Empowering ESTHERs in the Community Hospital – Patient Goal Card

ESTHER
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Sengkang Community Hospital

Background

ESTHERs (patients) in Sengkang Community Hospital (SKCH) are admitted for rehabilitation, sub-acute care or palliative care. To determine "What matters most" to our ESTHERs, several interviews were conducted.

Problems identified

Our ESTHER's responses revolved around a common theme, being independent when they return home matters most to them. However, as we explored further, the definition of "being independent" varied from patient to patient.

Care team assigned health goals may not be meaningful to ESTHERs if it is not aligned to ESTHER's personal health goals. Thus, having a one-size-fits-all or universal program that caters to every ESTHER's individual needs is challenging.

Objectives and Proposed Solution

Create a tool which:

- Can be administered to cover a range of goals
- Allows care team to better understand ESTHER's personal health goals
- Assist ESTHERs with goal-setting
- Is simple and effective to be used by ESTHERs or care team

We aim to implement the Patient Goal Card to assist patients with meaningful personal goal setting and align our multidisciplinary team's efforts to help patient achieve their personal health goals.
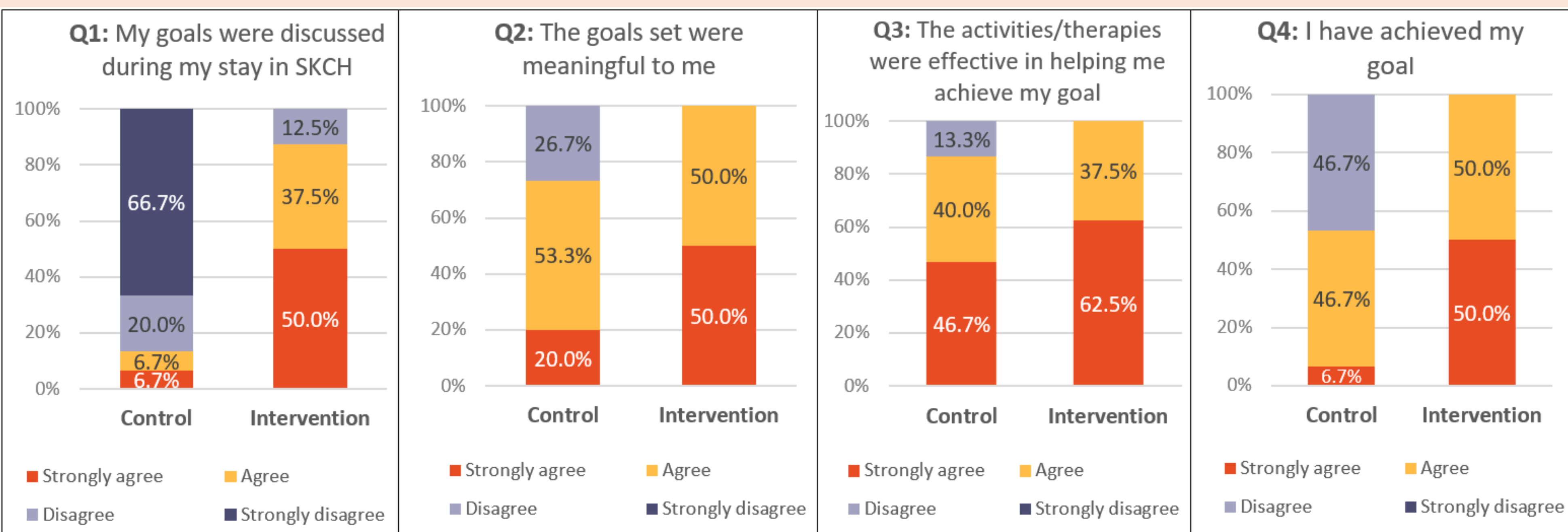
Our Patient Goal Card would incorporate the Goal Attainment Scaling (GAS). GAS is an individualised measure in which assessment areas and scale items are selected based on the specific issues of concern for a particular patient.

