

Older Adults' Use of Goal Setting to Manage Pain

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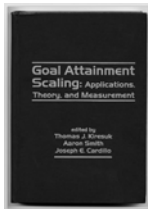
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Goal Attainment Scaling (GAS)

Based on work of Kiresuk, Smith, & Cardillo



Goal Attainment Scaling (GAS)

Provides a measure of individualized goals and allows comparison of one's attainment of these individualized goals with the goal attainment of others

Purpose of GAS

- The purpose of GAS is to measure the effectiveness of a treatment, or the degree of change post-treatment or post-intervention.
- Helps the client verbalize areas of concern and communicate personal goals.

GAS

- The setting of goals can be therapeutic in itself, providing structure and a sense of control to the client.
- Goals are more likely to be met when the client is a participant in the goal setting.
- GAS is not effective as a diagnostic tool or assessment of knowledge or skills.

Description of GAS Technique

- Patients usually experience a sense of empowerment by participating in their treatment through the setting of their goals.
- While the client identifies the goal, the healthcare provider may help in guiding the process.
- Specify with the client an expected level of outcome.
- The goals must be measurable and should not be vague or overlapping.

Strengths of GAS

- GAS is free!
- No copyright restrictions for GAS. Authors encourage others to adapt GAS to fit their research.
- Flexible, can be tailored to fit the needs of clients.
- Allows comparison of goal attainment among individuals whose goals are different.

Weaknesses of GAS

- Requires some teaching about goal setting.
- Can be a time-intensive process.
- The time required to set goals with clients and then review how well goals were met following treatment can easily exceed one hour.

Barriers to Pain Management: Goal Setting

- Important to recognize individual barriers when setting goals.
- Recognizing barriers helps to keep goals more realistic.
- Remind persons that goals can be reset if barriers are experienced. Sometimes these barriers are unexpected or unanticipated.

Scoring of GAS Scales

- -2 Much less than expected
- -1 Somewhat less than expected
- 0 Expected level of outcome
- +1 Somewhat more than the expected outcome
- +2 Much more than the expected outcome level

GAS Goal Scoring

- Takes two individuals plus participant to score the participant's GAS goal outcomes.
- All three document what level of goal achievement they believe was attained.
- Scoring guide with T-score tables in appendix of *Goal Attainment Scaling*. Guide is based on the number of goals set (e.g., 2 or more).

GAS Goal-Setting Example

LEVEL OF GOAL ATTAINMENT	Goal #1	Goal #2
-2		
-1		
0		
+1		
+2		

GAS Goal-Setting Example Continued

LEVEL OF GOAL ATTAINMENT	Goal #1 <u>Exercise</u>	Goal #2 <u>Weight Loss</u>
-2		
-1		
0	Walk 20 minutes, 3 times per week.	5 pound weight loss in 2 months
+1		
+2		

GAS Goal-Setting Example Continued

LEVEL OF GOAL ATTAINMENT	Goal #1 <u>Exercise</u>	Goal #2 <u>Weight Loss</u>
-2		
-1	Walk 10 minutes, 3 times per week	3 pound weight loss in 2 months
0	Walk 20 minutes, 3 times per week.	5 pound weight loss in 2 months
+1	Walk 20 minutes, 4 times per week	7 pound weight loss in 2 months
+2		

GAS Goal-Setting Example Continued

LEVEL OF GOAL ATTAINMENT	Goal #1 <u>Exercise</u>	Goal #2 <u>Weight Loss</u>
-2	Walk 5 minutes, 3 times per week	No weight loss in 2 months
-1	Walk 10 minutes, 3 times per week	3 pound weight loss in 2 months
0	Walk 20 minutes, 3 times per week.	5 pound weight loss in 2 months
+1	Walk 20 minutes, 4 times per week	7 pound weight loss in 2 months
+2	Walk 20 minutes, 5 times per week.	10 pound weight loss in 2 months

GAS Goal Example-Completed

LEVEL OF GOAL ATTAINMENT	Goal #1 <u>Exercise</u>	Goal #2 <u>Weight Loss</u>
-2	Walk 5 minutes, 3 times per week	No weight loss in 2 months
-1	Walk 10 minutes, 3 times per week	3 pound weight loss in 2 months
0	Walk 20 minutes, 3 times per week.	5 pound weight loss in 2 months
+1	Walk 20 minutes, 4 times per week	7 pound weight loss in 2 months
+2	Walk 20 minutes, 5 times per week.	10 pound weight loss in 2 months

GAPMAP GOAL SUMMARY Participant # _____

Goal :

Rating:

- +2 Much more than expected
- +1 Somewhat more than expected
- 0 Expected
- 1 Somewhat less than expected
- 2 Much less than expected

Facilitating Factors:

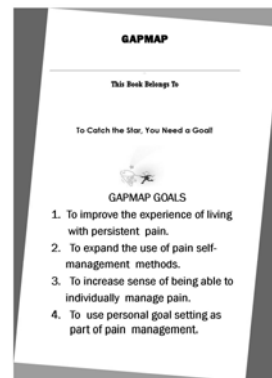
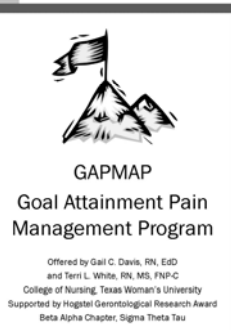
Barriers:

Plans: Revise? Continue? Etc.?

