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Inspiring change through an innovative, role-based approach to goal setting in extended inpatient brain injury rehabilitation

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Experiences of a novel, role-based approach to goal setting in inpatient brain injury rehabilitation: eight event-focused case studies

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Background

Goal setting is an essential component of contemporary brain injury rehabilitation practice.

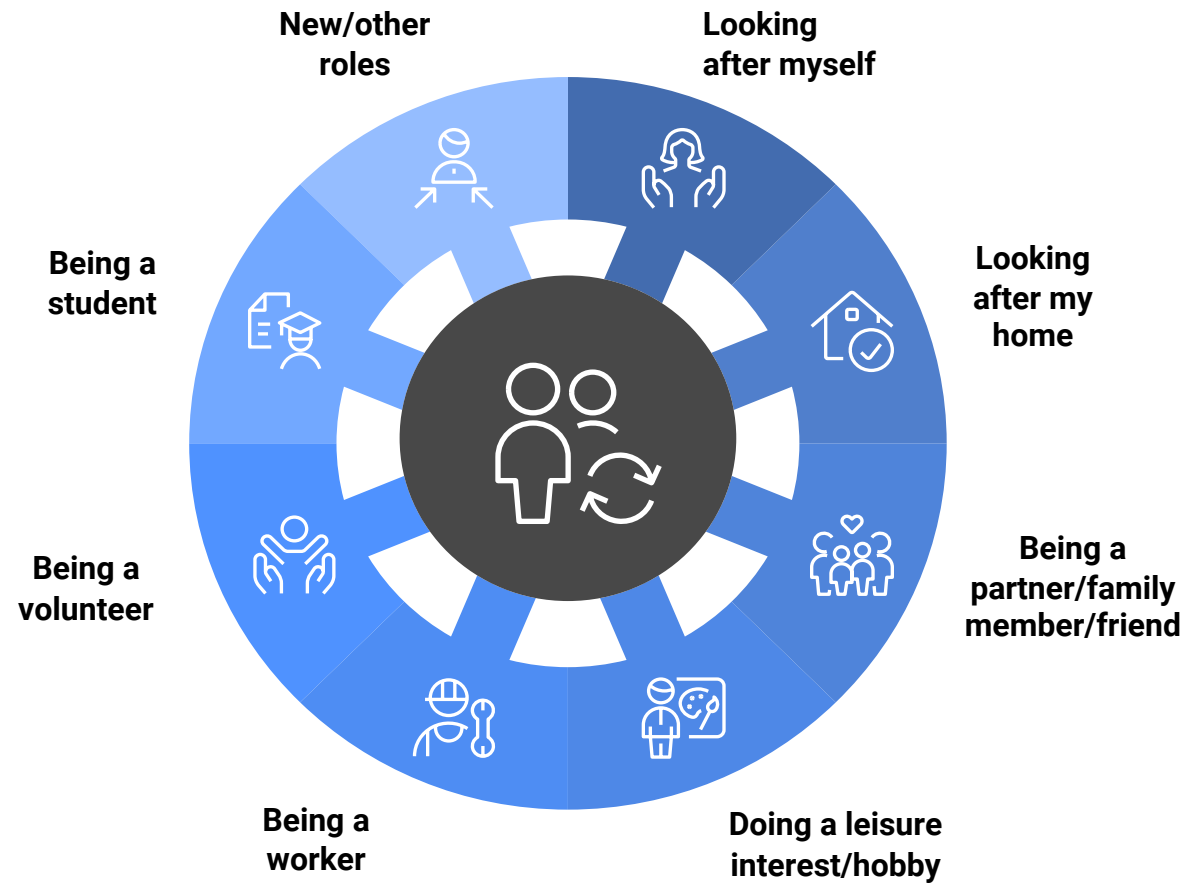
Injury related impairments often limit engagement and participation in rehabilitation, including goal setting.

Person-centred approaches are fundamental to addressing the complexities and challenges associated with goal setting

Practical frameworks to guide person-centred goal setting in brain injury rehabilitation remain limited

Inspiring Change - Role-based Goal Setting

What are your most important life roles?



