

# Postavljanje ciljev v delovno terapevtski obravnavi odraslih oseb s fizično okvaro

*Goal Setting in Occupational Therapy Treatment of Adults with  
Physical Disability*

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# CILJI V DELOVNI TERAPIJI

- Cilji so zelo pomembni
- Usmerjajo izbiro intervencij in pristopov
- SMART
- ABCDE
- Specifični in merljivi

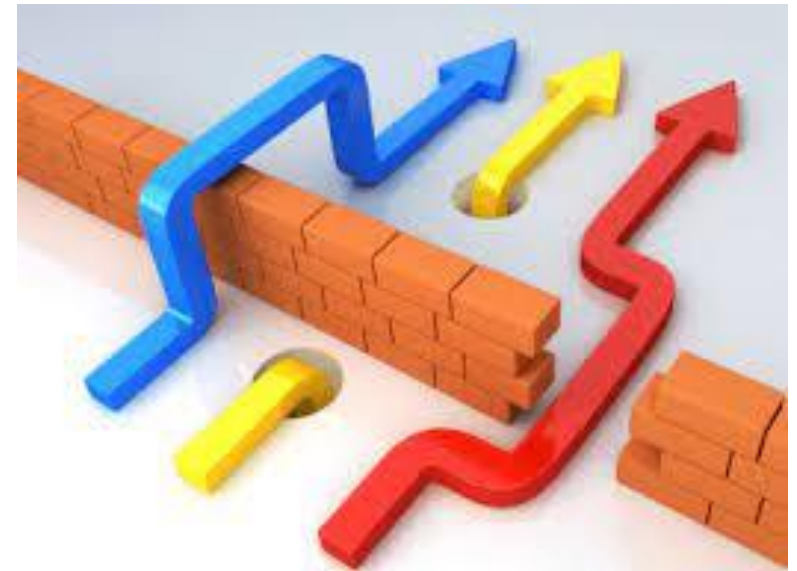


# OVIRE

## What are the barriers and facilitators to goal-setting during rehabilitation for stroke and other acquired brain injuries? A systematic review and meta-synthesis

Sarah E Plant <sup>1</sup>, Sarah F Tyson <sup>2</sup>, Susan Kirk <sup>1</sup>, John Parsons <sup>3</sup>

- OVIRE:
  - Nasprotujoča mnenja med osebo in terapevtom
  - Pomanjkanje zaupanja v svoje sposobnosti
  - Čas
- VZPODBUJEVALCI
  - Aktivna komunikacija
  - Edukacija
  - Individualiziran process postavljanja ciljev



# IZZIVI PRI POSTAVLJANJU CILJEV

- Uporabniki s hujšimi okvarami
- CILJ ≠ ŽELJA ≠ STREMENJE ≠ "SANJE"
- Neizkušnost delovnih terapevtov
- Standardizirano postavljanje in sledenje ciljem
- Usmerjenost na uporabnika



# VČASIH SO CILJI NEREALNI

- Stremimo h dolgoročnim izidom
- Doseganje ciljev ni linearen process
- Uporabi se lahko samo del SMART
- Zakaj so cilji nerealni?
- Pogovor med uporabnikom in DT
- Probajmo razumeti uporabnika
- Redna reevalvacija, usmerjenost na uporabnika, vzemi si čas

cílj -a m

*kar se hoče doseči s prizadevanjem, usmerjenim k uresničitvi česa*

SINONIMI: knj.izroč. **namen**, knj.izroč. **smisel**, knj.izroč. **smoter**



# PRIMERI DOBRE PRAKSE

- Cilji uporabnika in DT morajo biti poravnani
- Kar si uporabnik želi je pomembno
- Lažje je postavljati cilje na nivoju telesnih funkcij
- Cilji vključevanja so boljši ampak težji za postavljat in merit doseganje



Canadian Occupational  
Performance Measure

- COPM
- Usmerjeno na uporabnika, sodelovanje, razumevanje

# SISTEMATIČNA PREGLEDA

Cochrane Database of Systematic Reviews | [Review - Intervention](#)