Results

Prior to discharge from the community hospital, patients from both the baseline and intervention group were assessed using questionnaires printed at the bottom of the Patient Goal Card.

The percentage of patients who agreed that their Health goals were discussed during their stay in the community hospital was noticeably higher in the intervention group. (87.5% vs 13.4%). The percentage of patients who find that the goals set were meaningful to them were also higher in intervention group.

All patients (100%) in the intervention group achieved their goals. In contrast, only half (53.3%) of patients in the baseline group achieved their goals at the end of their stay in the community hospital.

Q1: My goals were discussed during my stay in SKCH
Control: 66.7%, 20.0%, 6.7%, 6.7%
Intervention: 50.0%, 37.5%, 12.5%
Legend: Strongly agree, Agree, Disagree, Strongly disagree

Q2: The goals set were meaningful to me
Control: 20.0%, 53.3%, 26.7%
Intervention: 50.0%, 50.0%
Legend: Strongly agree, Agree, Disagree, Strongly disagree

Q3: The activities/therapies were effective in helping me achieve my goal
Control: 46.7%, 40.0%, 13.3%
Intervention: 62.5%, 37.5%
Legend: Strongly agree, Agree, Disagree, Strongly disagree

Q4: I have achieved my goal
Control: 6.7%, 46.7%, 46.7%
Intervention: 50.0%, 50.0%
Legend: Strongly agree, Agree, Disagree, Strongly disagree

Conclusion

The Patient Goal Card is an effective instrument for the care team to set goals and deliver personalised care with patients.
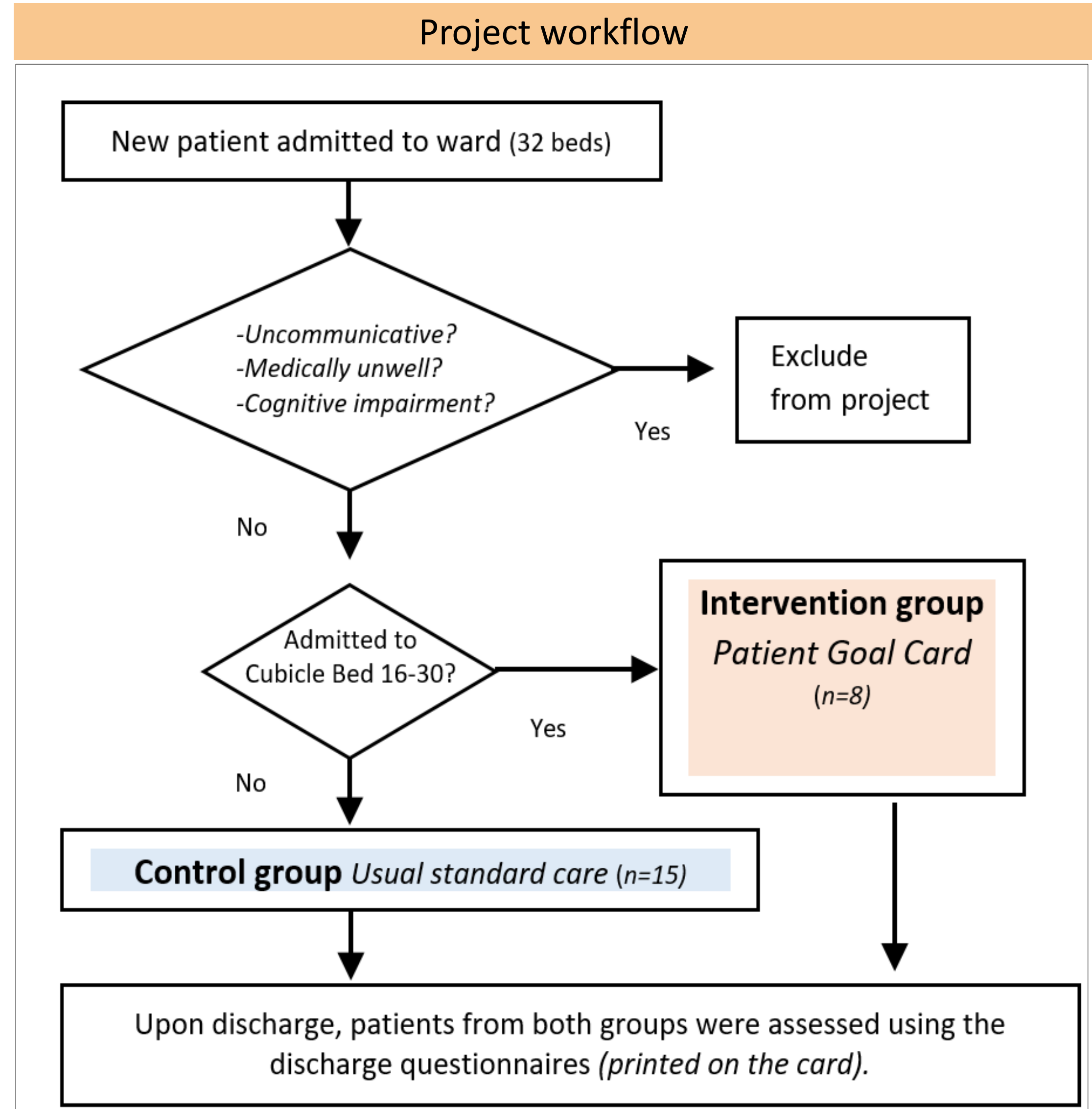
This pilot project shows that Patient Goal Card is a feasible tool to empower patients through meaningful personal goal setting and helps align the care team's efforts to assist patient achieve their personal health goals.

