



17th Annual Brain Injury Conference

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Poster #: 5

Abstract Title: Developing a goal setting process for Neuro-oncology Pre-hab patients in inpatient acquired brain injury (ABI) rehabilitation

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ABSTRACT:

Abstract Theme: Mild - Moderate Brain Injury

Topic(s) of Interest: Best Practices, Innovation Profession Specific, Quality improvement

Purpose of Project: Neuro-oncology prehab is beneficial to optimizing function prior to radiation therapy for patients with malignant brain tumours. Setting rehab goals is critical to optimizing outcomes in preparation for oncology treatments, however providers do not have ways to facilitate these goal setting discussions. The purpose is to develop a standardized goal setting process to enable this process.

Methods, Procedure, Results/Outcome, Conclusion:

Methods: The Model for Improvement Framework was used to guide the process of improvement. A needs assessment was conducted which revealed 3 main change ideas; 1) a structured approach to goal setting, 2) goal setting resources to use with patients and 3) documentation consistency amongst providers.

A goal setting process was developed with structured timelines, documentation guidelines and patient resources. An education workshop was conducted with ABI providers across 2 inpatient ABI rehabilitation units to introduce the process. The goal setting process was piloted with 4 patients over the course of 1 month. Pre and post intervention data were collected through chart reviews, patient and provider surveys and interviews.

Results: The outcomes evaluated were 1) percentage of goal setting discussions completed, 2) ABI-provider confidence with goal setting and 3) patient satisfaction. Interviews were also conducted with ABI providers to explore opportunity for process improvements. Goal setting increased from 10% to 67% in the 4-week pilot. The ABI-provider confidence survey revealed 55% of providers felt confident setting goals with neuro-oncology patients. One patient in the pilot was able to be interviewed. They rated being “completely satisfied” with the goal setting process. They shared that discussing goals was comforting as they learned their prognosis. ABI provider interviews revealed that the new goal setting process provided needed structure and clarity however, there were ongoing challenges with provider comfort in setting realistic goals with patients with a poor prognosis and how to have these difficult conversations.

Conclusion: The creation of a goal setting process for neuro-oncology prehab patients has provided the ABI rehab team with the structure and resources to consistently initiate goal setting discussions to ensure maximal rehab gains. Future directions include creating additional supports for the team in addressing end of life care goals and developing a sustainability plan.