

**Tool****Use this sample scenario to help staff develop function-based goals**

Sample scenarios are a great way to train staff members on function-based goals to check their understanding and ability to create goals for their patients.

Use following scenario to show staff the different types of function-based goals that can be created for a specific patient, as described by Carissa McKenna, senior clinical consulting manager at McBee Associates in Wayne, Pa. (See story, p. 3.)

**Collect background information**

Function-based goal planning can start at the SOC assessment by reviewing medical information, assessing the patient and assessing the home.

**The patient.** An 85-year-old female is referred from the hospital after new onset intractable back pain and inability to ambulate.

The patient is diagnosed with vertebral compression fracture. The patient also has progressive macular hypomelanosis significant for chronic systolic congestive heart failure (CHF), Type II diabetes, hypertension (HTN), macular degeneration, legal blindness and a history of falls.

The patient lives alone but does have supportive family in the area though they have limited availability to assist the patient.

The patient is referred for skilled nursing and physical therapy.

During the SOC assessment, pain is rated 8 out of 10 with any movement. The patient is ambulating without a device using furniture and walls to steady herself.

**The patient's home.** The clinician notices that there are rugs scattered throughout the home and witnesses the patient slip on these rugs.

There is a shower chair in the tub, but the high lip of tub prevents the patient from being able to get in independently to safely shower.

The patient is unable to stand at the sink for a sponge bath and requires someone to put items within reach to complete personal care tasks with constant supervision for safety.

There is a flight of stairs to get to the bedroom, so the patient is currently sleeping in the living room on a recliner because of the inability to get up and down the stairs on her own. She also has too much pain to be able to get into or out of her bed safely.

There are also three stairs with a rail to exit her home.

The patient is unable to manage her activities of daily living, such as housekeeping, laundry and shopping. Her daughter has limited availability to assist with these tasks.

The patient's CHF, HTN and diabetes are currently well controlled, and her daughter is assisting with prefilling her medication box.

The patient is aware of when to take medications per prefilled box, but not sure what each medication is for.

Both the patient and her daughter require education in long term management of her diabetes and CHF.

**Create the goals**

After all background information is gathered, the clinician or therapist can begin creating function-based goals for the patient.

**The goal.** The patient-stated long-term goal is, "I want to be able to get out to my hairdresser again and do my own shopping."

With all of the background information on the patient, along with information the clinician or therapist has gathered during SOC assessment, the function-based goal can now be created.

Based on the patient's current lifestyle and stated goal, here are some examples of what specific function-based goals might look like for this patient:

- Patient will demonstrate the ability to reach out of her base of support, leaning and bending while lifting 2 pounds by 5/28/2023.
- Patient will demonstrate the ability to reach out of her base of support, leaning/bending while lifting 4 pounds (half-gallon) by 6/28/2023.
- Patient will tolerate sitting upright in a chair for five minutes with pain level maintained at five or less within three weeks.
- Patient will tolerate sitting upright in chair for 10 minutes with pain maintained at four or less within four weeks.
- Patient will tolerate sitting upright in chair for 15 minutes with pain maintained at patient's stated tolerable level of three within six weeks.

The goals should be reassessed and updated frequently as the patient makes progress. It's also appropriate to create many different goals that all work towards the patient-stated goal. — Sarah Schock ([sschock@decisionhealth.com](mailto:sschock@decisionhealth.com)) ■