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Person centred care using goal setting to increase the effectiveness and efficiency of stroke rehabilitation

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Introduction: Goal setting is a well established approach used in stroke rehabilitation. Delivery of effective rehabilitation can be time intensive and the use of goal setting can help to support individual choice as well as enable services to be more streamlined, effective and efficient by focusing on what people want and need to achieve. Demonstrating the impact of rehabilitation approaches is necessary to share good practice and to sustain services.

Objectives: To outline the use of Quality Improvement methodology as a vehicle for learning and action aimed at service improvement
To understand the impact of using goal setting to deliver person centred stroke rehabilitation

Approach: Using a quality improvement model, Goal setting was introduced to a stroke rehabilitation unit and a range of measures were established to determine if the proposed change would result in an improvement. Using Plan-Do-Study-Act (PDSA) cycles a range of data were captured to evaluate if the change would improve the stroke rehabilitation process.

Practice Implications: Current clinical practice guidelines recommend the use of goal setting in stroke rehabilitation. The evidence to support its impact is limited. This presentation will contribute to the evidence base through the use of quality improvement methodology to demonstrate the impact of person centred approaches in stroke rehabilitation.

Conclusion: Stroke rehabilitation is offered across the world yet approaches are varied and evaluation of services is often limited. By using a quality improvement methodology this presentation will demonstrate the impact of this approach.