

# Promoting Patient-Centered Care and Patient Empowerment: The Power of Motivational Interviewing

Virtual Presentation by: Sharon Tucker, PhD, APRN-CNS, NC-BC, EBP-C, NFAP, FAAN

Date: December 1, 2022

Time: 12:00-1:30pm

Sharon Tucker, PhD, APRN-CNS, NC-BC, EBP-C, NFAP, FAAN

Associate Dean, Health Promotion & Well-being, Grayce Sills Endowed Professor of Psychiatric Mental Health Nursing, Director, Center for Well-being and Prevention, Director, Implementation Science Core, Helene Fuld Health Trust National Institute for Evidence-based Practice for Nursing and Healthcare, College of Nursing, The Ohio State University. A board (ANCC) certified adult psychiatric mental health clinical nurse specialist, licensed APRN-CNS in Ohio and behavioral researcher, Tucker focuses on behavioral interventions to promote health and wellness, prevent disease and reduce stress and risks among families, particularly among working mothers and children. Her interventions include environmental strategies, cognitive behavioral interventions and motivational interviewing, which she teaches, studies and practices.

Sharon is recognized as an expert in health and wellness interventions and strategies, a known leader in evidence-based practice (EBP), implementation science, and quality improvement. She served as director of research, EBP and quality for two Magnet-designated, large hospitals in academic medical centers (University of Iowa Hospitals and Clinics and Mayo Clinic) for 15 years prior to joining OSU in 2017. Research and EBP outcomes were recognized by the Magnet surveyors as exemplary for both hospitals. Tucker led her team at the University of Iowa (UI) Hospitals and Clinics in the writing of a successful competitive application for the prestigious Magnet Prize, which was awarded in 2014 for their legacy work in EBP. In partnership with the UI College of Nursing, they were also awarded recognitions for collaborative partnerships by the American Association of Colleges of Nursing in 2014 and the Midwest Nursing Research Society in 2017.

## Learning Objectives

1. Discuss the theoretical underpinnings of motivational interviewing and the technical and relational skills that promote motivation and action toward behavior change in athletes
2. Develop basic MI skills that promote athlete-clinician collaboration, respect patient autonomy, and evoke patient ideas about change
3. Execute MI techniques that promote athlete-centered care and empower athletes seeking rehabilitation services in athletic training facilities

Cost: Free for OSU Wexner Medical Center Employees

Accreditation: Approved for 1.5-hour CAT A CE from BOC

<https://medicine.osu.edu/departments/sports-medicine/education/medical-professionals>

Attendance and Cancellation: This course is a private course and is free for Ohio State Wexner Medical Center Employees. Continuing education credit will be awarded to employees only. In the event of meeting cancellation, an email will be sent to those on the email list. For questions or to register, email [Karlyn.botzman@osumc.edu](mailto:Karlyn.botzman@osumc.edu)

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