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The use of a standardised goal setting package improved the quality of documented discharge planning goals following stroke

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Background



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Stroke Foundation Clinical Guidelines (2017)

- *Strong* Recommendation to include goal setting

Recovery goals should be:

- Person centred
- Collaborative
- Well defined, specific, challenging and measurable
- Set using a structured framework

SMART Framework

- Most commonly recommended framework



Background



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Project 1 - 2016 Peninsula Health Project

- Evaluation of a pilot model of Collaborative Goal setting in stroke on one stroke rehabilitation unit
- Identified Gaps / Key Recommendations from a clinician perspective:
 - Defining highly individualised and meaningful SMART goals was challenging
 - The need for more formal orientation and training was identified
 - Revision of existing goals worksheet to ensure more appropriate list of goal areas are presented to stroke patients was needed

Background



Project 2 - Development and Field Testing of Standardised Methods for Setting Person-Centred Goals in Stroke

- Opportunity for Peninsula Health to become involved as test site for project led by Dr Nadine Andrew
- An expert multidisciplinary working group contributed to developing a goal setting package
- Goal Setting Package



- Goal Setting training in use of the package

Aim



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To compare the quality of documented discharge planning goals set in rehabilitation pre and post introduction of clinician training using a standardised goal setting package

Intervention

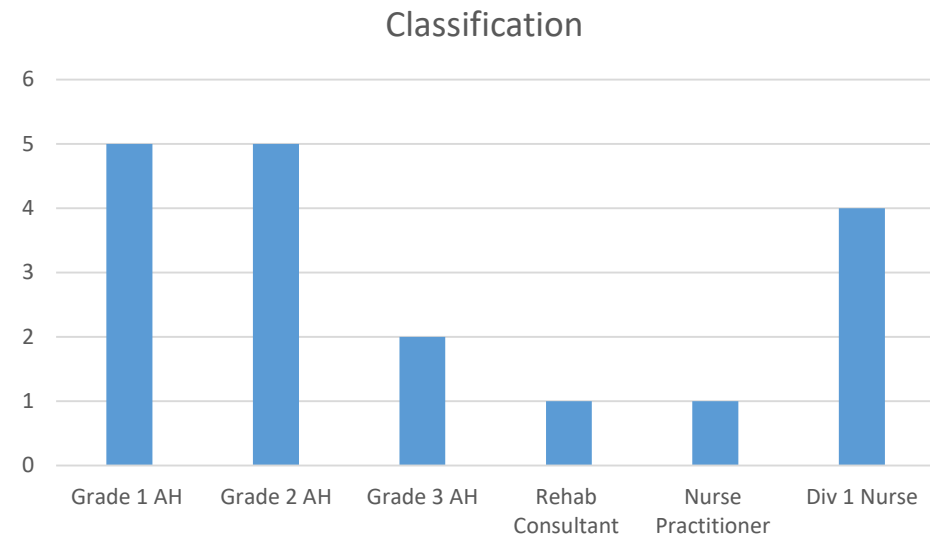
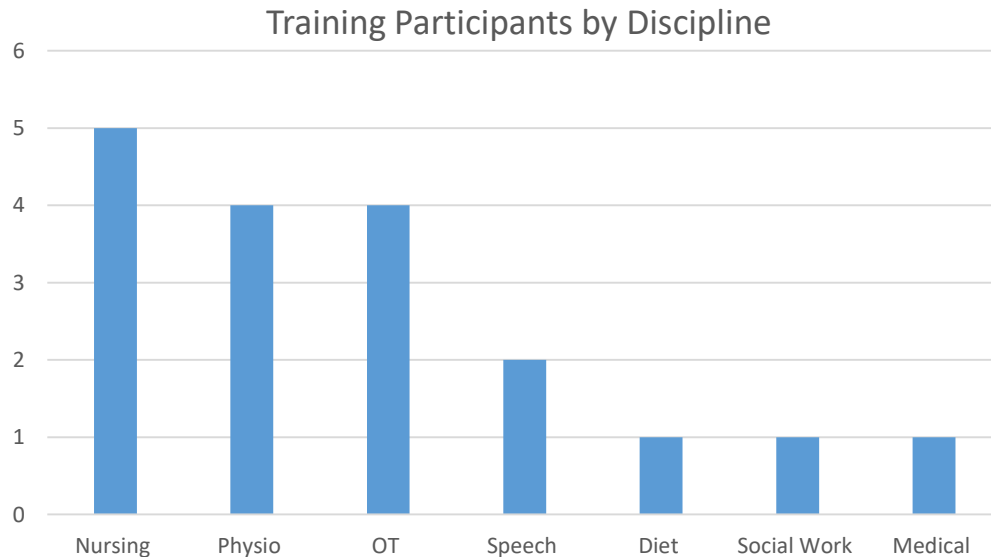


