



Health

Hunter New England
Local Health District

A new model of care and high quality goal setting for people with spinal cord injury.

NSW SSCIS Network Forum

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Outline



- Background
- Model of Care
- Goal Setting Quality Improvement Project



HSCIS Background



- Established early 1980's with nursing services travelling around the Hunter area changing SPC's
- MAA sponsorship in 1999 expanded the scope of service including an MDT and HSCIS became part of HNELHD in 2002
- Whole of life services were provided to meet the needs of people living with SCI in the Hunter

HSCIS the service now



Discipline	FTE
Occupational Therapy	2.0
Physiotherapy	1.0
Psychology	0.4
Social Work	0.6
Registered Nurse	0.8
Allied Health Assistant	0.6
Administration Officer	0.8
Service Manager	0.6
TOTAL	6.8



HSCIS Catchment area



We are here

Area covered by Hunter Spinal Cord Injury Service within the Hunter New England Local Health District

300km by road

225km by road

90km



- **NSW SSCIS**
- **John Hunter Hospital**
 - (Index hospitalisations & inpatient rehabilitation)
- **All HNELHD Hospitals in region**
 - (Hospitalisations for people with history of SCI)
- **HNELHD Spinal Cord Injury Advisory Group**
 - (Local Paraquad, Consumer reps, Other HNELHD)

The need for a new model of care



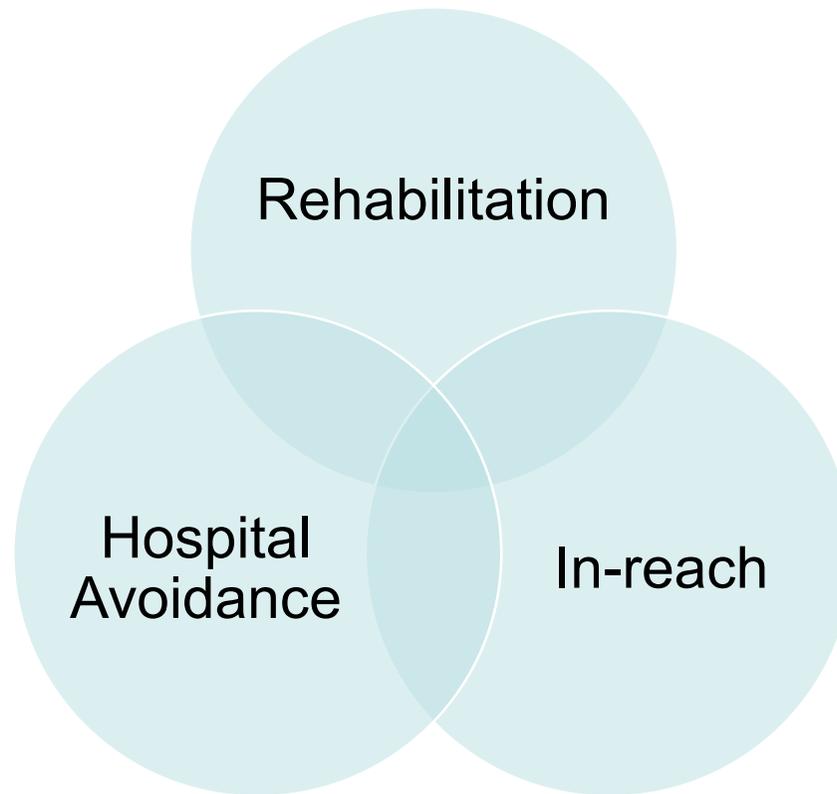
- An increasing case load of long-term clients
- 2013 NDIS Pilot in Newcastle and Hunter area
- Increasing need to support acute sector and evolution of 'disability supports' vs 'health service'
- Priority for rehabilitation for people with a recent SCI (5 years)