Future plans

- To scale up this project in other wards in SKCH.
- To enhance the Patient Goal Card to involve and empower family members.
- The total number of ESTHERs achieving their goals since the start of this project will be updated weekly/monthly in the ward notice board to keep the care team motivated.

Our ESTHERs defined "being independent" as:

- *To be able to walk again (ambulation goals)*
- *To be able to enjoy my hobby (functional goals)*
- *To take care of my health (self-care goals)*

Project workflow

New patient admitted to ward (32 beds)

-Uncommunicative?
-Medically unwell?
-Cognitive impairment? → Yes → Exclude from project

No ↓

Admitted to Cubicle Bed 16-30? → Yes → **Intervention group** *Patient Goal Card* (*n=8*)

No ↓

Control group *Usual standard care* (*n=15*)

Upon discharge, patients from both groups were assessed using the discharge questionnaires (*printed on the card*).

Patient Goal Card

PATIENT GOAL CARD

Bed number: _____
Admission date: ___/___/_____
Patient agrees to place patient goals at bedside? ☐ Yes ☐ No

Patient Stated Goal	Details	Baseline	At outcome: Was the goal achieved?	
			Yes — ☐ Much better (+2), ☐ A little better (+1), ☐ As expected (0)	
			No — ☐ Partially achieved (-1), ☐ Same as baseline (-2)	

Discharge date: ___/___/_____

Questions to ask upon discharge	Strongly Agree	Agree	Disagree	Strongly Disagree
Q1: My goals were discussed during my stay in SKCH	☐	☐	☐	☐
Q2: The goals set were meaningful to me	☐	☐	☐	☐
Q3: The activities/therapies were effective in helping me achieve my goal	☐	☐	☐	☐
Q4: I have achieved my goal	☐	☐	☐	☐

Please return this Card to the "Project ESTHER" drawer at the ward 79 PSA counter after patient is discharged. Thank you.

Placing the Patient Goal Cards inside the nursing counter providers the care team with an overview of all patients' goals for a particular cubicle.
If the patient consents, their goal will also be written at their bedside.

Patient's goal to be written at patient bedside (if patient consents)

Patient's Goal Card to be placed at nursing counter