The Use of Motivational Therapy to Construct a Productive Treatment Environment for a Patient with End-Stage Renal Disease: A Case Report

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PURPOSE
To present the benefits of integrating motivational therapies with more traditional physical therapist interventions thereby facilitating productive interactions and efficacious outcomes
• Motivational Interviewing (MI)
• Self-Determination Theory (SDT)

PATIENT DESCRIPTION
• 71 year-old male with ESRD and concomitant comorbidities including: CAD s/p CABG, HTN, Type-2 DM, and chronic back pain
• Patient’s Goals: Return home from SNF with improved standing balance, confidence in ability to transfer independently and ambulate in home

BACKGROUND
Motivation: Psychological energy directed at a particular goal incorporating extrinsic and intrinsic characteristics
SDT:
• Autonomy: The need to feel choiceful and volitional in ones actions
• Competence: The need to feel capable of achieving desired outcomes
• Relatedness: The need to feel close to, and understood by important people in your life

MI: Based on concepts such as causal attributions, cognitive dissonance and self-efficacy
More focused on a set of techniques

INTERVENTION GUIDELINES FOR SDT AND MI

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<th>Assistance Required</th>
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DISCUSSION
After 7 weeks of treatment the patient showed an environmental preference for interaction and therapy sessions following the guidelines set in place by SDT and MI
A strong bond was formed between the patient and the therapist resulting in a continually positive working environment
The addition of determining the patients willingness to change prior to treatment would enhance the understanding of the patients ability to become autonomous in carrying out a healthy lifestyle