## Goal setting and strategies to enhance goal pursuit for adults with acquired disability participating in rehabilitation

✉ William MM Levack, Mark Weatherall, E. Jean C Hay-Smith, Sarah G Dean, Kathryn McPherson, Richard J Siegert

Authors' declarations of interest

Version published: 20 July 2015 [Version history](#)

<https://doi.org/10.1002/14651858.CD009727.pub2>

Meta-Analysis > [Clin Rehabil.](#) 2019 Mar;33(3):395-407. doi: 10.1177/0269215518818224.

Epub 2018 Dec 12.

## Goal-setting in geriatric rehabilitation: a systematic review and meta-analysis

Ewout B Smit<sup>1</sup>, Hylco Bouwstra<sup>1</sup>, Cees Mpm Hertogh<sup>1</sup>, Elizabeth M Wattel<sup>1</sup>, Johannes C van der Wouden<sup>1</sup>

- Ni razlik med različnimi pristopi
- Heterogeni članki
- Slabša metodološka kakovost člankov
- Potreba po poglobljenem raziskovanju



# NAMEN STRUKTURIRANEGA SISTEMATIČNEGA PREGLEDA



- Raziskati metode postavljanja ciljev, ki se uporabljajo v rehabilitaciji odraslih oseb s fizično okvaro
- Razpravljati prednosti in slabosti različnih metod
- Raziskati uporabnost v praksi

# METODE - STRUKTURIRAN SISTEMATIČNI PREGLED



JBI smernice

PRISMA ScR - Checklist

Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
<b>TITLE</b>			
Title	1	Identify the report as a scoping review.	
<b>ABSTRACT</b>			
Structured summary	2	Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives.	
<b>INTRODUCTION</b>			
Rationale	3	Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach.	
Objectives	4	Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives.	
<b>METHODS</b>			
Protocol and registration	5	Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number.	
Eligibility criteria	6	Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale.	
Information sources*	7	Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed.	
Search	8	Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated.	
Selection of sources of evidence†	9	State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review.	
Data charting process‡	10	Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in duplicate) and any processes for obtaining and confirming data from investigators.	
Data items	11	List and define all variables for which data were sought and any assumptions and simplifications made.	
Critical appraisal of individual sources of evidence§	12	If done, provide a rationale for conducting a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate).	
Synthesis of results	13	Describe the methods of handling and summarizing the data that were charted.	

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
<b>RESULTS</b>			
Selection of sources of evidence	14	Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	
Characteristics of sources of evidence	15	For each source of evidence, present characteristics for which data were charted and provide the citations.	
Critical appraisal within sources of evidence	16	If done, present data on critical appraisal of included sources of evidence (see item 12).	
Results of individual sources of evidence	17	For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives.	
Synthesis of results	18	Summarize and/or present the charting results as they relate to the review questions and objectives.	
<b>DISCUSSION</b>			
Summary of evidence	19	Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups.	
Limitations	20	Discuss the limitations of the scoping review process.	
Conclusions	21	Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps.	
<b>FUNDING</b>			
Funding	22	Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review.	

JBI = Joanna Briggs Institute; PRISMA-ScR = Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews.

\* Where sources of evidence (see second footnote) are compiled from, such as bibliographic databases, social media platforms, and Web sites.

† A more inclusive/heterogeneous term used to account for the different types of evidence or data sources (e.g., quantitative and/or qualitative research, expert opinion, and policy documents) that may be eligible in a scoping review as opposed to only studies. This is not to be confused with *information sources* (see first footnote).

‡ The frameworks by Arksey and O'Malley (6) and Levac and colleagues (7) and the JBI guidance (4, 5) refer to the process of data extraction in a scoping review as data charting.

§ The process of systematically examining research evidence to assess its validity, results, and relevance before using it to inform a decision. This term is used for items 12 and 19 instead of "risk of bias" (which is more applicable to systematic reviews of interventions) to include and acknowledge the various sources of evidence that may be used in a scoping review (e.g., quantitative and/or qualitative research, expert opinion, and policy document).

