

Development of a goal setting process for the production of person-centred goals for leg spasticity treatment using Goal Attainment Scaling.

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Background:

Development of a goal setting process for the production of person-centred goals for leg spasticity treatment using Goal Attainment Scaling.



Methods:

Potential items for inclusion were identified through: a) analysis of the primary goals for treatment in a spasticity service set by patients and carers, b) , a multi-centre study confirming the goal categories. Item reduction was achieved through consultation with a, purposively-selected group of experienced physiotherapists and occupational therapists (n=16) in a 2-round Delphi process. This was followed by review of Delphi consultation findings by the Project Advisory Group (PAG) consisting of patients and carers.

Results:

Initial goal analysis in 195 participants followed by 127 participants recruited to a multi-centre study (n=322). 270 individualised goals for treatment of leg spasticity following botulinum toxin injection and physical rehabilitation were analysed (missing goal data in routine practice group n=52). Goal categories were confirmed through a Delphi process in two domains, each subdivided into three key goal categories: Domain 1: Body structure Impairment (pain, involuntary movements, contracture prevention; Domain 2: Activity function (passive function-ease of caring, active function-transfers, active function-mobility).

Delphi consultation resulted in retention of the two domains and 6 goal categories with parameters to use in evaluation of goal attainment. Refinement to presentation and wording also resulted. A high degree of agreement (over 80% in round two) between respondents in rounds one and two was achieved in all areas.

GASlegs goal setting framework:

Domain 1: Impairment/Symptoms
Domain 2: Activities/Function

Key:

Goal Area – Goal areas set in leg spasticity
Sub-category – Areas related to overall goal (includes WHO ICF codes)

Goal Parameter – Measureable element of goal

Goal rating – Baseline rating, Achievement rating

SMART – Smart, Measureable, Achievable, Relevant & Timed (Goal)

Domain 1: Impairment / symptoms			Goal rating	
Goal Area	Sub-categories (please tick)	Goal parameter	Baseline	Achieved
Pain /discomfort	<input type="checkbox"/> Pain (b280)	E.g. Pain rating / Numbered Graphic Rating Scale	Baseline rating	Achieved rating
	<input type="checkbox"/> Stiffness (b780) <input type="checkbox"/> Sleep disturbance (b134)			
SMART Goal			<input type="checkbox"/> Some <input type="checkbox"/> Bad as could be	<input type="checkbox"/> Partially <input type="checkbox"/> Same <input type="checkbox"/> Worse <input type="checkbox"/> As expected <input type="checkbox"/> A little more <input type="checkbox"/> A lot more
Involuntary movements / Spasms <small>(E.g. spasms or fixed posturing of leg when lying, sitting or walking)</small>	<input type="checkbox"/> Spasms (b760) <input type="checkbox"/> Posturing / dystonia (b765)	Leg Activity measure	Baseline rating	Achieved rating
	SMART Goal			<input type="checkbox"/> Some <input type="checkbox"/> Bad as could be
Range of movement / contracture prevention	<input type="checkbox"/> Contracture prevention <input type="checkbox"/> Passive ROM <input type="checkbox"/> Active ROM	Leg Activity measure	Baseline rating	Achieved rating
	SMART Goal			<input type="checkbox"/> Some <input type="checkbox"/> Bad as could be
Cosmesis or Facilitation of therapy	<input type="checkbox"/> Aesthetic appearance <input type="checkbox"/> Body image <input type="checkbox"/> Facilitating therapy	Numbered Graphic Rating Scale	Baseline rating	Achieved rating
	SMART Goal			<input type="checkbox"/> Some <input type="checkbox"/> Bad as could be
Domain 2: Activities / Function			Goal rating	
Goal Area	Sub-categories	Goal parameter	Baseline	Achieved
Passive function <small>Caring for the affected limb whether care is done by someone else or by the person him/herself.</small>	<input type="checkbox"/> Hygiene – personal <input type="checkbox"/> Dressing the limb <input type="checkbox"/> Positioning the limb <input type="checkbox"/> Splint applications/removal (d520)	Leg Activity measure	Baseline rating	Achieved rating
	Goal statement			<input type="checkbox"/> Some function <input type="checkbox"/> Bad as could be
Active function <small>Transfers / Standing Improved transfers / standing due to better balance, etc.</small>	<input type="checkbox"/> Ease of transfers (d420) <input type="checkbox"/> Level of assistance <input type="checkbox"/> Balance (d415) <input type="checkbox"/> Safety?	Leg Activity measure	Baseline rating	Achieved rating
	Goal statement			<input type="checkbox"/> Some function <input type="checkbox"/> Bad as could be
Active function <small>Locomotion Improved walking due to better balance, etc.</small>	<input type="checkbox"/> Mobility (d450) <input type="checkbox"/> Balance (d415) <input type="checkbox"/> Type of walking aid used <input type="checkbox"/> Gait quality (b770) <input type="checkbox"/> Speed / efficiency <input type="checkbox"/> Endurance	Leg Activity measure	Baseline rating	Achieved rating
	Goal statement			<input type="checkbox"/> Some function <input type="checkbox"/> Bad as could be

Conclusions:

The resulting tool, the 'GASlegs', can be used with patients and carers in setting goals for spasticity intervention, ensuring person centred treatment planning.

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