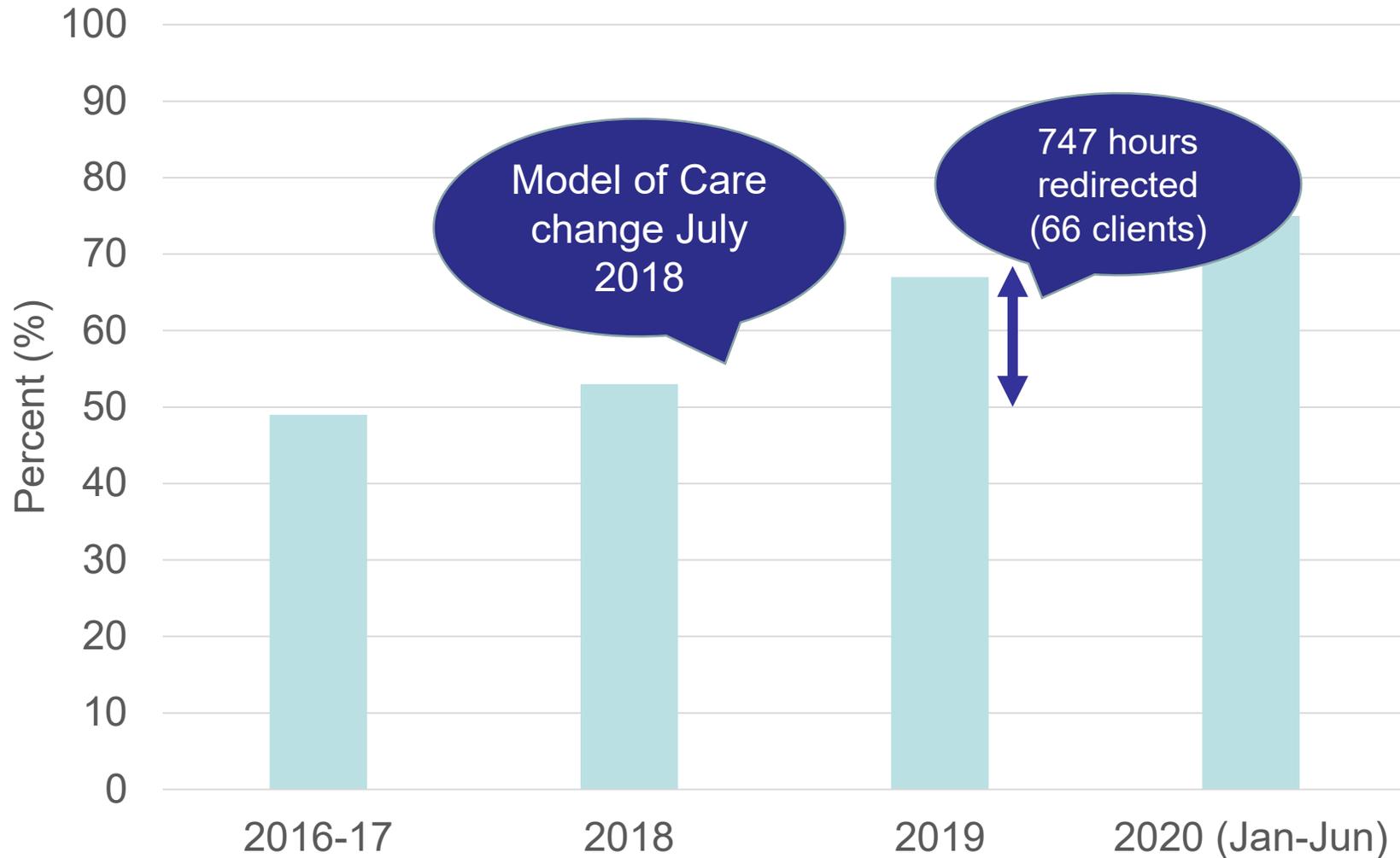
Model of Care July 2018



HSCIS changed eligibility criteria and defined three streams of care which overlap to provide a continuum of care throughout the lifetime of a person with SCI prioritising clients with a recent SCI