From: Tricco AC, Lillie E, Zarin W, O'Brien KK, Colquhoun H, Levac D, et al. PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation. *Ann Intern Med*. 2018;169:467-473. doi: 10.7326/M18-0850.

# VKLJUČITVENI KRITERIJI – OSEBE

- 18-75 let
- Fizična okvara (definicija SZO)
- Upad kognitivnih funkcij
- Mlajši od 18
- Starejši od 75



# VKLJUČITVENI KRITERIJI – KONCEPT

- Metode postavljanja ciljev
- Prednosti in slabosti metod postavljanja ciljev
- Kako lahko metode postavljanja ciljev uporabljamo v praksi
- Kar ni bilo povezano s postavljanjem ciljev je bilo izključeno



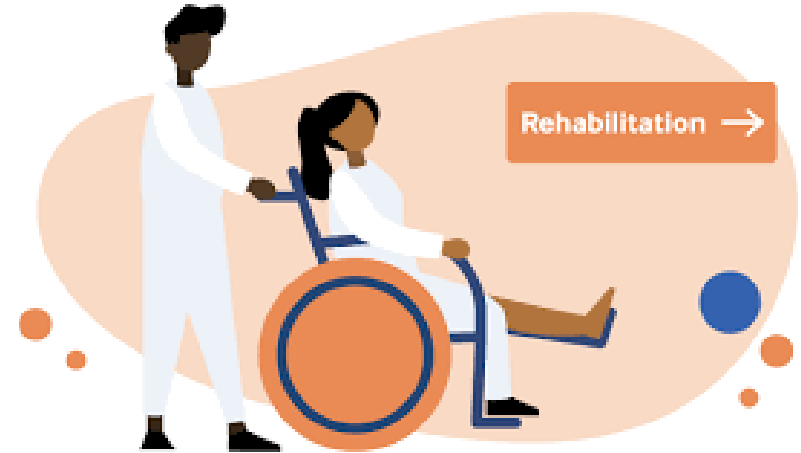
# VKLJUČITVENI KRITERIJI – KONTEKST

- Proces rehabilitacije (definicija SZO)

- Hospitalna
- Ambulantna
- Skupnostna

- Enote intenzivne in akutne obravnave

- Če ni del procesa rehabilitacije



# VKLJUČITVENI KRITERIJI – VIRI

- Objavljeni v zadnjih petih letih
- Kvalitativni
- Kvantitavni
- Pregledi
- Smernice
- Mnenja strokovnjakov
- Siva literatura – DT spletne strani



# STRATEGIJA ISKANJA

- Oseba, kontekst, koncept
- COPM, GAS, SMART, ABCD
- 5 let
- Objavljeni prispevki, avtorji niso bili kontaktirani
- MEDLINE Ovid, PubMed, CINAHL, Web of Science, PsycInfo, Scopus
- OT seeker, Council of Occupational Therapists for European Countries, and Occupational Therapy Critically Appraised Topics



# VKLJUČITEV VIROV

- Dva neodvisna pregledovalca in “supervizor”
- Mendeley – shranjevanje in organizacija člankov
- Rayyan – pregled in izbira člankov, duplikati
- Excel – vnašanje podatkov o člankih v ožjem ožjem izboru
- Diskusija avtorjev o dokončni vključitvi člankov



rayyan  
INTELLIGENT SYSTEMATIC REVIEW



# PRIDOBIVANJE PODATKOV – Tabela

- Avtorji in leto izida
- Privolitev etične komisije
- Država izvora
- Namen
- Sodelujoči in velikost vzorca
- Koncept
- Kontekst
- Trajanje raziskave
- Uporabljene metode

