Writing Measurable Short and Long Term Goals

Clinical Webinars for Therapy

January 2012

Goals

- 1. Eliminate unnecessary pends.
- 2. Review the requirements for the submission of measurable goals.
- 3. Provide examples of measurable goals specific to Physical Therapy, Occupational Therapy and Speech Language Pathology.
- 4. Ask questions to Physical Therapy, Occupational Therapy and Speech and Language Pathology reviewers regarding goal submission.

Initial Plan of Care Components

Initial Plan of Care Components include:
 "Achievable, measurable, time-related long and short term goals and objectives that are related to the functioning of the recipient and are based on the primary care provider's, ARNP's* or PA designee's, or designated physician specialist's prescription"

2008 Florida Medicaid Therapy Services Coverage and Limitations Handbook

^{*}Reminder: Physical Therapists cannot accept a referral from ARNP's without a co-signature from the physician.

Goal Writing

 eQHealth Customer Service has relayed a frequently asked question they receive from therapists:

How do I write achievable, measurable, timerelated long and short term goals and objectives?

A Measurable Goal is:

- Quantifiable
- Assessable
- Computable
- Clear

- Calculable
- Determinate
- Finite
- Verifiable

Considerations in Developing a Measurable Goal

- # of Repetitions
 (10 reps x 3 sets)
- <u>Timed Tests</u> (supine to stand in 45 secs.)
- <u># Trials</u> (2/5,3/5,2/3)

Make sure to add <u>how</u> much assistance is provided.

Frequently, the combination of several measurable goals will best address the aimed objective.

Before Constructing a Goal...

Be sure that you have identified a deficit or functional limitation in your evaluation and/or plan of care (POC).

National Professional Guidelines

- Examples for goal writing are provided based on national professional guidelines for documentation, for each specific profession.
- Citations are provided for your continued review.

Occupational Therapy

National Goal Writing Source: Willard & Spackman's 'Occupational Therapy", 11th Edition (2008)

RUMBA Test:

- Relevant: functional goals and achievement
- Understandable: legible and avoid jargon
- Measurable: includes frequency and duration, how long it occurred or how many times
- Behavioral: measurable occurrences
- Achievable: reasonable

Occupational Therapy (OT) Goal Examples

Long Term Goal:

Perform upper body dressing independently in unsupported sitting within 6 months.

- Don pull-over shirt with min. assist while seated with mod trunk support for 3/5 attempts, to increase level of independence with dressing.
- Independently doff pull over shirt with fair dynamic sitting balance without verbal cues within 3 minutes, 4/5 attempts, to improve dressing skills.

OT Goal Examples

Long Term Goal:

Demonstrate improved endurance and strength for postural control and upper extremity function by maintaining position for 4 minutes with verbal cues.

Short Term Goal:

Push self up into quadruped position with minimal physical assistance and maintain position for 2 minutes while engaging a simple cause/effect toy for 2/2 trials.

Physical Therapy

National Goal Writing Source:

APTA: Defensible Documentation for Patient/Client Management: Components of Documentation within the Patient/Client Model (2011)

- 1. Identification of the person (patient or caregiver)
- 2. Description of the movement or activity
- 3. A connection of the movement/activity to a specific function
- 4. Specific conditions in which the activity will be performed
- 5. Factors for measuring the outcome
- 6. Time frame for achieving the goal

Examples of Physical Therapy Goals

- Long Term Goal (within 6 months):
 - The patient will walk 25 feet from the family room to the kitchen with one hand held at dinner time 5/7 days per week.
- Short Term Goals (within 3 months):
 - The patient will transition to standing from the floor through half-kneeling with supervision 4/5 trials for 3 consecutive treatment sessions.
 - The patient will sit unsupported in short-leg sitting for 3 minutes to enable upright activities.

Speech Goal

Writing Source:

ASHA: Writing measurable goals and objectives adapted from Hamilton County Educational Services Center Smart Sheet, Chalfant and McGraw 4/2004.

SMART Goals

- -Specific/Significant
- -Measurable/Meaningful (i.e., with metrics/criteria of mastery
- -Achievable/Action-Oriented
- -Realistic/Relevant
- -Timely/Trackable

Steps to Writing SMART Goals

- 1. Who?- Recipient/family/caregiver
- 2. Perform?- What functional behavior/skill
- How Well?- Quality/mastery,Criteria/measurement
- 4. Under what conditions?- Context/setting
- 5. From Where?-Starting point
- 6. How Often?

Writing **SMART** Goals

- 1. Who: The patient
- 2. Perform: will increase the use of expressive vocabulary
- 3. From where: from 0 words-25 words
- Under what conditions: with familiar listeners in familiar settings
- How well: to communicate a variety of pragmatic functions with minimal prompts
- How often: 80% of opportunities in 4/5 consecutive sessions

Examples of Language Goals

Long Term Goal (within 6 months):

The patient will increase the use of expressive vocabulary from 0-25 words with familiar listeners in familiar settings, to communicate a variety of pragmatic functions with minimal prompts 80% of opportunities in 4/5 consecutive sessions.

- With multisensory cueing, the patient will imitate 5
 signs/gestures/or word approximations to request, protest, or
 greet familiar listeners in structured therapy settings 80% of
 opportunities in 4/5 consecutive sessions.
- With fading prompts, the patient will use 10 signs/gestures/or word approximations to request, protest, greet, and answer yes/no questions during structured therapy sessions 80% of opportunities in 4/5 consecutive sessions.

Examples of Speech Goals

Long Term Goal:

The patient will increase speech intelligibility of 3-4 word phrases from less than 50% in known contexts with known listeners to 80% in unfamiliar contexts with unfamiliar listeners.

- With multisensory cueing, the patient will identify minimal pairs targeting initial consonant deletion, final consonant deletion, and fronting from field of 2 with 80% accuracy in 4/5 consecutive sessions.
- With fading prompts, the patient will produce targeted initial consonants (i.e., /m/, /n/, /h/, and /w/) in words with 75% accuracy in 4/5 consecutive sessions.

Examples of Occupational Therapy Goals

Long Term Goal:

The patient will advance from following a 1 step verbal direction to a 3 step verbal direction, independently, 100% of trials, to improve sequencing and memory recall skills used in functional daily routines.

- The patient will follow a 2 step written direction to pick up toys and place them in the appropriate storage bins with no more than 2 verbal cues for 2/3 trials.
- The patient will follow a 3 step verbal direction to fold, sort, and put away laundry with no more than 1 verbal cue for 3/3 trials.

Examples of Physical Therapy Goals

- Long Term Goal (within 6 months):
 The patient will increase the range of motion of the cervical spine from less than 50% of expected range to full active range of motion in all directions while sitting in 5/5 consecutive therapy visits.
- Short Term Goals (within 3 months):
 - The mother will demonstrate the home exercise program for cervical spine ROM on the child with 100% accuracy during 2 consecutive therapy visits within 1 month.
 - The patient will maintain the head in midline independently while sitting for 30 seconds 4/5 trials for 3 consecutive treatment sessions within 3 months.

Avoiding Additional Pends Linked to Documentation

2008 Florida Medicaid Therapy Services Coverage and Limitations Handbook

- The review of the Plan of Care must include:
 - progress report evaluating recipient's accomplishments toward a stated goal
 - description of recipient's attitudes and behaviors toward therapy
 - assessment of effectiveness of service provided
 - assessment of recipient's rehabilitation potential, and
 - modifications to the plan of care

One of the top reasons why continued stay requests are pended by reviewers is that the POC of the continued stay request does <u>not</u> include the information noted above.