HSCIS clinical time dedicated to people with recent* SCI



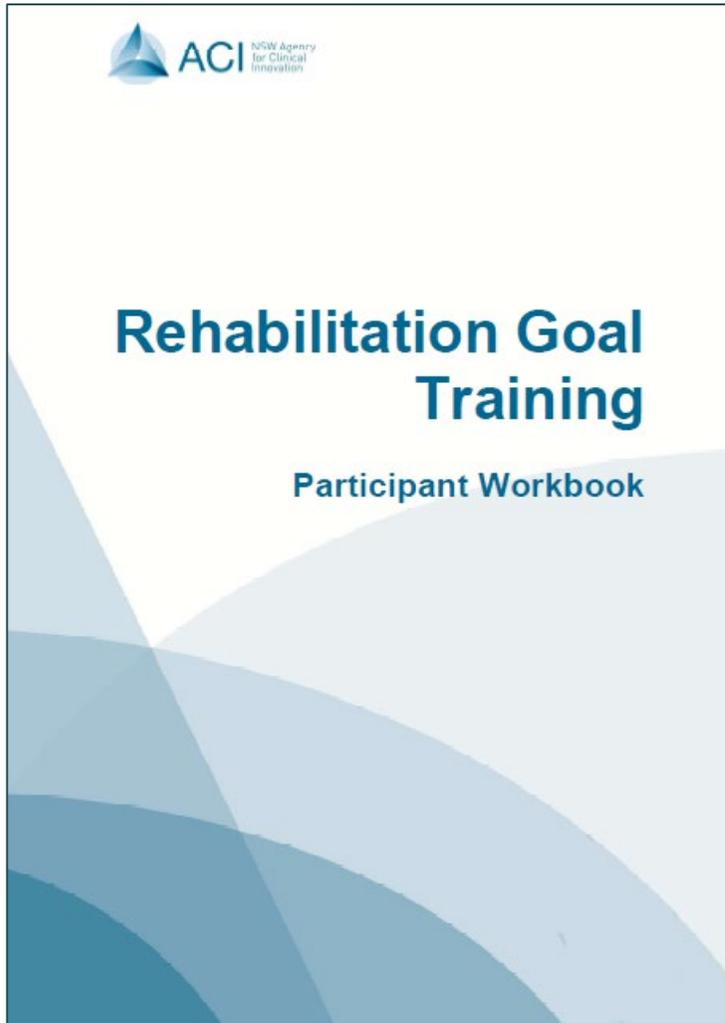
The need for better goal setting



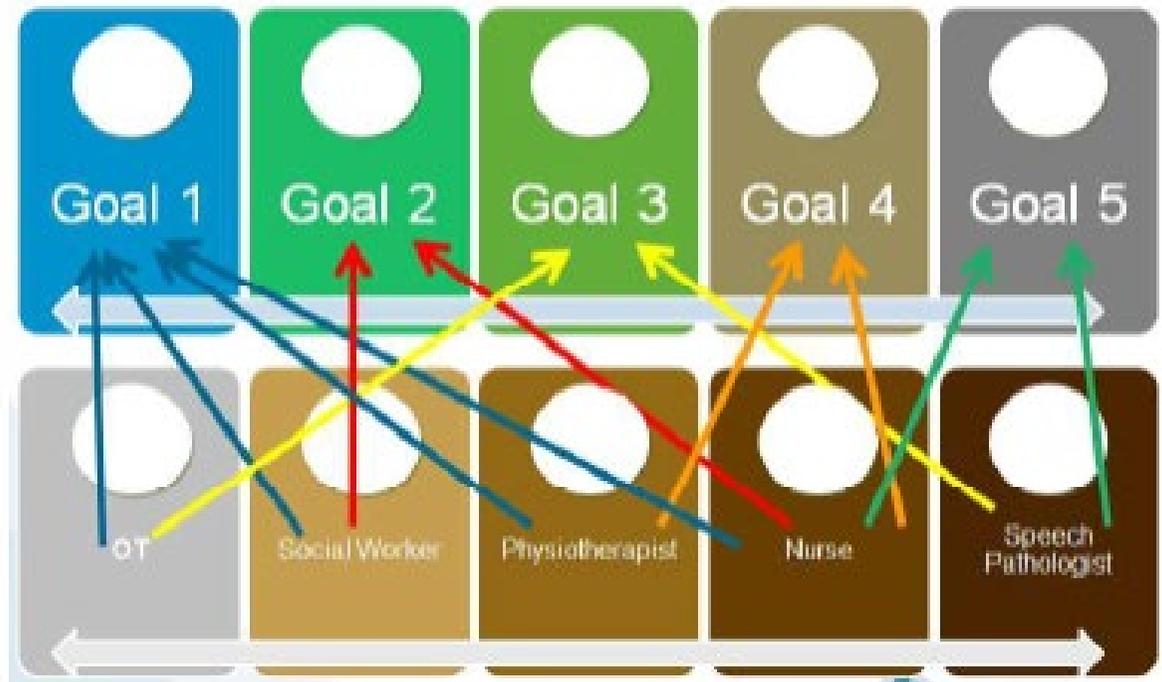
- Model of care
 - Time limited intervention and active need for discharge planning
 - Scope for more complex participation goals
- Case conference was based upon goals
- But goals were not SMART or include a ‘participation’ component



