

Sustaining Improvement in person-centred goal setting with people who have had a stroke

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Purpose and aims of project

To explore stroke patient and staff opinions on goal setting:

Inclusion and satisfaction ● ●

Where are we just now?

Focus on personal outcomes ● ● ●

Impact in stroke rehabilitation goal setting?

Use of "my stroke folder" ● ● ●

How can we improve its use and support self-management?

Background



Person-centred goal setting is required in stroke care (RCP 2016; NICE 2013)



In NHS Forth Valley, goal setting was variable and staff led



Shaping the Future Healthcare Strategy (Forth Valley 2016-21) outlines demographic change and the need for services to adapt

Methods and results

- Qualitative research using framework approach
- 4 patient focus groups (n=21)
- 1 focus group stroke patients and carers (n=9)
- Semi-structured interviews with MDT (n=17)

Themes from staff interviews and patient focus groups are shown in the table opposite. The quotes demonstrate how the themes emerged.

Staff	equality	process	quality	approach
Staff + patients	culture	elements	barriers	Stroke folder
Patients	mental health	communication		



"I liked the goal setting meeting with the family, we wouldn't have found out about the patient if we had not had the meeting." (approach)



"I think you would be better focusing on what people can do rather than what they can't do" (communication)

Conclusions and Reflections

- Goal prescription is indicated early in rehabilitation, and later on person-centredness is indicated, *"initially the goal is surviving"* (from Stroke patient interview).
- "My Stroke folder" is valued as a self-management resource but needs updated.
- The Stroke population want to be included. Allow additional time, especially for people with aphasia.

Reflections:

- to influence and ensure engagement, it is necessary to fully immerse the MDT in change process decisions and communicate expertly.
- One size doesn't fit all. Sustaining a change requires embedding in environment. We designed; a resource book, protected sessions and information board for goal setting meetings.

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References: RCP (2016) Stroke Guidelines
NICE (2013) Stroke Guidelines
NHS Forth Valley (2016) Shaping the future health care strategy.