To test the feasibility of, fidelity to, and impact of a brief, glaucoma-specific motivational interviewing (MI) training program for ophthalmic para-professionals. MI engages patients by strengthening a person’s own motivation and commitment to change a health behavior. MI is known to be successful approach to increasing adherence across a wide range of chronic disease.

Five core skills to MI:

1. Asking open-ended questions
2. Affirming
3. Reflecting
4. Summarizing
5. Obtaining permission to provide information and advice

Empathy is a key component of MI.