- Izidi
- Ključne ugotovitve

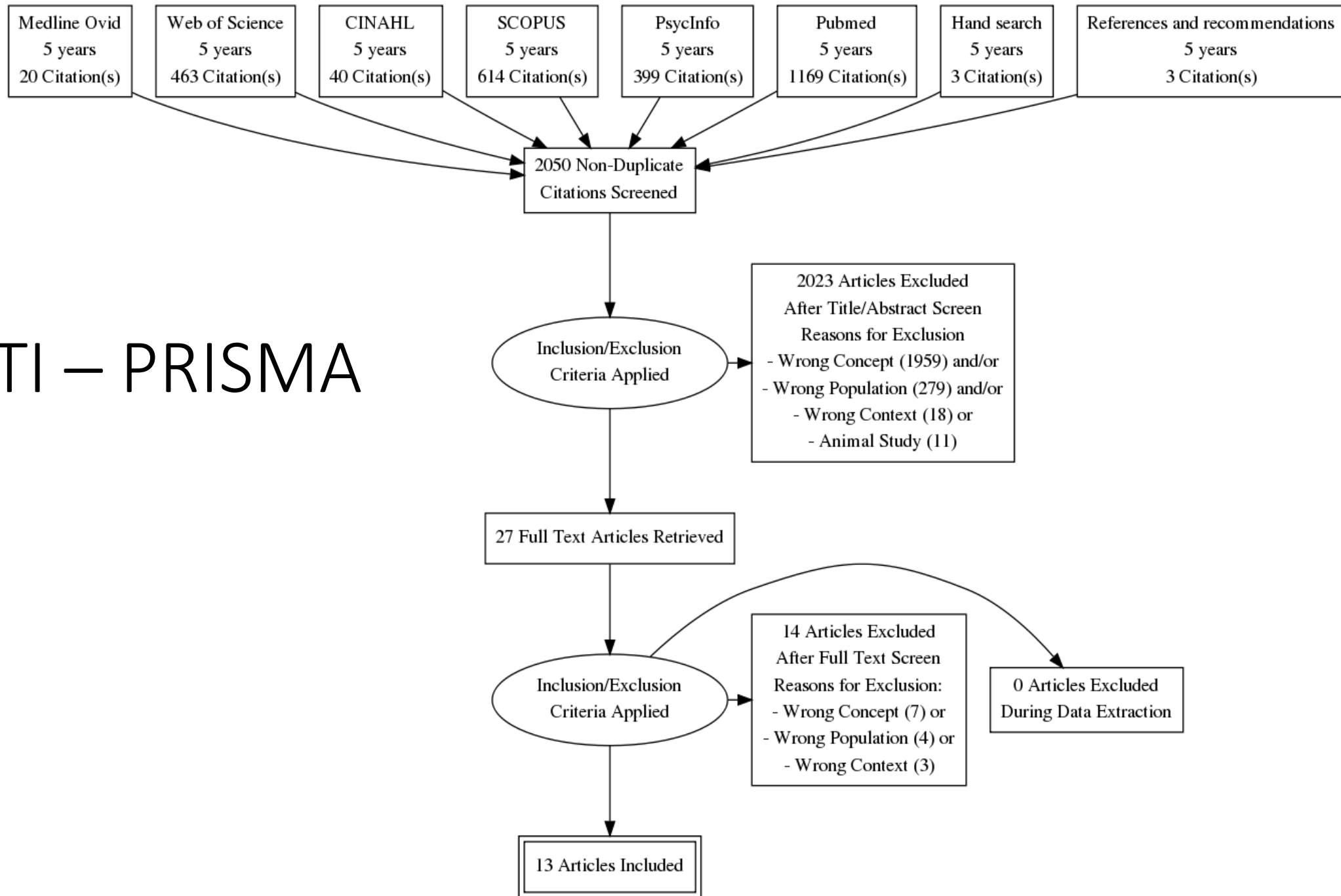
CITATIONS of retrieved full text articles	Reasons for Inclusion	Country of origin	Aims/purpose/objectives	Population and sample size	Context	Duration of the study	Methods	Intervention type/comparator	Outcomes	Key findings, related to my ScR questions
Alanko, T. et al. (2018) 'Rehabilitates perspective on goal setting in rehabilitation – a phenomenological approach', <i>Disability and Rehabilitation</i> , 41(19), pp. 2280-2288. doi: 10.1080/09638288.2018.1463398.	Importance of participation in the goal-setting process, from the client view	Finland	to understand rehabilitates meanings of participation in the goal setting situations	n=20; mean age 66 (50-79); 13 man, 7 woman; 13 stroke, 4 musculoskeletal, 1 tetraplegia, 1 pancreatitis, 1 arthrovenous malformation; 1 unemployed, 13 retired, 6 sick leave; 9 used walking aids	During hospital stay and after	6 months per participant	Phenomenological	Observation of goal setting situation using goal attainment scale and interview with open ended questions		The results indicate both rehabilitates supportive and restricting meanings of participation in goal setting situations. When rehabilitates are supported with equality in communication and presence of relatives, they commit to rehabilitation, while pain and uncertainty because of changed health restrict participation in the goal setting situation. Equality in communication was expressed as rehabilitates trust in goal setting situations, which appeared to be supported with a client-centred approach as a new way of performing goal setting practice. A client-centred approach can facilitate rehabilitates motivation and engagement in goal setting, which may support achieving successful rehabilitation goals. Professionals need training in client-centred and in how to involve relatives in

