

EFFECTS OF MOTIVATIONAL INTERVIEWING BY PHARMACIST/PHARMACY STUDENTS ON PATIENT OUTCOMES: A SYSTEMATIC REVIEW

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BACKGROUND

- The United States has some of the highest healthcare costs in the world, which can limit access to care and contribute to poorer health outcomes.
- Individuals without health insurance often experience reduced access to care and greater declines in overall health.
- Motivational interviewing (MI) is a behavioral communication strategy used to encourage positive health behavior change and improve patient outcomes.
- MI uses a patient-centered approach, where healthcare professionals guide patients in making their own healthcare decisions.

OBJECTIVES

To describe the humanistic, clinical, and economic outcomes of MI interventions by pharmacists/pharmacy students.

METHODS

- Systematic review using PRISMA methodology
- Databases searched: PubMed, CINAHL, Web of Science
- Publication range: January 2014 - April 2024
- Studies included if MI was performed by pharmacists or pharmacy students
- Articles screened by two independent reviewers using Covidence
- Quality assessed using MMAT (score range 0-7)

RESULTS

- 356 articles identified
- 56 studies included
- 28,940 participants
- Average quality score: 6.3
- 77% of studies reported significant improvements in patient outcomes ($p < 0.001$)
- Improvements included: medication adherence, blood pressure, A1C, cholesterol, vaccination rates, lifestyle changes, smoking cessation, and opioid use reduction

CONCLUSION

- Motivational interviewing delivered by pharmacists or student pharmacists improves clinical outcomes, medication adherence, and patient engagement.
- Long-term and face-to-face MI interventions appear most effective, supporting expansion of pharmacist-led MI services to improve patient outcomes.

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