

A mobility goal setting initiative in Complex Continuing Care (CCC)

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PURPOSE

- To enhance and monitor client mobility using Goal Attainment Scaling (GAS) in the CCC population through a client centered inter-professional approach
- To evaluate the impact of this initiative on patients, inter-professional care and goal attainment

IMPLEMENTATION & EVALUATION

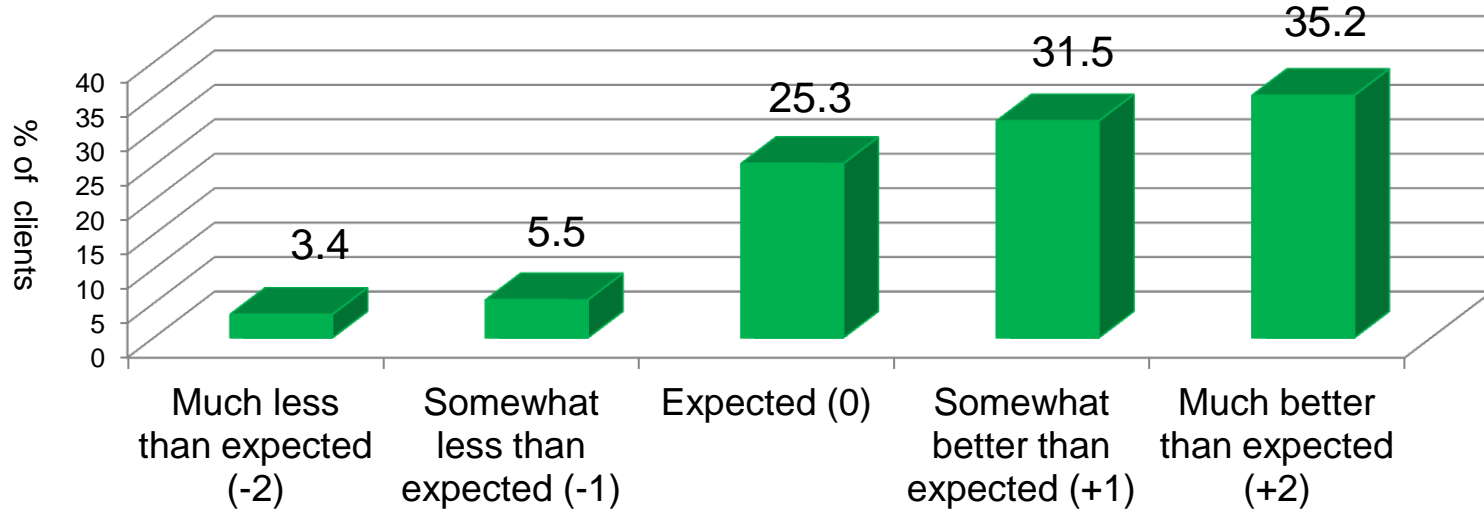
- A mobility goal setting initiative using Goal Attainment Scaling was implemented on all patients of two CCC units (68 beds)
- Educational workshops on the importance of mobilization, principles of effective goal setting and proper use of the Goal Attainment Scale (GAS) were conducted
- GAS results were collected over a 9 month period.
- Case studies and focus groups with inter-professional team

GOAL ATTAINMENT SCALING

Attainment level	Level	Goal - Domain	Level at Time I baseline	Level at Time II	Level at Time III
Much better than expected	+2	Up to wheelchair 7x/week with 2 person assist			
Somewhat better than expected	+1	Up to wheelchair 6x/week with 2 person assist			
Expected level	0	Up to wheelchair 5x/week with 2 person assist		X	
Somewhat less than expected	-1	Up to wheelchair 4x/week with 2 person assist	X		X
Much less than expected	-2	Up to wheelchair 3x/week with 2 person assist			

DATA ANALYSIS

Goal Attainment Scaling Results



- A total of 146 goals were reviewed in the 9 month period
- 92% of patients attained or exceeded their goal
- 66.7% exceeded their goal

BENEFITS

- Enhanced team communication and collaboration around mobility
- Mobility was on the forefront
- Earlier identification of slow stream rehab candidates
- Enhanced inter-professional involvement in daily transfers out of bed



BENEFITS



- Patients were out of bed more frequently and for longer durations
- Leading to increased socialization, relationship building and greater sense of community with patients, staff and family
- New initiatives emerged
 - Lunch club
 - Chair fitness programs

NEXT STEPS

Challenge

- Documentation is time consuming
- Sustainability in spite of ongoing changes
- Competing demands

Possible Solution

- Build GAS into electronic client record
- Identify mobility Champions
- Integrate with other related initiatives

ACKNOWLEDGEMENTS

- All members of Complex Continuing Care teams who work so hard on behalf of all of our clients.

