

## Mutual Goal Setting

4410

**Definition:** Collaborating with patient to identify and prioritize care goals, then developing a plan for achieving those goals

### Activities:

- Encourage the identification of specific life values
- Assist patient and significant other to develop realistic expectations of themselves in performance of their roles
- Determine patient's recognition of own problem
- Encourage the patient to identify own strengths and abilities
- Assist the patient in identifying realistic, attainable goals
- Construct and use goal attainment scaling, as appropriate
- Identify with patient the goals of care
- State goals in positive terms
- Assist the patient in breaking down complex goals into small, manageable steps
- Recognize the patient's value and belief system when establishing goals
- Encourage the patient to state goals clearly, avoiding the use of alternatives
- Avoid imposing personal values on patient during goal setting
- Explain to the patient that only one behavior should be modified at a time
- Assist the patient in prioritizing (weighting) identified goals
- Clarify with the patient the roles of the health care provider and the patient respectively
- Explore with the patient ways to best achieve the goals
- Assist the patient in examining available resources to meet the goals
- Assist the patient in developing a plan to meet the goals
- Assist the patient in setting realistic time limits
- Assist the patient in prioritizing activities used for goal achievement
- Appraise the patient's current level of functioning with regard to each goal
- Facilitate the patient in identification of individualized, expected outcomes for each goal
- Assist the patient in identifying a specific measurement indicator (e.g., behavior, social event) for each goal
- Prepare behavioral outcomes for use in goal attainment scaling
- Help the patient focus on expected rather than desired outcomes
- Encourage the acceptance of partial goal satisfaction
- Develop a scale of upper and lower levels related to expected outcomes for each goal
- Identify scale levels that are defined by behavioral or social events for each goal
- Assist the patient in specifying the period of time in which each indicator will be measured
- Explore with the patient the methods of measuring progress toward goals
- Coordinate with the patient periodic review dates for assessment of progress toward goals
- Review the scale (as developed with the patient) during review dates for assessment of progress
- Calculate a goal attainment score
- Reevaluate goals and plan, as appropriate

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### Background Readings:

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