that would be better than

Counselor: OK, so you want a few concrete things you can follow and not –

Patient: I would, that's –

Counselor: That would work for you. So we've got 2!

Patient: OK

Counselor: We've got looking at the fat content on the cans and packages. We've got lots of fruits and vegetables, you can take fruits or carrots or celery for breaks during the day

Patient: Mm hm

Counselor: And another thing, probably the other thing is to try to stay away from red meat, and to, any kind of meat you eat, to get rid of as much of the fat as there is on it, like chicken take the skin off.