

Patient-specific measurement instruments in the goal setting process

In health care, there is an upcoming attention to client centred care and shared decision making. An important step in this approach is the identification and evaluation of shared treatment goals. Clients are not always used and able to communicate their needs for therapy or the desired goals.



Background

Especially in patients with multiple chronic conditions it is important to engage them in the therapy process. Measurement instruments can support the goal setting process. Especially patient-specific measurement instruments, also called individualized outcome measures or patient-reported outcomes (PRO's) are useful, because patients are actively involved identifying their individual problems and goals. Clients' active involvement in goal setting increases their motivation, participation and satisfaction about the therapy that is reflected in a positive correlation between the process of goal setting and the treatment outcome.

The goal setting process starts at the first consultation and continues throughout the whole therapy. The theory-based 'Goal-setting and Action-planning Practice framework' offers a systematic approach for goal setting in daily practice. The framework describes a cyclic process in four phases, where the patients and professional work together and take decisions about the therapy process: in the goal negotiation phase the patients are encouraged to appraise their situation and identify problems that they feel relevant to work on; in the goal setting phase the goal intentions are translated into treatment goals; in the planning phase the goals are translated into timely action and in the last phase of appraisal and feedback, the progress is measured and evaluated.

Although agreement about the importance of goal setting exists, in daily practice this appears to be difficult and not as patient-centred as it should be. Health care professionals already frequently use patient-specific instruments to support goal setting. For example the Canadian Occupational Performance Measure (COPM) in occupational therapy, the Patient Specific Functional Scale (PSFS) in physical therapy and the Goal Attainment Scaling (GAS). The use of these patient-specific measures could improve the process of goal setting in a client centred perspective, however their use in daily practice is often not optimal and unclear.

Aim

The aim of this research project is to explore, improve and evaluate the use of patient-specific measurement instruments in the goal setting process. The focus and setting is the rehabilitation of patients with multiple chronic conditions having PT, OT and/or ST in community practices.

Research questions

1. What patient-specific measures can be used in goal-setting and what is known about their feasibility?
2. How do professionals and patients use patient-specific measures in the goal setting process in daily practice and what are the experiences of patients and professionals?
3. How can the methods of these patient-specific measurement be shaped and adapted to a better use in the process of goal setting?
4. How can these improvements be implemented in daily practice?

Research

Period

november 2011 - november 2016

Grant

SIA-RAAK

Project group

PhD candidate

Anita Stevens

Supervisors

Prof. Sandra Beurskens PhD

Prof. Trudy van der Weijden PhD

Albère Köke PhD

Contact

Zuyd Research

Faculty of Health

Research Centre for Autonomy and
Participation of Persons with a Chronic
Illness

Postbus 550

6400 AN Heerlen

www.zuyd.nl/lectoraat/aenp

lectoraat-ap@zuyd.nl

+31 (0)45 400 6378

anita.stevens@zuyd.nl

Researchers / cooperation partners



Maastricht University

caphri

