Writing Measurable Short and Long Term Goals

Clinical Webinars for Therapy
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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, time-related 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**
  
  \( 10 \text{ reps x 3 sets} \)

• **Timed Tests**
  
  \( \text{supine to stand in 45 secs.} \)

• **# Trials**
  
  \( 2/5,3/5,2/3 \)

Make sure to add how much assistance is provided.

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

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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:

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.

• Short Term Goals:
  – 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
3. How Well? - Quality/mastery, Criteria/measurement
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
4. **Under what conditions:** with familiar listeners in familiar settings
5. **How well:** to communicate a variety of pragmatic functions with minimal prompts
6. **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.

• Short Term Goals:

• 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.

• Short Term Goals:
  • 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.

• Short Term Goals:
  • 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

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• 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 not include the information noted above.

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