

How to Write Rock Solid Goals to Guide Your Plan of Care

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What are “good” occupational therapy goals?

- OT goal writing should be:
 - Collaborative
 - Client-centered
 - Measurable
 - Follow one of the recommended goal formats, such as the COAST method

Why is goal writing a challenge?

- There are many different ways to actually write goals

COAST (my all time fav!):

- Client, Occupation, Assist level, Specific, Time bound

SMART:

- Significant, Measurable, Achievable, Relates to person, Time based

RHUMBA:

- Relevant, How long, Understandable, Measurable, Behavioral, Achievable

Why is goal writing a challenge?

- We are limited by the electronic medical record we use.
- Inputs not client centered
- Lack of customization

Why is goal writing a challenge?

- We aren't always taught (or maybe it just gets lost over time) to use outcome measures or use our initial evaluations to guide our goals.
- We end up writing OT goals that are:
 - Not the most client-centered
 - Hard to achieve
 - Using too many measurements

- Labeled as “not functional”

Long term goals defined:

- Long-term goals are tailored to the individual's needs, abilities, desired outcomes and occupations related to improving their functional abilities, independence, and quality of life.
- What does the patient want or need to be able to do when they leave this setting?

Short term goal defined:

- Short-term goals are goals based on the specific, and measurable steps required to meet the Long Term Goal prior to discharge.
- What are the specific body functions and tasks that the client has to master in order to achieve their long term goals?
- Short Term Goals are the building blocks of the long term goal and focus on either:
 - Specific occupation
 - Body function: OTPF-4
- That is needed to successfully meet the Long Term Goal.
 - Muscle strength
 - Standing tolerance
 - Dynamic balance
 - Mod A upper body dressing
 - Open medicine containers independently, etc.

Long Term Goal

- Occupation based

Short Term Goal

- Occupation based
- or
- Body Function

Short Term Goal

- Occupation based
- or
- Body Function

Short Term Goal

- Occupation based
- or
- Body Function

LTG:

- Pt mod (I) in upper body dressing sitting at EOB within 8 weeks.

STG:

- Pt mod A upper body dressing within 4 weeks.

STG:

- Pt demo good dynamic sitting balance at edge of bed within 4 weeks.

Goal That Needs Work Example :

- Pt to increase UE muscle strength to 4/5 in order complete sit to stand transfers mod assist from wheelchair to sink within 4 weeks.
- In this example, there are
- **2** Assist Levels and
- **1** Specific Condition that all need to be completed in order to accomplish this goal. Too confusing and hard to achieve!

Much Better (and Clear!) Goal Example:

- Pt will demonstrate sit to stand transfers with mod assist from wheelchair to sink within 4 weeks.
- Do not make it complicated with too many measurable components.
- Writing a simple goal with all the components = clear direction for goal achievement and more likely the client can actually meet the goal!

Using Outcome Measures

- Typically outcome measures are going to be utilized in Short Term Goal planning as these are the building blocks to achieve the Long Term Goals
- These are most helpful writing goals that are difficult to quantify, like:
 - Adverse behaviors in a client that has dementia
 - Cognitive components like in a client that has a CVA
 - ADL in a progressive disease like multiple sclerosis

Using Outcome Measures

- They also:
 - Capture the small progress the client is showing that sometimes cannot be reflected through a functional level
 - Min A: 24% vs max A: 1%
 - Give a clear direction on the areas are that you are specifically going to be working on in your treatment plan
 - Fine motor
 - Ataxia
 - Range of motion

- A client had a CVA and has a goal to be able to don button up shirts timely. He is currently at "Independent" (I) level with buttoning at evaluation, but the client is complaining that it takes too long to button the button up shirts he wears every day.
- In this case, he is technically already independent in UB dressing, but we are trying to capture how his decreased fine motor skills are affecting the occupation of dressing.
- Possible Outcome Measure: 9 hole peg test
- Short Term Goal Could Be: Pt will demonstrate buttoning a shirt as seen by improvement in 9 hole peg test score from 1 minute 40 seconds to 60 seconds within 4 weeks.
- This captures the increase of function (increased speed of fine motor skills) without an increase in functional level (remains at "Independent"). Shows that he is specifically having trouble with fine motor speed and can address it versus working on general strengthening with buttoning.

Quiz for CEU

- learn.otflourish.com/class4

References:

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