

SETTING EFFECTIVE PATIENT CENTRED GOALS

Goal setting is foundational in health care. Traditionally, setting goals has been done *by* healthcare providers *for* patients. The shift to collaborative goal setting between patients and providers helps to ensure health goals are connected to the things that are meaningful and relevant to patients. This can help strengthen engagement in goal setting conversations and intention to change.

The HealthChange® principle **Four Aspects of Goal Setting** can act as a guide to setting effective patient centred goals. Consider how you could build these four aspects into care plan conversations.

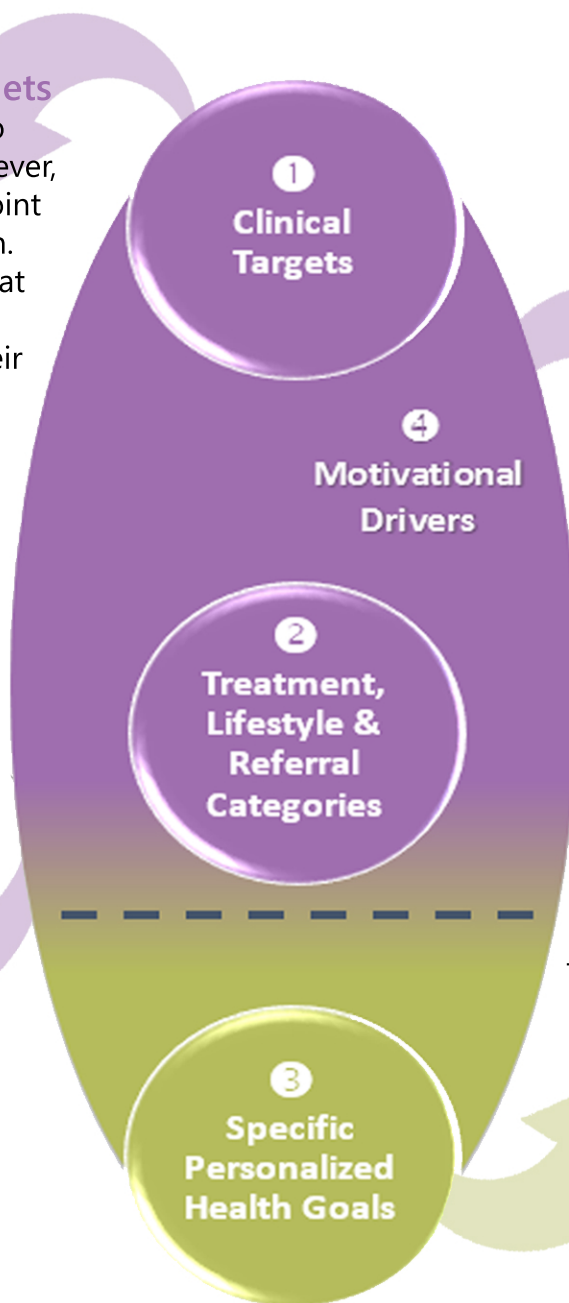


1. Understand Clinical Targets

It is important for patients to understand clinical targets; however, they should not be the focal point of a goal setting conversation. Start by asking the patient what they know about the clinical measures used to monitor their condition and fill in any knowledge gaps.

2. Explore Options

There is a lot of value in a patient's understanding all of the treatment, lifestyle and referral categories so that they have a broad understanding of what they can do over time to optimize their health. Talking through these categories can help to reinforce healthy behaviours already established, stimulate action planning and offer new goal options for them to explore in the future. Help patients prioritize what areas they would like to focus in on. It is important to balance duty of care with the patient's right to choose.



4. Make it Meaningful

Motivation plays an important role throughout a goal setting discussion from clinical targets to personalized health goals. Take steps to make goal setting relevant to patients by connecting back to what they said was important to them.

3. Focus In

Narrow the focus even further towards specific actions that can be done day-to-day or week-to-week. The key is to not try to do everything at once. Encourage the patient to think about what they can realistically accomplish given everything that is going on in their life.