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- Goal setting training was offered to all allied health and medical staff, and nurses identified by nurse unit managers as goal setting leads
- 18/24 (75%) invited clinicians attended a 90 minute training session
- Range of clinical disciplines attended training



Method



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Pre post study design

Pre intervention

- Audit of goals collected during project 1
- 15 consecutive patients admitted to the Peninsula Health sub-acute unit from 1st September 2016
- Needed to have documented evidence of collaborative goal setting

Post intervention

- Audit of goals collected during project 2
- Goals from 15 consecutive patients admitted to the Peninsula Health sub-acute unit from 1st January 2018
- Needed documented evidence of collaborative goal setting with a clinician who had attended the goal setting training

Method



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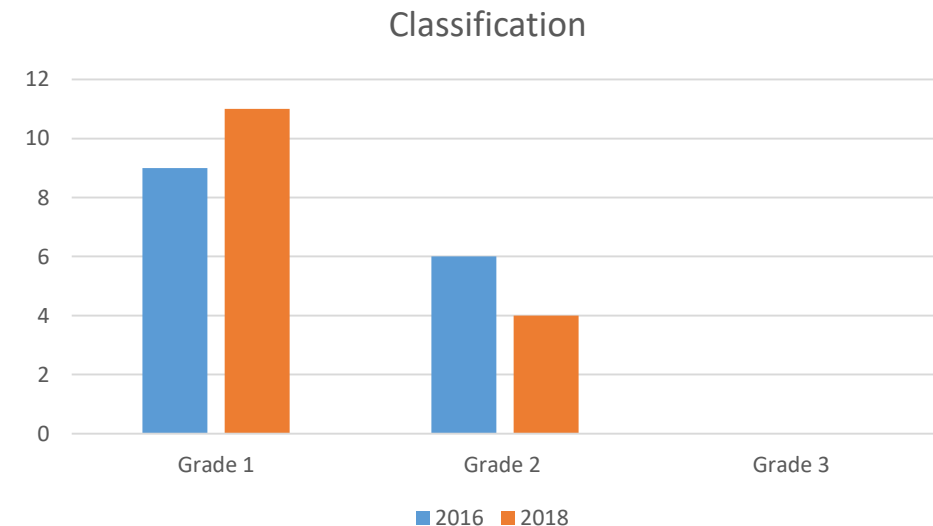
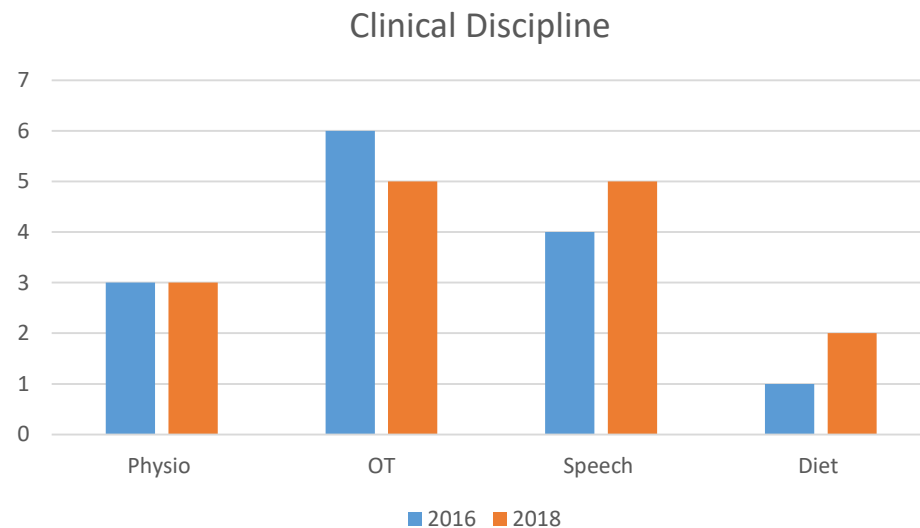
- Goals were audited using the SMART Goal Evaluation Method a standardised measure of the clinical usefulness of developed goals¹
- The original SMART GEM (0-8 scale) was modified to a (0-6 scale) and included the metrics of:
 - Behaviour
 - Conditions
 - Context
 - Measurement
 - Performance standard
 - Timeframe
- Non-parametric statistics were used

1. Bowman, J. et al. Aust Occup Ther J. 2015; 62: 420 – 427

Results



- 57 goals were set in the pre-training audit period
- 62 goals set in the post-training audit period
- Clinician mix was similar for both periods