GAS Goal Scoring

LEVEL OF GOAL ATTAINMENT	Goal #1 <i>Exercise</i>	Goal #2 <i>Weight Loss</i>
-2	Walk 5 minutes, 3 times per week	No weight loss in 2 months
-1	Walk 10 minutes, 3 times per week	3 pound weight loss in 2 months
0	Walk 20 minutes, 3 times per week.	5 pound weight loss in 2 months
+1	Walk 20 minutes, 4 times per week	7 pound weight loss in 2 months
+2	Walk 20 minutes, 5 times per week.	10 pound weight loss in 2 months

Selected Program Materials



Setting Pain Management Goals: Some Suggestions

- Set goals that are **important to you.**

Is the goal you want to reach important enough to you to take the necessary actions to meet it?

Make goals specific

- For example, a broad goal might be some like: "I will improve my ability to function."
- That's a good goal, but it needs to be something that is more specific and that is realistic for you – something that you might realistically expect to do within 3 months. You might revise it to something like:
- "At the end of 3 months, I will walk for 30 minutes at least 3 days a week."

Make goals realistic

- Don't set your goals so that they are beyond the limits of what you really think you can do.
- Be honest with yourself! Meeting your goals will build confidence.
- You can always set them higher when you are ready to do so.

Make goals measurable

- This means that your goal will have a "measure" that lets you know when you've met it.
- If you've made your goal specific enough, it should be something you can measure.

Set goals that are short-term

- Goals that can be met in about 2 to 3 months.
- This should allow you to achieve small successes that you can continue to build on.

- For each goal that you set, plan the steps for how you're going to reach it. This will give you an action plan or a "map" for moving towards your goal.
- Your action plan should include (1) the activities you'll carry out, (2) the resources you'll need, and (3) any barriers that might be anticipated.

Goal Setting Worksheet

Write a pain management goal that you would like to accomplish by 3 months from now. Use the following checklist when you set your goal:

Goal Setting Worksheet (Con't.)

- Is it something that is important to you?
- Is it realistic? Is it something that you really think you can accomplish within 3 months?
- Is it specific enough to be measurable? Will you know when the goal is met?
- Do you have the resources that you need to meet it?

Goal Attainment Pain Management Program (GAPMAP)

- A program that integrates goal setting developed for older adults living independently in residential settings.
- Two individualized goals are set by each participant.
- Findings of two pilot studies are encouraging.

Examples of Participants' Goal Setting

- Weight loss
- Walking
- Selected exercise
- Community participation
- Pacing activities to avoid fatigue
- Reduce pain



Examples of Barriers Experienced During the Study

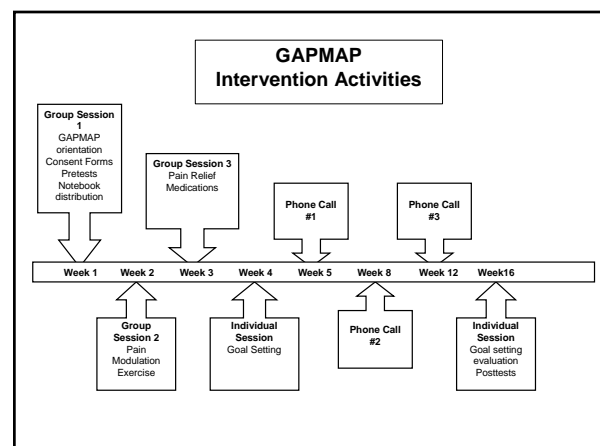
- Bursitis in hip
- Lack of commitment to goal
- Difficulty in finding transportation
- Illness of spouse
- Felt too bad
- Injury related to fall
- Problems of "the heart"

GAPMAP Pilot Study I

Implemented with 8 older adults (*M* age = 77 years). Six met or exceeded their goals, while 2 had an average rating of -1.

GAPMAP Pilot Study II

Implemented with 17 older adults (*M* age = 79 years).



Major Study Results: GAS (N= 17)

Based on the GAS average scale score (i.e., average of the 2 goals):

- 7 were at expected level (0)
- 6 were above expected level
- 4 were below expected level

Major Study Results (N= 17)

- Pain experience scores improved.
- Pain outcome expectation scores significantly increased.
- 3 pain management methods showed an increase of at least 3 persons: "using methods to control stress" (+3); "using a heated pool, tub, or shower" (+5); and "using relaxation methods such as meditation or guided imagery" (+3).

Some End-of-Program Comments

- Plan to continue what I'm doing.
- Setting goals helpful, because I probably would not have done it (selected exercises) otherwise.
- Phone calls helpful. I knew someone was showing interest.
- Keeping the diary helped because it made me think about it (meeting my goals) more.

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