

ECHO IDAHO

Diabetes and Metabolic Conditions

Skill Encore: Contextual Interviewing in Primary Care

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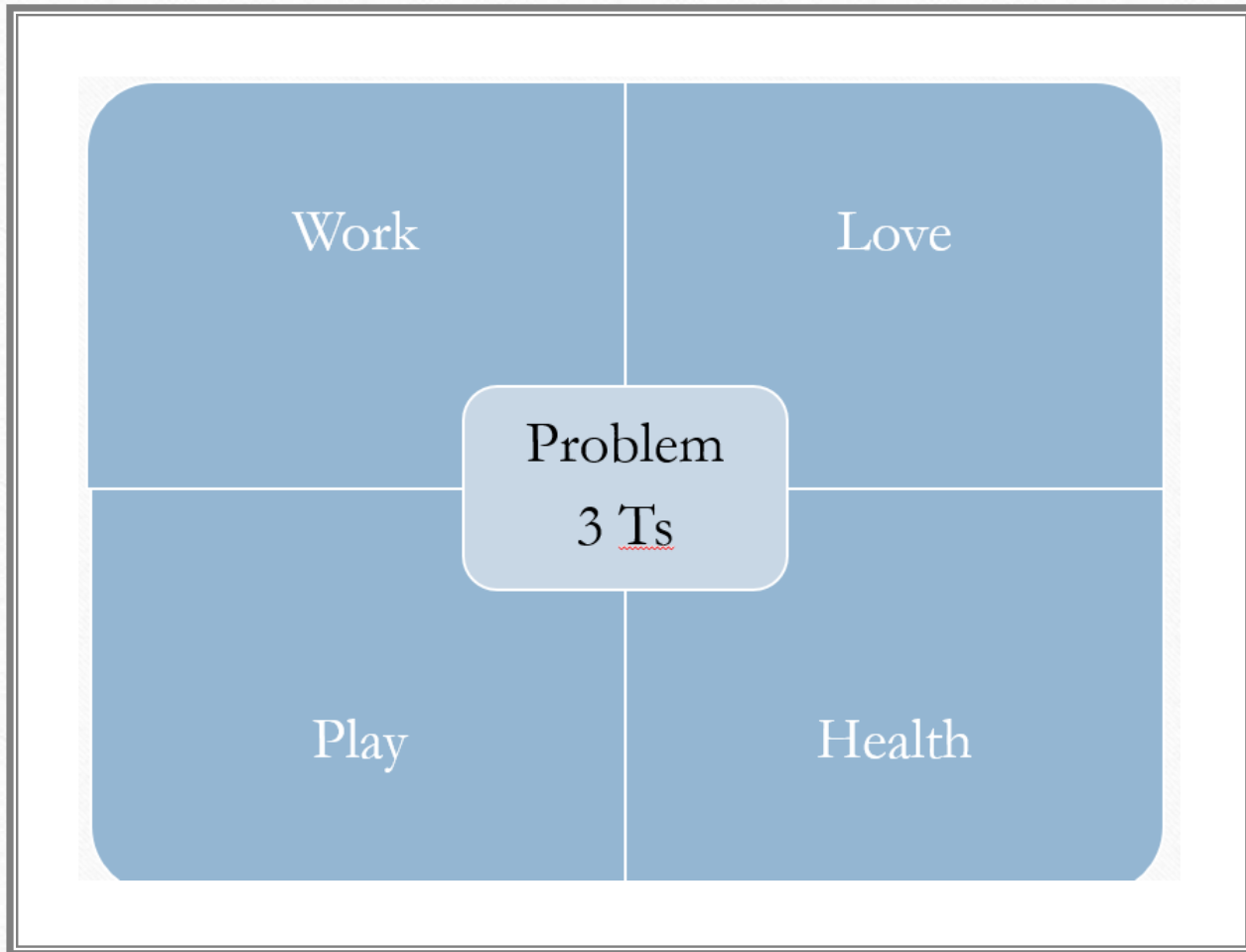
St. Luke's Health System

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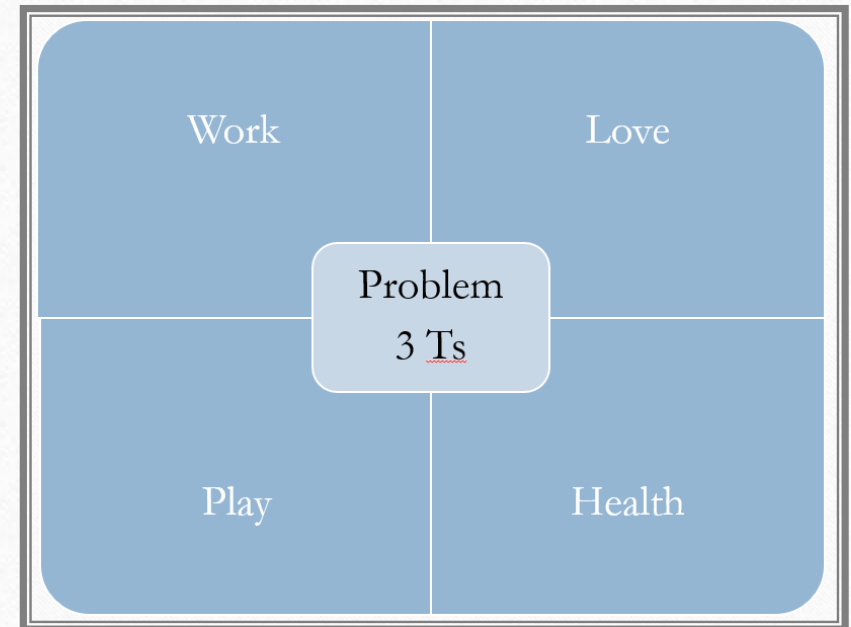
Contextual Approach

- All behaviors occur in a context
- Learning about the context helps you understand the nature of the problem and can lead to intervention ideas
- Ask questions about 4 main areas of life context (Work, love, play, health)
- Listen for values

Contextual Approach

Problem Focus

- Describe the nature, 3Ts and functional impact
- Use Functional Assessment for conceptualization
 - What is the barrier?
 - What is the need?
 - Is the current pattern workable and sustainable?



Practice Case

Record information in each quadrant and ideas for intervention
as they arise in the margins

“Before we focus in on your diabetes, I’d like to ask a few questions so I can learn more about you (catch up) and understand how your life impacts your health”

Work

Love

Ideas

Play

Health

CONTEXTUAL INTERVIEW

Love-Work-Play

- Living situation
- Relationship status
- Friends
- Spiritual life

- Work
- Finances

- Fun – activities/hobbies

Health

- Sleeping habits
- Eating habits
- Exercise
- Substance use
 - Caffeine, tobacco, alcohol, drugs

* Adapt questions if follow up “any changes in”

Beechy, Bauman, Aquilino 2017