Results

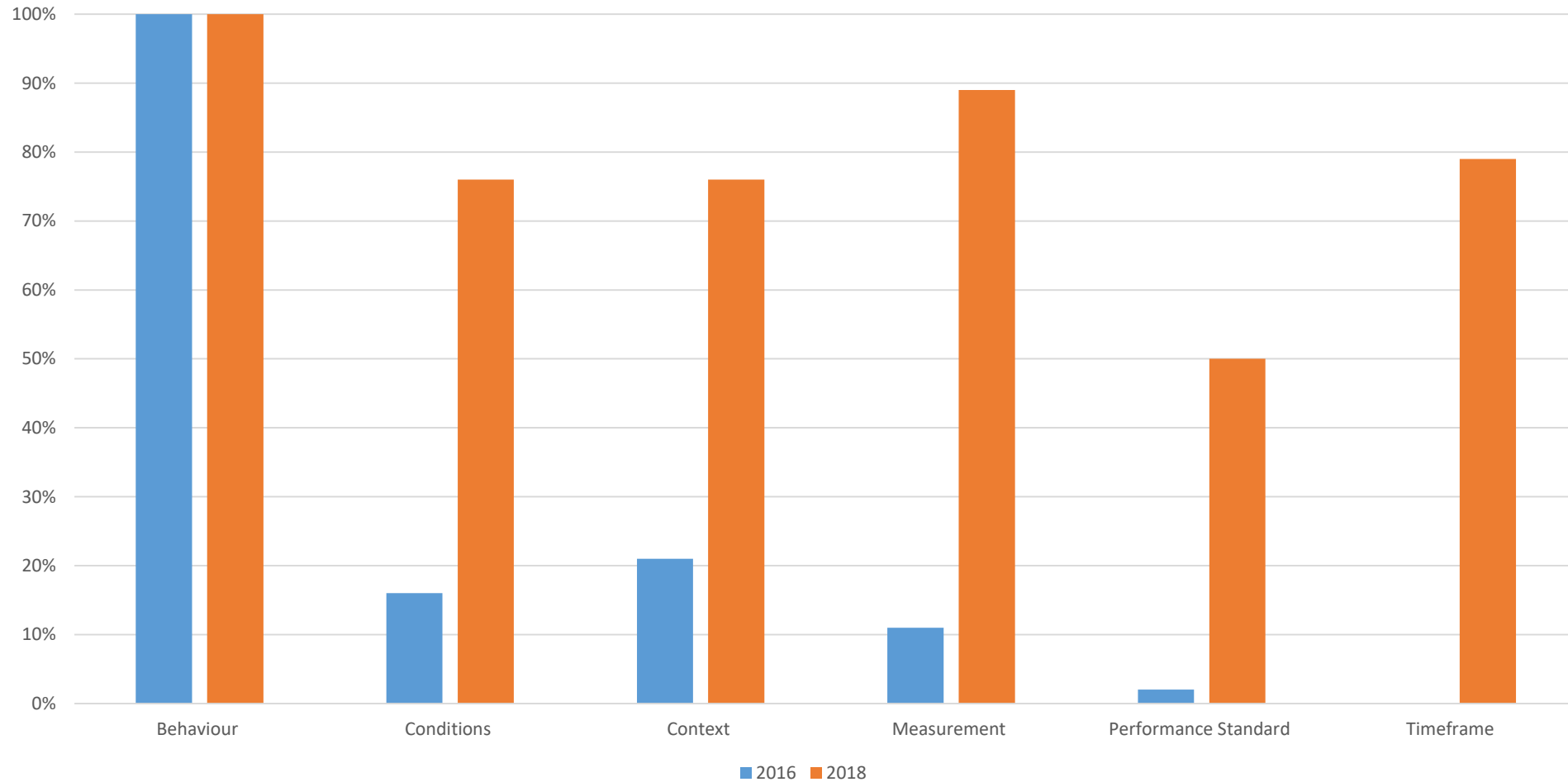


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SMART Gem Proportion of Included Metrics



Results



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- The median (Q1, Q3) quality score:
 - Period 1- pre-training 1 (1, 2)
 - Period 2 - post-training 5 (4, 6)

$p < 0.001$
- Behaviour was consistently recorded during both periods
- Significant differences in all the other goal metrics $p < 0.001$

Limitations



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- Project conducted at single rehabilitation unit
- Unknown how many clinicians used package in period 2 during goal setting
- Unknown if improvement was due to training or other components of package
- We don't know if improved documentation resulted in improved patient-centred goal setting

Future Directions



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- Pilot standardised approached to person centred goal setting to rehabilitation for admissions other than stroke using the learnings from the two goal setting in stroke projects at this health service
- Explore opportunities to embed standardised approached to person centred goal setting into routine rehabilitation care at Peninsula Health
- The package is being used in the ReCAPS trial (NHMRC, GNT:1162596) to standardise goal setting following discharge from acute care



Conclusion



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- Training and introduction of standardised goal setting methods improved the quality of documented rehabilitation and recovery goals developed as part of discharge care planning
- Further work is needed to determine the impact of structured person-centred goal setting on patient outcomes and patient experiences

Acknowledgements



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