# SINTEZA REZULTATOV

- Opisna analiza (prejšnja drsnica)
- Tematska analiza
  - Prvi avtor
  - Teme skladne z raziskovalnim vprašanjem
  - Soglasje drugih avtorjev



# REZULTATI – PRISMA



# REZULTATI – TEME



- Pristopi postavljanja ciljev za boljši izid obravnave, doseganje ciljev in zadovoljstvo uporabnikov
- Trenutne prakse postavljanja ciljev
- Klasifikacija ciljev in njihovo doseganje
- Lastnosti uporabnikov in njihov vpliv na cilje
- Razlike v mišljenju o procesu postavljanja ciljev med terapevti in uporabniki

# PRISTOPI POSTAVLJANJA CILJEV ZA BOLJŠI IZID OBRAVNAVE, DOSEGANJE CILJEV IN ZADOVOLJSTVO UPORABNIKOV

- Usmerjenost na uporabnika
  - Ni samoumevno...
  - Potrebna edukacija in trening
  - Uporabniki cenijo če lahko soodločajo in dosežejo več ciljev
  - Nekateri želijo vključiti tudi svojce
- Dogovarjanje, sodelovanje in pogajanje
  - Zagotavlja aktivno vključenost uporabnika v proces
  - Izboljša zadovoljstvo, več ciljev na nivoju sodelovanja (MKF)
- Specifičnost
  - GAS, SMART



# TRENTUTNE PRAKSE POSTAVLJANJA CILJEV

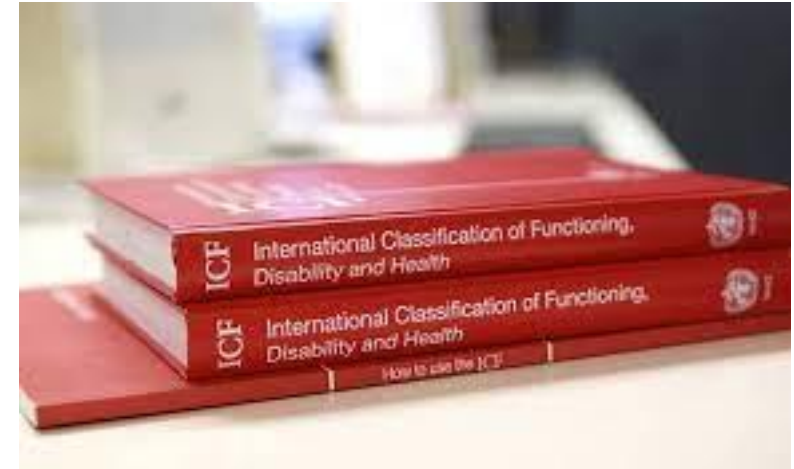


- Želje in aspiracije – dolgoročni cilji
- Kratkoročni in srednjeročni cilji – podpora dolgoročnim ciljem
- Goal Attainment Scale (GAS) – GOALed
- Primeri slabih praks: obravnave vodene s strani terapevtov, usmerjenost na izboljšanje telesnih funkcij, ne postavljanje ciljev
- Edukacija in trening terapevtov = izboljšanje postavljanja ciljev