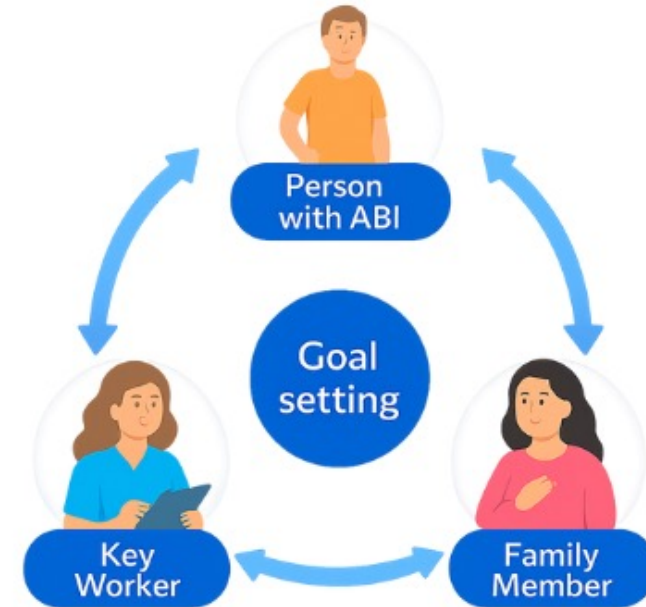
AIMS

We aimed to explore the experiences of people with ABI, their significant other/s, and their keyworkers of goal setting in the context where the role-based goal setting approach was implemented.

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METHODS

Event Focussed Case Studies



Constructivist Approach

Separate semi-structured interviews
Within-case and across-case thematic analysis

Participants Characteristics

Patients (n=8)	Significant Others (n=6)	Key Worker (n=6)
<p>4 female, 4 male</p> <p>Mean age – 38.6 yrs</p> <p>Diagnosis:</p> <ul style="list-style-type: none">• Stroke – 3• TBI – 2• SAH (aneurysm or AVM) – 3 <p>Mean time post injury onset – 190.1 days</p> <p>Mean LOS in extended rehab – 218 days</p>	<p>4 female, 2 male</p> <p>Relationship to patient:</p> <ul style="list-style-type: none">• Parent – 2• Partner – 3• Legan guardian – 1	<p>All female</p> <p>Discipline:</p> <ul style="list-style-type: none">• 1 OT• 1 Physiotherapist• 2 Registered nurse• 1 Social work• 1 Speech Pathologist (dual trained nurse)

Results

'It made me feel like it was important what I felt and what I thought' (P1)

'[Goal setting is] about me....and what I want to do' (P6)

'It was really helpful and it helped me stay focused on my goals because I was the one that come up with them' (P1)

'They were all the ones that he wanted to work on while he was there, and he was very keen and motivated' (KW of P6)

What is done to carry out person-centred collaborative goal setting?

- **Keyworker:** *provides information to prepare patient/family; provides supports/prompts; clarifies and confirms goals with patient; revises goals with patient; breaks down long-term goals into short-term steps*
- **Team:** *supports goal setting; works together with and for the patient; delivers goal-directed rehabilitation; revisits and revises goals together; directs goal-setting when needed; involves family*



What is done to carry out person-centred collaborative goal setting?



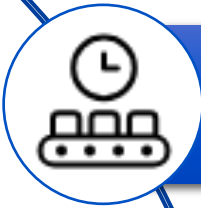
‘We talked about... some of the goals that I needed to think about and what was important with where I wanted to get out of my goal sessions.’ (P8)



“There’s a lot of feedback as to what they think or the allied health team thinks might be realistic in what they want to be able to achieve with him based on those goals.’ (SO of P8)



‘... they were a bit more specific. We would break down a goal, “looking after myself” was the goal. Then we would have a lot of things under that, not just one or two things.’ (KW of P5)



'I don't think it [the goal setting model]] would work very well in a really busy, big acute unit because there's too much changeover.' (KW of P8)



'I'm her mother, I know her very well... so looking at all her family history, what she likes, what she doesn't like, what she used to do' [to inform goal setting].' (SO of P2)



'What works well is, I think, the definite collaboration of the team ... having a supportive and experienced team works well.' (KW of P6)



'... we're here to understand, to make the differences between what can we accomplish and what is realistic vs we're unable to accomplish and is not realistic.' (P8)



'A reduced knowledge of his actual injury contributed to him not being able to generate other alternatives or potentials.' (KW of P6)

Conclusion/ Implications



Targeted
Approaches

1



Collaborative
Teamwork

2



Family
Involvement

3



Clinician Training

4



Alignment of
Expertise

5



Organisational
Support

6

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