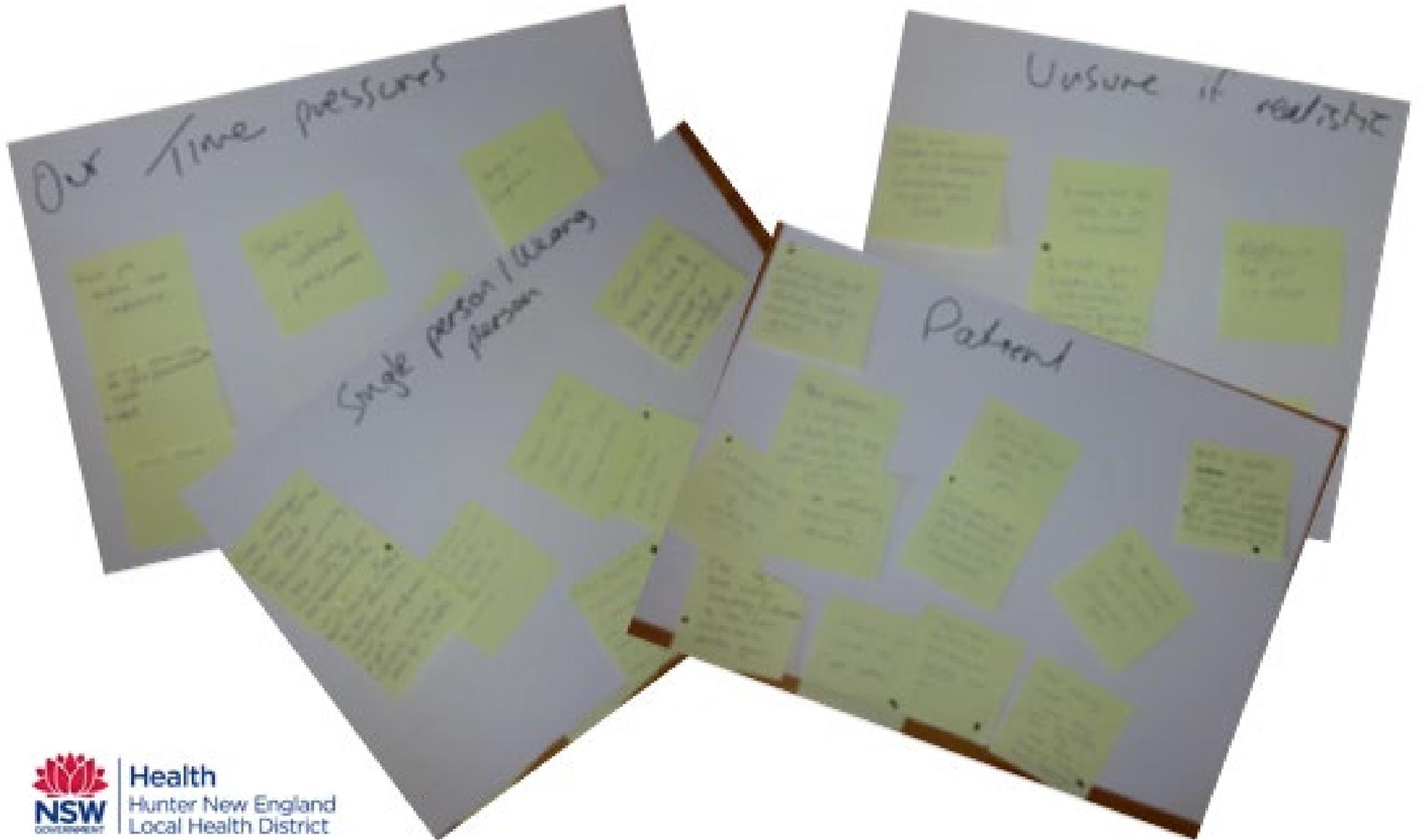
Foundations of quality goal setting



Client goals-driven treatment plan



Team engagement



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A New Case Conference Template



Hunter Spinal Cord Injury Service (HSCIS) Rehabilitation Plan - Case Conference

Client Name:
MRN:
DOB:

INJURY DETAILS
Level of SCI: ASIA Score: Date of Injury:

REHAB GOAL:
SMART GOAL •
ACTION PLAN:
PROGRESS:

REHAB GOAL:
SMART GOAL •
ACTION PLAN:
PROGRESS:

NEXT REVIEW DATE:

INACTIVE GOALS:

Hunter Spinal Cord Injury Service Rehabilitation Plan

Client:		Level of SCI:	
MRN:		AIS:	
Date of Injury:			

Treating Team	
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Moorong SES	/112
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Client interests	
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Last goal review with client:	
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Active Rehabilitation Goals:

