



Patient-Centered Goals

What Are Patient Goals?

Patient goals provide a tool for promoting a patient-centered approach to care. They should include meaningful activities (walking), feelings (joy), or capabilities (energy) that the patient desires but cannot achieve as a result of their social status, environmental setting, illness or injury.

"I want to be walking in the park with my granddaughter...."

"I want to enjoy visiting with my family..."

"I want to have the energy to attend my niece's graduation..."



Why Are Patient Goals Important?

People are likely to make the most progress improving their health when they are focused on activities that are meaningful to them.

Patient goals describe activities that will make a difference in the quality of their lives.



How Do We Help Patients Achieve Their Goals?

Action steps are the self-care activities that patients use to reach their personal goals. For example, if the patient's goal is "being able to walk with my grandchild in the park," the action step should describe what the patient wants to start with in order to gradually improve her walking ability: "I plan to walk in the park with my granddaughter *twice weekly for at least 30 minutes by October 1st.*"

How to Do We Describe an Action Step Clearly in the Chart?

- **Who?** ...always the patient.
- **Will Do What?** ... a specific activity or behavior that is observable, repeatable and practical given the patient's life circumstances.
"...start using low-salt salad dressing..."
"...walk on the outer track..."
- **Under What Conditions?** ...the aspect of the action step that is unique to the patient's situation or environment.
"...on my lunch salad..."
"...at the reservoir..."
- **How Long and/or How Much?** ...the measurable amount frequency or duration of effort required by the patient to perform an activity.
"...three times a week..."
"...for a half hour every Monday and Friday..."
- **By When?** ...the target date for achievement of the action step.
"...by the time we meet again in three weeks."
"...by September 1st."

