



Training and Resources for Medical Group Visits

Umass CIPC is now offering online resources and online and in-person training in Medical Group Visits.

Medical group visits (MGV) are used for an increasing number of chronic illnesses, including symptom management and health issues. Current literature reveals that MGV improve health status indicators such as health-related quality of life, disability delays, patient satisfaction, patient trust in their physician, coordination of care, and more culturally competent care.

MGV are organized in many different ways; however, they typically include individual medical attention, teaching time (didactic and interactive), time for patient self-management, and time to connect and socialize. Groups range from 4-20 patients with one to two facilitators, and meet at regular intervals – anywhere from weekly to every month from 1-4 hours. The clinician's assessment/management is sometimes conducted in the group setting in an adjacent private examining space, and clinicians charge for the visit using the established patient reimbursement codes.

Paula Gardiner, MD, MPH one of our CIPC faculty is a world leader in this field. Paula and the CIPC team are currently developing an online course focused on Medical Group Visits.

CIPC is also collaborating with the Integrated Center for Group Medical Visits (ICGMV) in Lawrence, Massachusetts to provide annual in-person workshops for clinicians and administrators interested in learning how to establish a flourishing group medical visit program. Here are some responses from the evaluation of a recent workshop:

“The trainers were exceptional and created a supportive and engaged atmosphere conducive to learning.”

“Thanks for helping us better serve our communities with a model that is patient centered and empowering.”

“It was privilege to watch Dr. Geller and Dr. Gardiner in action, they got me excited about trying this way of providing better patient care.”



Learn more at <https://www.umassmed.edu/cipc/mgv> or connect with a learning specialist at cipc@umassmed.edu or 774-441-8171

Topics Covered in the Motivational Interviewing Course:

- The urgency of addressing health behavior change in the delivery of patient care
- The relationship between the Stages of Change and MI
- Defining Motivational Interviewing
- The Spirit of MI and OARS
- Complex reflections and empathy
- Differentiating change talk from sustain talk
- Responding to sustain talk and discord
- The four processes of Motivational Interviewing
- Change planning
- History and theories of MI and the evidence for MI in facilitating behavior change

Elements of the Course:

- A taped interaction with one of our specially trained Acting Patients serves as a baseline for skill level
- Coding of the initial interaction by an expert MI coding lab
- A one-on-one conversation with our MI coach about individual goals
- 10 hour-long Video Lessons with CIPC MI faculty, available on our web-based Learning Management System
- 5 two hour-long Learning Lab webinars using simple to use and secure technology, allowing participants to interact with the Course Director and with each other in active skills-based practice
- Final taped Acting Patient interaction, coding, and coaching sessions to gauge progress

If you're not ready to embark on the full 22 hours of the Certificate Course, CIPC also offers a brief video "Introduction to Motivational Interviewing". Participants may also register for "Building Knowledge" which consists of the 10 video lessons only.



The Complete Certificate Course \$1400

- The course is given in the Fall and Spring semesters
- 22 hours of CE/CME credits are offered in a variety of disciplines for the Certificate Course
- There are no prerequisites
- We offer discounts for groups of 10 or more, and for those individuals affiliated with UMass

"Introduction to Motivational Interviewing" \$70 (no CE/CME)

"Building Knowledge" (10 video lessons only) \$700