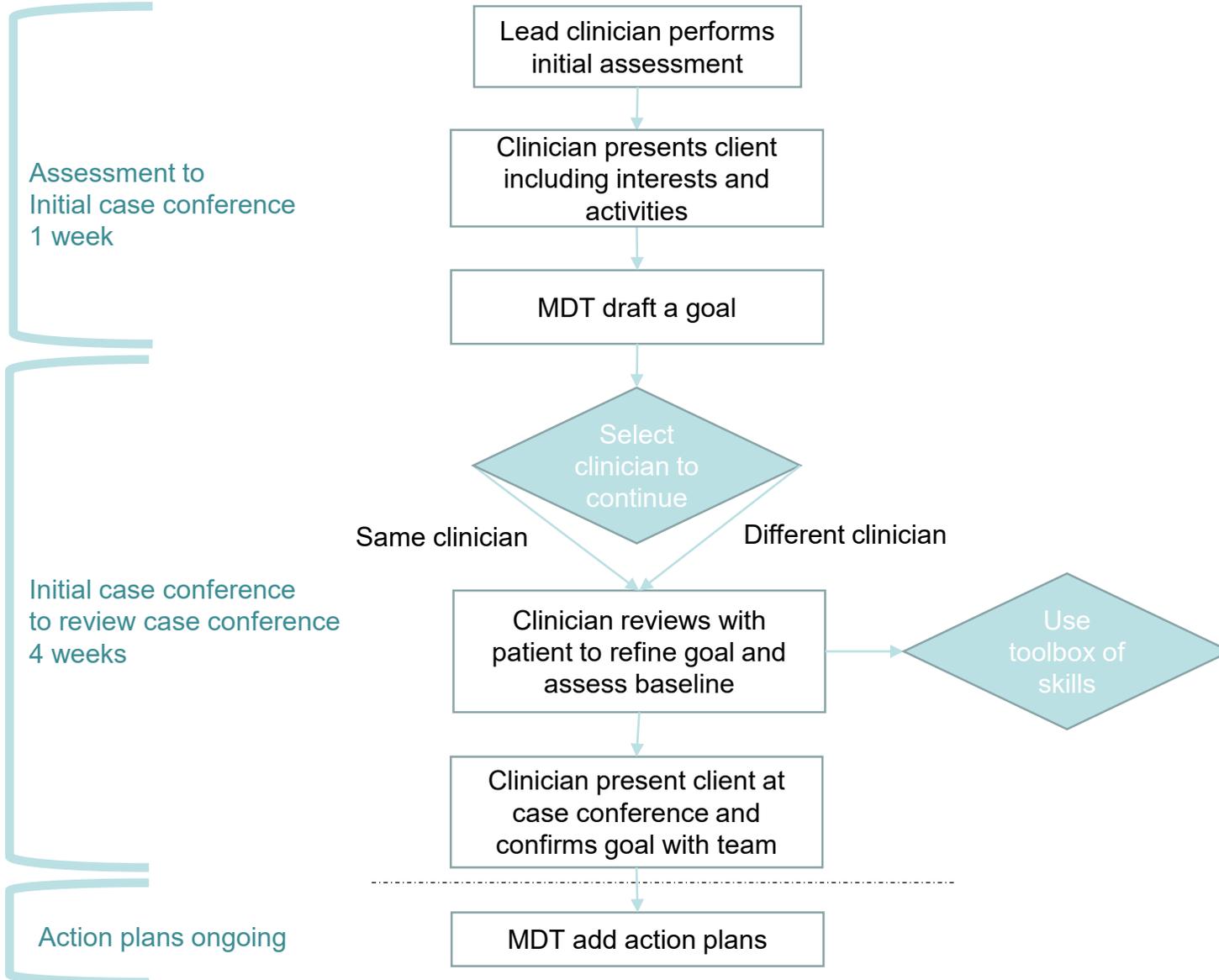
GOAL	
Short Term Goals:	Progress:

GOAL	
Short Term Goals:	Progress:

Next Case Conference:	
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Inactive Rehabilitation Goals:

Flow Chart of Amended Process



Self assessment as a team



- A team culture of learning

ON TRACK	SEEK MORE
Is it meaningful / social?	Is it just a treatment plan?
Can you define what the current status is?	Can they already do it?
What needs to change?	Are there too many goals?
How exactly will we know when it's been achieved?	Are there barriers we cannot overcome?
What is the timeframe?	
Can we influence the outcome?	

Auditing goal quality



SMARTAAR GOAL WORKSHEET - PRACTICAL ACTIVITY

INSTRUCTIONS: Select one goal from the allocated rehabilitation plan, select the goal that appears on first reading to be the most rehabilitation appropriate. Complete the File Details including MRN and date of CC. Copy word for word the goal that you have selected (just the main goal, it is not necessary to copy action plans or follow up). Work along each row at a time. Read the SMARTAAR 'goal elements and guidance', read the corresponding 'question' and in the 'Result' column select Yes or No (or maybe) for every question. You may add a comment if you wish, comments are optional. You may write a revised goal if you wish,

INTERPRETATION: You do not need to add up a score. The score out of 15 will be automatically calculated based on your selections. Each question is valued as 1 (yes) or 0 (no) except participation and clarity which are valued as 2 (yes) or 1 (maybe) or 0 (no), a score of 15 indicates an excellent goal, a score of 0 indicates a poor goal.

