



# THE USE OF GOAL ATTAINMENT SCALING TO MEASURE THE ABILITY OF A COMMUNITY BASED OCCUPATIONAL THERAPY SERVICE FOR ADULTS WITH TRAUMATIC BRAIN INJURY TO MEET THEIR GOALS

- Objective. Measuring and reporting client outcomes is an important aspect of quality assurance for rehabilitation services. Services frequently report outcomes that describe the person's level of disability on admission and discharge from the service. Information regarding the goal attainment and the relevance of the service to the person are rarely provided. The aim of this study was to investigate client outcomes following participation in a community based occupational therapy service for persons with traumatic brain injury when using the goal attainment scale (GAS) as an outcome tool.
- Method. A retrospective chart audit analysis spanning 2 years (2013 -2015) was conducted. Sociodemographic data and client goals (as documented using Goal Attainment Scaling) were extracted from client charts. We examined overall goal achievement as well as likelihood of successful goal attainment depending on the type of goal set (personal care, domestic or community).
- Results. A total of 61 charts were included in the analyses. On average, clients achieved a score of 0 on the GAS, indicating the expected level of achievement. Clients were more likely to achieve a personal care goal (83% achieved) or domestic task goal (95% achieved) when compared to a community activity goal (67% achieved). Setting more than one goal did not affect the person's ability to achieve their primary goal.
- Conclusion. Community occupational therapy for people with traumatic brain injury involves identifying individual goals and working with clients towards these goals. Our results suggested that at the end of treatment programs, most clients have met their goals as anticipated.

Domains of Occupational Therapy – Classification for this audit		
(1) <u>Personal Care Tasks</u>	(2) <u>Domestic Activity</u>	(3) <u>Community Tasks</u>
<ul style="list-style-type: none"> <li>Showering and dressing</li> <li>Eating</li> <li>Drinking</li> <li>Weight loss</li> <li>Fitness</li> <li>Sleep</li> <li>Pain management</li> <li>Bed transfers</li> </ul>	<ul style="list-style-type: none"> <li>Cleaning tasks</li> <li>Turning off the stove</li> <li>Gardening</li> <li>Pet care</li> <li>Baking</li> <li>Cooking</li> <li>Paying bills</li> <li>Developing a shopping list</li> </ul>	<ul style="list-style-type: none"> <li>Taking a holiday</li> <li>Car modifications</li> <li>Scooter use</li> <li>Public transport</li> <li>Volunteering</li> <li>Going out</li> <li>Returning to work</li> <li>Driving</li> </ul>

Category	Total no. goals	Goals achieved (score >=0)	Percent achieved
Personal care	56	47	0.83
Domestic tasks	22	21	0.95
Community	52	35	0.67

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