

## **COMPARISON OF MOTIVATIONAL INTERVIEWING TO STANDARD COUNSELING ON PHOSPHORUS LEVELS IN HEMODIALYSIS SUBJECTS**

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A randomized, multi-center study was conducted to evaluate the relative effectiveness of standard counseling (SC) and motivational interviewing (MI) to improve phosphorus outcomes in hemodialysis (HD) subjects. Forty-two HD subjects with baseline phosphorous of at least 5.5 g/dL from 2 DaVita sites were stratified into 3 groups according to phosphorous level and then randomly assigned to receive SC (20 subjects) or MI (22 subjects). Both groups received an additional 20 - 30 minutes of dietary counseling from their facility registered dietitian (RD) each month for 3 months. The 2 RDs received 1 day of training on MI. The SC group received standardized education materials and problem solving techniques that are standard practice for RDs. Phosphorus levels were determined twice a month. Successful intervention was defined at each visit for each subject if the phosphorus was below 5.5 g/dL or if the level had decreased at least 10% from the baseline level. A standard two-sample t-test was used to compare the mean percent improvement observed in each treatment group. Also, a chi-square test was done to compare the percent of subjects that showed improvement according to the prior definition of success. The results were not consistent across the 2 sites. At Site 1, SC produced statistically significant, but temporary, reductions in phosphorous levels; MI did not demonstrate a significant change. At Site 2, MI resulted in significant reductions by the end of the study, but there was not a similar reduction in the SC group. The difference between the counseling techniques was not significant at either site at any visit. This suggests that while both MI and SC appear to be effective counseling techniques for lowering phosphorus levels in HD subjects future studies are needed to evaluate MI training programs, competency of MI counseling skills and characteristics of subjects who respond to each of the 2 counseling styles. Both investigators felt that using the MI technique improved the quality and depth of information gathered. In the opinion of the investigators the counseling interaction was a more positive experience for both the counselor and the subject.