File Details	MRN:	Date of CC:		
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Rehab Goal to be Reviewed:

SMARTAAR goal elements & guidance		Question	Result	Comment
S	Writing a goal from the patients perspective can drive a patient centred approach.	Is the patients name in the goal?		
	What patient outcome is being aimed for? What is the purpose of any intervention? Patient activity or action may be included here. ** Clinicians Actions/interventions do not go here**	Does the goal include a clear purpose or outcome for the patient ?		
	Participation considers the patient in their 'life circumstances' and activities of meaning or significance. E.g. activities with another person, activities leaving the house to engage in their community, activities related to an occupation or hobby.	Does the goal focus on patient's participation ?		
	Where will participation take place - context of goal? e.g. at home, local community (might be implicit)	Is it clear where the activity should take place?		
M	How well? What is the desired quality of performance in relation to level of independence, amount / nature of supports	Is it clear how well the activity needs to be performed?		

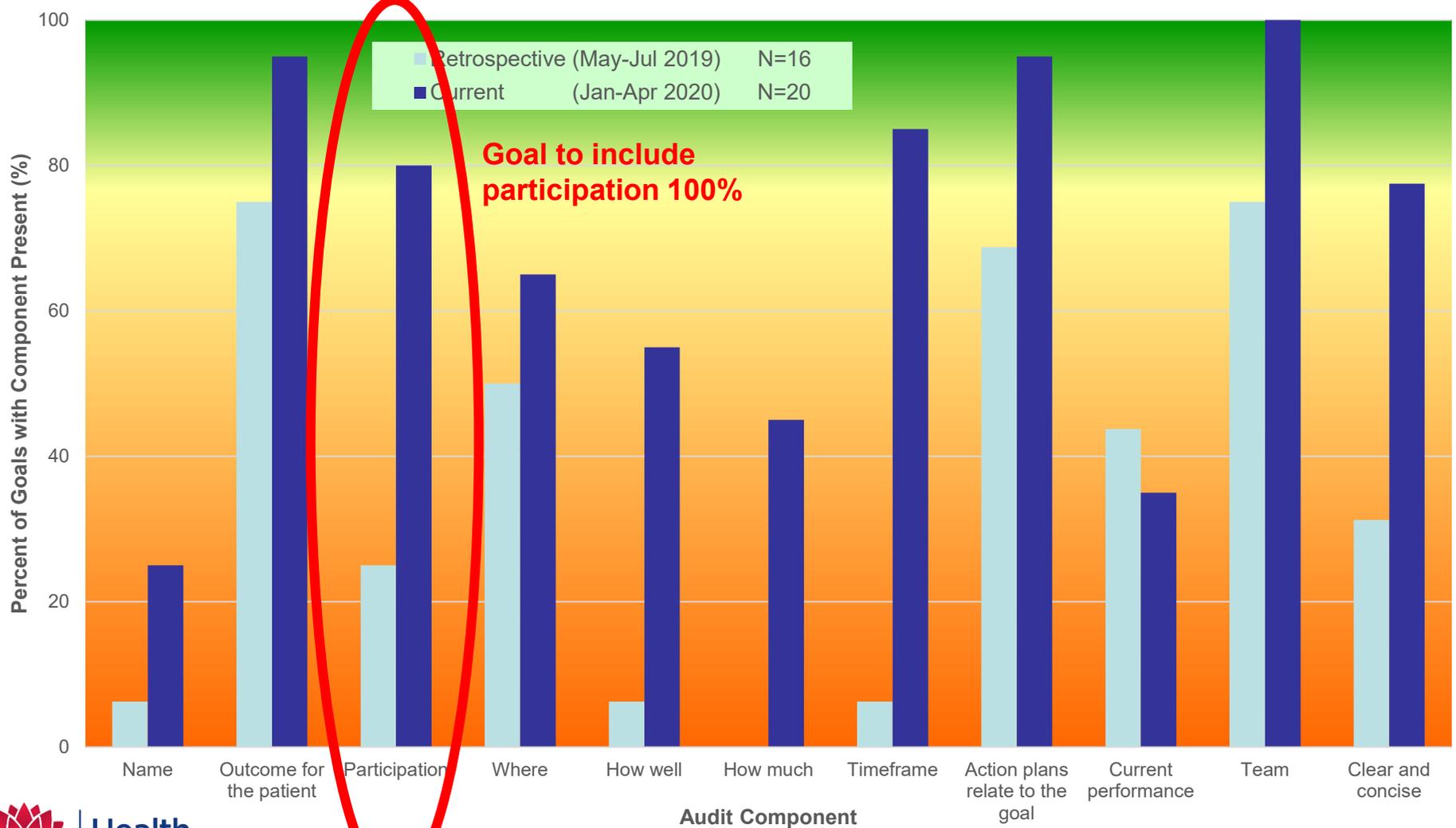


to know about progress the patient made on this goal?	
Is the goal clear and concise? Does the goal identify what the patient needs / wants to be able to do?	
Revised goal:	

