

NCP	MI Process	Examples
Assessment	Preappointment Engage Focus	<ul style="list-style-type: none"> • Practitioner reads medical chart. • Practitioner conducts an oral assessment. • Practitioner asks the client to complete an assessment questionnaire prior to the first visit. • Practitioner asks the client the reason for the visit. • Practitioner asks the client what he/she is hoping to get out of the session.
Diagnosis	Focus	<ul style="list-style-type: none"> • Practitioner asks client what changes, if any, he/she is interested in discussing further. • Practitioner shares possible topics to discuss based on assessment results. • Practitioner shares reason for consult, if unknown to the client.
Intervention	Evoking Planning	<ul style="list-style-type: none"> • Practitioner invites the client to voice motivations for behavior change. • Practitioner invites the client to determine a successful route toward change. • Practitioner guides the client to devise solutions for barriers to change. • Client determines specific goals for change.
Monitor/ evaluation	Planning Postappointment	<ul style="list-style-type: none"> • Practitioner invites the client to determine appropriate monitoring methods related to behavior change. • Practitioner and client discuss plans for follow-up. • Practitioner reviews any new lab values available.

FIGURE 3.2. MI and the NCP.