

Manchester MI Network
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ELICIT –PROVIDE – ELICIT

Or

Ask-Tell- Ask

Introduction

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- Who has read the leaflet on EPE?
- Who has practised giving information in an MI style before ?
- Who would like an opportunity to practise this

Giving Information/advice in MI

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- What sort of information do you give to your clients to encourage behaviour change ?

- What sort of facts should we give hazardous or risky drinkers ?

Giving Feedback or Information in MI

Elicit- Provide- Elicit or Ask-Tell- Ask

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- **Elicit/Ask**

- Ask permission to feedback results or give information or wait for a request
- Ask the client
- What do you already know about _____?
- What would you like to know about _____?
- May I share some information with you about

- **Provide/ Tell**

- Give feedback or information one piece at a time
- from a third party – avoids expert trap
- Avoid I, Me... instead they...

- **Elicit their response/Ask**

- Open question - e.g. What do you make of that?
- Use your core skills OARS to keep the conversation going and build momentum for change

Eg. Screening? assessment

- ***Do you ever drink alcohol?***
- ***When was the last time you had X or more units in one day?***
(X = 3-4 for men, 2-3 for women)

- **How many units?**



- **On how many days a week do you drink? _____**
- **When you drink, how many drinks do you usually have ? _____**
(calculate weekly total) _____

Screening Units and Calories

- Now Calculate your total number of alcohol calories
- by multiplying the number of units by the calories for each drink

Lets have a go lightheartedly

- A volunteer please
- Who would like some feedback on their recent drinking?
- Task is to observe my style and use of EPE
- Give examples of OARS

Egs. Giving Information around alcohol

- The NHS says no more than 3-4 units per day for men 2-3 units for women
- The general household survey says if you drink more than 8 units in one go you are in the top 24%(Men) 15% (women) of drinkers in UK
- If you carry on drinking at this level it increases your chances of developing serious long term health problems.

Calories and Alcohol (source Drink Aware and independent charity)

- **Beer 4% PINT = 2.3units = 182calories = 0.6burgers = 18mins running**
- **Beer 5% small bottle =1.6units = 142 calories = 0.5burgers = 14mins running**
- **Wine 13.0% 175ml (175ml glass)=2.3units = 159calories = 0.5burgers = 16mins running**
- **Spirits 40% 25ml (Single) 1.0 units = 61calories = 0.2burgers = 6mins running**

Feedback

ELICIT

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Elicit Provided Elicit Practise

- Split into groups of **three** please - Observer Speaker worker
- Using either the facts on the drinking or something else. The speaker drinks more than recommended limits
- Give only one fact at a time and then use OARS do not argue.
- Observer gives feedback on the EPE
- Debrief in triads then switch roles

Thanks