# KLASIFIKACIJA CILJEV IN NJIHOVO DOSEGANJE

- MKF: telesne funkcije > dejavnosti > sodelovanje
- Kratkoročnih ciljev največ in največkrat doseženi
- Stopnjevanje in povezava ciljev
- Boljši cilji: dejavnost in sodelovanje
- GAS se lahko uporablja za vse cilje



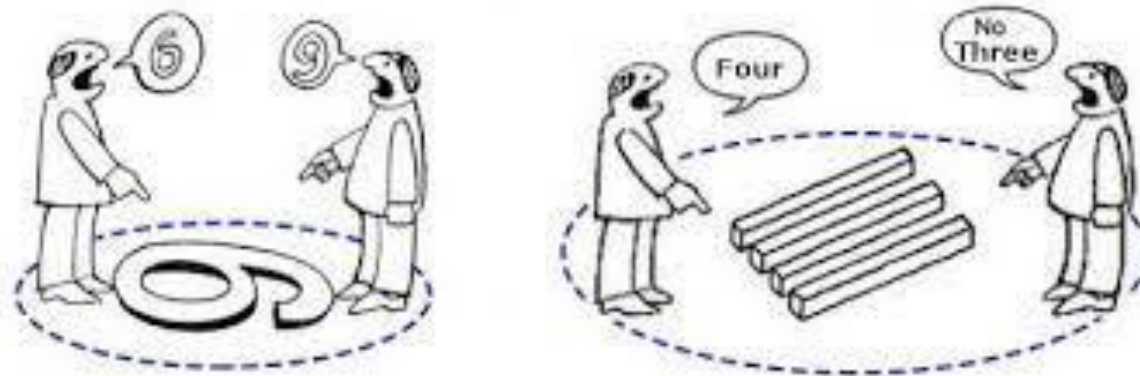
# LASTNOSTI UPORABNIKOV IN NJIHOV VPLIV NA CILJE

- Starejši > 70
  - Nespecifična bolečina
  - Ženske vs moški
  - Spina bifida vs okvare hrbtenjače
  - GAS enako učinkovit pri vseh
- 
- Ni nujno da lastnosti vplivajo na cilje



# RAZLIKE V MIŠLJENJU O PROCESU POSTAVLJANJA CILJEV MED TERAPEVTI IN UPORABNIKI

- Uporabniki cenijo kadar so v središču obravnave
- Terapevti mislijo da so bolj usmerjeni na uporabnika kot to zaznavajo uporabniki



- Terapevti ne razumejo povsem kako postavljati cilje
- Potrebna podpora terapevtom in usposabljanja

# POMISLEKI

- Vprašanje etičnosti
- Slabosti: iskanje manjkajočih podatkov, siva literatura, protokol ni bil objavljen
- Prednosti: PRISMA-ScR, neodvisni avtorji, kritična ocena (CASP)



# PRAKTIČNA PRIPOROČILA

- Uporabnik mora biti v ospredju in središču
- Specifični cilji so bolj dosegljivi
- Komplementarni in stopnjevani kratko/srednje/dolgoročni cilji
- Upoštevajte želje in stremenja
- Ne vsiljevat terapevtovih ciljev
- Pogajanje in skupno postavljanje ciljev
- Cilji morajo biti pomembni uporabniku
- GAS je univerzalno orodje
- Postavljanje ciljev ni preprosto – moralo bi biti prepoznano kot pomembno na nivoju posameznikov in institucij
- Praktične smernice



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**THIS IS THE END OF THE  
PRESENTATION**



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