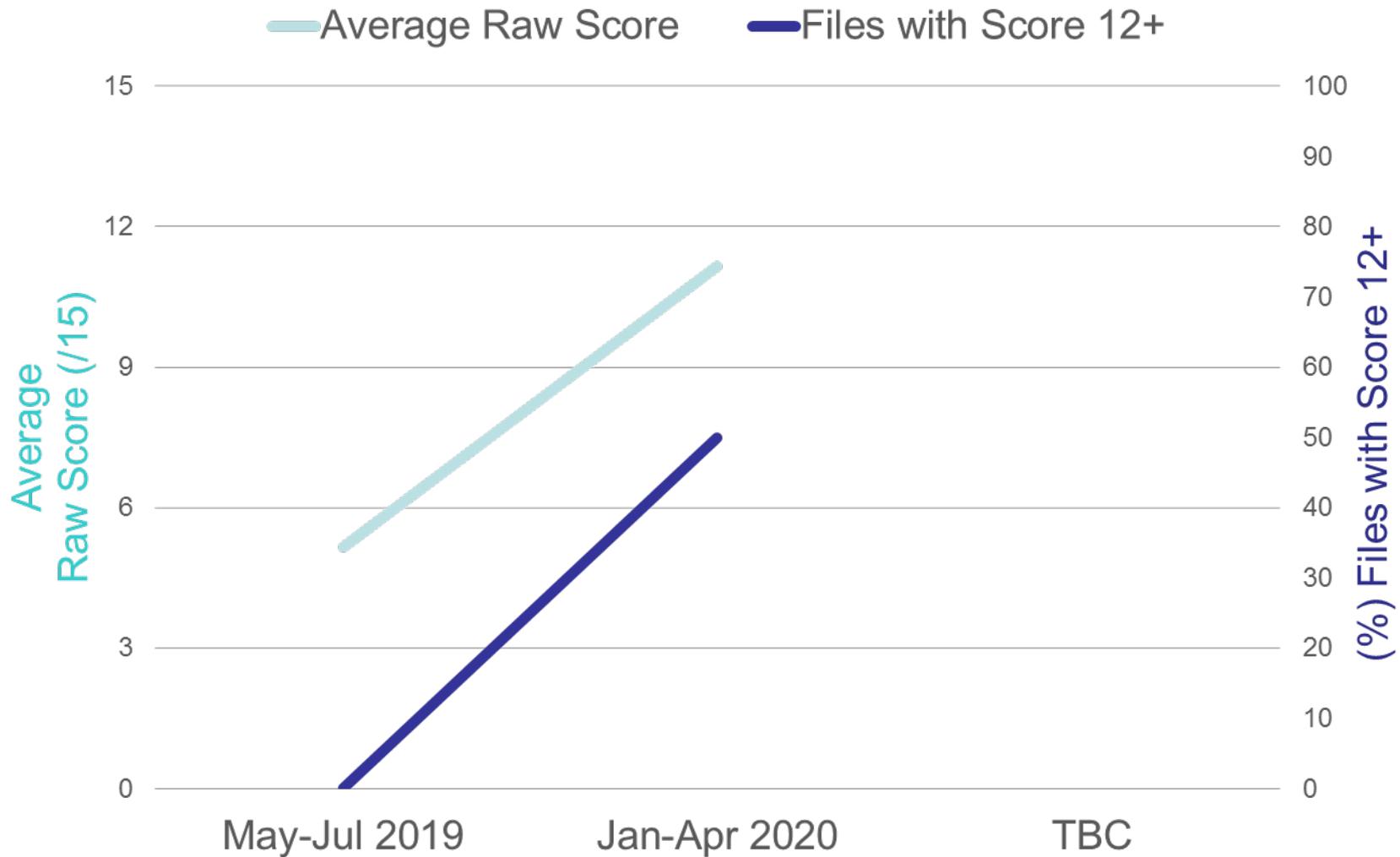
Components of a goal



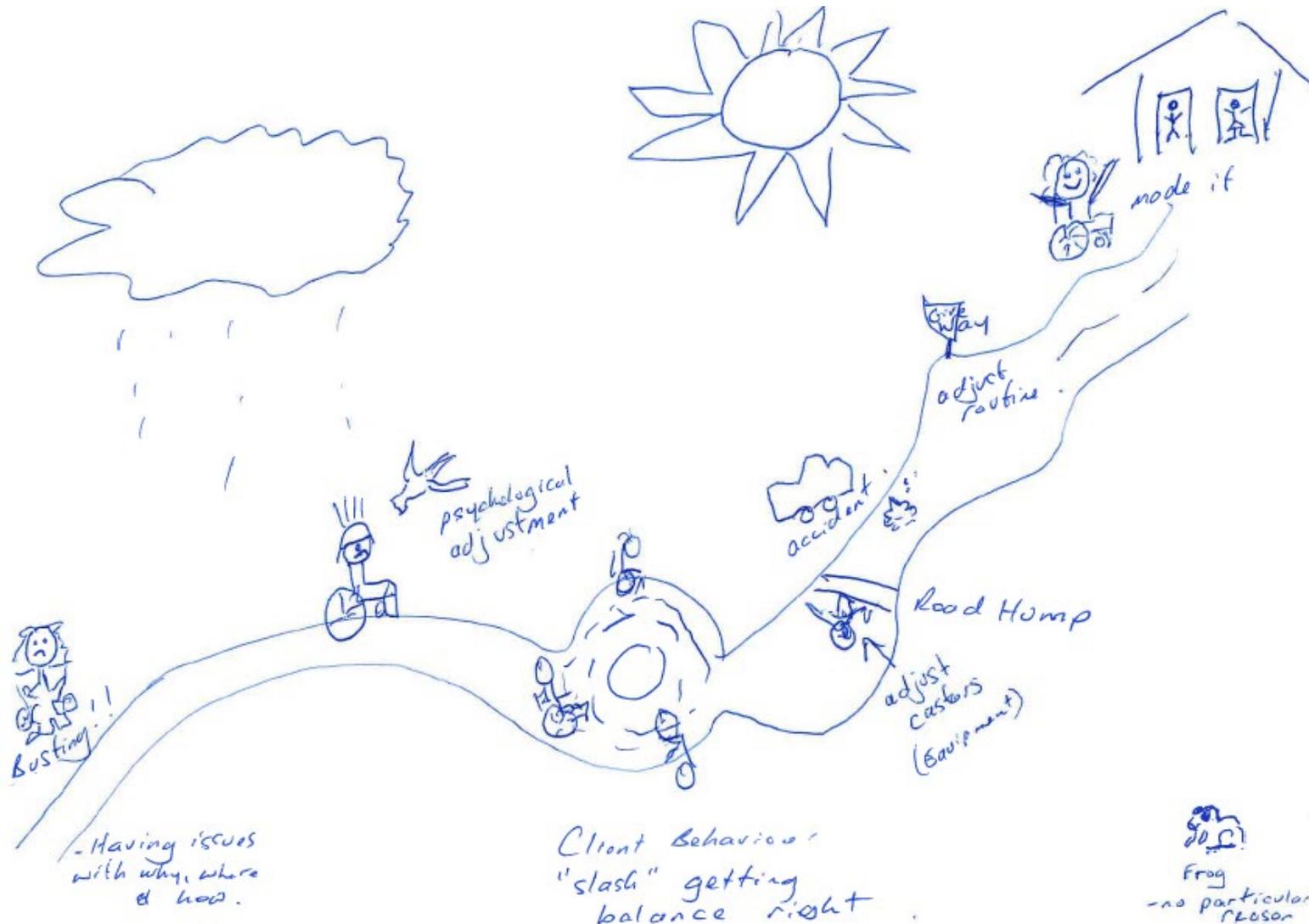
HSCIS Retrospective and Current SMARTAAR Goal Audit Results



HSCIS SMARTAAR Goal Sample Audit



Goals in rehabilitation: Destination in a journey



Thanks!



References:

1 – **Rehabilitation Goal Training Participant Workbook**, Agency for Clinical Innovation, 2013

2- Bowman J, Mogensen L, Marsland E, Lannin N, **The development, content validity and inter-rater reliability of the SMART-Goal Evaluation Method: A standardised method for evaluating clinical goals**. Australian Occupational Therapy Journal 24 May 2015



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