

Health Behaviour Change in the Dental Practice

Edited by Christoph Ramseier, Jean E Suvan, Wiley-Blackwell, 2010, 196 pages, paperback, ISBN 978-0-8138-2106-1, price \$49.99, £29.99, €36.90

In the book, the focus is to implement health behaviour change through the spirit of motivational interviewing. There are seven chapters which each can be read separately from the rest of the book although I would not advise to do so. It is too interesting.

The chapters discuss the following: Introduction to health behaviour change for the dental practice, the challenge of behaviour change, communication and health behaviour change counselling, motivational interviewing and its basic tools, brief intervention in promoting health behaviour change, implementation of health behaviour change principles in dental practice and health behaviour change education. Each chapter has a reference list and a summary.

After the introduction, written by C Ramseier and PS Richards, which aims to discuss the possible role of the dental clinician as a health professional which supports the promotion of total health for and with their patients instead of being the provider of operative dentistry, the opportunities which the dental setting provides and how collaboration is necessary. Chapter 2 talks about the challenge of behavioural change. The authors (N Gobbat, V Bogle and C Lane) show that behavioural change is complex and happens outside the treatment room within the context of the patient's life. They also focus on the importance of the conversational environment in which the advice is given and the effect it has on how that advice is received and that ambivalence is a normal part of the change process. In Chapter 3, C Lane elaborates on counselling techniques with a focus on four main communication skills to be used when implementing a guiding style of communication with patients: open questions, affirmation, reflective listening and summarizing.

Chapter 4 authors D Catley, K Goggin and I Lynam, discuss motivational interviewing (MI) and its basic tools. Motivational interviewing is based on the assumption that individuals are motivated to change when change is connected to something they value. It explores the discrepancy with patients how they ideally would like things to be and their current behaviour and the assumed ambivalence which patients feel in regard to change. Further, the spirit of MI (collaboration, vocation and autonomy of the patient) and the implementation of MI through empathy, developing of discrepancy, rolling with resistance and supporting self-efficacy are elaborated upon. Open questions, affirmation, reflective listening and summarizing are also mentioned. The examples as shown in the tables are good.

Chapter 5 written by A Koerber shows us how to use brief interventions within the dental practice. Brief interventions should target three main issues of health behaviour change: assessing motives, raising awareness and supporting change. Not everything can be realized in one appointment but every step can lead towards behaviour change through its cumulative effect. Building and maintaining rapport with the patient is essential. This can be done, for e.g. by asking permission, expressing concern or empathy or linking to clinical findings. Supporting patient change in short interventions is managed by encouraging problem solving, offering strategies and planning steps for change.

J Suvan, A Fundak and N Gobat have written in Chapter 6 how to implement health behaviour change principle through the patient activation model for the dental visit. This model represents interwoven threads of the structure of the visit with techniques that can promote change, without complicating the oral care appointment. It is like weaving a health carpet where the clinician should see herself as a health coach. Coaching implies that the perspective of the patient is the key element from which all else is developed and 'one-way traffic' does not exist. Instead of giving information, 'elicit-provide-elicit' framework can be used. Every step of the way is shown in this chapter and in every phase helpful examples are given.

Chapter 7 gives suggestions for implementing MI within the dental and dental hygiene curricula and is especially interesting for those involved in teaching.

This is the first book, which discusses the use of motivational interviewing within the dental practice and the authors fully realize that time is or can be an issue. It is practical and the examples are very well chosen. It is also evident that using motivational interviewing is not only a technique but also more of an attitude towards patient care. It takes time to master and it is a continuing learning process for all concerned.

The book would be of interest to the whole dental team and it is useful for all student categories. In my opinion, it should be implemented in the dental and dental hygiene curricula worldwide.

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