

Goal Attainment Scaling (GAS) - 3 simple stages:

A- Stage 1: Attainment of the objectives

Info

1) PROCESS OF USING THE SCALE

- Discuss and agree on the objectives of the treatment:
 - . With the patient and his/her family
 - . With the multidisciplinary team
- Define the expected results of the treatment:
 - . If the expectations of the patient and care staff are not realistic, negotiate on what can reasonably be achieved
- Describe and document the expected result:
 - . Make sure that it is clearly understood and accepted by the patient and the care team

2) ESTABLISHMENT OF THE OBJECTIVES

- The objectives of the treatment must be SMART:
 - . Specific - personalised
 - . Measurable
 - . Achievable - realisable
 - . Realistic
 - . Timed (dated)

3) EXAMPLE

- Jane declares:
 - . "I want to be able to get dressed more easily"
- The SMART objectives:
 - . To reduce the spasticity of Jane's arm
 - . so that she can place her arm in the sleeve of her jacket
 - . without the assistance of someone else
 - . by (specify the date)

4) HOW MANY OBJECTIVES?

- There is no fixed number of objectives:
 - . It may vary from one patient to another
- BUT the establishment and negotiation of the objectives:
 - may require time
- For practical reasons:
 - . It is recommended not to establish more than 3 to 4 objectives: 1 main objective and 2 to 3 secondary objectives

Attainment of the objectives

Objective 1: (main)

Objective 2: (optional)

Objective 3: (optional)

Objective 4: (optional)

B- Stage 2: Evaluation of the achievement of the objectives

Info

INITIAL EVALUATION

- The initial score is generally "-1"
 - . because a deterioration is considered possible after treatment
- If there can be no deterioration the initial score is -2
 - . No condition more unfavourable is clinically plausible, for example:
 - Pain score 10/10 or "as intense as the pain can be"
 - Or if the patient is totally incapable of accomplishing the task

EVALUATION OF THE OBJECTIVES IN 5 POINTS

- Score 0 of the GAS scale:
 - . The most probable level being possible to achieve if the patient receives the planned treatment

-2	-1	0	+1	+2
Much less	Less	Expected result	More	Much more

- The objective is to have a maximum of patients at 0

ALTERNATIVE FOR THE CLINICIANS: USE OF THE GAS SCALE TO NEGOCIATE

- Some clinicians prefer not to use numbers for the GAS scale but rather to think in terms of
 - . objectives achieved
 - . objectives partially achieved
 - . no change
- The following word tree
 - . provides all the information required to assign the GAS scores retrospectively without forcing the clinicians to use numbers

USE OF THE GAS SCALE TO NEGOCIATE REALISTIC OBJECTIVES

The patient declares:
"I want to use my hand normally"

-2	-1	0	+1	+2
Totally impossible to use the hand	Requires an aid to pick up a cup in the hand, impossible to hold a cup in the right hand	Use the hand to grip and stabilise the cup whilst a drink is being poured	Use the hand to present the cup to the mouth and drink	Normal use of the hand

- The 5-point evaluation system can be used to negotiate realistic objectives
 - . If normal operation of the hand is achieved:
 - The score will be +2
 - But we do not really expect this result
 - We predict the use of the arm only as a stabilisation accessory

- Therefore the objective of the patient is not ignored:
 - . But the patient is encouraged to establish a realistic objective
- All the scales can be used, whether instrumental or clinical

Evaluation of the achievement of the objectives

Objective 1:

	-2	-1	0	+1	+2
	Much less	Less	Expected result	More	Much more
	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>

Objective 2:	-2	-1	0	+1	+2
	Much less	Less	Expected result	More	Much more
	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>

Objective 3:	-2	-1	0	+1	+2
	Much less	Less	Expected result	More	Much more
	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>

Objective 4:	-2	-1	0	+1	+2
	Much less	Less	Expected result	More	Much more
	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>	<i>Description :</i>

C- Stage 3: Weighting of the results

Info

WEIGHTING OF THE OBJECTIVES:

- Certain objectives
 - . Are more important than others for the patient
 - . Present more difficulties than others
- Taking these factors into consideration
 - . The objectives can be weighted according to:
 - Their importance for the patient and the family
 - The difficulty evaluated by the team

WEIGHTING SCALE

- Applying weighting to the objectives:

Importance to the patient and the family		Difficulty estimated by the team	
Not at all	0	Not at all	0
A little	1	A little	1
Moderately	2	Moderately	2
A lot	3	A lot	3

- Weighting = Importance × Difficulty
- The weighting is optional

Weighting of the results (optional)

Objective 1:	Importance (to the patient and the family)		Difficulty (estimated by the team)	
	Not at all	0	Not at all	0
	A little	1	A little	1
	Moderately	2	Moderately	2
	A lot	3	A lot	3

Objective 2:	Importance		Difficulty	
	Not at all	0	Not at all	0
	A little	1	A little	1
	Moderately	2	Moderately	2
	A lot	3	A lot	3

Objective 3:	Importance		Difficulty	
	Not at all	0	Not at all	0
	A little	1	A little	1
	Moderately	2	Moderately	2
	A lot	3	A lot	3

Objective 4:	Importance		Difficulty	
	Not at all	0	Not at all	0
	A little	1	A little	1
	Moderately	2	Moderately	2
	A lot	3	A lot	3

Treatment times:

Deadline

Please indicate the date defined at the attainment of the objectives from which the final evaluation score can be calculated (after treatment):

Date : / /